



Central Tucson Spring 2020 Catalog

Mondays

[Decision Making Tools for Your Health Part I](#)

Subject Area: Health/Wellness

Mondays: 4 Sessions 9:00 AM - 11:00 AM **Start:** Mon 1/27/20 **End:** Mon 2/17/20

Location: Saguaro Room

Course Description

This course is an overview of the world of medicine. Part 1 will consist of 4 sessions. In Session 1 we will discuss how to go about staying healthy: exercise, weight, food choices, diets, hydration, safety, risks of smoking and alcohol. Session 2 will delve into recommendations for baseline screening tests for heart disease, cholesterol, blood pressure, labs and more. We will also discuss the annual physical and the list of documents you should always keep with you. In Session 3 we will cover skin, colon, lung and prostate cancer, screening for aneurysms in men and finish with aging and frailty. In session 4 we will talk about what really goes on behind the scenes in medicine. Stay tuned. Part 2 (hopefully in the 2020 Monsoon Season) will be a continuation with Women's Health, vaccines, nonprescription medications and opioids, more on aging and general topics.

Instructor(s): Michele Romano

Dr. Michele Romano is a Family Physician in Fairfax, Virginia who retired in 2015. She attended VCU (Virginia Commonwealth University) School of Medicine and was elected into the AOA National Medical Honor Society in her junior year. She held a faculty appointment as an associate professor of clinical medicine at VCU and served on both the VCU Board of Trustees and the VCU Health System Board. She was regularly listed as a Top Doc in the Washingtonian Magazine. Dr Romano was also a nurse for 12 years before going to medical school. She opened and supervised the first intensive care unit in Fairbanks, Alaska in 1970. She and her husband have a second home in Tucson where they spend the winter.

[Extinction](#)

Subject Area: Science/Math/Technology

Mondays: 4 Sessions 9:00 AM - 11:00 AM **Start:** Mon 1/27/20 **End:** Mon 2/17/20

Location: Ocotillo Room

Course Description

Mass extinction, what does it mean? Why do the world conjure up dire events and consequences. In this program, "mass extinction" will be examined scientifically; its causes and consequences. The program is designed to look at the emergence and loss of species throughout the history of the Earth through geological, biological, and ecological science without political or religious furor, to better understand the process of change and perhaps our role in the process. The aim of the program is to better understand past life on earth and provide food for thought for our future as a species. No species lives forever!

Instructor(s): Marion Cimmino

In my professional life, I was a NYCHS Biology teacher, coauthor of 2 text books, writer for Baron's Educational Series Review books, and presenter of curriculum programs on the local and national level for the NYBTA (New York Biology Teachers Association). I retired to Tucson in 1993. For the past 18 years, I have been and still am a docent at the Arizona Sonora Desert Museum. In my Tucson community I have provided educational programs for OASIS, Sun City Continuing Ed, retirement and assisted living communities, and even dementia units. The main purpose of my programs is to foster a love for our unique Sonoran Desert through understanding the complexity of our natural environment and our uniquely adapted desert plants and animals.

Extremism In Modern Political Philosophy

Subject Area: History/Current Events

Mondays: 8 Sessions 9:00 AM - 11:00 AM **Start:** Mon 1/27/20 **End:** Mon 3/16/20

Location: Palo Verde Room

\$5 charge for the summaries

Course Description

Ever since the collapse of the Iron Curtain there has been a growing belief, mounting these days to the level of indisputable dogma, that Democracy is the Best Form of Government. But many writers - some of them calm and thoughtful, others wildly emotional - have strongly disagreed, and for various reasons. At the opening session I will distribute easy-to-read summaries of seven of these disagreements and each week we will discuss one of them, starting with Karl Marx's Communist Manifesto and proceeding in subsequent weeks to world-famous books by Friedrich Nietzsche, Henrik Ibsen, Mahatma Gandhi, Herbert Marcuse, and Adolf Hitler, and concluding with Sayyid Qutb, the foremost advocate of today's Islamic extremism. \$5 charge for the summaries.

Instructor(s): Ed Greenberg

In terms of tenure, Ed is near the top, having joined SAGE/OLLI in February 1993. His hobby for more than 50 years has been history and philosophy, and he has previously led 14 study groups in these fields, ranging from "Philosophy of Classic Literature" to "Tin Pan Alley-The History of Popular Music."

Significant Carbon Footprint Reductions In 12 Years

Subject Area: Science/Math/Technology

Mondays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Mon 2/24/20 **End:** Mon 3/2/20

Location: Saguaro Room

Course Description

The latest reports from the community of experts on climate change say we have twelve years before the planet's current temperature trajectory will lead to irreparable disruption to vital human life and the larger ecosystems. We can still meet this challenge with two broad dimensions for carbon reduction. The first is reward individuals for carbon reduction behaviors and consumer choices by converting the value of the avoided carbon into funds deposited into a retirement account. The second involves converting the electricity industry from carbon footprint villain to climate change hero. This course, based on my latest book, Carbon IRA + YouTility:

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How to Address Climate Change & Reward Carbon Reduction Before It's Too Late, will explain the details of these two broad action plans and offer a forum for vigorous discussion and debate on personal responsibility for addressing climate change. Please note that this course is NOT a forum for debating the science of climate change or whether it is real or not. The premise of the course is that climate change poses an existential threat to living things and accepts the conclusions of the most recent IPCC and other reports.

Instructor(s): Jason Makansi

Electricity industry business and technology expert; author of six books of non-fiction, one novel, and numerous published short stories; musician (viola, piano, bass guitar, composition) and member of the Foothills Phil Community Orchestra viola section; co-founder of indie publishing company Blank Slate Press (now part of Amphorae); serial entrepreneur; passionate about numerical literacy (and the broader subject of how knowledge is constructed), solutions for climate change, music, literary fiction, politics, energy, bicycling, tennis, NYT Sunday crossword puzzle, the world's cuisines, contemporary politics and culture, innovative approaches to education, and most any means to keep my body exercising.

[Understanding the World of Wine](#)

Subject Area: Arts/Culture

Mondays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Mon 2/24/20 **End:** Mon 3/2/20

Location: Ocotillo Room

Course Description

A condensed, 4 hour, course in learning everything you need to know about the world of wine and how to appreciate the many ways wine can be both fascinating and fun, rather than intimidating. An added benefit of your increased knowledge will be the ability to be able to identify not only great wines but great value wines, i.e. wines don't have to be expensive to be delicious.

Instructor(s): Norm Land

Norm received his BSCE and MBA from the University of Colorado in 1969, followed by 10 years in various careers such as a Professor, VISTA Volunteer, and Marketing V.P., before opening the Good Earth Restaurant & Bakery here in 1979. After a 20 year run, he switched to management consulting but was recruited by Shaanxi University, Xi'an, China in 2010 to teach marketing and management for the next 7 years. During those 50 years post-college, he continued to indulge in his passion for travel, with some 50 trips around the world, 44 of them via his other passion, cycling.

Buddhism in America

Subject Area: Philosophy/Religion

Mondays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Mon 3/9/20 **End:** Mon 4/13/20

Location: Saguaro Room

Course Description

Since its birth in India, Buddhism has changed-and been changed by-every country that it took root in. This process began here when the Sixties counterculture embraced Asian wisdom teachings. Now communities of Buddhist converts flourish across the country, and meditation, the core Buddhist practice, is taught widely in schools, churches, and corporations. At the same time, American values have challenged Buddhism's male dominance and other nondemocratic traditions. The fascinating result is an ongoing dynamic.

Our study will begin with Buddhism's origin and principles and follow the trail through China and Japan and on to the United States. It's a colorful story of strong personalities and controversies. The tale is told well in Rick Fields' *How the Swans Came to the Lake*, which will serve as our text.

Please purchase the book prior to class: ISBN: 978-0877736318

Instructor(s): Merrill Collett

Merrill Collett has been a longterm resident at San Francisco Zen Center and its monastery, Tassajara Zen Mountain Center. He is the author of *At Home With Dying, A Zen Hospice Approach*. After thirty years in print journalism, he retired from The San Francisco Chronicle to live year round in Tucson. He has degrees in history from Stanford and in international relations from Johns Hopkins.

Civilizations of Pre-Columbian Peru, Part 2

Subject Area: History/Current Events

Mondays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Mon 3/9/20 **End:** Mon 4/13/20

Location: Ocotillo Room

Course Description

This course is a continuation of the course on Pre-Columbian civilizations presented in Spring 2018. The cultures to be presented include some of the most inventive and sophisticated native cultures of the Andes, including Tiahuanaco and Wari, with special emphasis on the Inca empire. Subjects on the Incas to be presented include their origin myths, political organization, infrastructure, military exploits, material culture and religion, as well as presentations on the city of Cuzco and its environs and Machu Picchu. (This will not be a history of the Spanish Conquest of Peru, which is a very extensive subject and in and of itself.)

Instructor(s): David Healey

David Healey is a retired civil engineer and a former Peace Corps Volunteer in Ecuador and Peru, 1969-71.

Logic

Subject Area: Philosophy/Religion, Science/Math/Technology

Mondays: 4 Sessions 9:00 AM - 11:00 AM **Start:** Mon 3/23/20 **End:** Mon 4/13/20

Location: Palo Verde Room

Course Description

This will be a brief overview of the basics of Western logic, following its beginnings in Aristotle and working through current propositional, Boolean, symbolic logic, and first-order predicate calculus. We will explain concepts like inference, implication, validity and soundness, and work through simple examples, fallacies, and paradoxes, and also show how logic works in computers and scientific modeling.

Instructor(s): Bill Sohn, Robert MacArthur

Bill Sohn is a retired pension actuary who is interested in economics, finance, literature, hiking, cycling, family and amiable conversation.

Robert worked for 32 years at UA in the College of Agriculture as an IT guy. He has a Ph.D. in Cultural and Intellectual History from UA.

How to Be an Epicurean: The Ancient Art of Living Well

Subject Area: Philosophy/Religion

Mondays: 3 Sessions 11:15 AM - 1:15 PM **Start:** Mon 1/27/20 **End:** Mon 2/10/20

Location: Saguaro Room

Course Description

Modern life can be an empty cycle of career, consumption, and anxiety. We work for money to afford the car and the vacation that will make us happy. But inevitably they do not, leaving us to discover that it's possible to have it all and still have nothing worth having. Come and discover what it takes to build a life worth leading.

Instructor(s): Mark Horton

Dr. Mark A. Horton has taught Humanities/Philosophy for the last 20 years at Western Connecticut State University. His interests include Ethics and the Search for Meaning along the life cycle. He is married and has one adult daughter and two wonderful grandsons. Mark moved to Green Valley this January.

Music of the Blues, Part I

Subject Area: Arts/Culture

Mondays: Single Session 11:15 AM - 1:15 PM **Start:** Mon 1/27/20

Location: Ocotillo Room

Course Description

Blues is the original American roots music. It is the foundation for jazz, gospel, swing, and rock 'n' roll. Blues music is sad, joyful, emotional, rousing, and unforgettable. We will swim in Muddy Waters, get the best of Bessie Smith, wail at the Howlin' Wolf, swim with Mississippi John Hurt and Mississippi Fred McDowell and Memphis Minnie, harp on Little Walter, get full of Lead Belly, drink malted milk with Robert Johnson and Lonnie Johnson, and dry out with Ma Rainey. Plus plenty more. We'll have live demos of the blues by Nemo and friends. Put on your red dress, baby, 'cause we're going out tonight!

Instructor(s): John "Nemo" Nemerovski

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

[News and Views, Flasch/Somers](#)

Subject Area: History/Current Events

Mondays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Mon 1/27/20 **End:** Mon 4/13/20

Location: Palo Verde Room

Course Description

News and views is a lively discussion of current events. Each week participants choose, through a voting process, those topics that they would like to discuss. Topics are taken in voting rank order. Local, state, national and international issues are covered.

Instructor(s): Frank Flasch, Mike Somers

Frank Flasch and Mike Somers have engineering backgrounds. Frank has been almost everywhere and Mike has done almost everything. We love OLLI and together look forward to rotating the moderating duties for this Spring Session of News and Views.

Mike's life as a student, soldier, engineer, salesman, small business owner, political operative, long time Tucson resident qualifies him to conduct a study group dealing with a variety of current issues.

[Living with Wildlife: Wildlife Rescue, Rehab, Release and Peaceful Coexistence](#)

Subject Area: Science/Math/Technology

Mondays: Single Session 11:15 AM - 1:15 PM **Start:** Mon 2/3/20

Location: Ocotillo Room

Course Description

Learn about Tucson Wildlife Center, the only wildlife hospital for 8 counties in southern Arizona. The Education Coordinator at Tucson Wildlife Center will guide you through the steps they take when encountering sick, ill or orphaned wildlife; including rescue, emergency medical care, rehabilitation, and release. Learn the importance of wildlife rehabilitation, what to do when you find an injured animal, how to live in peaceful coexistence with

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wildlife, and how to keep unwanted critters from entering your home with humane alternatives to traps and poisons.

Tucson Wildlife Center is dedicated to the rescue, emergency medical care and rehabilitation of injured, ill and orphaned wildlife before return to the wild, while promoting education, habitat protection and peaceful coexistence with wildlife. Open 24/7, 365 days a year, Tucson Wildlife Center is the only full-service wildlife rescue hospital for 8 counties in Southern Arizona.

Instructor(s): Angeline Fahey

Angeline Fahey has been Tucson Wildlife Center's Education Program Coordinator for the past two years, educating the public on the importance of wildlife rehabilitation and coexistence. She also works in the animal care department, feeding and caring for baby birds and mammals. Before finding her passion rehabbing and teaching about native wildlife, she worked with seriously ill children and their families for several years, providing encouragement and hope through art therapy at the hospital bedside. She is also a two-time bone cancer survivor, jewelry artist, and local musician.

[TEP Home Energizer Workshop](#)

Subject Area: DIY/Self-Help

Mondays: Single Session 11:15 AM - 1:15 PM **Start:** Mon 2/10/20

Location: Ocotillo Room

Course Description

The Home Energizer Workshop is a 90-minute program designed to teach an adult audience simple ways to be energy efficient at home. Each participant receives an Energy Efficiency Kit - a tote bag containing 4-LED bulbs, a low flow showerhead, a faucet aerator, a kitchen aerator, an LED nightlight, and more! Participants are taught how to use and install the items in the kit, and learn about other easy ways to save energy (and money) at home. The Home Energizer Workshop is sponsored by Tucson Electric Power.

