



OLLI-UA Online Summer 2021

Running 6 Weeks: May 17 to June 28

Note: Priority Request Registration (PRR) runs through Monday, April 5th. An annual 2020-2021 or spring or summer 2021 OLLI-UA membership is required to participate.

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Monday

[Beginning Genealogy - Part I](#)

Subject Area: Social Sciences

Mondays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Mon 5/17/21 **End:** Mon 6/14/21

Location: Online Zoom Offering **Class Size:** 250 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

Genealogy is one of the most popular hobbies in America. Put on your detective hat and learn the basics of piecing together the stories of your ancestors. In this five-week class, you will learn the fundamentals of what it takes to begin your genealogical quest. Topics covered will include creating family trees, using sources, creating source citations, using vital records, and immigration to America.

Instructor: Debra Kabinier

Debra Kabinier is a professional genealogist living in Green Valley, Arizona. She is the president of the Southern Arizona Genealogy Society and volunteers as a genealogist at the Society's research library. Debra has over twenty years' experience in genealogy and family history research and methodology. Debra enjoys writing family history stories and books, teaching, and making presentations to large and small groups. She holds a Certificate in Genealogical Research from Boston University.

[Earth Study](#)

Subject Area: Science/Math/Technology

Mondays: 3 Sessions 9:00 AM - 10:30 AM **Start:** Mon 5/17/21 **End:** Mon 6/7/21

Location: Online Zoom Offering **Class Size:** 250 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

These sessions will discuss the overlying theory that explains the way geology operates. We will start with a discussion of the two processes that are responsible for the changes on the earth's surface over the last 4.6 billion years. These changes are caused by destructive and constructive processes. It is now possible to answer questions that have concerned geologists for many years. How are mountains formed? Why do earthquakes and volcanoes occur where they do? Why are oceanic rocks different from continental rocks? What is the origin of continents? What is the origin of granite?

Instructor: Edgar McCullough

Edgar was born in Charleston, West Virginia. He earned a BA and MS from West Virginia University. Edgar earned his PhD from the University of Arizona, where he was a faculty member from 1957 to 1997: Instructor to Professor, Department of Geosciences, 1957-1997; Department Head, Department of Geosciences, 1970-1982; and Dean, Faculty of Sciences, 1983-1995.

News and Views Horn

Subject Area: History/Current Events

Mondays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Mon 5/17/21 **End:** Mon 6/28/21

Location: Online Zoom Offering **Class Size:** 30 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

A lively discussion of current events in the news. Topics cover local, state, national and international. Topics are suggested by class members and chosen by vote. All views are welcomed and encouraged.

Instructor: Steve Horn

After a 30-year career with IBM in the areas of Community Relations and Corporate Diversity Programs, Steve retired to take on the COO roles at both the Detroit Zoo and Michigan Humane Society. He and his partner David moved to Tucson from Detroit, and shortly thereafter discovered OLLI. Over the last four years, Steve has consistently led a News and Views class. OLLI is a true asset to our community, and Steve looks forward to being part of the team that works so diligently to offer the best in classes to our members.

Poetry Writing for Devotees and Beginners

Subject Area: Literature/Writing/Language

Mondays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Mon 5/17/21 **End:** Mon 6/28/21

Location: Online Zoom Offering **Class Size:** 20 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

For several years, there has been an ongoing poetry workshop at OLLI, with guidance from different teachers/poets. The core group of attendees share a love of poetry and encourage each other to share a new poem, or "workshop" an old poem. Often, we find the creativity to come up with a new poem is sparked in the process. The group is always changing, warmly incorporating new people, some novices, and some devotees, to writing poetry. We will make use of a digital archive where known and unknown poets have read their poems aloud and pick one poem to listen to together. We will also look at and discuss one of our own poems. The only prerequisite is a love of poetry and the desire to write a poem each week!

Instructor: Kate Estrella

Kate Estrella studied visual arts in New York and California. She spent many years in France and Mexico, where she taught painting and drawing. Besides the visual arts, she pursues writing poetry, playing blues and folk guitar, and singing.

[Better Digital Photography Using iPhone Camera and Photos Apps](#)

Subject Area: Science/Math/Technology

Mondays: 5 Sessions 3:00 PM - 5:00 PM **Start:** Mon 5/17/21 **End:** Mon 6/21/21

Location: Online Zoom Offering **Class Size:** 50 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

Apple offers users a brilliant, if not the best, camera with its iPhone, but most people who own an iPhone don't take full advantage of the capabilities of the camera app. "Photo" is the standard default mode when the iPhone Camera is opened, but this app is capable of impressive images when using the many built-in modes and tools.

In this class, which focuses on iPhone technology and not photography per se, participants will be exposed to the full set of photography capabilities within their iPhone camera and post-production editing using the features of the Photos app. They will learn about exposure and focus; photography modes beyond Photo, like Pano, Live Photos, Burst, and Portrait (on supported models); and how to enhance photographic images with camera features such as Night Mode and Filters. Participants will go on to learn how to manipulate images using the expansive set of editing tools in the Photos app. Once the capabilities within the Apple Apps have been explored, participants will be introduced to a few curated easy-to-use apps available in the App Store, that will make it possible to modify photos images in some innovative and fun ways.

For this class, participants must have an iPhone 8 Plus or later model to use during class. Earlier model phones may not have some of the capabilities that will be covered.

Instructor: Ann Baxter

Ann Baxter retired in 2014 after a business career with a variety of companies, working in public relations, sales management, training, and consulting. In both her business career and in retirement, she has traveled extensively. To record her adventures, she has mastered the iPhone camera, iPad, Mac computer and the iMovie app to turn her still photos and video clips into creative movies that capture both the images and the spirit of her travels.

