Central Tucson
Summer 2019 Catalog
Tuesdays

**Great Decisions**

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 9:00 AM - 11:00 AM  **Start:** Tue 4/30/19  **End:** Tue 5/21/19

**Tucson Place:** Ocotillo Room

Additional Cost: Briefing book: $25 (strongly suggested, not required).

**Course Description**

Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today. Briefing book $25 (strongly suggested, not required).

**Instructor:** Susan Ward

Sue Ward has a master’s degree in comparative politics and international relations from the University of Arizona.

In addition to service in the Peace Corps and 24 years with the UN Association, Sue serves as an overseas polling station supervisor and a human rights inspector for the US State Department and the Organization for Security and Cooperation in Europe. Her overseas election service has taken her to Bosnia and Ukraine twice, and to Kosovo, Kazakhstan, Belarus, Azerbaijan, Armenia, Kyrgyzstan and Georgia.

For nearly eight years, Sue worked for Tucson Newspapers, Inc. and Gannett Newspapers in Tucson and Santa Fe, New Mexico, where she became Gannett’s first woman circulation director.

From 1982 to 2006, Sue served as Education and Program Director for the United Nations Association of Southern Arizona. In addition to her local educational responsibilities, Sue led overseas tours from 1987 through 2006 for travelers interested in the work of the UN. Those tours included countries of Asia, the former Soviet Union, Scandinavia, and the Baltic States. Since her retirement, she has led two recent tours to Singapore, Cambodia (Angkor Wat) and Vietnam and plans another in 2019. She was a delegate from the UN Association of the USA to the United Nations Fourth World Conference on Women in Beijing in 1995.

From 2003 to 2007, she was an Election Specialist with the City of Tucson.

Sue has lived in Tucson for 51 years, teaches classes and leads discussions on foreign policy topics for the Tucson Great Decisions Association and served as President of that group. She also teaches with the Osher Lifetime Learning Institute (OLLI) adult education group. She has served as program vice-president for the League of Women Voters of Greater Tucson and has served as the state president of the State of Arizona League of Women Voters.
South African writer: J.M. Coetzee

Subject Area: Arts/Culture, History/Current Events, Literature/Writing/Language

Tuesdays: 4 Sessions 9:00 AM - 11:00 AM  
Start: Tue 4/30/19  
End: Tue 5/21/19  
Tucson Place: Palo Verde Room

Course Description
South African writers and intellectuals had and have still a significant literary and political impact in our understanding of apartheid South Africa and beyond. Their stories explore South Africa society and conceptualize history, race, and gender; their nuanced descriptions resonate loudly even today. We will be reading a short book by J.M. Coetzee, Nobel Prize in Literature 2003, "Waiting for the Barbarians", Penguin Books (any editions will do).

Instructor: Juan C. Gallardo
A retired physicist from Brookhaven National Laboratory (NY) since 2012. I have been an SGL for the last 3 1/2 years. I have led study groups on literature and physics.

See all classes led by instructor

Co-Instructor: Pam A. Burris
Pam retired from Stony Brook University, New York in 2011. She has been an OLLI Study Group Leader for several OLLI classes.

Co-Instructor: Barclay Goldsmith
Barclay served on the faculty and later Chair of the Pima College Theater Department from 1970 to 2004. He was a co-founder of Teatro Libertad and later was founder/director of Borderlands Theater, (1986-2014, when he retired). He is a co-founder of The National New Play Network, (Washington DC), and has participated in readings/workshops at The Kennedy Center for the Performing Arts, (Washington DC) and Lark Play Development Center, (New York).

Internationally he has directed extensively at El Circulo Teatral in Mexico City and has been invited as director or producer to: The first National LatinX Theater Festival (Los Angeles); the UNESCO International Theater Festival (Tampico, Mexico) and other festivals in Argentina, Brazil, Chile, and Mexico.

He has garnered press nominations and awards in Tucson and Mexico City.
The U.S. Border Patrol: Trapped between Myth and Reality

Subject Area: Arizona History/Culture, History/Current Events, Social Sciences

Tuesdays: 6 Sessions 9:00 AM - 11:00 AM  Start: Tue 4/30/19  End: Tue 6/4/19
Tucson Place: Saguaro Room

Course Description
The group leader will discuss the disconnect between his experiences patrolling the U.S./Mexico border and the current Border Threat Narrative which paints our borderlands as a violent and dangerous place for citizens, migrants, and law enforcement.