Instructor(s): 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 benefited 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.

CAN IT! Recycling Made Easy -- and Why It's Important

Subject Area: DIY/Self-Help

Mondays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Mon 2/17/20 **End:** Mon 2/24/20

Location: Ocotillo Room

Course Description

Recycling can appear to be a mass of disconnected facts and advice: take your batteries HERE. Recycle THIS 'paper cup' but not THAT 'paper cup'. It can feel daunting.

This workshop aims to make recycling simpler by answering three questions:

Why should I recycle? China and Indonesia are refusing our recycling. Landfills are expensive and incineration causes pollution. Some cities are even shutting down their recycling programs in the face of this crisis. But the sky is not falling in Tucson - not yet. Our city is doing a lot right, and the success of local recycling depends now on the daily choices we make.

How should I recycle? Items must be clean - but why? Should they be crushed? Once we understand the reasons, it becomes easier to do the right thing.

What should I recycle in the Tucson area?

There are principles that help make sense of it all, for example, the 'tear test' for paper. Take a glossy paper plate: if you can tear it easily, it's recyclable. But that glossy Starbucks cup? Very hard to tear. So it's not recyclable. Discovering these principles takes a lot of the mystery out of recycling.

Participants will receive a handout with these principles and clear lists of what and what not to recycle, as well as a comprehensive list of how to recycle items that can't go in Tucson's blue bins.

Recycling is a way to handle part of the waste we produce. We can and will do better!

Instructor(s): Laurel Pollard

I am an experienced workshop leader with an international reputation for my work helping teachers not burn out. Now retired, I am a City of Tucson 'Master Recycler'. I lead workshops in Tucson about why, how, and what to recycle.

The Presidential Election of 2020: The Legal and Political Context

Subject Area: History/Current Events

Mondays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Mon 2/17/20 **End:** Mon 3/23/20

Location: Saguaro Room

Course Description

This Study Group will consider the legal and political background and context of the presidential election of 2020. Topics to be considered include: the constitutional framework for the election of the President; relevant federal laws and Supreme Court decisions; controversial or instructive past presidential elections; campaign finance; the role of the states in election administration; the role of political parties in the nomination process and in the general election campaign; election security; the impact of social media; and procedures for the resolution of electoral disputes. From time to time comparison will be made with the electoral laws and practices of other constitutional democracies. We will also discuss the 2020 campaign as it progresses.

Instructor(s): Martin Rogoff

Martin Rogoff is Professor of Law Emeritus at the University of Maine School of Law. He has taught and published in the areas of constitutional law, comparative constitutional law, international law, European law, French law, and legal history. His BA is from Cornell University and his law degree is from Yale. He holds an Honorary Doctorate in law from a French university. He has practical political experience as Maine State Director of the campaign for a successful presidential candidate. He has taught several OLLI courses in the past in Maine and in Tucson.

[Reducing Consumerism: How to Own Less Stuff, Enjoy Life More, and Save the Planet](#)

Subject Area: DIY/Self-Help

Mondays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Mon 3/2/20 **End:** Mon 3/9/20

Location: Ocotillo Room

Course Description

Recycling is a good and necessary start to dealing with the waste that is threatening life on our planet. But recycling is not enough: it only handles part of our waste stream. Only part of it, and very imperfectly. The best solutions lie in reducing the waste stream altogether by buying less stuff in the first place.

In this two-session workshop we will go beyond the mechanics of what can be recycled in Tucson to discover the personal and planetary benefits of owning less.

We will look at recent history: how, since WWII, we have been purposefully manipulated into buying more and more stuff. Moneyed interests get the profits, the planet gets stripped, and all living things are threatened by a waste stream we never meant to produce.

Are we helpless? NO! Consumers wield more power than many of us realize.

We will explore practical ways to reduce the amount of stuff that comes into our homes. We'll also look at which simple political actions have the greatest effect. (It's surprising!) Corporations are taking notice of our consumer habits - and our feedback - and they are changing their practices as a result. We'll also explore how owning too much stuff can complicate our lives and reduce our leisure.

As for the title of this workshop, we don't need to save the planet. It will survive us.

But we can help save the web of life on the planet, including ourselves. And in the process, we can live more simply, more lightly, more happily.

Instructor(s): Laurel Pollard

I am an experienced workshop leader with an international reputation for my work helping teachers not burn out. Now retired, I am a City of Tucson 'Master Recycler'. I lead workshops in Tucson about why, how, and what to recycle.

[DNA, Polygenetic Predictions, And Gene Editing](#)

Subject Area: Science/Math/Technology

Mondays: 5 Sessions 11:15 AM - 1:15 PM **Start:** Mon 3/16/20 **End:** Mon 4/13/20

Location: Ocotillo Room

Course Description

This five week course will cover the structure, replication, repair, cloning, sequencing, transcription and translation of DNA to understand genetic disease, poly genetic predictions, and gene editing (CRISPER). We will discuss on the ethics of gene editing.

Instructor(s): Mark Stinski

Dr. Mark Stinski is a Professor Emeritus of the University of Iowa where he is a Distinguished Professor of Virology, a von Humboldt awardee, a fellow of the American Academy of Microbiology and the American Association for the Advancement of Science and a University of Iowa Distinguished Inventor Awardee.

[Trekking In the Himalaya: A Photo Journey](#)

Subject Area: Travel/Entertainment

Mondays: Single Session 11:15 AM - 1:15 PM **Start:** Mon 3/30/20

Location: Saguaro Room

Course Description

We may not be quite up to the physical challenge any more ourselves, but we can still enjoy the results of someone else's effort. This single session will take you on a tour of Kathmandu before flying up to Lukla, one of the most dangerous airports in the world, where all trekkers headed up into Sagarmatha (Mt. Everest) National Park begin their expedition. From there, we'll slowly journey up to 17,500 feet (twice!), marveling at the spectacular alpine scenery among many of the highest peaks of the Himalaya. We'll also meet the Sherpas and learn a little about their way of life along the way.

Instructor(s): Curt Matuna

Curt received his B.S. Degree in Botany in 1974 from the University of California, Davis. After a few years working in casino hotel management in Reno and Las Vegas, Curt attended the CU Law School in Boulder, CO, where he received his J.D. in 1985, and followed that up with a 20-year career as a commercial real estate attorney at one of Denver's larger law firms. When his stint as managing partner just about did him in, he and Cheryl moved to Tucson in 2005 to travel and pursue their favorite outdoor sports and activities. A committed lifelong learner, Curt finally discovered OLLI in 2015, and has been a class fixture since then. While pursuing his wanderlust, Curt discovered and has been studying Buddhism since he and Cheryl were traveling in SE Asia in 2008.

[The Magic of Instant Pot and Sous Vide Cooking](#)

Subject Area: Crafts/Cooking

Mondays: Single Session 11:15 AM - 1:15 PM **Start:** Mon 4/6/20

Location: Saguaro Room

There will be a \$3 charge per person for food samples that will be served.

Course Description

To some the Instant Pot and Sous Vide cooking may be the latest fads, but they are probably the best new ways to cook this millennium. Many people got an Instant Pot as a gift or bought one for themselves, but rarely, if ever, use them. In class we will discuss the use of both of them and cook some amazing things in the 2 hrs of the class.

Sample dishes made in 15 minutes: artichokes, perfect risotto (NO stirring), incredibly tender beef stew, fall-apart pork shoulder and lentil soup from dried beans. I have one unit and will need to have volunteers dig out their instant pot from the back of the closet to make additional dishes. I will also bring in my sous vide equipment to review the benefits of that style of cooking.

There will be a \$3 charge per person for food samples that will be served.

Instructor(s): Rob Getlan

Rob is a former pastry chef (a hundred years ago) and very interested in the food scene in Tucson.

[An Introduction to Botany, part I](#)

Subject Area: Science/Math/Technology

Mondays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Mon 1/27/20 **End:** Mon 3/2/20

Location: Palo Verde Room

Course Description

We will use the Great Courses lectures of Professor Catherine Kleier as our core curriculum, along with supplementary material from other courses I've attended and given over the years, and make use of local resources such as the Tohono Chul gardens and the UA arboretum, and the living habitats of the Tucson area. Optional field trips will be discussed.

Instructor(s): George Murphy

George is a retired Middle School Science teacher, the first naturalist hired by the NYC public schools (1971) with a degree in forest biology from SUNY Forestry, Syracuse.

[The Hidden Gems of Tucson Restaurants](#)

Subject Area: History/Current Events

Mondays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Mon 1/27/20 **End:** Mon 3/2/20

Location: Saguaro Room

Course Description

In the first session we will talk about what makes a restaurant worth visiting as well as how the inner workings of a restaurant can make or break your dining experience. Class discussion will focus on new, fresh, exotic, fun or just great dining experiences. We will concentrate on smaller restaurants that are not large chains. For subsequent weeks, we will break into groups and volunteers will go out and eat at some new and hidden gems and present a review to the class. There will be opportunities for several people to review the same restaurant for comparison and class discussion. Sorry, but the cost of eating out will not be reimbursed by OLLI.

Instructor(s): Rob Getlan

Rob Getlan was a pastry chef for 5 years in NYC many, many years ago. His restaurant experience has given him insight into the behind the scenes workings of what makes a good restaurant tick.

[TMA Docents Art Talks VIII](#)

Subject Area: Arts/Culture

Mondays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Mon 1/27/20 **End:** Mon 3/2/20

Location: Ocotillo Room

Course Description

Docents from the Tucson Museum of Art will present another, new series of six Art Talks in this highly popular class. Each talk focuses on one topic, is beautifully illustrated and provides for an depth discussion.

Instructor(s): Richard Woodward

Dick is a frequent study group leader who has five previous versions of this class as well literature and drama classes.

[10 Warning Signs of Alzheimers](#)

Subject Area: Health/Wellness

Mondays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Mon 3/9/20 **End:** Mon 3/16/20

Location: Ocotillo Room

Course Description

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

The one-hour program covers:

- >> Typical age-related changes.
- >> Common warning signs of Alzheimer's.
- >> How to approach someone about memory concerns.
- >> Early detection, the benefits of a diagnosis and the diagnostic process.
- >> Alzheimer's Association resources.

Instructor(s): Emerald Welch

Emerald is a graduate of the University of Kansas with a Bachelor's degree in Cognitive Psychology and a Master's degree in Administrative Social Welfare. She has experience working with the Parkinsons community and has a history of program and resource development. Emerald recently moved to Tucson from Kansas City with her fiancé. Her passions are mental health, nutrition and exercise.

[Films You Ought To See](#)

Subject Area: Arts/Culture

Mondays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Mon 3/9/20 **End:** Mon 4/13/20

Location: Saguaro Room

Course Description

Image is a key to our perception of the world and the basis of our worldview. In our reading, we are continually creating mental images as we attempt to make sense of what we read. Arnheim in what has been called a seminal work refers to Schopenhauer's premise that 'Reasoning is of feminine nature; it can give only after it has received,' asserting that '...truly productive thinking takes place in the realm of imagery.' The drive to visualize is ever-present and it may still be true that a picture is worth a thousand words. We will explore films that will be new to most students. They may be Hollywood classics, independent films, so-called cult classics, and foreign productions with subtitles. There will be an introduction before each film showing and a Q & A afterwards.

Instructor(s): Louis Pinkett

Louis Pinkett is a lifelong (from 1955) film aficionado. He has taught film courses at the Tucson JCC as well as in Russia and Belarus as a Fulbright scholar. His MA in Applied Linguistics is from the University of Liverpool (UK). He has taught at the U of A and Pima Community College and is married and has three grown children and four grandchildren. He and his wife moved to Tucson from NJ in 2015 and although they miss being so far from their family, who all reside on the east coast, they love Tucson.

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[Spiro Agnew & The Bag Man - A Podcast by Rachel Maddow](#)

Subject Area: History/Current Events

Mondays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Mon 3/9/20 **End:** Mon 3/30/20

Location: Palo Verde Room

Course Description

Rachel Maddow produced an amazing 7 episode podcast about the downfall of Spiro Agnew. While most of us remember Agnew having to resign due to tax evasion, that was not the story at all. It is a well documented and researched exploration of what really happened that cause Agnew to resign. Things are revealed in this podcast that were never known until now. Agnew was the first of many who followed to blame the media and the liberals for all of his problems.

Instructor(s): Rob Getlan

Rob graduated with a degree in PoliSci eons ago and remembers vividly living through the Tricky Dick years along with his evil sidekick Spiro Agnew.

[Hummingbird Natural History](#)

Subject Area: Science/Math/Technology

Mondays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Mon 3/23/20 **End:** Mon 3/30/20

Location: Ocotillo Room

Course Description

Hummingbird Natural History

Hummingbirds are tiny feathered jewels. Their life history is an incredible miracle of evolution. Everything from their iridescent plumage to their aerial acrobatics is a wonder to behold. This is your opportunity to discover how this magic takes place. Discover how much of what we thought we knew has recently been found to be inaccurate. We will discuss and separate the facts from the fiction.

Instructor(s): Stephen Vaughan

Steve Vaughan was an ornithologist and professional nature photographer and instructor for over 30 years. His photographs have appeared in numerous books, magazines and calendars. He has a passion for observing natural history and sharing these observations with others.

Abstract Painting

Subject Area: Arts/Culture

Mondays: Single Session 1:30 PM - 3:30 PM **Start:** Mon 4/6/20

Location: Palo Verde Room

Course Description

The art you like and enjoy is how it makes you feel. Come experience the delights of abstract painting. Francheskaa will have seven abstract paintings which you will be introduced to as you learn the process of appreciating abstract painting. A realist painting is the painting of something. An abstract painting is SOMETHING!

Instructor(s): Francheskaa Clark

Francheskaa got her M.A. in art from the U of Guanajuato, San Miguel de Allende. Francheskaa is a member of the Southern Arizona Watercolor Guild and the Contemporary Artists of Southern Arizona. She loves to teach and see the awakening in her students using their intuition in abstract painting at all ages.

What Kind of Hawk is That?

Subject Area: Science/Math/Technology

Mondays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Mon 4/6/20 **End:** Mon 4/13/20

Location: Ocotillo Room

Course Description

Birds of prey can be challenging to identify. Here is an opportunity to learn some simple characteristics to help you identify these birds. Stephen Vaughan is a professional photographer and ornithologist who has put together some formulas to guide you through this process. This program will be followed up with a field trip to the Tubac Hawk on March 15th.