Introduction to Hinduism - the Religion of India

Subject Area: Philosophy/Spirituality/Religion

Mondays: 5 Sessions 3:00 PM - 4:30 PM **Start:** Mon 5/17/21 **End:** Mon 6/21/21 - 6

Location: Online Zoom Offering **Class Size:** 250 – **Skip Date:** No Class May 31 (Memorial Day)

Course Description

This introductory course will provide an overview of Hinduism, the religion of India that originated about 3000 years ago. It will include a brief history about the origin of Hinduism and the contributions to it from different sources, the Religion of Hinduism and its many components, the different philosophies that underpin the religious practices, including the non-dualism of Vedanta. Also covered in the course are the rituals, practices, customs and festivals related to Hinduism.

Instructor: Pravin Soni

Pravin Soni is a native of India and immigrated to the US in 1973. He has been a student of the Hindu Philosophy of Vedanta for the past 35 years. He has a PhD in Polymer Science and Engineering and has been involved in early-stage biotech companies for over 25 years.

Ernest Hemingway: Writings that Reflect the Man, his Life, Legacy and Downfall

Subject Area: Literature/Writing/Language

~~**Mondays:** 3 Sessions 11:00 AM – 12:30 PM **Start:** Mon 5/31/21 **End:** Mon 6/21/21~~

~~**Location:** Online Zoom Offering **Class Size:** 30 – **Skip Date:** No Class May 31 (Memorial Day)~~

Course Description

~~Utilizing a combination of readings (both in class and home) we will cover short stories, a lifestyle that may correlate with these writings, and Ernest Hemmingway's travels, tragedies, and vices to explore the full meaning of one of our greatest authors in the twentieth century.~~

~~Instructor: Marilyn Jameson~~

~~Marilyn Jameson is a native of Arizona who lived for decades on a beautiful horse ranch in Patagonia. Her love of reading began as a young child and continues through today. Two books a week! She is never bored, and being an accomplished, licensed sailor (40 ft. Islander) her books traveled with her. She was in education for 40+ years working as an elementary teacher, principal and college instructor. Her doctoral work was in special education administration. With all of this she still found the time to travel every continent except Antarctica. Widowed, she sold the ranch and moved to Green Valley.~~

[Change a Child's Story - Advocating for Children in Foster Care](#)

Subject Area: Civic Engagement/Community/Government

Mondays: Single Session 9:00 AM - 10:30 AM **Start:** Mon 6/7/21 **End:** Mon 6/7/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Over 2500 abused and neglected Pima County children are in foster care through no fault of their own. Too often, children are shuffled through our current system without experiencing a consistent, positive, adult relationship - someone who truly knows and understands them. Research has confirmed that just one positive adult relationship changes a child's outcome dramatically, thus providing for a brighter future. We know that every child in foster care deserves a Court Appointed Special Advocate (CASA) volunteer, but unfortunately not everyone will be lucky enough to have one. CASA Volunteers are everyday people who are doing extraordinary things to help change a child's story. In this class, participants will learn about the realities of the child welfare system and the health, safety, and resiliency of children and their families. Explore the potential of helping change a child's story!

Instructor: Angela McBride

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.

[Birds of the Catalinas and Tucson 2020, Pandemic Style](#)

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

Mondays: Single Session 9:00 AM - 10:30 AM **Start:** Mon 6/14/21 **End:** Mon 6/14/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Join me for a birding tour of the Catalinas before and after the Bighorn Fire, with an August break in Tucson for some backyard birding, pandemic style! See warblers, bluebirds, nuthatches, flycatchers, and a Great Horned Owl and hummingbird eye to eye! This talk will include photo-tips for birding with a camera, including new camera technology coming in 2021.

Instructor: Henry Johnson

Henry Johnson M.D. is a retired Internist who is an avid "Birder" and Photographer who has given wonderful presentations to OLLI members in the past. You can find his "Blog" at: mtlemmonazimages.com.

Opening Movement of the Yang style Tai Chi Chuan Form

Subject Area: Health/Wellness

Mondays: Single Session 9:00 AM - 10:30 AM **Start:** Mon 6/14/21 **End:** Mon 6/14/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

The opening movement of Tai Chi Chuan contains a wealth of information about the physical, philosophical and artistic aspects of the Taoist approach to movement, balance, breathing and meditation. This is an introduction for the beginner and a further study for the continuing practitioner of the art of Tai Chi.

Instructor: Duncan Scott

Duncan has pursued Tai Chi and martial arts as a lifelong interest. He has had the good fortune to study under some excellent masters of both the Yang and Wu styles as well as pursuing Baquachuan and karate. Although he doesn't profess to being close to a master, as a long time student he feels he has much to pass on to other interested students, both new and continuing.

Low Maintenance Guide to Pruning Desert Plants

Subject Area: DIY/Self-Help

Mondays: Single Session 3:00 PM - 4:30 PM **Start:** Mon 6/21/21 **End:** Mon 6/21/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Most landscapes are over-maintained, especially when it comes to pruning! We often waste time, money and resources when it's simply not necessary. Most pruning - even when done by landscape professionals - leaves sickly plants that look like blobs, rather than bringing out their natural beauty.

Pruning is one landscape task that when done right can save you time and money, giving you plants that are healthier, more beautiful and more resilient.

This presentation will cover:

- How NOT to prune, how to avoid having to pruning
- Why prune
- Pruning tools
- Pruning methods
- When to prune

Whether you do the pruning yourself or hire someone to assist you, knowing proper pruning techniques will help you do the pruning properly or find someone who can do it right.

Instructor: Charlene Westgate

Charlene Westgate is owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley, Arizona. She is a Permaculture Designer through the Sonoran Permaculture Guild. A Certified Water Harvesting Professional through Watershed Management Group and a Green Valley Master Gardener with the UofA Cooperative Extension.