Instructor: Christopher Montoya

Christopher is a retired Border Patrol agent and holds an M.A. in Latin American Studies from the University of Arizona. His research focuses on how congressional testimony and rhetoric produced by state actors supports and perpetuates the Border Threat Narrative.

The Legacy of Pete Seeger

Subject Area: Arts/Culture

Tuesdays: Single Session 1 Sessions 11:15 AM - 1:15 PM  Start: Tue 4/30/19
Tucson Place: Ocotillo Room

Course Description
This year is the hundredth year of Pete Seeger's birth. Though he died a few short years ago, he left us a huge legacy of songs and how they help advance a more liveable sustainable world. Through his courage charisma, and belief he got us to sing together as a prelude to working together for the common and uncommon good. If we don't have fun improving the future, what's the point?

Instructor: 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.

Building Spanish Vocabulary

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 11:15 AM - 1:15 PM  Start: Tue 4/30/19  End: Tue 6/4/19
Tucson Place: Saguaro Room

Course Description

Last Updated: 4/11/2019 3:40 PM
Members of this Study Group will strengthen their Spanish vocabulary by participating in small-group conversations in specific scenarios: home, office, travelling, shopping, dining out, etc. Beginner to Intermediate levels.

Instructor: Josephine Kelleheer

Dr. Josephine Kelleheer is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleheer 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. Kelleheer 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.

**News and Views, Coleman**

**Subject Area:** History/Current Events

**Tuesdays:** 6 Sessions 11:15 AM - 1:15 PM  **Start:** Tue 4/30/19  **End:** Tue 6/4/19

**Tucson Place:** Palo Verde Room

Course Description

News and Views is a dynamic interactive class which deals with current political, social and local events. The topics are generated from the members of the class.

Our purpose is to inform, express concerns and enjoy each others company.

Instructor: Terry Coleman

Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired for the local school system having been a school counselor. He has served overseas as a Peace Corps volunteer in India and later as a Foreign Service officer in South Vietnam.

**Ancient Mysteries: Maps, Portolan Charts and Khipus**

**Subject Area:** History/Current Events, Science/Math

**Tuesdays:** 4 Sessions 1:30 PM - 3:30 PM  **Start:** Tue 4/30/19  **End:** Tue 5/21/19

**Tucson Place:** Ocotillo Room

Course Description

Some things that were made in the 14th, 15th and 16th centuries are still not understood. These include ancient maps, portolan charts and Khipus made by the Inkas. Portolan charts are very detailed charts of the coast of the Mediterranean Sea. Who, Italian and Majorcan chart makers. What, nautical charts. When 1300 to 1550 AD. Where, the Mediterranean Sea. Why, to aid navigation. How, pen and ink on vellum integrating several smaller charts. Bring a copy of Campbell (1987) with you to class. You may download it from [http://www.sie.arizona.edu/sysengr/OLLI/PortolanCharts/](http://www.sie.arizona.edu/sysengr/OLLI/PortolanCharts/)
Instructor: Terry Bahill

Terry Bahill is an Emeritus Professor of Systems Engineering and of Biomedical Engineering at the University of Arizona in Tucson. He served as a Lieutenant in the United States Navy. He received his Ph.D. in electrical engineering and computer science from the University of California, Berkeley. He is the author of eight engineering books and over two hundred and fifty papers, over one hundred of them in peer-reviewed scientific journals. Bahill has worked with dozens of high-tech companies presenting seminars on Systems Engineering, working on system development teams and helping them to describe their Systems Engineering processes. He holds a U.S. patent for the Bat Chooser™, a system that computes the Ideal Bat Weight™ for individual baseball and softball batters. He was elected to the Omega Alpha Association, the systems engineering honor society. He received the Sandia National Laboratories Gold President's Quality Award. He is a Fellow of the Institute of Electrical and Electronics Engineers (IEEE), of Raytheon Missile Systems, of the International Council on Systems Engineering (INCOSE) and of the American Association for the Advancement of Science (AAAS). He is the Founding Chair Emeritus of the INCOSE Fellows Committee. His picture is in the Baseball Hall of Fame's exhibition "Baseball as America." You can view this picture at http://sysengr.engr.arizona.edu/.

Color - In Art and Life

Subject Area: Arts/Culture

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM  Start: Tue 4/30/19  End: Tue 6/4/19
Tucson Place: Palo Verde Room

Course Description
Have you ever wondered where the color wheel came from, what colors signify in other cultures, what individual colors mean to other people, or how colors affect our perceptions? How do artists use color to speak to us, to manipulate our responses? Lots of areas to explore!

