Mondays

**Read the New Yorker with Us**

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

**Mondays:** 10 Sessions 8:30 AM - 10:30 AM  **Start:** Mon 1/21/19  **End:** Mon 3/25/19

**Location:** BMO Harris Bank

**Course Description**
The New Yorker magazine includes something for everyone - commentary, reportage, profiles, criticism, essays, fiction, cartoons, and poetry. Class members will divide the current issue of the magazine and share a report with the class on a particular article. In addition, the entire class will read and discuss one or more of the articles. We may occasionally take a look at something from the rich history of the magazine. This popular class has been continually offered since Spring 2011. A subscription to the magazine (print, ipad, or kindle) is required. This class meets for 2 hours.

Class leaders will be Joan Ernst, Don Kamin, and John McCoy.

**Instructor:** Donald Kamin

Don Kamin has been class leader for several OLLI courses, and has been attending or leading the New Yorker class since Spring 2011.

**Co-leaders:** Joan Ernst, John McCoy

**Justice and Environmental Policy: What Is The Right Thing To Do?**

**Subject Area:** Philosophy/Religion

**Mondays:** 5 Sessions 9:00 AM - 10:15 AM  **Start:** Mon 1/21/19  **End:** Mon 2/18/19

**Location:** Community Learning Center - Room 205

**Course Description**
The U.S. Environmental Protection Agency (EPA) is committed to promoting environmental justice (EJ). EJ is defined as the fair treatment and meaningful involvement of all people regardless of race, national origin, or income with respect to the development, implementation, and enforcement of environmental laws, regulations, and policies. In this course, we will discuss how alternative approaches to justice impact EPA policy across topics as diverse as the preservation of U.S. wetlands, the provision of safe drinking water, and the control of toxic air pollutants. The course will consist of 5 sessions (hour and 15 min. each) in a lecture/discussion format.

**Instructor:** Dennis Cory

The instructor received his B.S. degree in mathematics from Colorado State University and his Ph.D. degree in economics from Iowa State University. He retired two years ago after a 40-year career as a Professor of Environmental Law and Economics at the University of Arizona.
U.S. Immigration - The Basics

**Subject Area:** Social Sciences

**Mondays: Single Session** 9:00 AM - 10:30 AM  **Start:** Mon 1/21/19

**Location:** Community Learning Center - Room 203

**Course Description**
This presentation will provide a basic overview of U.S. immigration so that participants can understand today's current events and the issues and challenges of our current system. Format: One hour, Powerpoint presentation (45 minutes) with Q&A (15 minutes). Topics covered will include:

1. U.S. Immigrants Over Time - Diversity and % of Population
2. U.S. Visas Overview - paths to citizenship and temporary visas
3. U.S. Cabinet Departments - Who does what in the process? (including courts and detention)
4. Unauthorized Residents - Why do we have them? Statistics
5. Recent immigration topics in the news

**Instructor:** Alyson Ball

BA Cornell University, MBA Wharton University of Pennsylvania

Career in Private Sector (Marketing and International Business), Microfinance, Consulting and Teaching Nonprofit Boards, Self-Study re: Immigration Laws, History, Organizations, Situation, etc, Winter in Green Valley (November - February)

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A Death Checklist - Your Final Gift

**Subject Area:** Health/Self Help

**Mondays: Single Session** 9:00 AM - 10:30 AM  **Start:** Mon 1/28/19

**Location:** Community Learning Center - Room 210

**Course Description**
We are all going to die. By being prepared you can give your family a final gift that will make things at least a bit easier. Funeral Consumers Alliance of Arizona Executive Director Ruth Bennett has helped hundreds of folks think through the process of planning and communicating those plans with families or others making decisions about what happens post-death. You’ll come away with a useful Death Checklist to help you and to help them. Ruth uses audience questions to help participants get answers and information that is useful to them.

**Instructor:** Ruth Bennett

Ruth Bennett has been accused of putting the FUN back in Funerals! Her informative and entertaining talks about death/dying, cremation, burial and whole-body donation have helped hundreds, maybe thousands of Arizonans make plans, talk to their families and know what options and costs are when they die. She is the Executive Director of the Funeral Consumers Alliance of Arizona and currently serves as the President of the national Funeral Consumers Alliance Board of Trustees. She has been involved with these issues since 2005 and
brings a depth of knowledge and a sense of humor to make a tough topic, Death, a little easier to learn and talk about.

**10 Warning Signs of Alzheimer’s**

**Subject Area:** Health/Self Help

**Mondays:** Single Session 9:00 AM - 10:30 AM  **Start:** Mon 2/4/19  
**Location:** Community Learning Center - Room 203

**Course Description**

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

The one-hour program covers:

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

**Instructor:** Morgen Hartford

Morgen Hartford is the Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter where he provides dementia education throughout Southern Arizona; coordinates over 25 support groups across five counties; and implements unique family programs for care partners and people with dementia. Morgen received his Master's of Social Work from the University of Montana and has done wide-ranging work on issues of homelessness and housing, child welfare, positive youth development, food security, and sustainable agriculture. He is former farmer and avid outdoors-man who has fallen in love with the Southwest.

**Co-leader:** Lisa Brazil

**An American Tourist in the Baltic**

**Subject Area:** Travel/Entertainment

**Mondays:** Single Session 9:00 AM - 10:30 AM  **Start:** Mon 2/11/19  
**Location:** Community Learning Center - Room 203

**Course Description**

This course will be based on a three week trip in the fall of 2018 that includes Vilnius, Riga, Talinn, Helsinki, St Petersburg and Moscow. The emphasis will be on the history and culture of the countries that live in the shadow of Russia.
Instructor: Meg Hovell

Meg is a retired IBM executive who enjoys educational travel - as well as the classes at OLLI. She and her husband Peter have led classes on some of their travels, including Cuba and Iran.

**Mindful Meditation for Brain Health**

**Subject Area:** Health/Self Help

**Mondays:** 6 Sessions 9:00 AM - 10:30 AM  **Start:** Mon 2/18/19  **End:** Mon 3/25/19

**Location:** Community Learning Center - Room 210

**Course Description**

Both mindfulness and meditation have been shown to benefit brain function and extend cognitive abilities as you age. If you are new to the practice or want to enhance your meditation experience discover how you can improve your brain health. In each class, participants will be able to experience different mindful and meditative techniques and incorporate those into a practice that best optimizes their own brain performance. The presentation will include slides, video and class experience. Accessibility is open to all.

Instructor: Joyce Hansen

Joyce Hansen, a graduate of the University of Wisconsin, relocated to New York to live a corporate life until she switched mid-career to spend 25 years in a private mind-body strategies practice and retired as a community college adjunct professor. She now writes and conducts training programs on health and aging issues.

**Income Tax (Individual): How to Prepare Your Return (or Help Your Tax Pro)**

**Subject Area:** Health/Self Help

**Mondays:** 10 Sessions 11:00 AM - 12:30 PM  **Start:** Mon 1/21/19  **End:** Mon 3/25/19

**Location:** Community Learning Center - Room 203

**Course Description**

Objectives of the course:

1) Save you some $$$Big Bucks
2) Knowledge and skills: Show you how to prepare your own individual income tax return; or how to vet, check or assist your tax pro.
3) Fun facts about taxes to share and discuss:
   - History and public policy.
   - Maybe you will want to become a tax geek – like me!
   - Some questions you will be able to answer after the course:
      - What opportunities am I missing?
      - Should I itemize?
      - What is the difference between a deduction and a credit?
      - What is the Alternative Minimum Tax? Is it hurting me?
Will Uncle Sam get 1/3 of my inheritance?
- How does living in Arizona (full- or part-time) affect my taxes?
- There will be ample time for Q&A during class.
- Quotes:
  - Oliver Wendall Holmes, Jr.: “Taxes are what we pay for a civilized society.”
  - Albert Einstein: “The hardest thing in the world to understand is the income tax.”
- Optional: Download and print each session’s material before class to follow along; or afterwards as a permanent reference.

Instructor: William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent (“CPA for taxes”). He instructed for H&R Block for 7 years.

Tarot- Archetypes, Myths and Fairytales

Subject Area: Philosophy/Religion

Mondays: 4 Sessions 11:00 AM - 12:30 PM  Start: Mon 3/4/19 End: Mon 3/25/19
Location: Community Learning Center - Room 205

Course Description

Although Jung just briefly mentioned Tarot in his many essays, he did acknowledge that they were representative symbols of his archetypes of the collective unconscious. Several writers on Tarot have expanded on this theme. This course will discuss the individual cards as Jung’s archetypes and relate the “journey of the fool” to Joseph Campbell’s monomyth as expressed in his The Hero with a Thousand Faces, which also builds on Jungian psychology. We will also explore a connection between myths, archetypes and fairytales as they relate to Tarot. Examples of interpretations of the card images by various artists and followers of Tarot will be presented.

Instructor: Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Chinese Music Appreciation

Subject Area: Arts/Culture

Mondays: 10 Sessions 1:30 PM - 3:00 PM  Start: Mon 1/21/19 End: Mon 3/25/19
Location: Community Learning Center - Room 210

Course Description

This class will be led by a group of Chinese musicians from the Confucius Institute at the University of Arizona. They will introduce famous Chinese music pieces through live performances, and recordings. Demonstrations of
different Chinese instruments will be provided. Participants will be able to appreciate Chinese music through direct interactions with these outstanding Chinese musicians and by touching music instruments to experience different sound effects. The culture background of each music piece and its health benefit in Chinese philosophy will be discussed.

Instructor: Zhao Chen

Dr. Zhao Chen is director of the Confucius Institute at the University of Arizona. She is Professor of Epidemiology and director of the Division of Epidemiology and Biostatistics at the Mel and Enid Zuckerman College of Public Health (MEZCOPH). She is an affiliated faculty member of the School of Anthropology and a faculty member of the Arizona Center on Aging, Bios Institute and Arizona Cancer Center. Chen has a Bachelor of Science degree in Biology from Beijing Normal University, China and a Master’s degree in Physical Anthropology from the Institute of Vertebrate Paleontology and Paleoanthropology, Chinese Academy of Sciences, also in Beijing. In mid-1990s, Chen received a PhD degree in Anthropology with a minor in Nutritional Science, and a Master of Public Health degree, both from the University of Arizona. She received extensive training in epidemiology during her postdoctoral work facilitated by a National Institute of Health (NIH) career development award.