Charlene has been a designer for the past 20 years and an avid desert gardener for nearly 30 years. Using Nature as a resource, she creates lush landscapes of native plants that provide beauty and enjoyment to people, and food and habitat for birds, butterflies and other wildlife.

Tuesdays

[Beginning Spanish 5](#)

Subject Area: Literature/Writing/Language

Tuesdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 40

Course Description

This class is a continuation of Beginning Spanish 4 which was offered in the Spring of 2021. Students must have the textbook, 'Spanish the Easy Way' 4th edition USED (ISBN 0-7641-1974-5). This book is available from many online bookstores. Students new to the class should be familiar with the present indicative tense. We speak only Spanish, with few exceptions. Students exchange information about themselves in Spanish. We do some "play-acting" in class. You will receive homework assignments that will help you participate in class. But there are no exams or grades.

Instructors: Susan Sotelo, Josephine Kelleher

Susan Sotelo PhD has taught Spanish to undergraduates and seniors. Her doctorate from the University of Arizona is in Latin American literature. She has published a literary criticism of Chicano detective fiction. Teaching is her joy and hobby.

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.

Building Positive Relationships

Subject Area: DIY/Self-Help

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 50

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 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 cartoon relief. Participants will leave this study group equipped with an awareness of what is required to achieve more successful personal relationships.

Instructor: Arnie Bianco

Arnie is a long-time retired educator, teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member; he has been a teacher for a number of years. He has done relationship workshops in more than 10 states. Arnie is a published author who has always loved to teach.

Gentle Energizing Movement, Deep Relaxation, and Meditation

Subject Area: Health/Wellness

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation and meditation. In this Study Group (SG) you will learn foundational practices from the Himalayan Yoga Tradition.

Each session of this SG will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed.

Please note that the movements taught in this SG are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too strenuous or otherwise challenging, this SG is for you.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

[News & Views - Flasch & Riegger](#)

Subject Area: History/Current Events

Tuesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

Every week we pick and vote on topics to discuss. We like to discuss news from many different angles. So all civil opinions/views are welcome.

Instructors: Mallory Riegger, Frank Flasch

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.

Frank Flasch is a retired technical sales engineer. He and his wife have lived in Tucson for 20 years. Frank has been teaching News & Views for several semesters along with Mike Somers. He enjoys traveling, playing tennis, volunteering and model railroading. Frank has four grandchildren and one great grandchild on the way.

[A Day in the Life of a Ghostwriter](#)

Subject Area: Arts/Culture, Literature/Writing/Language

Tuesdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/18/21 **End:** Tue 5/25/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

A Day In The Life of a Ghostwriter spotlights a specific one-woman operation and all it entails. It's designed to be highly interactive providing you with a rare look behind the scenes. Anything but the names of clients may

be revealed. Clients' names are strictly confidential (hence the use of the word, ghost). Choose this Study Group to help satisfy your curiosity. Or, choose it if you entertain thoughts of writing a memoir or nonfiction material for someone; especially if you don't crave a by-line. Find out what distinguishes ghostwriting from other kinds of writing. Once you understand the anatomy of a ghostwriter, you'll be in a better position to hire one! Ghostwriting is a business and the business end of this service is also open for discussion. Be a ghost, work with a ghost; any or all of these topics are up for discussion in *A Day In The Life of A Ghostwriter*.

Instructor: Marilyn Pincus

Marilyn is a retired author, ghostwriter and consultant-to-management with a long and diverse writing career. Prior to retiring, she focused on ghostwriting books for talented and skilled people who needed a book but did not have the time or special skills it takes to write one. Confidentiality agreements prevent providing specific information. Marilyn's own books are published by traditional publishers (as distinguished from "self"). Most of these titles are still selling and can be found on the Internet. Some titles have been sold in more than one language and are read by people around the world.

[Climate Conversations](#)

Subject Area: History/Current Events, Science/Math/Technology, Social Sciences

Tuesdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 40

Course Description

How do we get our minds around the massive shift we need to make for an effective response to climate change? Yale University's national polling reveals that 73% of Americans accept that global warming is happening, but that 65% of us rarely or never talk about it. We need that conversation!

Each class will consist of a background lesson on a climate-specific topic or moral conundrum followed by small group discussion and then larger group sharing of insights sparked by the topic and developed through conversation. We'll bring in science, current events, psychology, ethics and values.

Instructors: Connie Williams, Connie Aglione

Connie Williams, a retired math/science/environment teacher, has had a 45-year long love affair with the Sonoran Desert. She is a speaker for both Climate Reality (trained in Chicago, 2013) and Citizens Climate Lobby, and is on the Board of the Tubac Nature Center, Friends of the Santa Cruz River, and the Anza Trail Coalition. She co-facilitates the Santa Cruz Valley Climate Coalition with Connie Aglione.

Connie Aglione has been involved in climate change conversations since 2010. Her questions for 2021 are: What has changed environmentally and politically? As responsible citizens, what do we do and advocate for now?

Documentaries to Make You Think

Subject Area: Social Sciences

Tuesdays: 6 Sessions 3:00 PM - 5:00 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

The documentaries shown in this class are diverse, thought-provoking, educational, and informational. I attempt to get Documentaries with English Subtitles.

Please sign into class by 2:45 pm. Our classes run on Tuesdays from 3 pm until at least 4:30 pm. Some of the documentaries will last 2 hours plus time for some discussion. Generally, the classes will run longer to allow for discussion, but please feel free to sign off whenever necessary.

NOTE: Please do not expect a 4G, surround sound experience, rather it may have more of a "Drive-In Theater" feel to it. It is also helpful to shut down all programs besides Zoom on your computer, iPad or iPhone to help minimize any lag.

Exact Documentary Listing TBD

Instructors: Mallory Riegger, Maureen Metcalfe

Mallory Riegger has a BS in Accounting from the 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!