If these questions make you curious, come join me on this adventure as we explore and discuss color in our lives.

Instructor: Isabel Aaronson
Isabel Aaronson is a former art teacher, museum buff and longtime member of OLLI-UA Tucson. She has led several previous art-related study groups.

OLLI at the Movies - Food Based Films

Subject Area: Arts/Culture, Crafts/Cooking

Tuesdays: 6 Sessions 1:30 PM - 3:30 PM  Start: Tue 4/30/19  End: Tue 6/4/19
Tucson Place: Saguaro Room
Additional Cost: One-time $1 fee to cover movie rentals and snack costs.

Course Description
What is better than a great movie? One that has a great story and spectacular food to the mix. Six tasty movies, Chef, Big Night, The Hundred Foot Journey, Tampopo, Haute Cuisine, The Trip, Today's Special. Bring your appetite for a delicious time! One-time $1 fee to cover movie rentals and snack costs.
Instructor: Rob Getlan

I have always been an avid film enthusiast.

**So, You Are Thinking of Being an SGL?**

**Subject Area:** Social Sciences

**Tuesdays: Single Session** 1 Sessions 11:15 AM - 1:15 PM  **Start:** Tue 5/7/19

**Tucson Place:** Ocotillo Room

Course Description

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

Instructor: Rob Getlan

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

**The Revolutionary War: The Pioneering Days of American Intelligence Collection and Counterintelligence**

**Subject Area:** History/Current Events

**Tuesdays:** 2 Sessions 11:15 AM - 1:15 PM  **Start:** Tue 5/28/19  **End:** Tue 6/4/19

**Tucson Place:** Ocotillo Room

Course Description

The roles and contributions of our founding fathers in intelligence operations have been the study of many historians but, sadly, few intelligence professionals. It is crucial in understanding the evolution of American intelligence to step back into history to study the challenges and obstacles our forefathers in intelligence met and most often overcame during our struggle for independence. There were no centralized intelligence, counterintelligence, or signals intelligence agencies, or other members of today's US intelligence community. Our founding fathers met threats as they surfaced, showing adaptability, creativity, and the ability to think outside the proverbial box in the intelligence war with the British. There were no schools to train intelligence professionals. Instead, intelligence officers were identified from among trusted relationship with friends and colleagues, and from within the Colonial leadership. True on-the-job training, with sparse mentoring or coaching, occurred. This course highlights interesting cases, demonstrating motivations, risk taking, sacrifices, contributions, and accomplishments of American pioneers in the intelligence field.

Instructor: Constance Huff

I taught for OLLI at the University of SC, Beaufort, SC, from 2012 to 2017, before moving to Marana, AZ, and hope to be able to teach with your program. Constance Y. Huff, CW4, US Army (retired), had a distinguished 24.5 year career in the United States Army with accelerated promotions through proven expertise as a
Counterintelligence Special Agent and a senior instructor in CI. Ms. Huff was recognized throughout the strategic counterintelligence community as one of the Army's premiere espionage investigators. In this capacity, she planned, conducted and supervised sensitive and complex counterespionage investigations. Ms. Huff was the lead counterespionage investigator and team chief in one of the US Army-Europe's highest priority espionage investigations which became the Army's most successful Desert Shield/Storm espionage neutralization. This stopped the hemorrhage of defense information to two Arab intelligence services, forestalling potential terrorist activity, and resulted in a 34 year sentence for a convicted solider. She also executed many other high priority counterespionage investigations in USAEUR. In 1992 as a result of this successful arrest and prosecution of a spy, Ms. Huff was named as the Department of Defense "Investigator of the Year." Ms. Huff wrote the definitive "how to" guide for the DoD Foreign Counterintelligence community on false flag or sting operations. She also authored the US Army's first comprehensive Counterespionage Standard Operating Procedures for the conduct of counterespionage investigations in the Army's European Theater, as well as various other counterespionage publications. Her excellent teaching skills have motivated a generation of US Army Foreign Counterintelligence investigators and operators, and this continued with those she taught at CI Centre courses. Ms. Huff served as a Senior Instructor at the US Army Advanced Counterintelligence Training Center for US Army Intelligence and Security Command (INSCOM) and Department of Defense military and civilian special agents. In this capacity, she taught interviewing and interrogation, the conduct of counterespionage investigations, surveillance, tradecraft and offensive espionage operations. Ms. Huff served as an instructor and Vice President (2002-2011) for Training and Education, David G. Major Assoc. (Centre for CI and Security Studies) from August 1999 to December 2011. Most recently she was an instructor for the CT-CI Training Partners. As an instructor, she researched, developed, designed, and created myriad CI and CT training modules and courses for the US Government, DOD, and private corporations. Ms. Huff has taught courses for the International Spy Museum, Washington, DC, and the Road Scholar organization. Ms. Huff earned a Master of Education from Boston University. In March 1995, she graduated from the FBI National Academy (Session 180) with coursework in Criminal Justice Education. Ms. Huff has received numerous awards for leadership, technical expertise, and initiatives in training, investigations, interviewing and interrogations, including two Legion of Merit Awards and six Meritorious Service Medals.