Dr. Chen’s research has focused on on the epidemiology of genetic and environmental risk factors of complex chronic diseases, including osteoporosis, sarcopenia, anemia, cancer and obesity in aging and minority populations. She directs the UA’s Healthy Aging Lab, which has been supported by multimillion dollar research funding from the NIH, the Department of Defense and private foundations. She is one of the leading researchers of the Nationwide Women’s Health Initiative longitudinal study. Chen has collaborated with researchers in China on body composition research in minority populations, including the Tibetan people. She has been invited to hold body composition workshops and give keynote speeches at national and international conferences in China.

Co-leader: Junjie He

**The Gospel of Airpower: Strategic Bombing from 1670 to Today**

**Subject Area:** History/Current Events

**Mondays: Single Session 1:30 PM - 3:00 PM **  **Start:** Mon 1/21/19

**Location:** Community Learning Center - Room 203

**Course Description**

This course will review the history of aerial bombardment from its speculation in 1670 to the current technological age with its destructive capability. We'll review the impact aviation had on the Great War of 1914 - 1918 and the impact the newly endowed Gospel of Airpower had on military theorists as they prepared for the next great war. We'll cover how the Gospel affected both the Axis and the Allies in World War II and subsequent conflicts. Finally, we will speculate on the future of this Gospel in an immensely techological and nuclear age.

Instructor: Don Cassiday

Commissioned in the USAF in 1956, Cassiday received his wings in 1957 and flew the B-47 in the Strategic Air Command and pulled nuclear alert against strategic targets in the Soviet Union until 1963. Following medical
grounding, he became a maintenance officer and logistician with subsequent assignments in Headquarters Command USAF, The Royal Air Force Staff College, Headquarters United States Air Forces Europe and then to the Air War College. After graduation, he was retained on the faculty of the Air War College. He ended his career at the Pentagon in charge of Aircraft and Missiles logistic programs for Headquarters USAF. Following retirement in 1977, he served as Dean of Aurora University School of Business, Vice President of Merchants Bancorp, and Dean of the North Park University Business School. In 2004 he was appointed by the Speaker of the House of Representatives to serve as a commissioner on the Veterans Disability Benefits Commission to review all Veterans benefits and report to the Congress and President.

History of the Container: It Made China Supplier to the World

Subject Area: History/Current Events

Mondays: 2 Sessions 1:30 PM - 3:00 PM   Start: Mon 1/28/19   End: Mon 2/4/19
Location: Community Learning Center - Room 203

Course Description
Containerization has transformed the global shipping industry, causing fundamental changes in global trade costs, volume, and patterns, inventory management, supplier patterns, and size of national economies. Before the 1950’s, shipping of mixed materials (i.e., other than bulk materials, such as grain, oil, etc.) was extremely inefficient. Ships were loaded by hand (e.g., men carrying bags of coffee, or maneuvering wooden barrels, piles of lumber by hand or forklift). Cargo was mixed in the same compartment of a ship; loads would shift in transit, causing damage. More than half of total shipping time was spent in ports, typically 5/10 days in each. Shipping cost for many materials was more than 10% of the material cost. This precluded most materials being sold nationally or internationally.

Although many industries understood the theoretical advantages of containerization, it could not become practical until a container design could be standardized, so that it could be carried on any shipping line, railroad, or truck. It took 20 years, until 1970, to develop an international standard design (length, width, height, strength, and locking system). With universal acceptance of the container, and the resulting reduction of shipping cost, a global market has been created for goods and labor, thus allowing Chinese labor to compete with Kentucky and Genoa. The economy of China -- and other Third World countries -- has been transformed, making them suppliers to the world for innumerable goods. Time-To-Market has been more than halved, and Just-In-Time supply has become common.

The course will include many video clips

Instructor: William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent (“CPA for taxes”). He instructed for H&R Block for 7 years.
The UA CatCard Demystified

Subject Area: Health/Self Help

Mondays: 2 Sessions 1:30 PM - 3:00 PM  Start: Mon 3/4/19  End: Mon 3/18/19 - No class on 3/11.
Location: Community Learning Center - Room 203

Course Description
This class begins on March 4th and will pause for one week while participants apply for a CatCard. The class will conclude on March 18th. Whether you're a first-time CatCard applicant or someone who has attempted the CatCard application process before, this is the class for you!

In the first session, you'll learn about the CatCard and its benefits. Then, I'll cover application process and assist you in taking the first step towards getting your CatCard.

In the second session, I'll provide assistance to those who get stuck in the process or who have not yet completed their application for a CatCard. By the time you leave, you'll be ready to head down to the CatCard office to get your CatCard!

Instructor: Kat Schumann

Kat Schumann is the current Program Coordinator at OLLI-UA.

Ways of Knowing the Sonoran Desert

Subject Area: Arts/Culture, Science/Math

Mondays: Single Session 3:30 PM - 5:00 PM  Start: Mon 1/21/19
Location: Community Learning Center - Room 203

Course Description
The environmental challenges of the 21st century– notably loss of habitat and biodiversity- require creative and innovative collaborations, such as those experienced when artists and scientists work together. Learn how the arts, specifically Art-Based Perceptual Ecology (ABPE) research methods when practiced in collaboration with Western science methods are a way of knowing the ecology of place.

ABPE offers a language that codifies one’s embodied experience in the natural world, acts as a language translator and makes possible the information exchange necessary to communicate place-based stories – the environmental history of the Sonoran Desert.

In this lecture, audience members will learn concepts key to ABPE as Dr. Woolery shares stories of her field research conducting biodiversity inventories in the Sonoran Desert.

Why is this work important? By learning pluralistic ways of perceiving the landscape, we may come to know the place in which we live, and find connections with the local habitat. Achieving this multi-dimensional sense of place may contribute to a deeper ethic of caring about the environment, leading us to be good stewards of our ecological and cultural communities.
Instructor: Dr. Lee Ann Woolery

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

**Estate Planning, Everything You Ever Wanted to Know**

**Subject Area:** Health/Self Help

**Mondays: Single Session 3:30 PM - 5:00 PM**  **Start:** Mon 2/25/19

**Location:** Community Learning Center - Room 203

**Course Description**

What is it you need to do to have your estate plan in order? Are you current on all that you need: Wills, Trusts, Living Wills, Powers of Attorney, Titling of property, Avoiding Estate Tax, Probate, and Trusts for Grandchildren. Attorney Kay Richter will discuss the documents you should have in place and any changes you might need due to new law or your situation. Bring all your questions.

**Instructor:** Kay Richter

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

**The Ocean From Space**

**Subject Area:** Science/Math  
**Tuesdays:** 6 Sessions 9:00 AM - 10:30 AM  **Start:** Tue 1/22/19  **End:** Tue 2/26/19  
**Location:** Community Learning Center - Room 210

**Course Description**

The ocean influences all life on earth. Half the oxygen we breathe comes from microscopic plants in the ocean. Weather on seasonal, annual and decadal scales responds to oscillations in the ocean. Floods, droughts, hurricanes and tornadoes are all tied to ocean processes. With the advent of space based observations we can monitor the ocean on a nearly continuous and global scale. Biological activity, heat transport by currents and ocean oscillations such as El Nino / La Nina can all be measured from space. This study group will use space based observations to illustrate ocean processes. Emphasis will be on how the ocean drives short and long term weather patterns. Videos and slides are used to present the information. No prior knowledge is needed.

**Instructor:** Bob Barry

Bob has had three “careers.” He was a traditional Navy Line officer for 8 years serving on two Destroyers and River Patrol Boats. After receiving an M.S in Oceanography, he became a Navy Oceanography specialist for 16 years. His primary focus was on how to use the complexity of the ocean to improve Anti-Submarine Warfare efforts. After the Navy, he was a program manager at Ball Aerospace and worked on several environmental satellite programs.

**Yoga for All**

**Subject Area:** Health/Self Help  
**Tuesdays:** 10 Sessions 9:00 AM - 10:30 AM  **Start:** Tue 1/22/19  **End:** Tue 3/26/19  
**Location:** Community Learning Center - Room 200

**Course Description**

Try this beginning level hatha yoga class to safely develop and improve your yoga practice. The class is safe for all body types. Modifications and adjustments will be provided to help you successfully enjoy your yoga practice. Yoga props are encouraged and used in the class: Mexican blanket, strap, blocks, bolster. All levels welcome and no experience is necessary. Please bring a mat to class.

**Instructor:** Karen Baker

Karen Baker is an AFAA Certified Personal Trainer who has been teaching classes and working in the fitness industry for over 30 years. Karen teaches and trains clients in various venues including: Certified in Pilates Mat and Reformer (training through the Physical Mind Institute and Turning Point Studio). Iyengar style Yoga – completed 500 hr advanced studies program at the Yoga Room in Berkeley, CA
Certified BTS (Body Training Systems) instructor for Group Power classes, Certified Parkinson's Wellness Recovery Instructor- certified at the PWR Gym in Tucson
AEA certified Aqua instructor, Karen holds a BS degree in Clinical Nutrition and Food Science and worked as a Food Scientist and Registered Dietitian for many years. Karen’s passion for fitness, health and good nutrition is exemplified in her lifestyle. She loves to work with individuals of all levels and is dedicated to helping others achieve their own health and fitness goals.

Astronomy in the News

Subject Area: Science/Math

Tuesdays: 4 Sessions 9:00 AM - 10:30 AM  Start: Tue 2/5/19  End: Tue 2/26/19
Location: Quail Creek - Ocotillo Room

Course Description
Our knowledge and understanding of the universe has expanded at an unprecedented rate in recent years. New discoveries are frequently reported in the news media. In this class we will discuss the background to some of these new discoveries and their significance in our bigger picture of the universe. Topics may include what we can see in the night sky, recent discoveries about Jupiter from the Juno space probe, planets that are being discovered orbiting other star, dark matter and dark energy, and super massive black holes and other topics that are reported in the media or suggested by students. No background in science will be assumed by the instructor.

Instructor: Edward Schmidt

Ed Schmidt was a professor of astronomy at the University of Nebraska for more than four decades. During that time he taught a variety of astronomy classes ranging from introductory classes for non-science majors to junior-senior classes for students majoring in physics. He has conducted research with the telescopes at Kitt Peak National Observatory in Arizona as well as at other observatories all over the world (Nebraska, Texas, California, Australia, Canada, Chile, England, Israel) and in space. Following his retirement in 2012, he sometimes organized and often taught OLLI courses in Lincoln, Nebraska. Currently he volunteers as a tour guide at Whipple Observatory.