Dream Group

Subject Area: Social Sciences

Tuesdays: 6 Sessions 3:00 PM - 4:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 20

Course Description

Attendees share their nighttime 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: Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing 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 language of visual symbols, her Harvard Ph.D. in Romance Languages and Literature has prepared her for work with metaphors 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 is a longtime member of the International Association for the Study of Dreams.

[Philosophical Peanuts: An Introduction to Philosophy for Beginners](#)

Subject Area: Philosophy/Spirituality/Religion

Tuesdays: 6 Sessions 3:00 PM - 4:30 PM **Start:** Tue 5/18/21 **End:** Tue 6/22/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

An Introduction to Philosophy through an examination of Peanuts Cartoons. "The unexamined is not worth reading."

Instructor: 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.

Is Cohousing What You Have Been Craving Without Knowing It?

Subject Area: DIY/Self-Help

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 5/25/21 **End:** Tue 5/25/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

What is cohousing?

- It is NOT a commune. You own your home.
- It is like an old-fashioned neighborhood where members support each other.
- It is an ideal living option for seniors.
- It is most often multigenerational.
- It's like an extended family.
- You know your neighbors. Children can run around freely, and everyone knows who they are and where they live.

There are over 165 cohousing communities in the US; Tucson is fortunate to have 3. Cohousing is a community intentionally designed with ample common spaces surrounded by private homes. Common property is managed and maintained by community members. Find out more in this interactive presentation led by a current resident of Stone Curves Cohousing in Tucson.

Instructor: Maura Raffensperger

A graduate of the University of Arizona School of Pharmacy, Maura Raffensperger fell in love with Tucson and is thrilled to be back after a 40 year absence, happily living in one of Tucson's three cohousing communities. Embracing change, her varied career includes running a pharmacy in surgery; being a Clinical Instructor of Pharmacy; changing course to teach high school chemistry (obtaining a M.A. in Secondary Education along the way); and starting a coaching and time management training business. Hobbies have included climbing over 300 peaks and leading more than 100 Sierra Club hikes.

Stand-Up Comedy 101 (and maybe 102)

Subject Area: Travel/Entertainment

Tuesdays: 4 Sessions 1:00 PM - 2:30 PM **Start:** Tue 5/25/21 **End:** Tue 6/15/21

Location: Online Zoom Offering **Class Size:** 20

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 also physical centering, positive body language, and even how to correctly use a microphone. This is a performance-oriented group. The class will culminate in a live virtual performance for friends and family.

Instructor: 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 <http://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.

[Hacks for Home/House and Hygiene Improvement & Maintenance](#)

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 6/1/21 **End:** Tue 6/8/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

There's a lot of wisdom gained by many people gained from decades of accumulated practical experience (school of hard and soft knocks and feints). It could be about sharing simple tools and techniques of weeding, making coffee, washing dishes, shaving, etc. These are not closely guarded secrets but probably habits picked up casually, ritualized through habit, but not well known outside your household. Would be interesting to learn how someone else acquired some useful hack for life and incorporated it into their ordinary life. This is not about some grand philosophy or viewpoint about life, but simple, concrete stuff.

Instructor: Leslie Ozawa

After working 30+ years, mostly for the Navy in Hawaii; the US Forest Service forestry science lab in La Grande, OR; USDA Natural Resources and Conservation Service in Honolulu; and US Army at Fort Greely, AK, Tripler Army Medical Center and Fort Shafter in HI, Fort Bragg, NC, and Ft Irwin, CA, I returned to retire in Honolulu. I have a BA and MA in English literature. I worked mostly as a public affairs specialist in my working life. My parents and wife were from Japan, but I was raised and educated in Hawaii.

Writing a Legacy Letter

Subject Area: Health/Wellness, Literature/Writing/Language

Tuesdays: Single Session 1:00 PM - 2:30 PM **Start:** Tue 6/15/21 **End:** Tue 6/15/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

This one-session workshop, an encore presentation of a popular winter program, is designed to introduce the concept of "legacy letters" and to encourage participants to craft their own legacy document. A legacy letter (also called an "ethical will") is a brief written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren and other loved ones. The workshop includes discussion and brief writing exercises; it offers advice and a model structure to help participants complete a legacy document that can be shared with family and friends.

Instructor: Jay Sherwin

Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant and served as a hospital chaplain. He has extensive experience teaching and facilitating online learning programs, including recent presentations of this workshop for more than a dozen other Osher Lifelong Learning programs nationwide. More information is at www.jaysherwin.com.

Wednesdays

Film Discussion Class

Subject Area: Arts/Culture

Wednesdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/19/21 **End:** Wed 6/23/21

Location: Online Zoom Offering **Class Size:** 70

Course Description

Each week we will watch a movie for the following week. Because of Covid the movies will be selected from either Netflix or Amazon Films by class vote. One person will volunteer to provide a 15-minute review of the movie exploring the actors, the director, and critic's reviews. After the introduction, the class will discuss the issues of the movie. This is a very engaging class and we encourage your opinions.

Instructor: Rob Getlan

Rob is an avid movie fan. He has run the Film Discussion class for the last 2 years and looks forward to the class discussions.

[Meditation for Everyone](#)

Subject Area: Health/Wellness

Thursdays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Wed 5/19/21 **End:** Wed 6/09/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Pat shares the benefits of meditation (including research), ways to start calming the body and mind, and a meditation technique. You will learn how to sit through the process of meditation, which is so calming and enjoyable, and how to set up a home practice. You will receive handouts each week to help you with the process. The class is 4 sessions, 1.5 hours each.

Instructor: Patricia Ambrosic

Pat is an educational professional with an advanced degree in special education. She is also a long-term student and teacher of meditation, with over 40 years of experience.