Wednesdays

**Exploring Mexico and Mesoamerica - Part 1**

**Subject Area:** Arizona History/Culture, History/Current Events

**Wednesdays:** 6 Sessions 9:00 AM - 11:00 AM    **Start:** Wed 5/1/19    **End:** Wed 6/5/19

**Tucson Place:** Ocotillo Room

**Course Description**
Mexico is the world's 13th largest country and the 11th most populous. It has the most Spanish speakers. Mexico / Mesoamerica is one of the cradles of civilisation. It is our neighbor and trading partner. In this study group, we will explore its fascinating history and diverse cultures and how we are affected by them. Part 2 will be presented in the Monsoon Session in July/August.
Instructor: David Shawver

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

**Short Fiction**

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 6 Sessions 9:00 AM - 11:00 AM  
**Start:** Wed 5/1/19  
**End:** Wed 6/5/19  
**Tucson Place:** Palo Verde Room

**Course Description**

Discovering our unique stories without trepidation.

Instructor: Lynn Siefert

I'm a 70-year-old retired screenwriter/playwright. Two screenplay credits: COOL RUNNINGS and COUSIN BETTE. Plays (published) include COYOTE UGLY and LITTLE EGYPT. Taught writing at The New School for Social Research in NYC, at the Yale School of Drama and at Indiana State University. I am a graduate of the Yale School of Drama 1983. Received an NEA grant, the Susan Smith Blackburn Award. Attended the Eugene O'Neill Playwrights’ Conference in 1982. Resided as a mentor for the Sundance Filmmakers’ Lab for 8 years. I am currently writing short fiction and poetry. Teaching is the ultimate!

**Singing for the Health of It**

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 9:00 AM - 11:00 AM  
**Start:** Wed 5/1/19  
**End:** Wed 6/5/19  
**Tucson Place:** Saguaro Room

**Course Description**

Vocal choir with an emphasis on the social, mental, emotional, and physical benefits of singing together. We will sing a variety of familiar songs as well as some new ones, including folk songs, Broadway tunes, and much more, while learning to sing healthfully. No previous musical experience or training required, just a willingness to join your voice with others!

Instructor: Andy Bade

Dr. Andy Bade is the weekday afternoon music announcer for Classical 90.5, KUAT-FM, in Tucson. He earned his doctoral degree in music (Conducting) from the UA, with a minor in musicology, and taught Music Appreciation at the UA and at Central Arizona College. As a conductor, Dr. Bade has led musicians from elementary school to college and community, in instrumental and choral ensembles.
News and Views, Horn

**Subject Area:** History/Current Events

**Wednesdays:** 6 Sessions 11:15 AM - 1:15 PM  **Start:** Wed 5/1/19  **End:** Wed 6/5/19

**Tucson Place:** 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:** Steve Horn

After a 30-year career with IBM in the areas of Community Relations and Corporate Diversity Programs, I retired to take on the COO roles at both the Detroit Zoo and Michigan Humane Society. My partner David and I moved to Tucson from Detroit and shortly, thereafter, discovered OLLI.

Over the last four years I have lead the News and Views class, and often feel I am getting more from the class, than the members. Along with leading N&V’s and attending classes, my time is spent cooking, bike riding on the Rillito bike path,

and figuring out the world of desert plants. OLLI is a true asset to our community and I look forward to being part of the team that works so diligently to offer the best in classes.