Middle East Update

Subject Area: Social Sciences; History/Current Events

Tuesdays: Single Session 9:00 AM - 10:30 AM  Start: Tue 2/5/19
Location: Community Learning Center - Room 203

Course Description
This one-session course will be an opportunity to review and discuss developments in key Middle East issues over the previous year, from the perspective of U.S. interests. We will look at the current state of U.S. relations with Israel, the Palestinians, Saudi Arabia, Turkey and Iran. The update will also include the ongoing conflicts in Syria and Yemen and any other breaking news from the Middle East. Regular reading of reliable sources on Middle East News like the Economist, the New York Times or the Washington Post would be good preparation.
Instructor: David Dunford

Dave Dunford retired from the U.S. Foreign Service in 1995 following completion of his assignment as Ambassador to the Sultanate of Oman. He also served in Egypt and Saudi Arabia. He is an Adjunct Instructor at the University of Arizona where he teaches courses on the Arab-Israeli Conflict and the Middle East Business Environment, and later the Coalition Provisional Authority in Baghdad as Senior Ministerial Liaison to Iraq’s Ministry of Foreign Affairs. He has co-authored a book about this experience: Talking to Strangers: The Struggle to Rebuild Iraq's Foreign Ministry.

**Life After Life: Understanding Near Death Experiences**

**Subject Area:** Philosophy/Religion

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM  
**Start:** Tue 2/12/19  
**End:** Tue 2/19/19  
**Location:** Community Learning Center - Room 205

Course Description

Watch and listen to stories of people who have actually had near death experiences. Explore the implications of these experiences for our attitudes to our own daily living.

Instructor: Joe Ambrosic  
Co-leader: Pat Ambrosic

Joe and Pat are educational professionals. Joe has an advanced degree in counseling and school psychology. Pat has an advanced degree in special education. Both are long term students and teachers of meditation, with over 40 years of experience.

**Desert Dangers: Venomous Creatures of the Southwest**

**Subject Area:** Science/Math

**Tuesdays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Tue 2/26/19  
**Location:** Community Learning Center - Room 203

Course Description

Poison, Venom, Danger! Arizona is considered the venomous creature capitol of the United States, with more rattlesnake bites per capita than any other state. The Arizona Poison and Drug Information Center specializes in bites and envenomations, and is here to help you prevent and treat venomous encounters. In this course, participants will identify the venomous creatures of the Arizona desert, from rattlesnakes to Gila monsters. Participants will learn animal behavior, bite and sting prevention, and first aid in case of envenomation. There will be an "up close and personal" look at a couple of our native creatures, including live scorpions and a Colorado River toad.

No prior knowledge is necessary to participate. The instructor will use slides as visual aids for delivering information. There are no additional costs for the class.
Instructor: Laura Morehouse

Laura Morehouse conducts education and outreach for the poison center. Ms. Morehouse is a certified health education specialist with interest in curriculum development, program design and evaluation. She holds a master's degree in public health with an emphasis in health behavior and health promotion from the University of Arizona. As the educator for the poison center, she is available for presentations on poisoning prevention, venomous desert creatures, elder adult concerns, and is a resource for toxic hazard concerns.

**Becoming A Better Investor**

**Subject Area:** Health/Self Help

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 3/5/19 **End:** Tue 3/12/19

**Location:** Community Learning Center - Room 203

**Course Description**


Instructor: John Goordman

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

**Canadian Perspectives**

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 3:00 PM   **Start:** Tue 2/5/19 **End:** Tue 2/26/19

**Location:** Community Learning Center - Room 210

**Course Description**

This Study Group focuses on the Geography, History and development of that neighbour to the North - Canada. The Nation, its Provinces and Territories are identified, described and depicted in photographs. The history - from early exploration, through colonial times, and current themes - is reviewed together with commentary on political, constitutional, judicial, governance, social and institutional structures. The nation's differences and interactions with the USA and elsewhere internationally will be discussed; the British Commonwealth and current Canadian issues will be identified and developed, and matters raised by the Study Group will be dealt with. Throughout, the pace is brisk, but flexible and light; questions and concerns are always welcome. No pre-requisites, prior knowledge or texts needed. Lecture/discussion format is supported by materials, videos and photos from the internet, personal resources of the SGL, and excerpts from other source materials. Eight
sessions are presented in 4 days; a session before the Lunch Break and a session after that Break each class day. Those attending may wish to bring their lunch to the classroom; informal discussions on matters of interest may be conveniently addressed over lunch.

Instructor: Ceri Hugill


**SCOTUS and the US Constitution**

**Subject Area:** History/Current Events

**Tuesdays:** 8 Sessions 11:00 AM - 12:30 PM  
**Start:** Tue 2/5/19  
**End:** Tue 3/26/19

**Location:** Community Learning Center - Room 203

**Course Description**

We will cover the founding of our country by the US Constitution in 1787, the various Articles which make up the Constitution, highlighting the Legislative, Executive and Judicial Branches and their powers under the Constitution, amendments to the Constitution, and US Supreme Court (SCOTUS) cases of interest through to the present day, including those to be heard in the 2018-2019 Supreme Court docket.

Instructor: Maureen Brooks

Maureen is an autodidact operaphile, and has been teaching classes on opera and popular film for Lifelong Learning Institutes, including OLLI, for 9 plus years. She is also a Docent for Pima County's Historic Hacienda de la Canoa. Prior to retirement, she was an attorney in New York, California, and the District of Columbia, and an adjunct professor at Marist College in their ABA accredited Paralegal Program from 1993-2012 when she retired to Green Valley.

**Lighthouses, Lenses and the People Who Tended Them**

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM  
**Start:** Tue 2/5/19  
**End:** Tue 3/12/19

**Location:** Community Learning Center - Room 205

**Course Description**

This course is designed to give the novice or veteran a working knowledge of the world of lights and lighthouses. The first class will cover the world of lighthouses, their similarities and differences and useful definitions; the second class is devoted to the development of lighthouse illumination; another class will cover how the supporting machinery works and the final class is devoted to the people who designed and operated the system of U. S. lights from Alexander Hamilton to the present day Coast Guard.
Instructor: James Woodward

Jim Woodward has 51 years of experience working with lighthouses and specifically Fresnel lighthouse lenses. Upon his retirement, after 40 years of service to the U. S. Coast Guard, he was cited as being “the greatest resource for lighthouse and Fresnel lens preservation in the Coast Guard.” He has given presentations at the University of Michigan and Rutgers University and continues his work with lighthouses and lenses through his company, The Lighthouse Consultant.

**Produce Industry-Trade I**

**Subject Area:** Arizona History/Culture

**Tuesdays: Single Session 1:00 PM - 3:00 PM   Start: Tue 2/12/19**

**Location:** Fresh Produce Assoc. of the Americas

**Course Description**

This course and combined field trip are designed to educate attendees about the produce industry in Southern Arizona. After an introductory course, participants will travel to a local produce warehouse to see firsthand an important part of how produce travels from the farm to the fork. The introductory course will take place at Fresh Produce Association of the Americas building at 590 East Frontage Road in Nogales, AZ beginning at 1:00 pm. After the classroom portion in Nogales, the group will travel together from Fresh Produce in Nogales, to a warehouse nearby for the field trip portion of the course. What started over 100 years ago with a train car full of cantaloupe melons has evolved into a multibillion dollar business that helps drives the economy of the region. Nogales is the largest port of entry for fresh produce from Mexico, and the local produce companies are directly responsible for importing and distributing a wide variety of fresh produce across North America, Asia, and Europe.

Instructor: Erika Dominguez

Erika Dominguez is a Policy Analyst/Communications Coordinator for Fresh Produce Association of the Americas.

**Perspectives on Aging; Research and Resources**

**Subject Area:** Health/Self Help

**Tuesdays: Single Session 1:30 PM - 3:00 PM   Start: Tue 1/22/19**

**Location:** Posada Life Community Center

**Course Description**

This presentation will offer insights into the way people view and react to the process of aging and how by capitalizing on research-based activities and utilizing appropriate services, they can foster their life skills, avoid or delay costly high-levels of care and maintain optimal independence. Through lecture and discussion, attendees will be introduced to current research related to healthy aging and learn ways to make life plans that include options for maintaining optimal independence. The presentation includes how to recognize roadblocks to utilizing services that can help individuals as they age.
Instructor: Bill McCreery

Bill McCreery has a M.A in Educational Psychology, a Licensed Professional Counselor, and is the Director of Community Programs at Posada Life Community Services in Green Valley. He is an experienced social services agency leader whose current management responsibilities include behavioral health services, adult day services, caregiver support, early childhood education and a senior/community center with nutrition, lifelong learning and social activities components. An innovative leader, Mr. McCreery has developed or been part of teams that have created collaborative initiatives for healthy aging, community connections to care services, and a fee-for-service wellness program for seniors. He is a Licensed Professional Counselor.

Psychology Lecture Series

Subject Area: Social Sciences

Tuesdays: 2 Sessions 1:30 PM - 3:00 PM   Start: Tue 1/22/19 End: Tue 1/29/19
Location: Community Learning Center - Room 203

Course Description
This is a lecture series provided by graduate students in the psychology department at the University of Arizona. Each student will provide a lecture in an area in which they have specific training or expertise. Class 1. Lecture/discussion, run by Yaohui Ding. A powerpoint will be used and the lecture will discuss how to use imagination to solve complex problems.

Class 2. Lecture/discussion, run by Megan Irgens. A powerpoint will be used and the lecture will discuss lawyer mental health.

Instructor: Jennifer Duchschere

Yaohui Ding is a PhD student in the Cognition Neural Systems program; his research interests are in dynamic functional connectivity and non-invasive brain stimulation. Megan Irgens is in the Clinical Psychology Program. Her research interests concern how the law and legal processes impact individuals and families. She is involved in research directed at understanding how legal system involvement impacts the mental health of individuals who work within it as well as individuals and families who use the system to resolve issues.