[Countering Fatigue](#)

Subject Area: Health/Wellness

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/19/21 **End:** Wed 6/23/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

What do you do when your "get up and go" has gotten up and gone? The issue of the growing problems of fatigue is explored by Dr. Steven Gundry in his latest book, The Energy Paradox. Learn how to be a fatigue fighter through PowerPoints, videos, handouts, and discussion. You do not need to buy the book to learn from this class.

Instructor: 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.

Marxist Socio-Political Philosophy

Subject Area: Philosophy/Spirituality/Religion

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 5/19/21 **End:** Wed 6/23/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

An examination and discussion of Karl Marx's theories about society, culture, and philosophy using the book "Marxist Social Thought" edited by Robert Freedman. The book has six chapters for six weeks. It is not necessary to buy the book - lectures will be presented.

Instructor: 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 traveled and have led numerous semester abroad programs in Greece, Finland, and Mexico. 30 books and over 100 scholarly articles published. Semi-retired.

Getting Big Money Out of Politics

Subject Area: Civic Engagement/Community/Government

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 5/19/21 **End:** Wed 5/19/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

We'll discuss the history of big money in American politics, the reasons why so many people see it as a major problem for our democracy and the reasons why a constitutional amendment is necessary to solve the problem.

We will draw from Lawrence Lessig's book, Republic Lost: How Money Corrupts Congress and a Plan to Stop It, and from Jane Mayer's book, Dark Money: The Hidden History of the Billionaires Behind the Rise of the Radical Right, as well as other sources.

We'll explore how a string of Supreme Court decisions, leading up to and including Citizens United, have weakened campaign finance laws and allowed wealthy donors to dominate our political system.

And we'll discuss the process of amending the U.S. Constitution and what ordinary citizens can do to help get an amendment passed.

Instructor: Greg Falk

Greg Falk is a retired non-profit executive director. He's active in the Tucson Citizens Climate Lobby and in American Promise - Arizona, working for an amendment to get big money out of politics.

[Topics in Mathematics that are Interesting and Fun](#)

Subject Area: Science/Math/Technology

Wednesdays: Single Session 9:00 AM - 10:30 AM **Start:** Wed 5/26/21 **End:** Wed 5/26/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

One relaxed, informal discussion of: Curves of quickest descent; Curves of shortest distance; Shapes of maximum area. Also: Equations that led to higher dimensional spaces; Equations that led to new, now crucial, number systems. If time permits: Some aspects of probability.

Instructor: Carl DeVito

Carl DeVito is an emeritus professor at the University of Arizona. Lately he has been active in the conceptual aspects of astro-biology, and he has participated in conferences on these matters over the past few years.

[Mystery and Tragedy in Landscape at Little Bighorn Battlefield](#)

Subject Area: History/Current Events

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 5/26/21 **End:** Wed 5/26/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

After 145 years the mystery and tragedy of Custer's Last Stand still remains. Join us as we explore the landscapes of Little Bighorn Battlefield National Monument through photographs. We will explore the same ravines and coulees upon which the 7th U.S. Cavalry fought against the mighty Lakota and Cheyenne nations as they defended their way of life. Transcending our exploration, some of those mysteries will unravel in all their hubris.

Our presenter is Bob Reece who has photographed the Little Bighorn Battlefield for more than 30 years. He has walked in its shadows of deep ravines where the vast majority of the public never gets to venture. Off-season he can be found at the battlefield telling the story of what happened on the site June 25-26, 1876 to the visiting public. He has volunteered on several archaeological surveys, and knows the excitement that comes when uncovering a battle relic last seen through dust, gunfire, and smoke amidst the screams of the wounded and dying.

Reece's photographs of this battlefield have appeared in the magazines Time, Wild West, True West, and American Heritage. In addition, his photos have graced the covers and inside of books.

And now, Mr. Reece will lead you on the journey of mystery and tragedy that is Custer's Last Stand through his photography. When you leave his presentation, you will feel like you have walked upon this battlefield.

Instructor: Bob Reece

Bob is retired, so he now can enjoy part-time work in a bookstore. His interests are in US history, military history, and Plains Indian Wars. He works off-season as a volunteer with the National Park Service at Little Bighorn Battlefield National Monument. Some of his duties include interpretation of the battle for the visitors, as well as work on archaeological surveys in 1989 and 2004. Bob served 16 years as president of the nonprofit Friends of the Little Bighorn Battlefield (Friends), which is an official partner of the National Park Service. He still serves as a board director of Friends.

[What Happened to the Promise of Nuclear Power](#)

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

Wednesdays: Single Session 9:00 AM - 10:30 AM **Start:** Wed 6/2/21 **End:** Wed 6/2/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

What Happened to Nuclear Power?

In the mid 1950's the Atomic Energy Commission chairmen stated "with nuclear power electricity generation will soon be too cheap to meter." The nuclear powered Nautilus submarine was a milestone of American technical achievement, setting records for underwater speed and distance navigation. The first land-based nuclear reactor generating electricity in Shippingport, PA went on line in 1954 and operated flawlessly for years. From 1955 through 1985 hundreds of nuclear powered electrical generating stations were built. Over 175 nuclear reactors were built to power Navy ships and 35 nuclear reactors were launched into space.

But, today we are probably witnessing the end of electricity generated by nuclear power in democratic societies. This class will explore the history, current status and probable future of nuclear power. Technical understanding of the nuclear process is far less important than understanding the general economic, safety, and most important sociological reasons why the industry is struggling.

Instructor: Gerald Geise

Gerald Geise is a Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry field with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for Hanford, Washington nuclear reactors producing Plutonium for nuclear weapons, and the operations manager for the largest dual purpose Plutonium and electrical generation nuclear reactor. He was also president of a United Nuclear division that manufactured

nuclear reactors for the US Navy. He also has an extensive public speaking background on the risks and benefits of nuclear power.