Instructor(s):

Steve Vaughan was an ornithologist and professional nature photographer and instructor for over 30 years. His photographs have appeared in numerous books, magazines and calendars. He has a passion for observing natural history and sharing these observations with others.

Pima Council on Aging - Opportunities and Information

Subject Area: Health/Wellness

Mondays: Single Session 1:30 PM - 3:30 PM **Start:** Mon 4/13/20

Location: Palo Verde Room

Course Description

Mark Clark, CEO of Pima Council on Aging, will explain what PCoA is and does, and outline volunteer opportunities.

Since 1967, PCOA has led the way to improve the experience of aging for the communities of Pima County, Arizona. Providing expert services, advocacy, and unbiased information for older people and their families is at the heart of our work.

PCOA is a nonprofit organization dedicated to inclusive, innovative, and integrated services that meet the changing needs of Pima County's older adults. This work is only possible with the support of our funders, donors, and volunteers.

PCOA helps our community age well through a network of programs and services, provided directly by our knowledgeable staff and volunteers, or offered through agreements with community partners.

PCoA advocates for the rights and needs of older adults in everything it does. This includes providing resources and information to help you make informed choices and find solutions that are right for you. PCoA also offers education and services to help you live an independent, vibrant life.

Instructor(s): Frederick Eisele, Mark Clark

Central Tucson Member Frederick Eisele is also member of the Pima Council on Aging (PCoA) citizen Advisory Council. He offered an OLLI course several years ago on "Aging in Community." He will introduce the speaker Mark Clark, CEO of PCoA.

Mark Clark is President & CEO of PCoA, a position he has held since 2014. He has more than thirty-five years of executive leadership of behavioral health, aging, human service, housing and faith-based organizations. From 2011 to 2013 he served as Associate General Minister of the Cleveland-based United Church of Christ. Prior to this position, Mark served for twelve years as the President & CEO of CODAC Behavioral Health Services. He is currently a board member of the Rotary Club of Tucson, TUSD Benefits Trust and Presidio San Agustin. He has been active in number community and professional organizations, including the Southern Arizona Leadership Council, Old Ft. Lowell Neighborhood Association, the National Organization of Social Workers and United Way. He is honored to have been selected to be Arizona Social Worker of the Year in 2009, and to have received a Lifetime Achievement Award from the Arizona Coalition to End Homelessness. Mark holds a Masters in Social Work from ASU and an undergraduate degree from NAU. He was a 2002 Fellow of the Center for Social Innovation at the Stanford University Graduate School of Business. He has taught at both the graduate and undergraduate levels at the ASU School of Social Work and Pima Community College.

Tuesdays

[Calligraphy - History and Hands On](#)

Subject Area: Arts/Culture

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Tue 1/28/20 **End:** Tue 3/3/20

Location: Palo Verde Room

There will be a fee of \$5-10 for pen, ink, and paper. I will purchase in bulk to keep the cost as low as possible

Course Description

The class will include an initial lecture with an overview history of Calligraphy from early pictographs up to the invention of type. Each subsequent class will focus on selected hand lettering styles with an introduction and information about the style. The second part of the class the will explore and practice techniques for lettering in that selected style. There will be a fee of \$5-10 for pen, ink, and paper. We will purchase in bulk to keep the cost as low as possible.

Instructor(s): Trudy Hill, Anya'luz Lobos

Trudy has studied Calligraphy (the beautiful writing) throughout her college years and taught it in high school and adult education programs. She still uses it to design and produce posters, invitations and business cards both for friends and professionally. Trudy earned her MA in Art Education from the University of Wisconsin.

Anya Luz Lobos spent much of her early life traveling back and forth between the United States and Nicaragua. As she grew, her creativity embraced a variety of disciplines. She studied American Sign Language at Mesa College, in San Diego, then taught Expressive Sign Language combined with poetry and music in one of the public schools. She earned a Bachelor of Arts degree in Art Studio (with an emphasis on ceramics and performance art) from the University of California at Santa Barbara. She is a published novelist and illustrator, and a Certified Expressive Arts Practitioner. She also feels a deep affinity for the meditative arts, and has taught workshops exploring the spiritual practices of different cultures, such as chanting, or healing rituals. She has been in Tucson since 2003, along with her husband, whom she describes as "a wonderfully supportive 'old hippy' war veteran. She is also the proud mother of two grown-up children.

[Exploring Southeast Asia](#)

Subject Area: History/Current Events

Tuesdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Tue 1/28/20 **End:** Tue 4/14/20

Location: Ocotillo Room

Course Description

Indonesia, Malaysia, Singapore, the Philippines, Vietnam, Thailand, Myanmar (Burma), Cambodia, Laos, and Brunei are members of the Association of Southeast Asian Nations - ASEAN. They have a combined population of more than 700 million (more than the EU) and dynamic economies. Indonesia is the world's largest Muslim nation. Singapore is regarded as the "city of the future". ASEAN nations provide a mixture of Indian, Chinese,

local, and Western cultures. Angkor Wat in Cambodia is the largest religious structure ever built and is dedicated to the Hindu god Vishnu. Borobudur in Indonesia is the world's largest Buddhist temple ever built. With the recent wars in Southeast Asia ended, its rivers, rain forests, wildlife, and its many World Heritage sites are threatened by economic development. China, the United States, India, Japan are vying for strategic advantage in controlling the resources and navigation routes in ASEAN waters. Come, explore this fascinating region of Southeast Asia.

Instructor(s): David Shawver

Dr. David Shawver was the Director of the International School of Yangon in Myanmar. He served on the Board of the East Asian Regional Council of Overseas Schools and accredited schools in Indonesia, Singapore, Cambodia, and Malaysia. He has traveled widely in Southeast Asia and visited the area annually since 1984.

[Understanding The Meritocracy Trap by Daniel Markovits](#)

Subject Area: Social Sciences

Tuesdays: 9 Sessions 9:00 AM - 11:00 AM **Start:** Tue 1/28/20 **End:** Tue 3/24/20

Location: Saguaro Room

Course Description

This is the third in an ongoing series on economic inequality in the United States. The subtitle of this excellent book is "How America's foundational myth" (meritocracy) "feeds inequality, dismantles the middle class, and devours the elite." It has been called a "sociological masterpiece." Weekly homework assignments.

Instructor(s): Jamie McMillin

Jamie has a BA degree in Political Science and Sociology, an MS in Financial Services, and an AS in Microcomputer Technology Management. He likes sports and politics, and follows a spiritual path guided by A Course In Miracles.

[Writing for Self Discovery](#)

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Tue 3/10/20 **End:** Tue 4/14/20

Location: Palo Verde Room

Course Description

Have you ever thought to yourself, "I'm going to sit down and write about my life."? Perhaps you want to write for other people in your family, or gain a better understanding of yourself, or just be creative. The problem is that although you may have good intentions, it is often hard to have the discipline to actually sit down and write. This six-session course provides that motivation to write, plus constructive feedback from the class. You will be writing five essays (900-word maximum) about things such as memories from growing up, decisions that affected your life, emotional experiences, and things you are dealing with right now. I have been teaching this course since 2015 at Arizona and Carnegie-Mellon University in Pittsburgh, and my experience every time

has been deep and meaningful, both in terms of the essays people have shared, and the meaningful interactions between students in the class. Because we share our essays by sending them over the Internet, register for this course only if you are able to compose your essays as a Word or Pages document and email them to others in the class as an attachment. In addition, you must indicate that you are able to attend at least 5 of the 6 sessions. Please be sure you meet these requirements, before registering.

Instructor(s): Bruce Goldstein

Bruce Goldstein was on the psychology faculty at the University of Pittsburgh from 1969 to 2008, and has been teaching at OLLI since 2013. He has written two college textbooks, "Sensation and Perception", 10th edition (2017) and "Cognitive Psychology: Connecting Mind Research and Everyday Experience", 5th edition (2019), and a new book, "The Mind," coming out in 2020. He has also written numerous personal essays. In addition to "Writing for Self Discovery, he has taught OLLI courses "Cognition and Aging" and "Your Amazing Mind" at Arizona, Carnegie-Mellon and the University of Pittsburgh.

[Treat Yourself With Foods That Love You](#)

Subject Area: Crafts/Cooking

Tuesdays: 3 Sessions 9:00 AM - 11:00 AM **Start:** Tue 3/31/20 **End:** Tue 4/14/20

Location: Saguaro Room

Course Description

When the foods in your pantry and fridge love you as much as you love making and eating them, you're set for an enjoyable meal or snack. You'll learn to make easy switches to foods that are delicious to your taste and beneficial to your body. Learn quick and easy tips and tricks whether you prefer to "grab and go" or settle into gourmet cooking adventures. Yes, there will be treats! The inexpensive book "The Plant Paradox Quick and Easy" by Steven R. Gundry, MD is suggested to accompany the videos, PowerPoints, demonstrations and foods (chocolate!) in the class. Bring your appetite for fun!

Instructor(s): Joanna Strohn

Joanna (Jae) Strohn learned to cook on her Grandma's corn cob-fired stove as a child in rural Iowa. Cooking remained a life-long passion. As time went on she became an obese Diet Failure. She switched to foods she loves that love her back by following the Plant Paradox low-lectin lifestyle. In the process she's lost over 30 pounds, regained health, and shared the lifestyle in previous OLLI classes. She is an OLLI volunteer and current Central Tucson Treasurer.

[Beginning/Intermediate Songwriting](#)

Subject Area: Arts/Culture

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 1/28/20 **End:** Tue 4/14/20

Location: Saguaro Room

Course Description

This twelve-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. Class members will be asked to bring examples of what they have learned to every other class for review and discussion. Access and knowledge of a musical instrument such as guitar or piano is helpful but not necessary.

Instructor(s): Holly Jebb

Holly Jebb, born and raised in Southern California, has been performing since she was a child, singing in church choirs and school choirs. Living in Hollywood, she sang in several cover bands as well as a singing and dancing multi-vocalist group. She has written and recorded, on both piano and guitar, several hundred songs. After turning away from performing for 20 years, upon her moving to Tucson she has returned to both writing and performing her original material as well as covering complementary hit songs made famous by other classic artists, as well as contemporary musicians.

Cannabis as Medicine

Subject Area: DIY/Self-Help

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 1/28/20 **End:** Tue 4/14/20

Location: Ocotillo Room

Course Description

Currently, more than 60 U.S. and international health organizations are supporting granting patients immediate legal access to medicinal cannabis under a physician's supervision. The medicinal value of cannabis is becoming hard to ignore with study after study proving its effectiveness.

This class will cover the basics of Cannabis as medicine. We will explain the common cannabinoids and how they interact with our body's natural endocannabinoid system and receptors, the difference between sativa and indica plants, an introduction into terpenes which make up the smell and taste of cannabis, and also methods of cannabis consumption. The core of this class examines two foundational concepts: (1) medical versus recreational usage, and (2) whole plant versus isolate/distillate usage.

In this class, we will examine the following topics: History of cannabis, plant genetics, anatomy and cultivation, endo-cannabinoid system, how cannabis works as medicine, micro-dosing, CBD vs THC, methods of consumption, the cannabis experience, cooking and infusion methods, dispensary operations, escape protocols, dosages and frequencies, storage, and warnings associated with use.

Instructor(s): William Meeks

After an All-American football experience, Bill started his law enforcement career in 1978. Over that 38-year career, he experienced continual physical, psychological and emotional damage. Surgery after surgery, critical incident trauma after trauma. Buried two partners and seven friends. Fourteen more took their own lives. Two shootings and shot at four times. Retired medically after a major back surgery. Under a doctor's supervision

developed a 350-500mg morphine habit. Cannabis has saved my life and my family and I am excited to share this knowledge and experience with all seeking alternatives to the pharmaceutical models.

[News and Views, Furman](#)

Subject Area: History/Current Events

Tuesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Tue 1/28/20 **End:** Tue 4/14/20

Location: Palo Verde Room

Course Description

A lively discussion of current topics and concerns on the local national and international levels. Open dialogue with ALL viewpoints is encouraged to meet today's challenging national and global fronts. Each week participants determine topics for the day's discussion. Some topics may have a special, brief presentation by a study group member. Outside speakers / resources may also be utilized.

Instructor(s): Marian Schwalm Furman

Retired 25 year PA lawyer. Her post JD graduate public administration studies, extensive political experience and occasional federal and state lobbying have instilled a lifelong analytical interest in government process. Was an active participant in the early 1970's consumer protection movement. Listed in Who's Who Among Students in American Universities and Colleges 1948-1950, member of Dickinson Law Review Board 1958-59.

[Documentaries to Make You Think](#)

Subject Area: Social Sciences

Tuesdays: 12 Sessions 1:30 PM - 3:30 PM **Start:** Tue 1/28/20 **End:** Tue 4/14/20

Location: Ocotillo Room

One-time fee of \$10.00 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 me 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.

Class may go until 4:30pm as some videos are more than 2 hours and we would like to have a discussion.

NOTE: One-time fee of \$10.00 for documentaries and movie snacks, paid at the 1st class.

Instructor(s): Mallory Riegger, Maureen Metcalf, Marianne Vanzyll

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, 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, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

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!

Marianne Vanzyll was born and raised in Holland. She speaks five languages, lived in Switzerland for 1 year, and in southern Spain for 8 years before coming to the US. She has been a volunteer with the AZ Cancer center for over 27 years. Marianne loves travel, photography, opera, theater, gardening, volunteering plus much much more.

[The Changing Face of American Protest Music](#)

Subject Area: Arts/Culture

Tuesdays: Single Session 1:30 PM - 3:30 PM **Start:** Tue 1/28/20

Location: Saguaro Room

Course Description

Musicians speak as much for their communities as themselves, as they reflect values, hopes and fears. Times change and the musics with them. Protest for or against these changes abound historically. Exploring this phenomenon as it relates to songmakers in the US shall be our mission in this session.

Instructor(s): Ted Warmbrand

I am a song collector, preserver, singer, teacher and an award winning songmaker. I have decades of work in the area of folk songs and its contribution to social betterment. Sometimes called Tucson's Pete Seeger, I have not only produced many community building concerts with national and international artists but have led workshops on music for labor environmentalism, children, migration and immigration, Woody Guthrie, Pete Seeger and more.