Co-leaders: Yaohui Ding, Megan Irgens

Tribalism - United We Stand, Divided We Fall

Subject Area: Social Sciences

Tuesdays: 8 Sessions 1:30 PM - 3:00 PM   Start: Tue 1/22/19 End: Tue 3/12/19
Location: Community Learning Center - Room 205

Course Description
Our nation is currently suffering from acute tribalism. In this class we will define what tribalism is and examine its effects on intergroup relations, politics, and civility. Of critical importance is the role played by racial, ethnic, cultural and philosophical diversity as they relate to the functioning of society. The phenomenon of "culture
wars" will also be a topic of focus. Each session will entail stimulating discussion in which all are expected to participate. Prior to the beginning of the class participants should contact Grant Stitt at stitt@unr.edu for a list of readings and internet references.

Instructor: Grant Stitt

B. Grant Stitt received his Bachelor's, Master's and Ph.D degrees from the University of Arizona. During his career he served on the faculty at Memphis State University, the University of Michigan-Flint and the University of Nevada, Reno for the last 23 years. He has published 60 articles and chapters in various journals and collected editions. As an academic criminologist his areas of expertise include the relationship between casinos and crime, victimless crime and the general etiology of crime.

Co-leader: Don Laws

Don Laws is a retired instructional dean emeritus and has taught political science and history seminars for adults since 2002.

**Great Decisions 2019: National Foreign Policy Discussion Program**

**Subject Area:** Social Sciences

**Tuesdays:** 9 Sessions 1:30 PM - 3:00 PM  **Start:** Tue 1/29/19  **End:** Tue 3/26/19

**Location:** Posada Life Community Center

Additional cost: $25

**Course Description**

Great Decisions is America's largest discussion program on world affairs. A national civic-education program, a briefing book, and a television series administered and produced by the non-profit and non-partisan Foreign Policy Association share the name “Great Decisions.” The Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Great Decisions provides background information, current data, and policy options for each issue and serves as the focal text for discussion groups. Each class starts with a 30 minute video program featuring experts discussing the topic and is followed by breakout discussion groups, facilitated by the SGLs. Each participant should expect to read about 10-12 pages of text on a topic each week; optional materials will also be sent out via email. There is no need to have prior foreign policy knowledge to participate in this class.

Cost per Participant: $25.00 per person (not per couple) to cover the textbook, class DVD, and teaching materials.

Payment by check preferred, to OLLI-UA, on the first day of class or before if unable to attend the first day of class. If paying with cash, exact amount in bills only. No refunds, full or partial. We cannot accept credit or debit cards.

Internet and email access are strongly recommended in order to receive the updates and supplementary, optional readings.

The 2019 Great Decisions reading and discussion topics are as follows: 1) Refugees and Global Migration; 2) The Middle East: Regional Disorder; 3) Nuclear Negotiations: Back to the Future?; 4) The Rise of Populism in Europe;
5) Decoding U. S. - China Trade; 6) Cyber Conflicts and Geopolitics; 7) The United States and Mexico: Partnership Tested; 8) State of the State Department and Diplomacy.

Instructor: Jana Eaton


Co-leaders: Len Eaton, Art Quinn

**Energy and Environmental Policy Discussion**

**Subject Area:** Science/Math

**Tuesdays:** Single Session 1:30 PM - 3:00 PM  **Start:** Tue 2/5/19

**Location:** Community Learning Center - Room 203

**Course Description**

A focused presentation and discussion on current energy and environmental policy topics such as: Climate Change, Renewables vs. Fossil and Nuclear Power; and various Transportation issues such as the Renewable Fuel Standard, Fuel Efficiency Standard, and Electric Cars.

**Instructor:** Michael Durham

Dr. Michael D. Durham Ph.D., MBA
B.S. Aerospace Engineering, Pennsylvania State University, 1971
M.E. Environmental Engineering, University of Florida, 1975
Ph.D. Environmental Engineering, University of Florida, 1978
M.B.A. University of Denver, 1997

Dr. Michael Durham is serial entrepreneur, Founder of six on-going technology companies, and a recognized leader in Energy and Environmental Policy. Dr. Durham has been involved in the measurement and control of emissions from the coal-fired power industry for over 40 years. He has presented and published over 200 technical papers and has been awarded 25 patents.

**Home Energizer Workshop**

**Subject Area:** Health/Self Help

**Tuesdays:** Single Session 1:30 PM - 3:00 PM  **Start:** Tue 2/12/19

**Location:** Community Learning Center - Room 203
Course Description
Want to learn how to save energy (and money) at home? Want to receive a kit filled with energy efficiency devices for FREE?

Attend a TEP Home Energizer Workshop! Learn free and low-cost energy efficiency measures you can implement at home to save energy and money. All workshop participants will receive a free Energy Efficiency Kit worth more than $40 that includes LED light bulbs, a low-flow shower head, weather stripping and much more. The workshop is offered for free, courtesy of TEP

Instructor: Adam Kingery

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

How Unique Is My Valley

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

Tuesdays: Single Session 3:30 PM - 5:00 PM  Start: Tue 1/22/19

Location: Posada Life Community Center

Course Description
The course will focus upon:

1. The history of Green Valley from the late 1950s to present and how its founder and early retirees shaped Green Valley into a unique volunteer-managed community;

2. The organizations that were the formative engines of Green Valley and continue to provide the services that enable Green Valley to function as a volunteer-managed community; and

3. What does the future look like for a volunteer-managed community?

The course will involve lecture and discussion with some visuals. No prior knowledge or outside work is required, just a curiosity about the place you live and what makes it tick. The content will be appropriate for any level of learning. The course is open to anyone with physical challenges and he/she can fully participate if notice is provided of any special devices that may be required and their availability. The course is one session for 1.5 hours.

Instructor: Thao Tiedt

I am a retired Seattle lawyer whose practice focused on employment issues. I have lived in Green Valley for almost 9 years and am active in the Green Valley Council and Friends of the Library and am one of the founding
mothers of the GVR Amigas Club. Working with the Council prompted my interest in how and why Green Valley became the unique community it is now.

**Privacy, Property, and Free Speech (Part 2)**

**Subject Area:** Social Sciences

**Tuesdays:** 10 Sessions 3:30 PM - 5:00 PM  **Start:** Tue 1/22/19  **End:** Tue 3/26/19

**Location:** Community Learning Center - Room 205

**Course Description**
Join us again as we watch and discuss “Privacy, Property and Free Speech: Law and the Constitution in the 21st Century,” one of the Great Courses. The lecturer is Professor Jeffrey Rosen of George Washington University Law School. We will examine how the courts struggle to balance the interests of individuals, businesses, and law enforcement as the proliferation of intrusive new technologies has put many of our presumed freedoms in legal limbo. Today, it’s easy to think that we have far more privacy and other personal rights than we do, in fact. Only by educating ourselves about the current state of the law and the risks posed by our own inventions can we develop an informed opinion about where to draw hard lines, how to promote changes in the system, and what we can do to protect ourselves. This is Part 2 of the class which began in the Fall term 2018. If you missed Part 1 you can join us for Part 2 without any difficulty.

**Instructor:** Grant Stitt

B. Grant Stitt received his Bachelor’s, Master’s and Ph.D degrees from the University of Arizona. During his career he served on the faculty at Memphis State University, the University of Michigan-Flint and the University of Nevada, Reno for the last 23 years. He has published 60 articles and chapters in various journals and collected editions. As an academic criminologist his areas of expertise include the relationship between casinos and crime, victimless crime and the general etiology of crime.

See all classes led by instructor

**About Climate Science**

**Subject Area:** Science/Math

**Tuesdays:** 8 Sessions 3:30 PM - 5:00 PM  **Start:** Tue 2/5/19  **End:** Tue 3/26/19

**Location:** Community Learning Center - Room 210

**Course Description**
About Climate Science will explore basic atmospheric processes: Global Climatology, Climate Variability and Change, Monsoons and Paleoclimatology.

**Instructor:** Charles McClellan

Charles earned his Masters Degree in Climatology at California State University, Northridge. He is a member of the American Meteorological Society, and is currently active as a consultant to a professional meteorological firm. He is an official weather spotter for the NWS in Tucson.
Courtroom Trial Movies (Continued)

**Subject Area:** Arts/Culture

**Tuesdays:** 5 Sessions 5:30 PM - 8:00 PM  **Start:** Tue 1/22/19  **End:** Tue 2/19/19

**Location:** Posada Life Community Center

**Course Description**

We will watch films featuring legal courtroom drama involving divorce and child custody. Ceri Hugill, a retired attorney, will discuss and compare some of the legal aspects and concepts. The movies shown will include "Kramer vs. Kramer", "Evelyn", "A Separation", and "Gett: The Trial of Viviane Amsalem", which will contrast family laws in the US with those in Ireland, Iran, and Israel.

**Instructor:** Donald Kamin

Don Kamin has been one of the class leaders for three previous sessions for this course, and has lead several other OLLI courses.

**Co-leader:** Ceri Hugill

Tuesday and Thursday

Meditation for Everyone

**Subject Area:** Philosophy/Religion

**Tuesday and Thursday:** 4 Sessions 9:00 AM - 10:30 AM  **Start:** Tue 1/22/19  **End:** Thu 1/31/19

**Location:** Community Learning Center - Room 205

**Course Description**

Participants will learn research on the benefits of meditation on many different levels. They will learn different ways of calming the body and mind, how to develop ongoing home meditation practice, and a simple meditation technique. This course will meet twice a week, Tuesdays and Thursdays.

**Instructor:** Joe Ambrosic

**Co-leader:** Pat Ambrosic

Joe and Pat are educational professionals. Joe has an advanced degree in counseling and school psychology. Pat has an advanced degree in special education. Both are long term students and teachers of meditation, with over 40 years of experience.
Wednesdays

**Dogs & Snakes, Avoiding the Bite**

**Subject Area:** Science/Math

**Wednesdays:** 2 Sessions 8:30 AM - 10:00 AM  **Start:** Wed 1/23/19  **End:** Wed 1/30/19

**Location:** Community Learning Center - Room 210

**Course Description**

Tens of thousands of dogs are bitten each year by snakes. Arizona has 16 species of rattlesnakes and one species of coral snake. Green Valley has two species of snakes that are particularly dangerous to your dog. Learn what simple steps you can take to protect your dog from snake envenomation. The Green Valley area has an abundance of rattlesnakes. In fact, Western Diamondbacks may be the most commonly encountered species. Learn how to avoid snakebites to your pets and what to do if you, or your dog, is bitten by a venomous snake. If you hunt, fish, camp or hike with your dog in areas where poisonous snakes occur you will want the information in this class. If you have working dogs you will also want the information in this class. Since the highly toxic Sonoran Desert Toad also occurs in the area - avoiding this animal will also be discussed. John Murphy is a herpetologist and Roger Nelson is a certified dog trainer. They will discuss strategies that work (snake avoidance training, snake proofing your yard) and those that do not (snake repellants, and others).