[Best Musicians Born in 1942](#)

Subject Area: Arts/Culture

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 6/2/21 **End:** Wed 6/2/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Barbra Streisand, Aretha Franklin, Carole King, Paul McCartney, Graham Nash, Jerry Garcia, Brian Wilson, and a dozen more of the best musicians ever were born in 1942. Enjoy music from these artists - classical, jazz, soul, folk, rock - plus hits from the year 1942. Expect the unexpected and be prepared to be surprised and delighted.

Instructor: 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.

[The Godfather](#)

Subject Area: Travel/Entertainment

Wednesdays: 4 Sessions 1:00 PM - 2:30 PM **Start:** Wed 6/2/21 **End:** Wed 6/23/21

Location: Online Zoom Offering **Class Size:** 50

Course Description

This class is a comprehensive exploration of the classic American film "The Godfather."

"The Godfather" is innovative, creative, and a unique milestone in movie making. Areas of the course will include: the origin of the plans to make the film, the "suits" at Paramount, the drama and intrigue behind how the amazing cast was created, decisions and anecdotes involving the dramatic filming of this classic masterpiece, and the response to the film by critics and the general public.

Instructor: Arnie Bianco

Arnie is a long-time retired educator, teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member; he has been a teacher for a number of years. He has done relationship workshops in more than 10 states. Arnie is a published author who has always loved to teach.

Classical Music Gems in 3/4 and 6/8 time. No waltzes!

Subject Area: Arts/Culture

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 6/16/21 **End:** Wed 6/16/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Beethoven, Pavarotti, Satie, Handel, Mozart, Vivaldi, Haydn, Bach, Grieg, Khachaturian, and more! If you can count to three you'll enjoy this eclectic playlist of musical selections from composers who make the most of the 3/4 and 6/8 time signatures.

Instructor: John "Nemo" Nemerovski

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

Only Hope: My Mother and the Holocaust Brought to Light

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

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 6/16/21 **End:** Wed 6/16/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her internment in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have recently been published by her son, Irv Lubliner, an emeritus Southern Oregon University professor and OLLI instructor. He will share excerpts from *Only Hope: A Survivor's Stories of the Holocaust*, shedding light on his mother's experiences and indomitable spirit, as well as his experience as a child of Holocaust survivors and his process in bringing the book to fruition. This is followed by a Q & A session.

Instructor: Irv Lubliner

Irv Lubliner teaches math, music, and literature classes for the OLLI program at Southern Oregon University, where he also serves on the Council of Directors. An emeritus professor specializing in mathematics education, he taught for 40 years and led seminars for math teachers in 39 states. In 2019, he created Felabra Press and published his mother's writing about her experiences during the Holocaust, the book that will serve as the theme for this presentation.

Thursdays

Conversational Spanish

Subject Area: Literature/Writing/Language

Thursdays: 6 Sessions 9:00 AM - 10:30 AM **Start:** Thu 5/20/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

This six week class will concentrate on speaking and listening skills. Students will compose dialogue and will conduct discussions around everyday life. Students should have had some exposure to Spanish.

Instructors: Josephine Kelleher, Susan Sotelo

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.

Susan Sotelo PhD has taught Spanish to undergraduates and seniors. Her doctorate from the University of Arizona is in Latin American literature. She has published a literary criticism of Chicano detective fiction. Teaching is her joy and hobby.

Space Weather, Northern Lights, and Their Impacts on Space Technology

Subject Area: Science/Math/Technology

Thursdays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Thu 5/20/21 **End:** Thu 6/10/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Did you know that the most abundant state of matter in our universe is its "fourth state," plasma? This course will explore the physical and chemical behavior of plasma, from the Sun to the near-space environment of the Earth. You will learn that Space Weather is not an oxymoron ("how can weather be in space?") but a real danger to our technology such as GPS satellites and radio communication networks, and that one spectacular manifestation of Space Weather is the northern lights or the Aurora Borealis.

Instructor: Victoriya Forsythe

Victoriya Forsythe is a research scientist at ASTRA, LLC, a small aerospace company located in Louisville, Colorado. She studies behavior of the ionosphere, the upper level of the atmosphere. She has received her PhD and postdoctoral training in space physics at the University of Alaska Fairbanks, the best place to observe and study the northern lights.

[Daring Greatly: Discovering Resilience Through Vulnerability](#)

Subject Area: DIY/Self-Help

Thursdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/20/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 40

Course Description

The author Brene Brown states that "Staying vulnerable is a risk we have to take if we want to experience connection." Utilizing Brown's book *Daring Greatly* as a springboard to discussion, this class will explore the power of vulnerability. Participants will have the opportunity to understand better the concepts of shame, guilt, and trauma, and how these struggles can be transformed into authentic resilience, compassion, and self-compassion. Please join us and bring your experiences, wisdom and insights to share in this discussion.

Instructor: Mary Ellen Klawiter

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

[Reading The New Yorker](#)

Subject Area: History/Current Events

Thursdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/20/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

Marcia, Ed, and Ron invite your reports and comments each week on a selection of articles from *The New Yorker* magazine. We are looking for participation from all attendees and invite your input on any sources. *The New Yorker* is a rich resource for current, historic, cultural, and scientific information that permits a constant source of news and information. Subscriptions to the magazine are as little as \$12 for twelve issues for students

and come with a swell tote bag.

Instructors: R Peterson, M. Nedland, E. Van Naerssen

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 planning consultant specializing in neighborhood revitalization and affordable housing. Her clients include nonprofit housing organizations, city and state governments, national intermediaries, financial institutions, and foundations. Her interests include politics, sociology, birding, watercolor painting, and food.