[Stand-Up Comedy 101 \(and maybe 102\)](#)

Subject Area: DIY/Self-Help

Tuesdays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Tue 2/25/20 **End:** Tue 3/17/20

Location: Saguaro Room

Course Description

In this class, students will have fun by learning some fundamentals that will enable them to write, rehearse, and perform a short stand-up comedy "set" around 5 minutes long. This workshop moves stand up comedy from solitary to collaborative in a safe, comfortable, supportive environment. It includes not only writing skills and techniques but even physical centering, positive body language, and even how to correctly use a microphone. The class will culminate in a live performance for friends and family. NOTE this is a performance-based class. It is open to intermediate as well as beginning students, so anyone who took the class before or has some previous experience is most certainly welcome.

Instructor(s): Ron Reid

I have been teaching stand-up comedy workshops to people of all ages since 2013. I was a touring comedian for almost 15 years and appeared on national television. I was the General Manager of The Comedy Underground in Seattle and the Producer of The Seattle International Comedy Competition - the world's largest touring comedy festival - from 1994-2016. Currently I am Managing Partner at Artists West Entertainment LLC, recently voted one of America's Top 30 Comedy Agencies www.artistswest.com I am also the co-writer and co-star of the feature film "Stages/The Montana Run" currently streaming on Amazon Prime.

[What is Liberal Education](#)

Subject Area: Philosophy/Religion

Tuesdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Tue 3/3/20 **End:** Tue 3/10/20

Location: Palo Verde Room

Course Description

A two-session discussion on Liberal Education. The goal of these two sessions is to understand what a liberal education is, how the concept emerged and evolved, and what its benefits are today. These sessions will explore the original meaning of liberalism and how that definition has played out today in the context of education.

The instructor will pose questions for class discussion. Definitions, statements, and commentaries by philosophers who wrote about liberalism will be presented. Different aspects of liberalism will be explored in the contexts of government, economics, personal relationships, and education.

Session I will focus on the original meanings of liberalism. This session will establish a consensus on the basic meaning of liberalism. Session I will continue with a discussion of how that meaning may have evolved to the present day.

Session II will focus on Liberal Education, using a definition of liberalism established in Session I. The discussion will focus on what liberal education originally meant and what it has become today. This discussion will contrast liberal education with technical education, with a focus on the attributes of both and the extent to which each might be liberal. The discussion will close with a clear contemporary definition of liberal education and its place in current society.

At the end of the two sessions, students will arrive at their own understanding of what a liberal education means today and why or why it is not important to them and to society in general.

Instructor(s): Michael Herrick

Dr. Michael Herrick formed Herrick Research LLC in 2002 and since then has been an evaluator for clients in education. The primary purpose of Herrick Research LLC is to provide clients with information to make decisions regarding school improvement and for determining project effects. Prior to founding Herrick Research LLC, Dr. Herrick had 34 years of experience in evaluation and measurement in public education, marketing research, and test development. In addition to evaluation, Dr. Herrick has conducted workshops for educators on the development and use of classroom assessments and on data based decision making. His website is www.herrickresearch.com.

Development from Conception to Kindergarten: A Primer for Grandparents

Subject Area: Social Sciences

Tuesdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Tue 3/17/20 **End:** Tue 3/24/20

Location: Palo Verde Room

Course Description

You matter to "your grandchildren", whether they are a future hope or a present reality, belong to your relatives or to others in your community. Grandparents can provide knowledge and wisdom, emotional and fiscal support as well as child care and fun. They are often the leaders and sustainers in evolving the "village" in which pregnant mothers and young children can thrive. Your own role may be helping with child care, sharing information, giving quiet support, or actively helping the community raise its children. If you are close enough to blow bubbles together - to respond caringly to the tears and laughter of "your" infant, toddler or preschooler - you are helping build the architecture of that young brain.

This two-session presentation is based on current research. It will look at the amazing phenomena of early development of the brain, relationship and language with consideration of what endangers and what supports that development. Dorothy Johnson, MD, FAAP, will bring you up to speed with the science of prenatal and early child development, and guide you to the remarkable resources for families of infants and young children that are provided through Arizona's First Things First. The format is lecture with time for questions.

Instructor(s): Dorothy Johnson

Dr. Johnson, a retired Developmental Pediatrician, is a Pima Community College Early Childhood Education Adjunct Instructor and member of Pima North First Things First Regional Partnership Council.

Creating A Healthy Relationship with Food

Subject Area: Health/Wellness

Tuesdays: 4 Sessions 1:30 PM - 3:30 PM **Start:** Tue 3/24/20 **End:** Tue 4/14/20

Location: Saguaro Room

Course Description

In today's environment, we are bombarded with a confusing number of diets, what to eat and how to eat it. Special foods, supplements, and concoctions that are "proven" to assist you to become your best self. THIS class will take another approach and focus on establishing a healthy relationship with your food, your body and your current lifestyle. We will examine what contributes to healthy and unhealthy eating behaviors, understand how positive/negative body image impacts food choices, and develop an action plan that complements HEALTHY LIVING. No diets, but a "live-it" set of strategies that can be incorporated into your daily life today!

Instructor(s): Lauve Metcalfe

Lauve Metcalfe, M.S., FAWHP, NBC-HWC is an educator, a national board-certified health and wellness coach and a Founding Fellow and advisor for the Institute of Coaching, a Harvard Medical School affiliate.

A faculty member of the University of Arizona College of Medicine from 1993-2010, Lauve currently works with the Integrative Health Coaching program, a part of the Andy Weil Center for Integrative Medicine. Her interests include developing a healthy weight and body image philosophy and valuing your existing strengths. She is the author of *Reshaping Your Body, Rethinking Your Mind* and co-authored *The BEST Exercise Program for Osteoporosis Prevention*.

[Women Around the World Challenging and Changing Power](#)

Subject Area: History/Current Events

Tuesdays: 3 Sessions 1:30 PM - 3:30 PM **Start:** Tue 3/31/20 **End:** Tue 4/14/20

Location: Palo Verde Room

Course Description

Women globally organize to build their personal and collective power in the face of growing misogyny and violence. Courageous and creative, they defend not only their own rights but the dignity of their families and communities and the health of the planet. Their stories and strategies inspire. Through lively discussion and participation, we will examine their struggles while sampling some of their organizing approaches and frameworks first hand -- facilitated by an expert in international women's rights.

Participants will learn about the long history of women's struggles as well as specific women's movements in Central America, Africa and Asia, examining the contexts that shape the women and their struggles, the power dynamics they face and the ways they transform oppressive dynamics into more collaborative life-affirming ones that promote greater dignity, justice, and equality. Participants will gain an appreciation of their own stories by sharing their hopes, dreams, and struggles in light of global stories.

Instructor(s): Valerie Miller

For over 35 years, Valerie Miller has collaborated with colleagues from peasant organizations, the UN, World Bank, League of Women Voters, etc. to develop women leaders and movements. At JASS, a global network of activists and scholars, Dr. Miller facilitates workshops, seminars, and research on power, advocacy, and women's leadership. To do this, she taps her rich experiences as a family planning counselor, community organizer, NGO policy director, and leader of national human rights coalitions and Congressional delegations. Drawing on this expertise and her doctorate in education, she has collaborated on numerous articles and books on education, social change, power analysis, and women's rights.

Music of the Blues, Part I (Add On Class Due to Demand)

Subject Area: Arts/Culture

Tuesdays: Single Session 1:30 PM – 3:30 PM **Start:** Tues 2/18/20

Location: Saguaro Room

Course Description

Blues is the original American roots music. It is the foundation for jazz, gospel, swing, and rock 'n' roll. Blues music is sad, joyful, emotional, rousing, and unforgettable. We will swim in Muddy Waters, get the best of Bessie Smith, wail at the Howlin' Wolf, swim with Mississippi John Hurt and Mississippi Fred McDowell and Memphis Minnie, harp on Little Walter, get full of Lead Belly, drink malted milk with Robert Johnson and Lonnie Johnson, and dry out with Ma Rainey. Plus plenty more. We'll have live demos of the blues by Nemo and friends. Put on your red dress, baby, 'cause we're going out tonight!

Instructor(s): John "Nemo" Nemerovski

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

Wednesdays

Cognition and Aging

Subject Area: Social Sciences

Wednesdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Wed 1/29/20 **End:** Wed 3/4/20

Location: Saguaro Room

Course Description

Do you feel as if your memory isn't what it once was? Are you finding it more difficult to pay attention to what's happening on the road while you're driving? If that's the case, join the club. You're aging! But although negative changes in memory, attention and other cognitive functions do occur as we age, the amount of change differs for different people, and it is possible to optimize your cognitive functioning by engaging in "critical lifestyle activities." This six-session course tells a story through lecture, short videos, and class discussion, which begins by considering questions such as "What is the mind?" "What is the connection between mind and brain?" "How does memory work?" and "How does aging affect memory?" In the last half of the course, we consider how critical lifestyle activities - eating right, getting sleep, exercising mind and body, socializing, meditating, and being mindful - can help keep your mind sharp as you age. We will go beyond simply saying "do this," to looking at the story behind each of these activities. We will also occasionally take breaks for short one-on-one or small group discussions. Although the main emphasis of this course is on presenting facts you can use, another purpose is to provide opportunities to share experiences. This is an expanded version of a 3-session course that was offered Spring term 2019.

Instructor(s): Bruce Goldstein

Bruce Goldstein was on the psychology faculty at the University of Pittsburgh from 1969 to 2008, and has been teaching at OLLI since 2013. He has written two college textbooks, "Sensation and Perception," 10th edition (2017) and "Cognitive Psychology: Connecting Mind Research and Everyday Experience", 5th edition (2019), and a new book, "The Mind," coming out in 2020. In addition to "Cognition and Aging," he has taught OLLI courses "Writing for Self Discovery" and "Your Amazing Mind" at Arizona, Carnegie-Mellon and the University of Pittsburgh.

[Philosophy of Religion](#)

Subject Area: Philosophy/Religion

Wednesdays: 10 Sessions 9:00 AM - 11:00 AM **Start:** Wed 1/29/20 **End:** Wed 4/1/20

Location: Palo Verde Room

Course Description

A discussion of the major religious issues in western philosophical thought, such as the nature of religious experience, the existence of God, the problem of evil, and the relationship between faith and reason. Books: "Philosophy of Religion" fourth edition by John Hick Prentice Hall and optional "Mediated Transcendence" by Jerry Gill Mercer University Press

Instructor(s): Jerry Gill

Ph.D. Duke University, many years as a college professor teaching philosophy and religious studies. Over 30 books published and 100 articles. Currently teaching at Pima Community College. Led several Semester Abroad programs in Finland, Greece, and Mexico.

[Two by Sebald](#)

Subject Area: Literature/Writing/Language

Wednesdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Wed 1/29/20 **End:** Wed 4/15/20

Location: Ocotillo Room

Course Description

W.G. Sebald published his first novel in 1990, at the age of 45. By the time of his sudden death in 2001 he was recognized as one of the greatest living writers and was under serious consideration for the Nobel prize. His works are an often almost hypnotic blend of apparent fact, recollection and fiction. A good description of his themes and approach can be found in his Wikipedia article. We will read and discuss his first two novels, Vertigo and The Emigrants. The books are readily available from Amazon and other booksellers, both new and used.

Instructor(s): Michael Devine

My educational and professional background is scientific: meteorology (BA) and oceanography (PhD). Most of my professional career was spent with NOAA as a research scientist.

[Birding for Everyone, Everywhere](#)

Subject Area: Science/Math/Technology

Wednesdays: 5 Sessions 9:00 AM - 11:00 AM **Start:** Wed 3/18/20 **End:** Wed 4/15/20

Location: Saguaro Room

Course Description

Have you ever considered trying Birding (aka "bird-watching")? Or are you an experienced birder with a long "Life List"? This delightful lifetime practice is a great way to enhance your appreciation of some of nature's most beautiful creatures, of being outdoors, and of traveling. This class will focus on techniques, tools, knowledge, and practices for bird identification and appreciation (i.e., not including ornithology or bird photography). Bill and Laura Couchman, a married couple who have been happily birding together for 15 years, will cover topics including binoculars, field guides, how to find, spot and identify birds with your eyes and ears, implications of habitat and range, organizations and communities available for birders, the impact of climate change, birding travels, backyard birding, and more. We'll show photos and video of birds to help you learn the local favorites and more, and the class will include one or two field trips (nearby during class time) so we can go birding together. The class is designed for beginners/novices, but we welcome experienced birders to join us to share their knowledge.

Instructor(s): Laura Couchman, Bill Couchman

Laura and Bill Couchman are happily married and have been birding together for 15 years. They take binoculars everywhere they go, and especially love birding in AZ because there are no leaves in the trees! Both are experienced OLLI study group leaders.

[Portrait of a Lady](#)

Subject Area: Literature/Writing/Language

Wednesdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Wed 1/29/20 **End:** Wed 4/15/20

Location: Palo Verde Room

Course Description

In *The Portrait of a Lady*, an 1881 novel by Henry James, the protagonist Isabel Archer is a young American who inherits a sufficient fortune to allow her to create her life as she wants it to be in the sophisticated cities of Europe. Will her high spirit and iconic American self-reliance permit her to attain the true independence and freedom she desires? Henry James leads us through labyrinths to find answers. I will use the Oxford World Classics edition ISBN 978-0-19-921794-6 available in bookstores and on-line for \$11.95 new.

Instructor(s): Suzanne Peters

Sue Peters is an experienced study group leader.

TED et al: Ideas Worth Discussing

Subject Area: History/Current Events

Wednesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Wed 1/29/20 **End:** Wed 3/4/20

Location: Ocotillo Room

Course Description

In each of the six class sessions, we will watch or listen to one or two TED talks, podcasts, YouTubes or other presentations, on a variety of subjects by a wide range of presenters. I will develop a plan for each week as we go along but would like to have your suggestions for topics or, even better, specific talks, podcasts, etc., that you think are worth sharing with the class. The success of the course will depend on the diverse interests of members, their willingness to identify good talks related to them, and their openness to considering and discussing what others have chosen.

Instructor(s): Lesley Bailey

Lesley Bailey has a BA and MA in English Studies, a diverse work background that includes innovative higher education, and a wide variety of interests with emphasis on the humanities and social sciences.