**Instructor:** John Murphy

John C. Murphy is a retired science educator and zoologist. He spent most of his life in the Chicago area before relocating to southeastern Arizona. He has studied reptiles in North America, Asia, the Eastern Caribbean, and South America.

**Co-leader:** Roger Nelson

**Yoga**

**Subject Area:** Health/Self Help

**Wednesdays:** 10 Sessions 9:00 AM - 10:30 AM  **Start:** Wed 1/23/19  **End:** Wed 3/27/19

**Location:** Community Learning Center - Room 200

**Course Description**

This is a series of ten 1 1/2 hour yoga classes. The focus will be on alignment to invigorate, ground, and balance the energies so you leave feeling enlivened and relaxed at the same time. Yoga will help you in breathing and balance in every aspect of your life. We will do some floor, standing and balancing postures, we will practice yogic breathing, and we will end in relaxation. Bring a mat specific to yoga and eat a very light breakfast early.

**Instructor:** Helen Boyd

I have been teaching Hatha yoga, the form of yoga that includes concentrating, breathing exercises, and postures, for 25 years, and been certified with Yoga Alliance since it’s inception. Other styles of yoga I also offer.
are Yin, Vinyasa, and Restorative. I have taught in classrooms in gyms, community college, and workshop settings to all age groups.

**America’s War in the Greater Middle East – An Update**

**Subject Area:** History/Current Events

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM  **Start:** Wed 2/6/19  **End:** Wed 2/27/19

**Location:** Community Learning Center - Room 205

**Course Description**

For nearly 40 years the United States Military has been actively engaged in various activities in the Greater Middle East (GME) including rescue missions, raids (mostly by air power), peace keeping missions and full scale wars.

In this four (4) week course we will meet once a week to explore the events that led up to America’s military actions in four countries in the GME as well as the current relationship between our respective governments.

Those countries are;

Week 1 – Afghanistan  
Week 2 – Iran  
Week 3 – Iraq  
Week 4 – Syria

As we discuss each of the countries we will focus on four basic questions.

1. Why did America choose to get involved militarily?  
2. What has been the cost?  
3. What has been accomplished?  
4. Where do we go from here?

**Instructor: Steve Nelson**

Steve Nelson was born in Texas but raised in Oregon. Steve graduated from Oregon State University with a degree in Political Science in 1970. He then served for three years as a Marine Corps Officer before joining Electronic Data Systems in 1973. He spent the next 30 years developing and maintaining computer systems to support Health Insurance, Social Services Eligibility and Financial Information Systems in the United States and the Asia-Pacific region. He spent 11 years with Cognosante, LLC, as a project manager and consultant working with multiple state governments on major business information projects. Since retiring in late 2015 Steve serves on the board of AT HOME in Evergreen, a non-profit organization promoting affordable workforce housing in Evergreen, Colorado. He is a facilitator at the OLLI Denver University West Campus and volunteers at an emergency weather shelter program during the winter months.
Yes, The Food You Eat Can Kill You!

Subject Area: Health/Self Help

Wednesdays: Single Session 9:00 AM - 10:30 AM    Start: Wed 2/6/19
Location: Community Learning Center - Room 210

Course Description
Did you know Kellogg’s Honey Smacks were contaminated with salmonella and made people in 26 states sick? Or last September Cargill distributed 66 tons of ground beef contaminated with E. coli that was sent "all over" the US? How about the "little" outbreak from the restaurant or deli down the street?

This presentation will examine recent small and large food borne illness outbreaks both nationally and locally. The presentation will examine how and why these happened and what you can do to stay healthy and not end up in the hospital, or worse, from something you ate.

Instructor: Bette Packer

REHS (Registered Environmental Health Specialist); MS. HACCP Certified. Retired from Minneapolis Health Dept as a Health Inspector and instructor for food manager certification classes and exams. Currently do part time food safety consulting with restaurants and food manufacturers in the Minneapolis Metro area (when not in Arizona for the winter!)

The Climate Conundrum

Subject Area: Social Sciences

Wednesdays: 3 Sessions 9:00 AM - 10:30 AM    Start: Wed 2/13/19 End: Wed 2/27/19
Location: Community Learning Center - Room 203

Course Description

Humanity is facing an unprecedented challenge. What is happening and why? Why aren’t we dealing with it? What does it mean for the story of our place in the world? How then shall we respond? This series investigates the climate emergency through science, psychology, history, technology, and philosophy.

Instructor: Connie Williams

Connie Williams, retired math/science/environment teacher, has been asking these questions and looking for answers for 30 years. She has a background in geology, a master's degree in multicultural education, and a deep love for and connection with the Sonoran Desert. She is a Climate Reality presenter (trained in Chicago, 2013) and co-facilitates the Santa Cruz Valley Climate Coalition with Connie Aglione.
Can We Talk About This?

Subject Area: Social Sciences

Wednesdays: 4 Sessions 9:00 AM - 10:30 AM  
Start: Wed 3/6/19  
End: Wed 3/27/19  
Location: Community Learning Center - Room 205

Course Description
There are many political issues in American that generate spirited debate among its citizens, regardless of party affiliation or level of participation in our political processes. Few invoke more entrenched positions across the political spectrum than Health Care, Gun Control, Climate Change and Immigration.

At times it seems that it is difficult to even have a meaningful discussion on any of these issues.

Over a period of four weeks we will discuss each issue in turn. We will focus on the following basic questions.

1. What does the basic ‘data’ on the issue seem to indicate?
2. What is the cost of maintaining the ‘status quo’
3. What have other countries done to address the issue? Particularly so called ‘1st World’ countries.
4. What has the United States done to address the issue?
5. How do we move forward?

Instructor: Steve Nelson

Steve Nelson was born in Texas but raised in Oregon. Steve graduated from Oregon State University with a degree in Political Science in 1970. He then served for three years as a Marine Corps Officer before joining Electronic Data Systems in 1973. He spent the next 30 years developing and maintaining computer systems to support Health Insurance, Social Services Eligibility and Financial Information Systems in the United States and the Asia-Pacific region. He spent 11 years with Cognosante, LLC, as a project manager and consultant working with multiple state governments on major business information projects. Since retiring in late 2015 Steve serves on the board of AT HOME in Evergreen, a non-profit organization promoting affordable workforce housing in Evergreen, Colorado. He is a facilitator at the OLLI Denver University West Campus and volunteers at an emergency weather shelter program during the winter months.

What Is This Thing Called a "U.S. Space Force"?

Subject Area: History/Current Events

Wednesdays: 4 Sessions 11:00 AM - 12:30 PM  
Start: Wed 1/23/19  
End: Wed 2/13/19  
Location: Community Learning Center - Room 203

Course Description
This will be a discussion class; I put that first for emphasis. You will receive a number of reasonably short readings to help with the discussion. The topic is both complex and simple. The simple idea: Since 1957 and the first Sputnik, some military officers and high-level civilians have argued that the best way to ensure world peace
is for the United States to take control of orbital space. In theory, the U.S. would be so powerful that it could
dominate the world, with the best of intentions of course. Over the decades, wiser heads have prevailed; we do
not now control space, which under international law, is the province of "all mankind." But our current president
has, once again, raised the issue -- albeit in reassuring "space force" language.

Instructor: Mike Moore

Mike Moore, a retired newspaper and magazine editor, published "Twilight War: the Folly of U.S. Space
Dominance" in 2008. That year it won a national Benjamin Franklin Award in the Political/Current Events
category. Arthur C. Clarke, the author of "2001: a Space Odyssey" called it "riveting and disturbing."

**WHY SING? Sing Yourself to Better Health and Well-Being**

**Subject Area:** Arts/Culture

**Wednesdays:** 2 Sessions 11:00 AM - 12:30 PM  **Start:** Wed 1/23/19  **End:** Wed 1/30/19

**Location:** Community Learning Center - Room 210

**Course Description**
The impact of singing on health and well-being has seen a dramatic increase in the number of research projects
in recent years. This class will include an overview and discussion of current and recent scientific research
attesting to the health benefits of singing, especially for older adults. Class participants will also sing traditional
rounds and part-songs while singing in unison and harmony. No previous musical training or singing experience
is necessary. Through physical and vocal exercises, and a variety of song styles, participants will explore
strategies and techniques to strengthen their singing voice and activate the health benefits of singing.

Instructor: Priscilla Zimmermann

I am a retired music teacher from the Santa Fe Public Schools (New Mexico) and semi-retired from Santa Fe
Community College. My specialty is teaching the techniques and love of singing to older adults who may have
never sung before or who would like to refresh their singing skills. I firmly believe that singing is a learned skill
and people of any age can learn these skills. I teach basic singing techniques through vocal exercises and songs
of various styles.

**OLLI Singers**

**Subject Area:** Arts/Culture

**Wednesdays:** 8 Sessions 11:00 AM - 12:30 PM  **Start:** Wed 2/6/19  **End:** Wed 3/27/19

**Location:** Community Learning Center - Room 210

**Course Description**
OLLI Singers is a non-auditioned 8-week community chorus for participants who enjoy singing. No previous
musical training or singing experience is necessary although experienced singers are welcome. Through
physical and vocal warm-up exercises and a variety of song styles, you will explore strategies and techniques to
strengthen the voice, increase singing range, projection and even enhanced memory. We will learn traditional
rounds and part-songs from around the world while singing in unison and harmony. During the 4th and 8th class meeting, the Olli Singers will present an informal presentation of songs learned in class at a local senior care facility.

**Instructor:** Priscilla Zimmermann

I am a retired music teacher from the Santa Fe Public Schools (New Mexico) and semi-retired from Santa Fe Community College. My specialty is teaching the techniques and love of singing to older adults who may have never sung before or who would like to refresh their singing skills. I firmly believe that singing is a learned skill and people of any age can learn these skills. I teach basic singing techniques through vocal exercises and songs of various styles.