Edward Van Naerssen is married with two grown sons and three grandchildren. He lived in the Northeast including NYC until 2013. Then he and his wife sold their house and drove around the country for 1.5 years until they discovered Tucson. Settled in Tucson in 2014. Ed joined OLLI to expand his horizons. Ed's career was in human resource data processing systems. With a BBA in accounting and data processing, he started working with punched card accounting systems, then became payroll manager of a Fortune 500 company. Ed then started and managed a successful consulting company.

[Sing Better As You Age](#)

Subject Area: Arts/Culture

Thursdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Thu 5/20/21 **End:** Thu 6/10/21

Location: Online Zoom Offering **Class Size:** 10

Course Description

"Sing Better as You Age: Care of the Voice for the Lifetime of a Singer" is a course for all those who love to sing and are interested in practicing habits of healthy singing. Aging is a fact of nature but many singing challenges often blamed on aging can be corrected or improved through adjusted physical habits. Class participants will learn exercises and strategies to overcome the effect of aging so they can continue to enjoy gratification from singing for a lifetime. No previous musical training or singing experience is necessary.

Instructor: Priscilla Zimmermann

Priscilla B. Zimmermann, Ph.D. is a choral director, voice instructor, and workshop leader in northern New Mexico and southern Arizona. Dr. Zimmermann earned a Bachelor of Music and Master of Arts in Choral Conducting from the University of Iowa; and a Ph.D. in Music Education and Resilience Education from Union Institute and University. She and her husband, Eugene, share their time between Green Valley, AZ, and Santa Fe, NM.

Situational Awareness IOI

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

Thursdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Thu 5/20/21 **End:** Thu 5/27/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

“I didn't think it could happen to me.”

Most people understand the importance of personal safety - but they don't always know how to prevent or respond to a threat. They think of self-defense as only physical - punching, kicking, or using weapons. Those same people will also volunteer that they have no desire to get into a fight. I agree!

While punching, kicking, and weapons can certainly be effective defenses, they're not nearly as effective as avoiding the dangerous situation, to begin with!

Incidents happen in seconds. A person walking down the street listening to music on their phone is suddenly pushed over, their bags and phone were stolen. Another person searches for keys to their car only to have them snatched away in a carjacking.

Personal safety is often a matter of situational awareness - seeing, hearing, and feeling what's going on around you, so you can recognize and avoid dangerous situations!

You don't need to be paranoid in order to be aware. This seminar will help you:

- Practice trusting your instinct (& stop overriding it!)
- Know what to look for to help avoid danger
- Know how to respond to keep an uncomfortable situation from turning into a dangerous one.
- Use methods for discouraging an attack

Being prepared, using awareness strategies, and knowing you have options for how to prevent violence will give you the confidence to go about your days with less fear and less stress.

The seminar utilizes real-world stories, practice scenarios, and discussion.

Instructor: Dawn Armstrong

Founder of ThinkSafe Seminars, Dawn Armstrong recognized that a lack of situational awareness was contributing to people getting hurt, and even killed. Dawn drew from her early experiences living and traveling as a single woman and combined those life lessons with research, training with security professionals, and the knowledge gained from a life-long passion for the martial arts.

Dawn's seminars support people and organizations concerned about personal safety. Her goal is to help people live with more confidence, and less fear, by increasing situational awareness, improving conflict management, and utilizing "Stun & Run" physical defenses when necessary.

Women of the West

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

Thursdays: 5 Sessions 1:00 PM - 2:30 PM **Start:** Thu 5/20/21 **End:** Thu 6/17/21

Location: Online Zoom Offering **Class Size:** 40

Course Description

The role of women in the history of the West comes alive in journals and oral histories. This book discussion group will focus on two readings based on actual diaries.

Down the Santa Fe Trail and Into Mexico: The Diary of Susan Shelby Magoffin, 1846-1847 (ISBN 978-0803281165) - Susan Shelby Magoffin, eighteen years old and a bride of less than eight months, set out with her husband, a veteran Santa Fe trader, on a trek from Independence, Missouri through New Mexico. She was the first white woman to travel the Santa Fe Trail.

These Is My Words: The Diary of Sarah Agnes Prine 1881-1901 by Nancy E. Turner (ISBN 978-0061458033) - A novel of life in the Arizona Territories in the late Nineteenth Century based on the memories of the great-grandmother of Tucson author Nancy E. Turner.

Instructor: Jeri Aldridge

After teaching English, Speech, Debate, and History for 32 years in Evergreen, Colorado, Jeri retired and moved to Tucson. She collects folk art (Mata Ortiz Pottery, Wood carvings, and Fabric Art) has a B.A. in Speech Communications from the University of Denver and an M.A. in Education from Colorado University. Jeri has traveled widely to Europe, China, Guatemala, England, and Scotland and has an interest in politics and micro finance.

My Corner of Wales and More

Subject Area: Travel/Entertainment

Thursdays: 4 Sessions 3:00 PM - 4:30 PM **Start:** Thu 5/20/21 **End:** Thu 6/10/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Study Group Leader Stephen Stillwell lived on a lesbian-owned and operated free-range, organic pig farm in central Wales. Hear him remember and see the sights that surrounded him. Learn more about this corner of Britain.

Instructor: Stephen Stillwell

Stephen Stillwell is a historian and a librarian. He has led study groups at each of the OLLI-UA campuses. His courses have included Middle Eastern history, British history, and British culture. Some of his most popular classes have concentrated on British mysteries.

[Sage-ing: Expanding Mental/Emotional Space with Life-review and Forgiveness](#)

Subject Area: DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

Thursdays: 3 Sessions 9:00 AM - 10:30 AM **Start:** Thu 6/10/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 20

Course Description

Today, most people approaching elderhood can expect to live another 20 or 30 years. But how do you want to live those years? Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for engaging the elder years more deliberately, more joyfully, and more compassionately. Sage-ing can help us to develop a balanced plan for eldering that is personally fulfilling and also beneficial to others.