TED: Ideas Worth Spreading

**Subject Area:** Social Sciences

**Wednesdays:** 6 Sessions 11:15 AM - 1:15 PM  **Start:** Wed 5/1/19  **End:** Wed 6/5/19

**Tucson Place:** Saguaro Room

**Course Description**
TED is a media organization that posts to the web 20-minute talks on a wide variety of subjects by a wide range of presenters, from Nobel Laureates to regular folks. We will watch 2 talks per class session, each chosen by a class member who will then lead a discussion of the topic.

**Instructor:** Lesley Bailey

Lesley Bailey has a BA and MA in English and has enjoyed watching and discussing TED talks in a wide variety of OLLI classes. She will choose talks and lead discussions if enough class members do not step forward to fill all 12 slots.
Six Weeks to Improved Health - Really?

Subject Area: Crafts/Cooking, Health/Self Help


Tucson Place: Ocotillo Room

Course Description
The promises are everywhere. Eat this. Eat that. Lose weight. Gain weight. Cure this disease. Cure that disease. Live longer. Follow this diet. Follow that diet. Unfortunately diets are term-limited. Finish the diet and most people go back to their old eating ways. There may be a magic key to success however. Don't go on a diet; adopt a lifestyle you can follow for the rest of your life. While this course will touch on many of the popular diets: vegetarian, Paleo, keto, Atkins, SAD, South Beach, Weight Watchers, the emphasis will be on the low-lectin Plant Paradox and Longevity Paradox lifestyle popularized by eminent heart surgeon Steven R. Gundry, MD. In addition to discussions, sessions will include PowerPoint presentations, videos and handouts. Similar to a Weight Watchers leader, I’ll share my personal Plant Paradox low-lectin journey, including the fat photos and results of my beginning and most recent medical exams. I’ll give you the information you need to decide whether you want to begin a similar lifestyle.

Instructor: Joanna Strohn

In Illinois and Ohio I was an advertising manager for a major pharmaceutical and nutritional products company, I was a Diet Failure despite having tried and researched a variety of diets. Today I no longer diet. I live the Plant Paradox low-lectin lifestyle. Among the medical benefits is a weight loss of over 20 pounds. My doctor is amazed. She says I now have the test results of a teenager!

The Practice of Temporary Marriage in Shia Islam

Subject Area: History/Current Events

Wednesdays: 2 Sessions 1:30 PM - 3:30 PM  Start: Wed 5/1/19  End: Wed 5/8/19

Tucson Place: Ocotillo Room

Course Description
The concept of Temporary Marriage is a practice unique to Shi’a Islam. Originally introduced by Nomadic tribes as a sign of hospitality and friendship to travellers, it has developed as an Iranian institution, which allows WOMEN to chose a husband, define the terms and duration of the relationship and in many cases defy normative values imposed on them by a restrictive regime.

Instructor: Monica Body

BA in International Affairs, MA in Institutional Administration, JD, LLM,

Languages: English, French, German, Persian, Dari

President of Gurdjian Management Consulting, expertise in cross-cultural training, capacity building, international security issues. Worked in the Middle East, Afghanistan, Tajikistan, Pakistan.
Employment: Canadian Security Intelligence Service (Counter Terrorism, Immigration and Refugee Screening, Security Screening)

Lecturer: University of Victoria (Continuing Education), Canadian Government Institutions (Foreign Affairs, International Development Agency, Immigration and Citizenship Canada, Security Intelligence Service) Heirs of the Republic (Tucson), University of Phoenix on line, Great Decision (JCC).

**Reading the New Yorker**

**Subject Area:** History/Current Events

**Wednesdays:** 6 Sessions 1:30 PM - 3:30 PM  
**Start:** Wed 5/1/19  
**End:** Wed 6/5/19  
**Tucson Place:** Palo Verde Room

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

**Instructor:** Ronald Peterson

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

**Understanding the World of Wine**

**Subject Area:** Crafts/Cooking

**Wednesdays:** 2 Sessions 1:30 PM - 3:30 PM  
**Start:** Wed 5/1/19  
**End:** Wed 5/8/19  
**Tucson Place:** Saguaro 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:** Norm Land

I received my BSCE and MBA in 1969, followed by 10 years as a Professor, VISTA Volunteer, and Marketing V.P., before opening the Good Earth Restaurant & Bakery here in 1979, being the first to offer a full menu of wine by the glass. After a 20 year run, switched to management consulting but was recruited by Shaanxi University, Xi’an, China in 2010 to teach business for the next 7 years. After cycling, my second love is vino, developing a
wine training program in China to teach the emerging middle class how to understand and appreciate the Western culture's love of wine, plus and traveling to many wineries in France, Italy, Australia, New Zealand, China, Canada, & US.