**Open The Door to Tai Chi**

**Subject Area:** Health/Self Help

**Wednesdays:** 10 Sessions 12:30 PM - 2:30 PM  **Start:** Wed 1/23/19  **End:** Wed 3/27/19  
**Location:** Community Learning Center - CPAC Rehearsal Room

**Course Description**
Open the Door to Tai Chi, (Yang 24 Style), introduces a gentle form of Tai Chi to the beginner. Derived from a martial art fighting style that originated in China in approximately the 5th century, Tai Chi is an internal martial art that unifies the body and the mind with the natural energy, or chi, found in the body. Tai Chi is practiced while standing, and focuses on connecting each movement to the next while calming the mind and incorporating slow, uniform breathing. The list of physical and emotional health benefits provided by Tai Chi are too numerous to name, and it is the most popular exercise in the world today. Medical and word of mouth referrals are growing rapidly.

Please note that missing classes will reduce the benefits to participants, as the movements learned and practiced flow from one to the next throughout the class. A suggested manual is entitled Open the Door to Tai Chi, authored by Ms. Dianne Bailey and available through Amazon for $7.99.

**Instructor:** Dean Curd

The study group leader is Dean Curd, retired to Green Valley from Colorado. Dean is a retired state patrol officer and professional trainer, and has practiced martial arts including Tai Chi for many years. He was certified to teach the Open the Door to Tai Chi course in 2015, and continues to study with his teacher, the creator of the national Open the Door to Tai Chi system.

**Seven Significant, Groundbreaking, Even Iconic Movies - III**

**Subject Area:** Arts/Culture

**Wednesdays:** 7 Sessions 1:00 PM - 4:00 PM  **Start:** Wed 2/13/19  **End:** Wed 3/27/19  
**Location:** Posada Life Community Center
Course Description
Unusual movies that you may have missed (or should see again). Thought provoking themes and treatments that will make a lasting impression.

Instructor: D W Stonecipher

Long time interest in movies, history, and rock music. BA in Business – interested in study of history and political science, but had to support a family. 1962 to 1974 – marketing management for major oil company. 1974 to 2006 owned sizable accounting, tax and payroll practice dealing with small businesses, professional practices, and non-profit organizations. Organized, lectured, and led many seminars on sales, marketing, business management, business organization, and taxation issues.

UA Mirror Lab Tour I

Subject Area: Science/Math

Wednesdays: Single Session 1:00 PM - 2:30 PM  Start: Wed 2/13/19

Location: UA Mirror Lab
Additional cost: $10
Course Description
At the University of Arizona's Richard F. Caris Mirror Laboratory, a team of scientists and engineers is making giant, lightweight mirrors of unprecedented power for a new generation of optical telescopes.

These mirrors represent a radical departure from the conventional solid-glass mirrors used in the past. They have a honeycomb structure on the inside; made out of Ohara E6-type borosilicate glass that is melted, molded and spun cast into the shape of a paraboloid in a custom-designed rotating oven. Honeycomb mirrors offer the advantages of their solid counterparts - rigidity and stability - but they can be significantly larger, and dramatically lighter.

The Mirror Lab team has also developed a revolutionary new method to polish the honeycomb mirrors with a deeply curved, parabolic surface that results in much shorter focal lengths than conventional mirrors.

The pioneering work being done today at the Mirror Lab had its beginning around 1980 with a backyard experiment by Dr. Roger Angel, the lab's founder and scientific director. Curious about the suitability of borosilicate glass (the kind used in glass ovenware) for making honeycomb structures, he tested the idea by fusing together two custard cups in an improvised kiln. The experiment was a success and led to a series of bigger kilns and small furnaces and, eventually, the spin casting of three 1.8 meter mirrors. The program will begin at the Richard F. Caris Mirror Lab on the University of Arizona campus, located at 527 National Championship Drive in Tucson. We will explain how we make the largest and most complex telescope mirrors in the world. We will tour the one-of-a-kind facility and discuss the projects we have produced, both past and present. The tour is 90 minutes in length and does include ascending and descending several flights of stairs, as well as standing for 15-25 minutes. We ask everyone to wear closed-toed shoes for comfort and safety. Cameras are welcome. Tour will be Wednesday, February 13th, at 1:00 pm. Participants must purchase a $10 ticket prior to the start of the tour using link below. Participants should arrive by 12:50 pm for check-in. The tour will start on time. Parking is self-pay in the UA Cherry Ave or South Stadium garage.

Instructor: Vannessa Gressieux

on file for Co-SGL Alan Brass. For Vannessa Gressieux use this for her bio: The University of Arizona Mirror Lab is world-renown facility that produces the largest and most complex telescope mirrors in the world.

Co-leader: Alan Brass

**UA Mirror Lab Tour II**

**Subject Area:** Science/Math

**Wednesdays: Single Session** 1:00 PM - 2:30 PM  **Start:** Wed 3/20/19

**Location:** UA Mirror Lab

Additional cost: $10

**Course Description**

At the University of Arizona's Richard F. Caris Mirror Laboratory, a team of scientists and engineers is making giant, lightweight mirrors of unprecedented power for a new generation of optical telescopes.

These mirrors represent a radical departure from the conventional solid-glass mirrors used in the past. They have a honeycomb structure on the inside; made out of Ohara E6-type borosilicate glass that is melted, molded and spun cast into the shape of a paraboloid in a custom-designed rotating oven. Honeycomb mirrors offer the advantages of their solid counterparts - rigidity and stability - but they can be significantly larger, and dramatically lighter.

The Mirror Lab team has also developed a revolutionary new method to polish the honeycomb mirrors with a deeply curved, parabolic surface that results in much shorter focal lengths than conventional mirrors.

The pioneering work being done today at the Mirror Lab had its beginning around 1980 with a backyard experiment by Dr. Roger Angel, the lab's founder and scientific director. Curious about the suitability of borosilicate glass (the kind used in glass ovenware) for making honeycomb structures, he tested the idea by fusing together two custard cups in an improvised kiln. The experiment was a success and led to a series of bigger kilns and small furnaces and, eventually, the spin casting of three 1.8 meter mirrors. The program will begin at the Richard F. Caris Mirror Lab on the University of Arizona campus, located at 527 National Championship Drive in Tucson. We will explain how we make the largest and most complex telescope mirrors in the world. We will tour the one-of-a-kind facility and discuss the projects we have produced, both past and present. The tour is 90 minutes in length and does include ascending and descending several flights of stairs, as well as standing for 15-25 minutes. We ask everyone to wear closed-toed shoes for comfort and safety. Cameras are welcome. Tour will be Wednesday, March 20th, at 1:00 pm. Participants must purchase a $10 ticket prior to the start of the tour using the link below. Participants should arrive by 12:50 pm for check-in. The tour will start on time. Parking is self-pay in the UA Cherry Ave or South Stadium garage.


Ticket Sales - OLLI Class at Mirror Lab Tours on Wednesday, March 20th 2019

Instructor: Vannessa Gressieux
on file for Co-SGL Alan Brass. For Vannessa Gressieux use this for her bio: The University of Arizona Mirror Lab is world-renown facility that produces the largest and most complex telescope mirrors in the world.

Co-leader: Alan Brass

**Crafting our Constitution**

**Subject Area:** History/Current Events

**Wednesdays:** 8 Sessions 1:30 PM - 3:00 PM  **Start:** Wed 1/23/19  **End:** Wed 3/13/19  

**Location:** Community Learning Center - Room 205

**Course Description**

We will explore the process of crafting our constitution from the selection of candidates to the constitutional convention through ratification of the constitution by the states. Each meeting will have introductory comments, a review of the reading assignment, supplementary materials as provided, and viewing of several videos. Participants must be prepared with their questions and comments for each meeting as participation is essential for a good class.

Instructor: Don Laws

Don Laws is a retired instructional dean emeritus and has taught political science and history seminars for adults since 2002.

**Outlook for the 2020 Presidential Election**

**Subject Area:** Social Sciences; History/Current Events

**Wednesdays:** 2 Sessions 1:30 PM - 3:00 PM  **Start:** Wed 1/23/19  **End:** Wed 1/30/19  

**Location:** Community Learning Center - Room 210

**Course Description**

This will include a review of the mid term election, looking at winners and losers. We will examine the early odds on possible contenders for the presidency. Will Trump be challenged by his own party? Will the Democrats have an intra party fight? Is there an early front runner? What are the salient issues? Lecture/discussion with handouts or videos.

Instructor: Ron Michaelson

I hold a doctorate in political science and currently teach at the University of Illinois - Springfield. I served in Illinois State government for 33 years, including fours years as Assistant to the Governor and 29 as Executive Director of the State Board of Elections. I am a winter resident of Green Valley (January through March).
Astrophysics for People in a Hurry

Subject Area: Science/Math

Wednesdays: 8 Sessions 3:30 PM - 5:00 PM    Start: Wed 1/23/19   End: Wed 3/13/19

Location: Community Learning Center - Room 205

Course Description
We will read and discuss “Astrophysics for People in a Hurry” by Neil deGrasse Tyson - ISBN-13: 978-0393609394. Please read Chapter One of the book before the first class session; available at Amazon for about $14. Class sessions will be augmented by videos and additional suggested readings. This is intended to be a discussion class rather than a traditional lecture class.

Instructor: Bob Schaffer

Completed the PhD from Arizona State with doctoral areas in Marketing, Quantitative Methods, and Experimental Psychology. Taught at ASU, Whittier College, CSU, Fullerton, before switching over to Cal Poly, Pomona in 1983 where I remained until retirement in 2010. Had a somewhat normal academic career: wrote textbooks, published papers, delivered academic presentations, chaired three international conventions, was instrumental in the creation of two new academic programs (Music Business and E-Commerce), advised student clubs, won some teaching awards, and in general, just had a great time. In addition to the US and Canada, academic travel included Europe and Asia; was lucky to teach one quarter in Africa. Consulting assignments included clients in the Manufacturing, Service, Health Care, Entertainment, and Financial sectors. Moved to Green Valley in 2011.

Wellness Care vs. Crisis Care - How Can You Help Your Pets Live a Long and Full Life

Subject Area: Health/Self Help

Wednesdays: 3 Sessions 3:30 AM - 5:00 PM    Start: Wed 2/20/19   End: Wed 3/13/19

Location: Community Learning Center - Room 210

Course Description
This lecture style course will help you to understand the things that you can do at home to help keep your pets as healthy as possible. This class will cover some of the more preventable disease processes and will delve into the science behind many of the recommendations your veterinarian makes for you pets. This course will address the needs of both dogs and cats. Informative and science based reading assignments will be included for those interested in a deeper understanding, but these assignments will not be mandatory for understanding course content. With many people taking to the internet to find answers about all sorts of topics, it is no wonder that I see many of my clients doing the same thing for answers about their pets. We will discuss where and how to go about doing your own internet-research so that you can know that the information you find is accurate. We will also discuss other resources outside of the internet. My hope will be to make this information accessible to every pet parent and no additional science or medical background will be necessary. For those with special interest in science and veterinary medicine additional reading and research topics will be available. This course
Instructor: Andrea Hilden

Dr. Hilden is an associate veterinarian at Animal Care Center of Green Valley where she cares for canine and feline patients.