The Role of African Americans in Intelligence Operations

Subject Area: History/Current Events

Wednesdays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Wed 2/12/20 **End:** Wed 2/19/20

Location: Saguaro Room

Course Description

...Negroes have repeatedly threaded their way through the lines of the rebels exposing themselves to bullets to convey important information to the loyal army of the Potomac. Frederick Douglass, 1862

African Americans have taken an incredible, and mostly unknown, overlooked, or understated journey from the 18th Century into the intelligence world of the 21st Century. This presentation highlights interesting cases demonstrating race and gender implications, motivations, risk taking, sacrifices, contributions and accomplishments of and betrayals by African Americans throughout our intelligence and nation's history. This survey includes the Revolutionary War era; the brave organizers of the Underground Railroad, who used intelligence tradecraft and collection techniques without benefit of training or mentoring; the Civil War-era slaves and free blacks who took initiative at grave personal risk to provide information they observed or heard in the course of their work tasks; the daring 20th century spies, double agents, and in some cases, traitors to America; and individuals who are or have been part of the intelligence community today. This presentation celebrates the courage, dedication, and personal commitment African Americans made in securing the freedom of a people and in securing and sustaining America's freedom, while also demonstrating that betrayal knows no age, sex, or race.

Instructor(s): Constance Huff

Constance Huff, CW4 (retired), US Army, was recognized throughout the strategic counterintelligence (CI) community as one of the Army's premiere espionage investigators. She led the team for the US Army-Europe's highest priority espionage investigation during Desert Shield/Storm, which resulted in a conviction of the spy. Ms. Huff was named as the Department of Defense "Investigator of the Year."

Ms. Huff has taught intelligence professionals from all 16 members of the US Intelligence Community as well as private corporations.

She earned a Master of Education degree from Boston University. In 1995, she graduated from the FBI National Academy. Ms. Huff has received numerous awards including two Legion of Merit Awards and six Meritorious Service Medals.

[America's Secret War in Laos](#)

Subject Area: History/Current Events

Wednesdays: 2 Sessions 11:15 AM - 1:15 PM **Start:** Wed 2/26/20 **End:** Wed 3/4/20

Location: Saguaro Room

Course Description

Under five presidents (Eisenhower - Ford) , the US State Department, Military Services and Intelligence Agencies conducted largely unreported operations in Laos. The purpose of this ultimately failed undertaking was to prevent a Communist takeover of Laos. Class will include lectures, discussion and videos.

Instructor(s): Jim Dinniman

Jim Dinniman is a retired Army Infantry, Special Forces and Intelligence Officer who served in several Asian countries. He was the US Army's Director of Foreign Intelligence.

[Following the Rogue Theatre 6, Part 2](#)

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Wed 3/11/20 **End:** Wed 4/15/20

Location: Saguaro Room

Course Description

The Rogue Theatre is one of the preeminent and engrossing theatre companies in Tucson. It consistently produces high quality outstanding productions of exceedingly rich, thought provoking plays. In this course, we will read and delve into the plays being produced in the 2019-2020 season. Two sessions will be devoted to each play: the first reading the play as a piece of literature, and the second discussing the production aspects with the artistic and managing directors of the Rogue Theatre, Cindy Meier and Joe McGrath. Part 1 was done during the fall semester where we discussed the first 2 plays of the season. In part 2 during the spring semester, we will look at the remaining 3 plays.

Instructor(s): Peter Hirschman

Peter Hirschman worked previously at the Lutheran Immigration and Refugee Resettlement Agency in Tucson. He is currently a volunteer with the Karnes Pro Bono Project, and the Florence Project, both of which are pro bono legal assistance organizations that serve refugees and asylum seekers in America. Peter volunteered a second time in May 2017 at the Karnes family detention center in Texas, helping families, women with children, with the asylum application process.

Positive Relationship Building

Subject Area: Health/Wellness

Wednesdays: 6 Sessions 11:15 AM - 1:15 PM **Start:** Wed 3/11/20 **End:** Wed 4/15/20

Location: Ocotillo Room

Course Description

This study group will survey and discuss personal qualities that result in building successful relationships. We will discuss positive relationship strategies, techniques and ideas. The class will also be given and examine information based on some of the "experts" in the field. Anecdotal successful and unsuccessful stories will be encouraged. The group will be shown a PowerPoint presentation which will stimulate discussion, provide important information, and also a large dose of effective comic relief. Participants will leave this study group equipped with an awareness of what is required to achieve more successful personal relationships.

Instructor(s): Arnie Bianco

Long time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. I am an active OLLI member. I have been a teacher for a number of years and have done relationship workshops in more than 10 states. I am a published author who has always loved to teach. My wife is presently a teacher.

Churchill: Spymaster

Subject Area: History/Current Events

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 1/29/20 **End:** Wed 3/4/20

Location: Saguaro Room

Course Description

Winston Churchill: Spymaster is a discussion-oriented study group focusing on Churchill's role in British World War II intelligence and the effect of the secret war on the war's outcome. The six sessions include World War I Background, ENIGMA and cryptography, counter-intelligence, Operations in the United States, secret weapons, and sabotage and covert operations. There are no required reading assignments.

Instructor(s): Marshall Spatz

Dr. Marshall Spatz has been an OLLI member for three years. He received his doctorate in American History from the University of Chicago. Before an extensive career in educational finance and administration, he taught at several universities, including the University of Kentucky and the University of Missouri, Columbia.

[The Challenges of Aging Without Family](#)

Subject Area: DIY/Self-Help

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 1/29/20 **End:** Wed 3/4/20

Location: Palo Verde Room

Course Description

Information about aging beyond "active adulthood" is almost entirely about helping families deal with their aging "loved ones." What then is the fate of those without family, among whom I include myself?

Who will be responsible for monitoring our health and well being, selecting caretakers and facilities and negotiating the myriad bureaucracies that determine life for the old and ill? In the worst case scenario, someone will end up managing every aspect of our final years from where we live to how our assets are used. If not family, who? After retiring, I set out to answer these questions. In this study group, I'll share what I learned and we'll explore together how solo seniors can best provide for their own future selves.

Instructor(s): Elena Berman

Elena Berman (PhD in Linguistics) is retired after a varied academic career. After retiring, she began exploring issues of aging for solo seniors. She became a volunteer Medicare Counselor for Pima Council on Aging and participated in the Tucson/Pima County End of Life Care Coalition as a "citizen activist." She co-authored an article on end-of-life decision-making for those without family that was published in The Journal of the American Geriatric Society.

[The Club: Johnson, Boswell and the Friends who Shaped an Age.](#)

Subject Area: History/Current Events

Wednesdays: 12 Sessions 1:30 PM - 3:30 PM **Start:** Wed 1/29/20 **End:** Wed 4/15/20

Location: Ocotillo Room

Course Description

Samuel Johnson was a leading light of English literature and socialized with other prominent people from other disciplines. Joshua Reynolds was one such individual. In 1763, Reynolds proposed to Johnson that they form a group to meet at the Turk's Head Tavern on Fridays to dine, drink, and discuss art, literature, science, and other areas of interest to promote knowledge. The members included Edmund Burke, Adam Smith, Edward Gibbon, David Garrick and James Boswell to name just a few. The conversations were lively and influenced many people in disparate fields. We still see their influences today. The book *The Club*, by Leo Damrosch, is available through a variety of sellers at various prices, hardbound or in paper. ISBN 9780300217902

Instructor(s): Charles Peters

Chuck is an experienced study group leader.

Poetry Potpourri

Subject Area: Literature/Writing/Language

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 3/11/20 **End:** Wed 4/15/20

Location: Palo Verde Room

Course Description

Poetry Potpourri will continue the enriching experience of reading and discussing poetry started at OLLI by Dan Gilmore about four years ago. Various poetic forms will be explored to show the myriad of ways that poetry infuses our lives. We may use videos from the PBS Poetry in America series or speakers from the community for some sessions. Students will have the opportunity to participate by picking a poet/poems and leading the discussion. Website links and poems will be sent to class participants prior to each class by the SGLs.

Instructor(s): Stella Miles, Susan Rubin, Trudy Hill

Stella Miles has an administrative background and her career has been in academia. She has co-led sci-fi and fantasy classes and assisted with some poetry discussion classes. Reading and writing poetry has usurped SF&F, but maybe they will collide in this class?

Susan Rubin is a social worker who still practices part-time. She has co-led other OLLI classes, the most recent being Sci-Fi. Her first and only poem was published in her junior high magazine. Her interest in poetry lay dormant until she joined Dan Gilmore's poetry reading class. She was hooked.

Trudy has studied Calligraphy (the beautiful writing) throughout her college years and taught it in high school and adult education programs. She still uses it to design and produce posters, invitations and business cards both for friends and professionally. Trudy earned her MA in Art Education from the University of Wisconsin.

Reflections on Language and Linguistics

Subject Area: Literature/Writing/Language

Wednesdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Wed 3/11/20 **End:** Wed 4/15/20

Location: Saguaro Room

Course Description

This course looks at some of the many facets of human language explored by linguists, using lectures, discussions, segments of The Great Courses (John McWhorter and Seth Lerer), YouTube clips, and visiting scholars. We will define language and linguistics, look at the origins of language, its history, language families and the place of English within that history. We will also reflect on language change and the role of writing in language (and cultural) development. Finally, we will explore language learning (particularly of second languages) and the efforts at language maintenance for languages in danger of dying.

Instructor(s): Renate Schultz

Renate Schulz, Professor Emerita University of Arizona, holds a Ph.D. in Applied Linguistics with a specialty area in foreign language education/educational linguistics. She has taught languages (German, French, English) in the U.S. and abroad and has trained language teachers on several continents. She is widely published in her field and was instrumental in developing the interdisciplinary PH.D. in Second Language Acquisition and Teaching at the University of Arizona. She has received the Bundesverdienstkreuz (highest civilian honor) from the Federal Republic of Germany and an honorary doctorate from the University of Leipzig in recognition of her work.

Thursdays

[Fire Safety at OLLI and at Home](#)

Subject Area: DIY/Self-Help

Thursdays: Single Session 9:00 AM - 11:00 AM **Start:** Thu 1/30/20

Location: Ocotillo Room

Course Description

In this class, learn about fire safety at OLLI and at home from a University of Arizona risk management expert.

Instructor(s): Jeff Warren

Jeff Warren is a Fire Inspector at the University of Arizona.

[Intermediate Conversational Spanish](#)

Subject Area: Literature/Writing/Language

Thursdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Thu 1/30/20 **End:** Thu 4/16/20

Location: Palo Verde Room

Course Description

Study Group members will improve their Spanish reading, writing, and speaking skills through stories, poems, songs, and group activities. Class members should have some exposure to Spanish, but beginners are welcome.

Instructor(s): Josephine Kelleher, Mallory Riegger, Marianne Vanzyll

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.

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, 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, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

Marianne Vanzyll was born and raised in Holland. She speaks five languages, lived in Switzerland for 1 year, and in southern Spain for 8 years before coming to the US. She has been a volunteer with the AZ Cancer center for over 27 years. Marianne loves travel, photography, opera, theater, gardening, volunteering plus much much more.

Walk 'n Talk

Subject Area: DIY/Self-Help, Health/Wellness

Thursdays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Thu 1/30/20 **End:** Thu 4/16/20

Location: Saguaro Room

Course Description

This is a repeat of the class offered in Fall 2019. We use the paved walking path along the Rillito River to get some exercise and enhance the experience by talking. Each week we will select a discussion topic, walk for about an hour with a partner who matches your pace, then convene back in our meeting room to share our discussions with the group. Requirements are a comfortable pair of walking shoes, the ability to walk for an hour at a reasonable pace, a water bottle, and an interest in good conversation.

Instructor(s): Doug Johnson, Janice Burke

Doug has a BS in Physical Education/Health Education. Like most kids, he played many sports; always good enough to play but never a star. He enjoys the chemistry of teams and coaching, and worked for years at the YMCA and other health clubs directing all kinds of activities.

Janice is a retired biomedical research scientist who has led other classes at OLLI. Here she joins Doug to help organize the walks and identify discussion topics for the talks.

EcoArtists - Working at the Intersection of Art and Science, Locally and Globally

Subject Area: Arts/Culture

Thursdays: Single Session 9:00 AM - 11:00 AM **Start:** Thu 2/6/20

Location: Ocotillo Room

The optional field trip has a cost of \$45.

Course Description

When artists and scientists collaborate on finding solutions to the environmental challenges of the 21st century such as loss of habitat and biodiversity and effects from climate change, creative and innovative research with the potential for inventive eye-opening solutions are possible. Learn how EcoArtists, locally and globally use their art to engage in non-traditional and alternative research methods for exploring and finding solutions to environmental issues. In this presentation, audience members will learn about and view examples of EcoArtists working locally (in the Sonoran Desert) and globally who use their art and creativity to engage in finding solutions to known environmental issues. There is an optional field trip. Location will be an outdoor location where a demo will be provided and an opportunity for folks to engage in the art/science process. The optional field trip has a cost of \$45.

Instructor(s): Lee Ann Woolery

With a focus on divergent ways of knowing, Dr. Woolery pioneered Art-Based Perceptual Ecology, a unique research methodology used in collaboration with Western science methods to study the environment. Woolery is an interdisciplinary scholar, researcher, a practicing artist, and educator of over 30 years. Dr. Woolery has taught art-based environmentally focused workshops at Saguaro National Park, AZ; Red Butte Gardens, UT; and IslandWood, Bainbridge Island, WA. Woolery has also taught "Art and the Environment" classes at University of Washington- IslandWood, University of North Carolina-Asheville and The School of the Art Institute of Chicago. Woolery holds a Doctorate in Environmental Studies from Antioch University New England and a graduate degree from The School of the Art Institute of Chicago. Her doctoral field study in Desert Ecology was conducted in the Sonoran Desert in Arizona and Mexico. Dr. Woolery's dissertation: Art-Based Perceptual Ecology as a way of knowing the language of place, and additional information on her research, workshops and field expeditions can be found at EcoArt Expeditions. www.ecoartexpeditions.com.