During this highly interactive study group, we will focus on the important work of life review and forgiveness work and also on issues surrounding mortality. Those who participated in the Awakening the Sage Within Study Group with Randall will find this a next step to the work done there, however, anyone can attend this workshop. Based on the best-selling book: *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* by Rabbi Zalman Schachter-Shalomi. In addition to his other training and experience, the Study Group Leader, Randall Krause, is currently an Intern in the Certified Sage-ing Leader training program put on by Sage-ing International.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received an M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

Conflict Management - Non-Escalation & De-Escalation Techniques

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

Thursdays: 2 Sessions 1:00 PM - 2:30 PM **Start:** Thu 6/10/21 **End:** Thu 6/17/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

Conflict is a natural part of life. If managed well, it can result in problem-solving, compromise, and personal safety. If not managed well, it can cause questioning, anger, and even physical or verbal abuse.

Starting from before an interaction begins, through to the consequences of how an interaction is managed, this course uses Vistelar LLC's emotionally safe, performance-driven instruction that emphasizes scenario-based skills practice in a supportive virtual 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
- Conflict Management techniques can be used in every-day interactions. They are also helpful if you work or volunteer in such disciplines as: healthcare, education, public safety, transit, social services, retail, hospitality, and customer service.
- Seminar utilizes real-world stories, practice scenarios and discussion.

Instructor: Dawn Armstrong

Founder of ThinkSafe Seminars, Dawn Armstrong recognized that a lack of situational awareness was contributing to people getting hurt, and even killed. Dawn drew from her early experiences living and traveling as a single woman and combined those life lessons with research, training with security professionals, and the knowledge gained from a life-long passion for the martial arts.

Dawn's seminars support people and organizations concerned about personal safety. Her goal is to help people live with more confidence, and less fear, by increasing situational awareness, improving conflict management, and utilizing "Stun & Run" physical defenses when necessary.

An Introduction to Medical Intuition

Subject Area: Health/Wellness

Thursdays: Single Session 1:00 PM - 2:30 PM **Start:** Thu 6/17/21 **End:** Thu 6/17/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

Medical Intuition is a system of expanded perception gained through developing the human sense of intuition. Considered within the emerging field of Complementary and Alternative Medicine (CAM), Medical Intuition focuses on pinpoint visualization skills and in-depth intuitive scanning to obtain information from the physical body and energy systems.

The intention of Medical Intuition is to identify energetic patterns that correspond to illness, imbalance, and disease. It is also designed to address the influence of thoughts, beliefs, and emotions, and how they impact the health and well-being of an individual.

A typical session starts with viewing and describing one or more areas of concern with the client's health. This begins with looking at the physical body and then progresses to energetic structures such as blocked energy flow, possible inflammation, congestion and more. An example of this is a heart condition where the Medical Intuitive views the client's physical heart, then looks at heart function, the circulatory system as a whole, and perhaps hones into a specific area that expresses an issue.

Because the "viewing" is done via intuition, sessions can be performed over distance by phone, internet platforms (such as Zoom), or in person.

Medical Intuition is a valuable tool whereby underlying issues can be discovered that testing may never find, thus saving the client time, expense, and discomfort.

Medical Intuition is not to be construed as medical or psychological advice and is not to be considered a replacement for medical care, medical diagnosis, therapy, counseling or treatment of any kind.

Instructor: Danielle Dvorak

Danielle Dvorak is a lifelong intuitive, energy worker, classical musician, visual artist and more. She is Certified in Medical Intuition, Tibetan Sound Healing, Yoga, Aromatherapy, as an End of Life Mentor, and is also an Usui Reiki Master Teacher and Akashic Records guide.

Other unique aspects of Dvorak's life experience include: a Buddhist pilgrimage through Tibet, working as a "Ghost Buster," a 40-year meditation practice, auto racing for 25 years, and sitting a 10-day Vipassana course with six to 10 hours of meditation per day. She brings the depth of these experiences into her work and teaching.

Writing a Legacy Letter

Subject Area: Health/Wellness, Literature/Writing/Language

Tuesdays: Single Session 1:00 PM - 2:30 PM **Start:** Thu 6/24/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 30

Course Description

This one-session workshop, an encore presentation of a popular winter program, is designed to introduce the concept of "legacy letters" and to encourage participants to craft their own legacy document. A legacy letter (also called an "ethical will") is a brief written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. Writing one is a rewarding experience that creates an enduring gift for children, grandchildren and other loved ones. The workshop includes discussion and brief writing exercises; it offers advice and a model structure to help participants complete a legacy document that can be shared with family and friends.

Instructor: Jay Sherwin

Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant and served as a hospital chaplain. He has extensive experience teaching and facilitating online learning programs, including recent presentations of this workshop for more than a dozen other Osher Lifelong Learning programs nationwide. More information is at www.jaysherwin.com.

Supreme Court 2020 Term Wrap-Up

Subject Area: Civic Engagement/Community/Government

Thursdays: Single Session 1:00 PM - 2:30 PM **Start:** Thu 6/24/21 **End:** Thu 6/24/21

Location: Online Zoom Offering **Class Size:** 250

Course Description

University of Cincinnati Professor Emeritus Howard Tolley will review the major cases and issues decided by the US Supreme Court in the 2020 term that ends June 30. Newly appointed Amy Coney Barrett joined the justices in reviewing challenges to the Affordable Care Act, suppression of voting rights in Arizona, Catholic charities denial of foster care to LGBTQ parents, and appeals by the Trump administration's Justice department opposed by the new Democratic President and Attorney General. In following up his fall term OLLI class on Race Matters in the Supreme Court, Professor Tolley will review subsequent decisions.

Instructor: 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. He spends up to six months a year in Arizona and is an active member of the UU Church of Tucson.