Special interest include: Attending to the unique needs of cats in the practice, advanced pain management for all of her patients, addressing nutritional needs of her patients, and integrative medical practices including herbal medication, acupuncture and laser therapy.

Education: University of Arizona College of Science Speech Pathology and Audiology, summa cum laude; University of Arizona College of Agriculture and Life Sciences, Veterinary Sciences, magna cum laude, 2001; Colorado State University College of Veterinary and Biomedical Sciences with honors, 2005.

Thursdays

How to Make Your Own Yogurt Without Any Special Equipment

Subject Area: Health/Self Help

Thursdays: Single Session 9:00 AM - 10:30 AM   Start: Thu 1/24/19

Location: Community Learning Center - Room 200

Additional cost: $1

Course Description

Save money, eat better, and amaze your friends by learning to make your own yogurt! We will discuss the history and science of yogurt making as well as learn about some of the challenges. We will taste different kinds of yogurt --no fat, low fat-- and I will make a batch of yogurt to show you how it is done. We will learn how to develop the recipe that's just right for you, with no strange and unpronounceable additives. $1.00 will be collected to defray costs of yogurts made to share and for plastic spoons, cups, etc.

Instructor: Sharon O'Connor

I was born and raised in Michigan, and earned a BA degree at Grand Valley State University. I spent my working life as a copy/technical writer. I am a voracious reader and love to cook, and I volunteer at the White Elephant on Fridays. My husband and I have lived in Arizona for over 20 years, and in Green Valley for 5 years. Eric is a retired builder, and he is in the process of building our "last" home in Madera Reserve.

Opera 101 for Non-Believers

Subject Area: Arts/Culture

Thursdays: 3 Sessions 9:00 AM - 12:30 PM   Start: Thu 1/24/19   End: Thu 2/7/19

Location: Community Learning Center - Room 210
Course Description
Do you think opera is just loud voices screaming in a foreign language?? For those who have wondered that, and/or been afraid to go to an opera - this is the course for you!

Opera is passion, beautiful music and glorious voices, all wrapped up with a bow. We will explore women's voices (soprano, mezzo-soprano, contralto) and men's voices (tenor, baritone, bass), and listen to excerpts from arias to illustrate, wrapping up with viewing an actual opera. All of these have subtitles in English so you won't miss any of the romance, treachery, and angst in the lyrics. Come on - we'll have fun!!!

Instructor: Maureen Brooks

Maureen is an autodidact operaphile, and has been teaching classes on opera and popular film for Lifelong Learning Institutes, including OLLI, for 9 plus years. She is also a Docent for Pima County's Historic Hacienda de la Canoa. Prior to retirement, she was an attorney in New York, California, and the District of Columbia, and an adjunct professor at Marist College in their ABA accredited Paralegal Program from 1993-2012 when she retired to Green Valley.

Five by Hitchcock

Subject Area: Arts/Culture

Thursdays: 5 Sessions 9:00 AM - 12:30 PM   Start: Thu 2/21/19   End: Thu 3/21/19

Location: Community Learning Center - Room 210

Course Description
We will view, analyze and discuss five of Alfred Hitchcock's film masterpieces, including "Shadow of a Doubt" (1943), "Notorious" (1946), "Strangers on a Train" (1951), "Vertigo" (1958), and "North By Northwest" (1959).

I will send Study Guides to prepare for each session, and we will have time to discuss Hitchcock's genius in scripts, camera work, and how he valued suspense over surprise to add to the film viewer's tension.

Instructor: Maureen Brooks

Maureen is an autodidact operaphile, and has been teaching classes on opera and popular film for Lifelong Learning Institutes, including OLLI, for 9 plus years. She is also a Docent for Pima County's Historic Hacienda de la Canoa. Prior to retirement, she was an attorney in New York, California, and the District of Columbia, and an adjunct professor at Marist College in their ABA accredited Paralegal Program from 1993-2012 when she retired to Green Valley.
The Limerick: Poetry or Doggeral?

**Subject Area:** Arts/Culture

**Thursdays: Single Session** 9:00 AM - 10:30 AM  
**Start:** Thu 2/21/19  
**Location:** Community Learning Center - Room 203

**Course Description**
History and provenance with a study of the limerick's structure in poetry and music. Please bring your favorite limerick to class, ribald or otherwise.

**Instructor:** Jerry Smith

Master's Degree in Music, University of Oklahoma. Taught voice and conducting at North Texas State Univ. and Texas A&I Univ. Member of Actor's Equity; performing on the national stage. Retired to Green Valley in 2014 from Napa, California.

Secrets to Happiness

**Subject Area:** Health/Self Help

**Thursdays:** 2 Sessions 9:00 AM - 10:30 AM  
**Start:** Thu 2/28/19  
**End:** Thu 3/7/19  
**Location:** Community Learning Center - Room 205

**Course Description**
We all want more happiness and contentment, but we often think in ways that interfere with joy without being that aware of it. This class will explore ways we can develop thinking patterns to increase our joyfulness in life.

**Instructor:** Joe Ambrosic  
**Co-leader:** Pat Ambrosic

Joe and Pat are educational professionals. Joe has an advanced degree in counseling and school psychology. Pat has an advanced degree in special education. Both are long term students and teachers of meditation, with over 40 years of experience.

Mystic Poetry of Rumi, Hafiz, and Darshan

**Subject Area:** Philosophy/Religion, Literature/Writing/Language

**Thursdays: Single Session** 9:00 AM - 10:30 AM  
**Start:** Thu 3/21/19  
**Location:** Community Learning Center - Room 205

**Course Description**
An exploration of the meaning of mysticism. A discussion of what types of symbols and imagery mystic poets use and why these mystic poets have been so popular over hundreds of years.
Instructor: Joe Ambrosic
Co-leader: Pat Ambrosic

Joe and Pat are educational professionals. Joe has an advanced degree in counseling and school psychology. Pat has an advanced degree in special education. Both are long term students and teachers of meditation, with over 40 years of experience.

Grief and Grieving

**Subject Area:** Health/Self Help

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM  **Start:** Thu 1/24/19  **End:** Thu 2/21/19

**Location:** Community Learning Center - Room 205

Course Description
Grief is a universal process and it is unique for each individual. It has no specific timeline nor does it come with instructions or a roadmap. Many people shy away from talking about it until they are forced to deal with grief in their own lives. Through this class discussion, we will examine grief and grieving touching on several elements and myths of this process. An exploration of ways of grieving and a mourner's toolbox will be provided. Although this is not a support group, participants will have the opportunity to understand better the dynamics of grieving. Please bring your ideas, experiences, and questions.

Instructor: Mary Ellen Klawiter

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

San Xavier del Bac History

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

**Thursdays:** 4 Sessions 11:00 AM - 12:30 PM  **Start:** Thu 2/28/19  **End:** Thu 3/21/19

**Location:** Community Learning Center - Room 203

Course Description
This course is 4 sessions each 90 minutes long with one field trip possibly on 2/21. First session is history of native people and Spanish before the mission period. Second session is mission period along with expanded information on several missionaries at San Xavier. Third session is a look at symbology at San Xavier and a review of conservation efforts on Immaculate Conception statue called: "Moving Mary" with video of the removal for conservation and interviews with art conservators who did the work. Fourth session is history of Apache/O'odham conflicts and a update on current restoration. After session the instructor will provided a private tour at San Xavier for students the following week.
Instructor: Craig Reid

Craig is one of the founding docents a San Xavier del Bac Mission and served as the first training coordinator helping 50 people certify as docents at the mission in a 4 year period. Craig gives about 100 tours of the mission each year and usually up to 4 community presentations a month as well.

Study of early church architecture and early church practices has been a passion of his for the last 50 years. He has traveled to 8 countries to view church architecture and art and understand how it shaped early Christian beliefs and practices. Craig structures his talks to tell stories of the people involved from the early Hohokam, Mexican, Spanish and American settlers along with the current O’odham.

**Daring Greatly: Discovering Resilience Through Vulnerability**

**Subject Area:** Health/Self Help

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM  
**Start:** Thu 2/28/19  
**End:** Thu 3/28/19

**Location:** Community Learning Center - Room 205

**Course Description**

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

Instructor: Mary Ellen Klawiter

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

**Musical Romance with Jose Luis Gomez**

**Subject Area:** Arts/Culture

**Thursdays:** Single Session 11:15 AM - 1:15 PM  
**Start:** Thu 2/14/19

**Location:** Community Learning Center - Room 210

**Course Description**

Join TSO Music Director José Luis Gomez as he discusses TSO’s performance of Tchaikovsky’s Piano Concerto No. 1 and Bruckner’s Symphony No. 7. Maestro Gomez will discuss the background of each composer, the history and importance of each work, and why he paired them together. This will be broadcast from Tucson and will be shown on-screen in CLC Room 210.
Instructor: Jose Luis Gomez

The Venezuelan-born, Spanish conductor José Luis Gomez joined the Tucson Symphony Orchestra as Maestro in 2016 after serving as the principal conductor of the Orchestra 1813 Teatro Sociale di Como. His career includes many significant awards and appointments.

**Produce Industry-Trade II**

**Subject Area:** Arizona History/Culture

**Thursdays:** Single Session 1:00 PM - 3:00 PM  **Start:** Thu 3/7/19

**Location:** Fresh Produce Assoc. of the Americas

**Course Description**

This course and combined field trip are designed to educate attendees about the produce industry in Southern Arizona. After an introductory course, participants will travel to a local produce warehouse to see firsthand an important part of how produce travels from the farm to the fork. The introductory course will take place at Fresh Produce Association of the Americas building at 590 East Frontage Road in Nogales, AZ beginning at 1:00 pm. After the classroom portion in Nogales, the group will travel together from Fresh Produce in Nogales, to a warehouse nearby for the field trip portion of the course. What started over 100 years ago with a train car full of cantaloupe melons has evolved into a multibillion dollar business that helps drives the economy of the region. Nogales is the largest port of entry for fresh produce from Mexico, and the local produce companies are directly responsible for importing and distributing a wide variety of fresh produce across North America, Asia, and Europe.