The Militant Suffrage Campaign 1913 - 1920

Subject Area: History/Current Events

Thursdays: 2 Sessions 9:00 AM - 11:00 AM **Start:** Thu 2/13/20 **End:** Thu 2/20/20

Location: Ocotillo Room

Course Description

Most Americans know very little about Alice Paul and the militant suffragists who used non-violent civil disobedience to get the attention and support from President Wilson, the public and the press for suffrage. They were the first social activists to picket the White House. From 1917 - 1919 some of them were arrested and sentenced. A few went on hunger strikes and were force fed milk and egg through tubes down their nostrils. The film, Iron Jawed Angels, will be shown at the first session. It tells the true story about how defiant and brilliant young activists, Alice Paul and Lucy Burns, took the women's suffrage movement by storm, putting their lives at risk to help American women win the right to vote.

During the second session, Posie will relate how she accidentally learned about Alice Paul and the militant suffragists by discovering her great grandmother's suffrage banners, meeting notes, letters, drafts of speeches and photographs. From these findings and subsequent research. Posie will describe her great grandmother's

role in Virginia and with Paul's National Woman's Party. Posie will bring copies of the suffrage banners.

Instructor(s): Posie Cowan

Posie Cowan is the great granddaughter of a militant suffragist, Sophie Meredith, who was arrested in 1918 for picketing the White House. Meredith lobbied for an Equal Rights Amendment in the 1920's. Posie is one of the founders of Equal Rights Maine, a group advocating for both an ERA in the US Constitution and in the Maine Constitution. She has given seminars and presentations about the last ten years of the Suffrage Campaign and about the history and current status of the Equal Rights Amendment. Prior to that she was a divorce mediator, couples therapist and parent educator in Maine.

[Seeking Security in an Unstable World](#)

Subject Area: History/Current Events

Thursdays: Single Session 9:00 AM - 11:00 AM **Start:** Thu 2/27/20

Location: Ocotillo Room

Course Description

A moderated armchair conversation about the current state of security and stability in our democracy, government, jobs, and lives.

Instructor(s): Frank Figliuzzi, Ronald Cohen

Frank Figliuzzi is an MSNBC News national security analyst, and former FBI Assistant Director for Counterintelligence with 25 years of service as a Special Agent.

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

[Long Term Trends Which May Affect Your Retirement](#)

Subject Area: DIY/Self-Help

Thursdays: Single Session 9:00 AM - 11:00 AM **Start:** Thu 3/5/20

Location: Ocotillo Room

Course Description

After 40+ years in the financial service business, I can appreciate why many current and future retirees focus on the short-term, but in today's world, though understandable, I would suggest this not wise. I believe there are long-term trends that will affect retirement now and into the future. In the class, I will present each of these trends along with supporting documentation. We will discuss each trend and its possible effects on retirement. Trends may have either a negative or positive effect on retirement.

The first trend discussed will be Artificial Intelligence or A-I. A-I already affects many parts of our lives and I suspect this trend will continue dramatically affecting all parts of lives and the possibility of our retirements.

The objective of the class is not to convince participants each of the trends will actually affect their retirement or they are the only ones. The objective is to provide sufficient information and analysis that each of these possible trends is historically unique and may affect retirement. A second objective of the class is to encourage participants to do their own due diligence on these trends going forward.

Instructor(s): Doyle Ranstrom, CFP

I am a CFP, I also have a Masters in Financial Planning and 40+ years of experience in the financial service industry. I sold my firm the end of 2016 and started a consulting company. My website www.doylearanstrom.com both contains my bio and articles written primarily by me.

[The Life and Politics of Thomas Jefferson](#)

Subject Area: History/Current Events

Thursdays: 6 Sessions 9:00 AM - 11:00 AM **Start:** Thu 3/12/20 **End:** Thu 4/16/20

Location: Ocotillo Room

Course Description

The class will explore Thomas Jefferson's life and politics. Also, his term as our 3rd President (1801-1809) will serve as a "window" into several others presidencies and important ongoing themes in American history.

Instructor(s): Ron Rude

Ron Rude has been a student of presidential history for over 30 years. He has taught several OLLI courses including "Presidential History: the Good, Bad, and Ugly", and "Science and Theology." Recently retired as Lutheran campus pastor at the University of Arizona, his interests include hiking, music (drums & piano), playing basketball, and travel. Ron has written two books - Abel Emerging (Beaver's Pond Press, 2010), and (Re)considering Christianity (Beaver's Pond Press, 2012).

[CCO \(Closed Compression Only\) CPR and Use of our AED](#)

Subject Area: Health/Wellness

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 1/30/20

Location: Saguaro Room

Course Description

Erika Yee and other 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(s): Erica Yee, Richard Wachter

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.

Dick Wachter is an OLLI member and a retired Neuroradiologist who practiced in Tucson for 30 years.

[Reading the New Yorker](#)

Subject Area: Literature/Writing/Language

Thursdays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Thu 1/30/20 **End:** Thu 4/16/20

Location: 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(s): Ron Peterson, Marcia Nedland

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.

Marcia Nedland is an urban planner and principal of Fall Creek Consultants, a national advisor to nonprofits, neighborhood associations, government, funders and other policymakers on neighborhood revitalization and housing market re-building. Her summer home is in Ithaca, New York, and she was born and raised in the rural Midwest. Interests include politics, sociology, birding, watercolor painting, and food.

[Working with Titans](#)

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 1/30/20

Location: Ocotillo Room

Course Description

Using the Titan Missile Museum/Titan Missile National Historic Landmark and her experience as a Missile Combat Crew Commander in the Titan II program, the presenter will discuss the role the Titan II played in the peaceful conclusion of the Cold War and what this weapon system can tell us about the potential nuclear threats facing the US today.

Instructor(s): Yvonne Morris

Yvonne Morris has been the Director of the Titan Missile Museum since October 2004. As an officer in the US Air Force, she was one of the Missile Combat Crew Commanders responsible for missile site 571-7, which is now the Titan Missile Museum/Titan Missile National Historic Landmark. In addition to appearing on several history and tourism themed television shows, Yvonne was also a featured speaker at the Cold Culture Symposium, an international symposium on new approaches to Cold War research, expression and education. She spoke on the topic of interpreting the role of nuclear weapons in the Cold War.

[OLLI UA: Yesterday, Today and Tomorrow](#)

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 2/6/20

Location: Saguaro Room

Course Description

This course will begin with a review of the 30-year OLLI-UA history from its inception in November of 1989 to today. We will focus on how some of the challenges have been constant since the first days. We will then look at how OLLI operates today, the benefits of OLLI membership, and what today's members can do to insure the existence of OLLI 30 years from today.

Instructor(s): Meg Hovell, Loring Green, Kay Richter

Meg has been in leadership positions at OLLI for the last nine years and is interested in exploring the community-building aspects of lifelong learning.

Loring is a long-time OLLI member and current director on the OLLI-UA Board. He is an experienced SGL having led classes in subjects as diverse as Long Term Care and mining in the old west.

Kay Richter is Past President of the National Academy of Elder Law Attorneys-Arizona. She chairs the State Bar Elder Law / Estate Planning Attorney lunch group with these areas being the areas of her law practice. She served on the board of Pima Council on Aging for 12 years. She has the highest rating possible by the largest evaluator of attorneys. Her sole legal focus has been estate planning since 1986.

[The Angel of Tombstone and the Professor Who Scandalized Tucson](#)

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 2/6/20

Location: Ocotillo Room

Course Description

Historic reenactments performed in first person with period costumes of Nellie Cashman and Louise Foucar Marshall.

Nellie Cashman was known as the Angel of Tombstone. This extraordinary woman wandered the frontier camps of the 1800's seeking gold and silver and a way to help others.

Louise Foucar Marshall was the first female professor of the University of Arizona and when she was accused of murdering her husband it shook the University and the town of Tucson.

Instructor(s): Shirley Pinkerton, Ginny Ginn

Shirley Pinkerton is a Historian, Historic Reenactor, Tour guide, and on the board of the Arizona Historical Society Southern Chapter Board of Directors.

Ginny is a historian, historic reenactor, tour guide and Treasurer of Los Amigos, a support group for the Arizona History Museum.

[The Music of Beethoven](#)

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 2/13/20

Location: Saguaro Room

Course Description

Join TSO Maestro Jose Luis Gomez for a celebration of the life and works of Beethoven. This year TSO and orchestras all over the globe are celebrating Beethoven's 250th birthday. Beethoven wasn't a composer who settled - he was a revolutionary, looking to push the envelope of sound and space. Not only was he inspired, he was an inspiring figure for those who followed. His personal life was marked by a heroic struggle against encroaching deafness during which he composed some of his most important works. Widely regarded as the greatest composer who ever lived, Beethoven dominated a period of musical history as no one else before or since. He revealed more vividly than any of his predecessors the power of music to convey a philosophy of life and in certain of his compositions, the strongest assertion of the human will in all music, if not in all art. You've heard Beethoven's Fifth. Discover the one that followed and the one that started it all.

Instructor(s): Jose Luis Gomez, Ronald Cohen

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

[Just Authors, Just Events - Tucson Festival of Books 2020](#)

Subject Area: Literature/Writing/Language

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 2/20/20

Location: Saguaro Room

Course Description

Join us for a peek at authors coming to the Tucson Festival of Books, March 14-15 2020. We will include author's current work, scheduled events, how to plan your activities, and how to get free tickets for the ticketed events.

Instructor(s): Sharon Manion, Lindy Mullinex

Sharin retired from PCC as the Department Chair for Sign Language and Interpreter Training. She has worked for the Festival of Books for the last 4 years.

Lindy has volunteered for Tucson Festival of Books for 9 years in a variety of administrative capacities. She is currently the Co-Chair of the Volunteer Committee.

[What? Women Don't Have Equal Rights in the U.S. Constitution?](#)

Subject Area: History/Current Events

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 2/20/20

Location: Ocotillo Room

Course Description

Over 80% of Americans think that the Equal Rights Amendment was ratified and is in our Constitution. It is not. 38 states were needed to ratify it and only 35 had done so when the time limit ran out in 1982. In the last three years there has been renewed interest in getting the ERA passed. Nevada ratified it in March 2017 and Illinois did in June 2018. Now there is only one more state needed. Unfortunately lifting the time limit and the right for states to rescind will be challenged in the courts.

We will review the history of the Equal Rights Amendment starting in 1923 and why it was never ratified. In addition, we will see how the present laws fail to adequately protect women from sex discrimination and why an Equal Rights Amendment is important.

Instructor(s): Posie Cowan

Posie Cowan is the great-granddaughter of a militant suffragist, Sophie Meredith, who was arrested in 1918 for picketing the White House. Meredith lobbied for an Equal Rights Amendment in the 1920's. Posie is one of the founders of Equal Rights Maine, a group advocating for both an ERA in the US Constitution and in the Maine Constitution. She has given seminars and presentations about the last ten years of the Suffrage Campaign and about the history and current status of the Equal Rights Amendment. Prior to that she was a divorce mediator, couples therapist and parent educator in Maine.

[Core Topics in Natural History](#)

Subject Area: Science/Math/Technology

Thursdays: 8 Sessions 11:15 AM - 1:15 PM **Start:** Thu 2/27/20 **End:** Thu 4/16/20

Location: Saguaro Room

Course Description

The course will be both lecture and discussion, with an interactive presentation. The course begins with a complete biography of Charles Darwin and the role he played as the father of evolutionary biology. This will take us from his childhood, his voyaging days, his relationship with other key people, and the years of formulating the fundamental principle of biology - natural selection. Another topic is speciation, including the

understanding of the terminology. Other discussion topics include an introduction to reptiles, fish, seabirds, and marine mammals (seals, sea lions & whales), as well as an in-depth look at astronomy (with an emphasis on simplifying some of the difficult concepts (including black holes, dark energy, etc.) We will conclude with a look at finding your way through the stars above Tucson.

The e-book (Amazon/ iTunes) Astronomy & Natural History Connections - From Darwin to Einstein (by Barry Boyce) will be recommended

Instructor(s): Barry Boyce

Barry Boyce was a graduate student in the neurosciences. He has over 30 years teaching natural history on expedition voyages to the Galapagos Islands and the Antarctic. He currently teaches outreach astronomy for the University of Arizona at their Mt. Lemmon Sky Center. He is also an astrophotographer and nature photographer; his images can be seen on www.barryboyce.com. He is the author of A Traveler's Guide to the Galapagos Islands and Astronomy & Natural History Connections: From Darwin to Einstein.

[Reflections of a Pilgrim: A 7-Day Adventure on El Camino de Santiago](#)

Subject Area: Travel/Entertainment

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 3/5/20

Location: Ocotillo Room

Course Description

Have you ever considered walking El Camino de Santiago (St. James' Way) or a section thereof? If you are curious about El Camino and want to hear about a pilgrim's trip, this single session is for you.

I will share my experiences, and suggestions, to help make yours a successful walk.

In this session I will cover:

- Pre-Camino preparations;
- Required and recommended gear;
- Aspects of the Camino walk;
- Procuring the Compostela, the certificate of completion.

My companions and I traveled the Portuguese Camino, the second most traveled of the eight "officially recognized" ways. Starting in the picturesque and historic coastal municipality of Baiona, we arrived at Santiago de Compostela 129 kilometers, or 80 miles, later.

Through photos and videos I will offer tips on staying on course, share some anecdotes about fellow pilgrims we met along the way and at our destination, and recommend things to do in Santiago after completing the walk.

Instructor(s): Jorge Tapia

I am a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. My interests are hiking, listening to all genres of music and traveling. I have been a member of OLLI since 2013.

Photography as Art

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 3/12/20

Location: Ocotillo Room

Course Description

Photography has had a long history (since 1839) but for its first century, it was mostly regarded as a means of documenting reality, not as an art form. That attitude changed slowly in the 20th century to the point that photography is now recognized as an important art form. In this study group, I will discuss this topic from a personal perspective by reviewing how I changed in the digital era from a straight photographer into a photo artist. I will discuss my artistic influences and how I create my art. I will illustrate this talk with many examples from my large collection of images of wildlife (reflecting my background as a professional biologist) and people (reflecting my overall curiosity about life). We will discuss in class having an optional field trip to a local photography gallery to view contemporary fine art photography.

Instructor(s): Ted Fleming

Dr. Ted Fleming is an Adjunct UA professor, retired Professor Emeritus at University of Florida, Desert pollinators. He also authored, with W. John Kress, "The Ornaments of Life", published by The University of Chicago Press.

Debunking Henry Ford and his Anti-Semitism

Subject Area: History/Current Events

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 3/19/20

Location: Ocotillo 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. In fact, several subtypes of anti-Semitism today have a root in Henry Ford's machinations. We debunk and disempower this history. In contrast, with appreciation, we look at examples of protest and resistance from the Jewish and general communities at the time. These include assorted writings, petitions, sermons, libel suits, and a boycott of Ford motor vehicles.