**Folk Song Singalong**

**Subject Area:** Arts/Culture

**Wednesdays: Single Session** 1 Sessions 1:30 PM - 3:30 PM  **Start:** Wed 5/15/19

**Tucson Place:** Ocotillo Room

**Course Description**

Blowin' In the Wind. Puff the Magic Dragon. This Land Is Your Land. Where Have All the Flowers Gone. Last Thing On My Mind. Plus plenty more. SING OUT LOUD AND PROUD. Let Nemo know your favorite folk songs and we will sing as many of them as possible. Pete Seeger. Woody Guthrie. Joni Mitchell. Judy Collins. Kingston Trio. Simon and Garfunkel. Ian and Sylvia. Steve Goodman. And many others. SING TOGETHER AND FEEL GREAT. We will have a surprise musical guest also. No musical talent or experience is necessary. WE WILL SING!

Instructor: John "Nemo" Nemerovsky

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

**Level 2: Preventing and Reversing Disease with Whole Food, Plant Based Nutrition**

**Subject Area:** Crafts/Cooking, Health/Self Help

**Wednesdays:** 4 Sessions 1:30 PM - 3:30 PM  **Start:** Wed 5/15/19  **End:** Wed 6/5/19

**Tucson Place:** Saguaro Room

Additional Cost: $10 for food expenses

**Course Description**

This level 2 class will focus on 3 areas: 1) exposure to more educational content from whole food, plant-based (WFPB) doctors about why WFPB nutrition is so powerful for optimal health; 2) helping students with menu planning and troubleshooting problems they are experiencing in maintaining their WFPB diet; and 3) Cooking demos and tasting of four protein rich dishes, most which will be made in the Instant Pot electric pressure cooker appliance. This class will be most useful for those students who took our level one class in WFPB nutrition and who need support in making their WFPB diet successfully work for them. There will be a $10.00 class fee to pay for food expenses.

Instructor: Denise Rose

The Happy Vegan Couple comprises Dr. Denise Rose and Georgie Campas. As a couple they have been teaching local Tucson residents about whole food, plant-based (WFPB) nutrition for several years. They have presented classes and cooking demos at a variety of venues including Oro Valley Town Hall Employees, Pima College Employees, Barefoot Yoga Studio, Via de Dios Christian Center and the Osher Lifelong Learning Institute of the University of Arizona. And they host and cook for private parties held in their home for guests who want to eat...
a healthy WFPB celebratory meal. Denise and Georgie have a social media presence on both Facebook and YouTube under the name Happy Vegan Couple. On YouTube, they post their whole food, plant-based cooking videos to help newcomers to the WFPB lifestyle learn how to cook delicious, healthy foods in their own kitchens. And on Facebook, the Happy Vegan Couple page is an educational resource for up-to-date knowledge on plant-based nutrition and its powerful impacts on health, planet sustainability, and sentient beings. They have also published an inspiring guidebook titled, “The Happy Vegan Couple Guide to Whole Food, Plant-Based Eating.”

The Happy Vegan Couple were featured speakers at the 2018 VegOut festivals in Scottsdale and Tucson, Arizona and on the radio program, “Doing Life with Dr. Deb” on KGMS Tucson. As a Ph.D. sociologist, Dr. Rose brings a sociological perspective to issues of food policy, public health, planet sustainability and animal welfare.

**MORE iPhone and iPad Photo Analysis - Instruction and Critique**

**Subject Area:** Arts/Culture

**Wednesdays: Single Session** 1 Sessions 1:30 PM - 3:30 PM    **Start:** Wed 5/22/19

**Tucson Place:** Ocotillo Room

**Course Description**
MORE iPhone and iPad Photo Analysis — Instruction and Critique

Instructor: John "Nemo" Nemerovski

Learn to take the best possible photos using your amazing iPhone and iPad. Understand what makes a great photograph, including composition, exposure, and creativity. Develop a keen eye to evaluate your photos and those taken by other people. Fresh content for people who took original course last summer and for everyone else also.

**Gelato, Sorbetto and Ice Cream**

**Subject Area:** Crafts/Cooking

**Wednesdays: Single Session** 1 Sessions 1:30 PM - 3:30 PM    **Start:** Wed 5/29/19

**Tucson Place:** Ocotillo Room

Additional Cost: $2 for ice cream, gelato and sorbetto samples.

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

Instructor: Rob Getlan

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