Instructor(s): Evyn Rubin

Evyn Rubin is a versatile writer who has been working on the Debunking Henry Ford project for decades. By tackling the anti-Semitism of this dubious hero, she feels she is pitching in to prevent the spread of prejudice. She began by doing amazing original research using primary sources, uncovering Ford's treacheries both obscure and well known. She has shared her 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. She now has a book in progress.

[We Are Not Alone](#)

Subject Area: Science/Math/Technology

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 3/26/20

Location: Ocotillo Room

Course Description

This discusses the recent discovery of Exoplanets, their characteristics and the possibility of technological life in our Milky Way galaxy.

Instructor(s): 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.

[Candid Critters of the Catalinas](#)

Subject Area: Arizona History/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 4/2/20

Location: Ocotillo Room

Course Description

The Santa Catalina Mountains on the north side of Tucson contain a diverse array of animal life. Join naturalist and camera trap videographer David Dean for an up-close and personal (and often humorous) look into the lives of the fascinating animals who call these mountains home. Are you curious about the wildlife that inhabits your property? David will also tell you what you need to know in terms of selecting and using a trail camera.

Instructor(s): David Dean

David retired and relocated to Tucson in the summer of 2015 after having served for 25 years on the faculty of the Department of Biology at Spring Hill College in Mobile, Alabama. He is very active in two volunteer groups, the Sabino Canyon Volunteer Naturalists and the Santa Catalina Volunteer Patrol, which support the Santa Catalina Ranger District of Coronado National Forest. His hobby is capturing the wildlife of the Santa Catalina Mountains on video using motion-activated cameras.

[More Google Maps and Apple Maps](#)

Subject Area: Science/Math/Technology

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 4/9/20

Location: Ocotillo Room

Course Description

Let's keep learning hands-on about the amazing Google Maps and Apple Maps apps on your iPhone and iPad. We will dig deep for more basic and hidden features of these wonderful navigational gems, including massive amounts of helpful information on places worldwide.

Instructor(s): John "Nemo" Nemerovski

John Nemo uses maps on his iPad, iPhone, and MacBook Pro every day. He is an experienced Mac, iPad, and iPhone instructor who leads the monthly iPad and iPhone Basics class at Tucson's Macintosh User Group in addition to his small group and private tutorial workshops.

[Linda Ronstadt Uncovered](#)

Subject Area: Arts/Culture

Thursdays: Single Session 11:15 AM - 1:15 PM **Start:** Thu 4/16/20

Location: Ocotillo Room

Course Description

Linda Ronstadt is the best female vocalist of her era. Her songs are creative interpretations of the music of the great recording artists from the past and of her contemporaries. We will enjoy both the original versions that inspired Linda and her beautiful and masterful productions. Bonus! We'll have live performances by the excellent OLLI singer and guitarist, Holly Jebb, accompanied by Nemo, plus a few singalong opportunities. Don't miss it! This is the first in an extended series of single sessions featuring Tucson native and world class musician, Linda Ronstadt.

Instructor(s): John "Nemo" Nemerovski, Holly Jebb

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

Holly Jebb, born and raised in Southern California, has been performing since she was a child, singing in church choirs and school choirs. Living in Hollywood, she sang in several cover bands as well as a singing and dancing multi-vocalist group. She has written and recorded, on both piano and guitar, several hundred songs. After turning away from performing for 20 years, upon her moving to Tucson she has returned to both writing and performing her original material as well as covering complementary hit songs made famous by other classic artists, as well as contemporary musicians.

[Film Discussion Group](#)

Subject Area: Arts/Culture

Thursdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Thu 1/30/20 **End:** Thu 4/9/20 - **Meets every other Thursday starting 1/30/20 for 6 sessions**

Location: Saguaro Room

Course Description

Every other week we will meet to discuss 2 movies playing locally that have been assigned to, or voted upon by class members. One class member will lead the discussion for each movie. This class has been ongoing for several years, and generates lively and controversial discussions as members dissect and compare films frequently calling upon their own personal and professional experiences.

Instructor(s): Rob Getlan, Kathleen Roberts

Rob have always been an avid film enthusiast. This class has been a great way to see and discuss the new releases in the theaters.

Kathleen Roberts has been writing poetry for 25 years, studied with Dan Gilmore and now assists Tom Speer.

[Great Decisions 2020](#)

Subject Area: History/Current Events

Thursdays: 8 Sessions 1:30 PM - 3:30 PM **Start:** Thu 1/30/20 **End:** Thu 3/19/20

Location: Ocotillo Room

Course Description

A combination of lecture, discussion and video related to foreign policy subjects and the US. Four topics deal with international relations issues and four relate to US relations with geographical areas or specific countries. Suggested purchase of discussion booklet. Discussion booklet has ranged from \$25-\$30 in past years.

Instructor(s): Susan Ward

PoliSci BA, Int'l Aff. MA; 20 yrs overseas election sprvsn & obsrv. 24 yrs UN Assoc of So. AZ. Rep for UNA-USA at UN Wmn Conf in China 1995, past pres LWV of AZ

[Owls of Southern Arizona](#)

Subject Area: Science/Math/Technology

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 1/30/20 **End:** Thu 2/6/20

Location: Palo Verde Room

Course Description

Owls are fascinating, but rarely observed birds. They have many unique adaptations and behaviors that make them the rulers of the night. If you have a desire to learn more about these unique and interesting birds, this course will help you better understand the roles and beauty of owls. This course will focus specifically on the species of owls found in Southern Arizona and will be taught in two sessions. The first session will cover the general characteristics and adaptations of owls and then we will focus specifically on the owls found in the lowlands and deserts of Southern Arizona. The second session will focus on owls found in the sky island mountains of Southern Arizona and we will also talk about how you can find owls on your owl or, in other words, how to go owling. Come and learn to better appreciate these wonderful birds of the night.

Instructor(s): Scott Richardson

Scott Richardson is a Supervisory biologist with the U.S. Fish and Wildlife Service. He spent his entire Federal career with the FWS in Tucson, Arizona, beginning in 2002. Prior to that, beginning in 1994, he worked as the Urban Wildlife Specialist for the Arizona Game and Fish Department, also in Tucson, Arizona. He specializes in wildlife/human interactions and environmental planning. His species specialties include bats, birds of prey, and bears. In his current position, his focus is on species protected under the Endangered Species Act.

[Silence Is Golden](#)

Subject Area: Arts/Culture

Thursdays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Thu 2/6/20 **End:** Thu 4/16/20 - **Meets every other Thursday starting 2/6/20 for six sessions**

Location: Saguaro Room

Course Description

History of silent movies. Class will involve some lecture material, but will be at least 75% viewing of silent movies in many genres as selected by group leader.

Instructor(s): Joseph Frilot

Joseph has an interest in the musical arts, and has lead OLLI classes in jazz history and saxophone jazz. His interest in silent film began when he was researching the history of the cinema. This class will be followed in another OLLI semester by a class detailing the history of early black film or race movies.

[Conflict Management: Non-Escalation, De-Escalation and Crisis Intervention Tactics](#)

Subject Area: DIY/Self-Help

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 2/13/20

Location: Palo Verde Room

Course Description

Who Should Attend: Contact professionals working or volunteering in such disciplines as: healthcare, security, education, public safety, transit, social services, retail, hospitality, and customer service.

"Addressing the Entire Spectrum of Human Conflict" at the point of impact - from before an interaction begins through to the consequences of how an interaction is managed. This course uses Vistelar's emotionally safe performance-driven instruction that emphasizes scenario-based skills practice in a supportive classroom environment.

Training Content:

- Engage in a way to not cause conflict or unnecessarily escalate situations (non-escalation)
- Confidently and professionally deal with questioning, anger, and verbal abuse
- Participate in difficult conversations and mediate positive outcomes
- Effectively de-escalate conflict and remain safe in crisis situations
- Persuade others to cooperate
- End an interaction in a better place than where it started
- Look good on camera no matter where an interaction ends up
- If necessary, articulate a defense for taking appropriate action

Instructor(s): Dawn Armstrong

Dawn Armstrong is the founder of ThinkSafe Seminars, and a speaker/trainer with Vistelar, LLC. Combining the benefits of a career in marketing, 19+ years of martial arts experience, big city life-skills training, world travel, and the expertise of security experts, Dawn created a comprehensive preventive self-defense program. Equipping teens & adults with specific situational awareness skills and other preventive strategies needed to recognize, avoid, or respond to verbal conflict and physical altercations, her goal is to help people enjoy their days with more awareness and less fear. She earned her BFA in Ad Design from Syracuse University.

[Botany, Lives of LW and Thomas Nuttall](#)

Subject Area: Arts/Culture

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 2/20/20 **End:** Thu 2/27/20

Location: Palo Verde Room

Course Description

Botany: definition "the branch of biology that studies plants, their life, structure, growth, classification, etc." Plant science has never been more important. This two session course will examine the lives, work, and discoveries of family member botanists Lawrence William Nuttall and Thomas Nuttall during the 18th and 19th centuries. Their work and that of many botanists provide clues to today's needs, addressing many of the most important questions facing humanity.

Instructor(s): Tom Eiff

Thought learning ended in 2005 [joined Medicare]. Met Meg and Peter Hovell "join OLLI." Have taught: Jazz; Hebrew Bible Poetry; co-led Tucson Theatre [off-sites at AZ Rep, Masonic Lodge and ATC]; led discussion groups "writings of David Brooks and Clay Christenson." Will lead two session on family botanists Lawrence and Thomas Nuttall - how their 18th and 19th century careers are important in the field of botany. Have been a 40-year trustee of a family forestry and minerals business. Taught a one-off OLLI course on "Trees Above with Coal Below", a history of the family business.

[Court Appointed Special Advocate Program \(CASA\) - Change a Child's Story.](#)

Subject Area: Arizona History/Culture

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 3/5/20

Location: Palo Verde Room

Course Description

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

Instructor(s): Angie McBride, Bob Gilchrist

Angie has vast experience with the CASA program. She is currently a CASA staff, was a CASA volunteer at one time, and even had a CASA as a young child. She is willing to share her story and show what a difference just one positive adult in a child's life can make.

[The Diabetic Foot](#)

Subject Area: Health/Wellness

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 3/12/20

Location: Palo Verde Room

Course Description

I will review the basic anatomy and function of the lower extremity. Then discuss the complex changes that diabetes causes in the body and the impact that this has on the foot.

Instructor(s): Marvin Dobkin

Marvin Dobkin has a BS in Biology from Long Island University and a DPM from New York College Of Podiatric Medicine. He is retired after 40 years of private practice in Tucson, with an emphasis on Diabetic footcare and Sports Medicine.

[Breaking Cycles of Poverty, One Scholar at a Time](#)

Subject Area: Social Sciences

Thursdays: Single Session 1:30 PM - 3:30 PM **Start:** Thu 3/19/20

Location: Palo Verde Room

Course Description

Cameron Taylor, Head of School at Imago Dei Middle School, will present the philosophy and history of a Tucson program for 5th through 8th-grade scholars whose only requirement to enter this tuition-free private school program is eligibility for free lunches. This non-profit program began in 2005 with five scholars; today, up to eighty scholars attend classes and enrichment programs ten hours a day, five and a half days a week, eleven months of the year. Through community involvement, scholars and their families grow and thrive. Come listen, watch, and ask questions about this very special program!

Instructor(s): Maureen Metcalfe

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!

[The Climate Crisis](#)

Subject Area: Science/Math/Technology

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 3/26/20 **End:** Thu 4/2/20

Location: Ocotillo Room

Course Description

This two-session study discusses climate change and its impact on life. The study will discuss the latest data on climate change and the global temperature change that will cause critical and catastrophic conditions.

Instructor(s): 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.

[Investing Discussion](#)

Subject Area: DIY/Self-Help

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 4/9/20 **End:** Thu 4/16/20

Location: Palo Verde Room

Course Description

Join us for some great discussion on investing topics. We will talk about current events, investing mistakes, how to choose an investment advisor, and any other investing topics that are of interest to the class. Regardless of whether you are a new or experienced investor, you are welcome to participate as much or as little as you choose in the discussion. It will be led by an experienced investment professional who also teaches at the University of Arizona.

Instructor(s): Matt Haerten

Matt Haerten is a Senior Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. Matt also teaches finance for the Eller College of Management at the University of Arizona and is a CFA Charterholder. Matt has over 25 years of experience in the investment industry and has been teaching college-level investments courses since 2004. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

Quantum Computers and Possible Applications

Subject Area: Science/Math/Technology

Thursdays: 2 Sessions 1:30 PM - 3:30 PM **Start:** Thu 4/9/20 **End:** Thu 4/16/20

Location: Ocotillo Room

Course Description

There are unconfirmed reports - at this time- that a quantum computer (QC) built by Google with 56 qubits has achieved "Quantum Supremacy". The draft paper has created an avalanche of news coverage. The term means that the quantum system is able to solve a mathematical or physical problem in an acceptable computing time (minutes); the same problems would take today's classical computer (supercomputer) years. If this milestone is confirmed, many excited scientists foresee the dawn of a new age in computer science. The meaning and importance of the notion of "Quantum Supremacy" is not shared by all computer scientists. As an introduction, we'll give a brief description of the needed concepts of quantum physics. Next, we'll discuss the areas of physics, chemistry, computer science and information science where quantum computers will have, it is believed, a revolutionary impact.

Instructor(s): Juan Gallardo, Glenn Bacon

Juan Gallardo is a retired physicist from Brookhaven National Laboratory (NY) since 2012. He has been an SGL for the last 3 1/2 years. He has led study groups on literature and physics.

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.

Fridays

Intermediate Advanced Spanish

Subject Area: Literature/Writing/Language

Fridays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Palo Verde Room

Course Description

This class continues the FALL class. Students must have the text "Spanish the Easy Way" 4TH EDITION. If you are new to the class you should know the present indicative tense, be familiar with command forms and the preterit indicative. This class focuses on speaking. We try to create real life situations where you must communicate in Spanish. We do grammar review based on the lessons in the text. We have a lot of laughs.

Instructor(s): Susan Sotelo

Hi, I love to teach Spanish. I've taught at the U of A, Pima College, Catalina Foothills, and at Sun City Vistoso. I've published a work of literary criticism "Chicano Detective Fiction".

The History of Education in America

Subject Area: History/Current Events

Fridays: 12 Sessions 9:00 AM - 11:00 AM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Saguaro Room

Course Description

Virtually no one in America has ever been satisfied with whatever education has been available...but no one has known who to blame. This series of lectures takes the viewpoint that EVERYONE HAS BEEN TO BLAME...starting with the Founding Fathers who did not include "the right to an education" in the Bill of Rights. Religious leaders, frontiersmen, politicians, merchants, industrialists, white-collar workers and blue-collar workers have all had their reasons for resisting education. This series of lectures will tell that story.

Instructor(s): 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.

Emerging Authors Workshop

Subject Area: Literature/Writing/Language

Fridays: 10 Sessions 9:00 AM - 11:00 AM **Start:** Fri 2/7/20 **End:** Fri 4/17/20 - **Skips Friday, March 20th**

Location: Ocotillo Room

Course Description

PLEASE NOTE: This 10 session class runs 11 weeks long skipping Friday, March 20th.

In this ten-week creative writing class we will explore the fundamentals of craft. A basic rule of thumb is that one should know the rules of writing, before one tries to break them. During this introductory course we will discuss the Dramatic Arc (Freitag's Pyramid), first and third-person narratives (Point of View), setting, dialogue, description, voice, scene, and revision.

In this Writers Workshop, a group of students will read, critique, and discuss each other's stories. Each week students will be given prompts (examples from famous authors) and are then tasked with creating 1 - 1 1/2 pages of prose.

These exercises are designed to spark the imagination while teaching the ins-and-outs, and the do's-and-don't of creative writing. These tools, once practiced and learned, can be applied to all genres of writing, including Literary Fiction, Thrillers, Romance, Fantasy, Memoir, and Creative Non-Fiction.

I know that the first step is often the hardest, but take my word for it, it can also be the most exhilarating. Isn't time to get started?

Instructor(s): Stephen Harnish

I earned my MFA in Creative Writing from the Solstice Program at Pine Manor College. My short story "Brodie and Nico" was published in Quintessence: Solstice MFA Anthology 2018. I am currently working on my next novel and additional short stories for publication. I've also started teaching my own writers workshop in Tucson, Arizona. To me, writers are like a big box of Crayola Crayons, there's one of every color. My workshops are run with this in mind. Members use thoughtful, intelligent criticism with the goal of helping you become the best writer you can be.

Intermediate Spanish

Subject Area: Literature/Writing/Language

Fridays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Palo Verde Room

Course Description

This class continues the FALL class. Students must have the text "Spanish the Easy Way" 4TH EDITION. If you are new to the class you should know the present indicative tense. This class focuses on speaking. We try to create real life situations where you communicate in Spanish. We do grammar review based on the lessons in the text. We have a lot of laughs.

Instructor(s): Susan Sotelo

Hi, I love to teach Spanish. I've taught at the U of A, Pima College, Catalina Foothills, and at Sun City Vistoso. I've published a work of literary criticism "Chicano Detective Fiction".

Quantum Physics and Applications

Subject Area: Science/Math/Technology

Fridays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Ocotillo Room

Course Description

The microscopic world of particles - such as atoms, electrons, and photons - is ruled by quantum mechanics (QM). It's a wild world where particles become waves, waves become particles, and our understanding of how physical objects behave is challenged to the core.

This course explores the fascinating findings scientists have uncovered about how quantum particles operate. Can a particle really be in 2 places at once? Can Schrödinger's cat really be both dead and alive at the same time? The mathematics of probabilities underlies much of quantum theory. Does this mean that particles really behave in random ways, or do we use probabilities to account for our own lack of knowledge?

The course builds on several of the foundational quantum concepts in order to explain why metals are metallic and why superconductors can conduct electricity without losing energy. Throughout the course, you will discover multiple applications of quantum mechanics to your everyday life, including magnets, color vision and lighting, and the exquisitely accurate quantum clocks that govern the global positioning system (GPS).

By the time you complete this course, you will gain an appreciation for the incredible beauty and mystery that underlie quantum phenomena, and you will gain an understanding of what we know - and what we don't yet know - about the quantum world.

The class will be based on selected lectures from:

- The Great Courses "Understanding the Quantum World" by Erica Carlson
- The Great Courses "Quantum Mechanics: The Physics of the Microscopic World" by Benjamin Schumacher

Instructor(s): John McCauley, Juan Gallardo, Charles Buchanan

John retired from IBM after 43 years working in the development of Computer Mainframe Systems and Enterprise Storage Systems. John worked for NASA at the Marshall Space Flight Center in Huntsville, Alabama

while an undergraduate student at Purdue University. John's formal education is in Electrical Engineering and Computer Science. Since retirement, John has been active in developing science courses at OLLI-UA.

Juan Gallardo is a retired physicist from Brookhaven National Laboratory (NY) since 2012. He has been an SGL for the last 3 1/2 years. He has led study groups on literature and physics.

Charles Buchanan has a BS from Reed College and a Ph.D. in experimental high energy particle physics from Stanford University. He was Professor of Physics at UCLA for 41 years, working at SLAC (Stanford), FermiLab (Illinois), CERN (Switzerland) and on a rare collaborative project between the USSR and UCLA in 1971. His specialty is the physics of electron-positron collisions. His continuing interest is in communicating frontier modern physics in laymen's terms. He also has interests in local Tucson and educational activities.

[The Civil War in American History](#)

Subject Area: History/Current Events

Fridays: 12 Sessions 11:15 AM - 1:15 PM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Saguaro Room

Course Description

The course will consider the place of the Civil War in the growth and development of the United States from its colonial roots, through independence and constitution in the 18th century through the U.S. we know today in the 21st century.

We will pay attention to:

- The role black slavery played in the U.S. until 1860, the compromises made to avoid conflicts between states and regions, and the economic development of the north, the South and the West, and how these factors influenced the outcome of the war.
- The strategy, tactics and logistical doctrines used by both sides in the actual armed conflict, and how economics, demographics, leadership, and world events influenced the outcome.
- The military and political turning points in the conflict.
- The history of post-conflict efforts to restore and maintain unity: Reconstruction of the South, race relations, civil rights and racial equality.
- The memories and legacies of the War, and their influence on the history of the U.S. since the end of the war.

Sessions will include video lectures and presentations by leading Civil War scholars with class presentations and discussions

Instructor(s): Paul Waugaman

Paul Waugaman has been an OLLI member since 2013. He retired from a career in research management in the Federal Government, academia, and consulting. History has been an interest throughout his life. He has concentrated on the Civil War and the evolution of American government and politics. He has taught U.S.

History part-time at the college level; and as a consultant, senior manager, and study leader, has developed and presented educational experiences in professional development for adults.

[Introduction to Philosophical Ethics](#)

Subject Area: Philosophy/Religion

Fridays: 12 Sessions 1:30 PM - 3:30 PM **Start:** Fri 1/31/20 **End:** Fri 4/17/20

Location: Saguaro Room

Course Description

A history of Western ethical theory from Plato through Nietzsche to Carol Gilligan. Exploring such issues as Existentialism, Feminism, Marxism, and Pragmatism. Book: "Great Traditions in Ethics" 12th edition by Denise, et al Wadsworth Publishers.

Instructor(s): Jerry Gill

Long time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. Widely travelled and have led numerous semester abroad programs in Greece, Finland, and Mexico., 30 books and over 100 scholarly articles published. Semi-retired.

[Linda Ronstadt Uncovered \(Add On Class Due to Demand\)](#)

Subject Area: Arts/Culture

Fridays: Single Session 1:30 PM – 3:30 PM **Start:** Fri 4/3/20

Location: Ocotillo Room

Course Description

Linda Ronstadt is the best female vocalist of her era. Her songs are creative interpretations of the music of the great recording artists from the past and of her contemporaries. We will enjoy both the original versions that inspired Linda and her beautiful and masterful productions. Bonus! We'll have live performances by the excellent OLLI singer and guitarist, Holly Jebb, accompanied by Nemo, plus a few singalong opportunities. Don't miss it! This is the first in an extended series of single sessions featuring Tucson native and world class musician, Linda Ronstadt.

Instructor(s): John "Nemo" Nemerovski, Holly Jebb

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

Holly Jebb, born and raised in Southern California, has been performing since she was a child, singing in church choirs and school choirs. Living in Hollywood, she sang in several cover bands as well as a singing and dancing multi-vocalist group. She has written and recorded, on both piano and guitar, several hundred songs. After turning away from performing for 20 years, upon her moving to Tucson she has returned to both writing and

performing her original material as well as covering complementary hit songs made famous by other classic artists, as well as contemporary musicians.

Poetry Writing Class

Subject Area: Literature/Writing/Language

Fridays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Fri 1/31/20 **End:** Fri 3/6/20

Location: Palo Verde Room

Course Description

Please join this creative and fun class for new and experienced poets. We will be following the book: *The Poet's Companion: A Guide to the Pleasures of Writing Poetry* by Kim Addonizio and Dorianne Laux.

Instructor(s): Tom Speer, Kathleen Roberts

Tom Speer is a published poet and longtime writing teacher. He taught poetry writing at OLLI after the passing of Dan Gilmore and will return in the fall to continue this valuable work.

Kathleen Roberts has been writing poetry for 25 years, studied with Dan Gilmore and now assists Tom Speer.

Astronomy/Geosciences - Fire & Ice

Subject Area: Science/Math/Technology

Fridays: 8 Sessions 1:30 PM - 3:30 PM **Start:** Fri 2/7/20 **End:** Fri 3/27/20

Location: Ocotillo Room

Course Description

Our exploration of the Earth, the Solar System, and the Universe continues.

This semester our emphasis will be the Jupiter and its enigmatic moons, particularly Io (Fire) and Europa (Ice).

Io is the most volcanically active body in our Solar System. Europa is a snow-ball world covered with frozen ices, beneath which is likely a large liquid ocean.

We will also journey out to Saturn's snow-ball world, Enceladus.

As always, we will discuss on-going discoveries in Astronomy, Planetary Sciences, and Earth Sciences.

Information will be conveyed using short videos, awesome photographs, understandable/fun graphics, and class discussions.

We will have several guest speakers from the University of Arizona's Astronomy, Planetary Sciences, and Geosciences Departments.

Science Fiction Theatre continues, with short clips highlighting a century of Sci Fi movies and TV shows.

Please join us for this continuing journey of discovery and adventure.

Being in an earlier Astronomy/Geosciences class that John McCauley and I have hosted is neither a prerequisite nor necessary to understand and enjoy this class.

Instructor(s): Guy Jette, John McCauley

Guy, retired from the U.S. Air Force after 37 years, working in Research and Development in both the aeronautics and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He currently works in astronomy outreach as a docent at Kitt Peak National Observatory. For the past three years he has given lectures at the University of Hawaii Institute for Astronomy on Maui. Guy also is a member of the Arizona Astronomy Board, which supports the Astronomy Department at the University of Arizona.

John retired from IBM after 43 years working in the development of Computer Mainframe Systems and Enterprise Storage Systems. John worked for NASA at the Marshall Space Flight Center in Huntsville, Alabama while an undergraduate student at Purdue University. John's formal education is in Electrical Engineering and Computer Science. Since retirement, John has been active in developing science courses at OLLI-UA.

[Dream Group](#)

Subject Area: Health/Wellness

Fridays: 6 Sessions 1:30 PM - 3:30 PM **Start:** Fri 3/13/20 **End:** Fri 4/17/20

Location: Palo Verde Room

Course Description

Attendees share their dreams and are invited to contribute ideas and insights on others' dreams. Techniques such as "If it were my dream" are demonstrated. Messages of health and wholeness are brought to light and multiple layers and perspectives revealed. "Ahas!" of recognition follow from the process of discovery as we cultivate our powers of intuition and compassion.

Instructor(s): Helen Landerman

Dr. Helen Landerman has been curious about her dreams all her life and has written them down for decades. She has participated in dream groups for 30 years and has led dream groups for 4 years. Because dreams speak a visual language of metaphor, her Harvard Ph.D. in Romance Languages and Literatures provides expertise in working with symbols and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and a longtime member of the International Association for the Study of Dreams.

[Supreme Court Update 2019-2020 Term \(Late Addition Class\)](#)

Subject Area: Social Sciences

Fridays: 1 Session 1:30 PM - 3:30 PM **Start:** Fri 4/10/20

Location: Ocotillo Room

Course Description

A follow-up to the Supreme Court Politics, Principles and Preferences OLLI class in October, providing an update on Supreme Court decisions announced so far, and additional cases added to the docket yet to be decided. One session only.

Last Updated: 2/28/2020 1:22 PM

Instructor(s): Howard Tolley

Prior to retirement in 2011, Howard Tolley served as a Professor of Political Science and Adjunct Professor of Law at the University of Cincinnati where for 27 years he taught undergraduate and graduate public law courses including classes on the U.S. legal system, Supreme Court, civil liberties, and international human rights. After service to a faculty union and as an ACLU cooperating attorney, he joined rosters of the Federal Mediation and Conciliation Service, the American Arbitration Association and the Ohio State Employment Relations Board as a neutral labor relations arbitrator, mediator and fact finder.

OLLI UA: Yesterday, Today and Tomorrow

Subject Area: Arizona History/Culture

Thursdays: Single Session 9:00 AM – 11:00 AM **Start:** Fri 3/20/20

Location: Ocotillo Room

Course Description

This course will begin with a review of the 30-year OLLI-UA history from its inception in November of 1989 to today. We will focus on how some of the challenges have been constant since the first days. We will then look at how OLLI operates today, the benefits of OLLI membership, and what today's members can do to insure the existence of OLLI 30 years from today.

Instructor(s): Meg Hovell, Loring Green, Kay Richter

Meg has been in leadership positions at OLLI for the last nine years and is interested in exploring the community-building aspects of lifelong learning.

Loring is a long-time OLLI member and current director on the OLLI-UA Board. He is an experienced SGL having led classes in subjects as diverse as Long Term Care and mining in the old west.

Kay Richter is Past President of the National Academy of Elder Law Attorneys-Arizona. She chairs the State Bar Elder Law / Estate Planning Attorney lunch group with these areas being the areas of her law practice. She served on the board of Pima Council on Aging for 12 years. She has the highest rating possible by the largest evaluator of attorneys. Her sole legal focus has been estate planning since 1986.