Instructor: Erika Dominguez

Erika Dominguez is a Policy Analyst/Communications Coordinator for Fresh Produce Association of the Americas.

**Four Good Films You May Have Missed**

**Subject Area:** Arts/Culture

**Thursdays:** 4 Sessions 1:30 PM - 5:00 PM  **Start:** Thu 1/24/19  **End:** Thu 2/14/19

**Location:** Posada Life Community Center

**Course Description**

We will watch and discuss four films based on true stories:

1. "Race" - Olympic legend Jesse Owens competes in the 1936 Berlin Olympics during the brutal racial climate of Hitler's Germany.


3. "Pawn Sacrifice" - American chess prodigy Bobby Fischer, who is caught between two superpowers when he challenges the Soviet Empire.
4. "Shattered Glass" - Stephen Glass, staff and freelance writer for various respected news outlets whose career is suddenly stopped in its tracks by a bizarre chain of events.

Instructor: Dorothy Emerton

Dorothy Emerton grew up in St. Andrews, Scotland - the Home of Golf. There she attended Madras College for both junior and senior high school. While studying to be a teacher in Edinburgh, she met her future husband who is South African. They married and immigrated to Canada. Through his work, they have moved many times and have lived in diverse places. Dorothy and her husband spent six months searching for the perfect location for retirement in order to indulge their hobbies of hiking, tennis, and golf. There was also a requirement to have an intellectually stimulating environment and access to good theatre and music. They have found all of these things in this beautiful part of southern Arizona. One of Dorothy's particular interests is in the medium of film. Her grandfather owned a cinema, so she grew up watching films from an early age. She has an extensive personal collection of movies and loves to share her passion for the genre with others.

Nature of Madera Canyon

Subject Area: Science/Math

Thursdays: 3 Sessions 1:30 PM - 3:00 PM   Start: Thu 1/24/19 End: Thu 2/7/19

Location: Community Learning Center - Room 205

Course Description

A natural history overview of Madera Canyon and surrounding Santa Rita Mountains. Course includes canyon geology & formation, climate, Sky Island bio-geography, life zones & plant communities w/ associated interesting plants & animals. PowerPoint presentation format with professional quality photography. Class 1- overview, Class 2- plants, Class 3-animals, Class 4- fieldtrip to Madera Canyon

Instructor: Douglas W. Moore

Doug Moore is the Education Director and canyon naturalist for the Friends of Madera Canyon; he started as a docent volunteer for the Friends in 1992. Doug's educational background is in field biology/invertebrate ecology and natural science illustration; he also does freelance nature illustration, photography & interpretive graphic design.

Read The Economist With Us

Subject Area: Social Sciences

Thursdays: 10 Sessions 1:30 PM - 3:00 PM   Start: Thu 1/24/19 End: Thu 3/28/19

Location: Community Learning Center - Room 210

Course Description

The Economist magazine includes something for everyone--commentary, reportage, profiles, criticism, essays, fiction, cartoons, and poetry. Class members will take different articles from the current issue of the magazine and share a report with the class. In addition, the entire class will read and discuss one of the articles; and Jan will review an economic indicator from each current issue. A subscription to the magazine is required: currently
$12 for 12 weeks at economist.com; we recommend that you either get a print edition or a digital edition that you can access in class (or both). Expect to participate in lively discussions on current topics!

Note: The Economist takes an editorial stance of classical and economic liberalism that supports free trade, globalization, free immigration, and cultural liberalism (such as supporting legal recognition for same-sex marriage or drug liberalization). In this class, all points of view are welcome and are expected to be presented in a respectful manner.

Instructor: Paula Kulina

Paula has an undergraduate degree in Economics and an MBA from Arizona State. She worked for American Express for 27 years, much of that time managing functions overseas. Her scope of responsibilities included customer service and credit operations, project management, quality management, real estate, information management, and corporate training.

Co-leader: Jan Hansen

**The Anglo-Saxons, The Vikings, The Normans (British History Series I)**

**Subject Area:** History/Current Events

**Thursdays:** 10 Sessions 1:30 PM - 3:00 PM   **Start:** Thu 1/24/19  **End:** Thu 3/28/19

**Location:** Community Learning Center - Room 203

**Course Description**
This is the first of a five part series covering the history of the British Isles. Stephen Stillwell has lived in and studied Britain. He has taught similar classes at universities in Texas and Arizona and for OLLI in the past. Come explore the realities behind stories like "Camelot" and the "Pillars of the Earth."

Instructor: Stephen Stillwell

Stephen Stillwell is an 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.

**A Social History of Early America through the Traditional Songs and Ballads of Appalachia**

**Subject Area:** History/Current Events; Arts/Culture

**Thursdays:** 5 Sessions 1:30 PM - 3:00 PM   **Start:** Thu 2/28/19  **End:** Thu 3/28/19

**Location:** Posada Life Community Center

**Course Description**
The folk song traditions of western Pennsylvania, Virginia, West Virginia, and North Carolina offer a fascinating window on early American history. The music, a legacy of English, Scottish, Irish, Cherokee, African, and African
American cultures, includes songs of the Atlantic crossings and Western migrations, ballads of romance and murder, the work songs of farmers, weavers, miners and slaves, the sacred songs of rural meeting-houses, lullabies sung to children, and songs of the Civil War. This rich and varied tradition draws our attention to the everyday lives of families and the communities they created in the 18th and 19th century, when old ways of life were being transformed by early industrialization, the Civil War, and the opening of the American West to conquest and settlement.

In this class of lectures, each week we'll explore a set of songs and ballads on a common theme, with recorded music, visual art and documentary film, and plenty of discussion. And we will learn and sing many of the songs together! The format will be much like my Sea Shanties and Ballads class. The topics for each of the five weeks are: 1) Atlantic Crossings; 2) Family life; 3) Work; 4) Faith; and 5) the Civil War.

Instructor: Kevin Gosner

Kevin is Associate Professor of Latin American History at the University of Arizona, where he teaches classes on Colonial Spanish America, World History, and Historical Concepts and Methods. The author of Soldiers of the Virgin: The Moral Economy of a Colonial Maya Rebellion, his research examines the impact of the Spanish conquest and colonial rule on indigenous communities in southern Mexico and Guatemala. His interests also include music and popular culture, and natural history--topics that will be included in this class.

Get to Know the Buenos Aires National Wildlife Refuge (BANWR)

Subject Area: Travel/Entertainment

Thursdays: Single Session 1:30 PM - 4:00 PM    Start: Thu 3/14/19

Location: Buenos Aires National Wildlife Refuge

Course Description
I will present a Powerpoint lecture at the BANWR visitor center (near Arivaca) describing the history of the refuge, the refuge missions with emphasis on the quail program, and recreational opportunities on the refuge. After the lecture we will go on an optional 3/4 mile nature walk. There is no prior knowledge or materials required. Anyone can participate. The lecture and field trip will be held at the BANWR refuge visitor center. Allow approximately 1.5 hrs driving time from Green Valley to BANWR. The visitor center is located 3 miles east of milepost 7.5 on highway 286. The address of the visitor center is 37257 S. Sasabe Rd. For help, call Joshua's work cell phone of 520-307-5712. Total time onsite will be approximately 2.5 hrs. Please arrive on time for this combo lecture and field trip course.

Instructor: Joshua Smith

I am a Wildlife Refuge Specialist with the US Fish and Wildlife Service at Buenos Aires National Wildlife Refuge. I've worked for the federal government as a Biological Sciences Technician, an Ecologist, and now a Refuge Specialist. My duties include public outreach and education, volunteer coordination, and biology. I enjoy sharing my knowledge of the outdoors and wildlife with diverse audiences.
Ancient Egypt's New Kingdom: Prosperity, Heresy and Restoration

Subject Area: History/Current Events

Thursdays: 3 Sessions 3:30 PM - 5:00 PM   Start: Thu 1/24/19  End: Thu 2/7/19
Location: Community Learning Center - Room 210

Course Description
The New Kingdom in Ancient Egypt lasted for over 500 years, starting in ~1550 BCE. It was a time of prosperity and a time of war. The class will focus on three rulers who represent the extremes of the early New Kingdom. First, Amenhotep III, whose 40-year reign was a period of prosperity and artistic splendor. He was succeeded by his son, Amenhotep IV, who become known as the heretic of Akhetaten for the sweeping religious and social changes he initiated. Finally, Tutankhamun, the son of the heretic. During his short reign, he reversed many of the changes made by his father and attempted to restore Egypt to its previous religious system. This will be a lecture and discussion format class and no prior knowledge of Ancient Egypt is needed.

Instructor: Nicola Richmond

Nicola Richmond is the Assistant Vice Chancellor of Institutional Research, Planning and Effectiveness at Pima Community College. She oversees strategic planning, institutional and operational effectiveness, federal and state reporting and ad hoc reporting at the institution. She has an extensive data analysis and research background that most recently focuses on higher education, but her experience also includes the analysis of magnetometer data for the moon and Mars, and the application of cellular automata models to coastal environments. She has a PhD in Geology from University College London. Her doctoral research focused on the incorporation of aluminum and iron into deep Earth magnesium silicate minerals using numerical modeling approaches from quantum mechanics and solid state physics. Nic has a strong interest in cross-disciplinary research approaches, taking techniques from the sciences and bringing them to higher education research.

British Mysteries with Some True Crime

Subject Area: Literature/Writing/Language

Thursdays: 10 Sessions 3:30 PM - 5:00 PM   Start: Thu 1/24/19  End: Thu 3/28/19
Location: Community Learning Center - Room 203

Course Description

Instructor: Stephen Stillwell
Stephen Stillwell is an 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.

**The Poisons in Our Environment**

**Subject Area:** Health/Self Help

**Thursdays:** 3 Sessions 3:30 PM - 5:00 PM  **Start:** Thu 2/21/19  **End:** Thu 3/7/19

**Location:** Community Learning Center - Room 210

**Course Description**
Apart from the natural toxins produced by plants and animals that we occasionally encounter, we are exposed (as a result of human activity) to numerous poisons in our foods, in the air, and in consumer products we use. Should we be worried about them? What makes something a poison? What levels of exposure (if any) are safe, and how do we know? Which poisons are cumulative; which are carcinogenic or teratogenic? How do such substances affect our bodies? How do multiple agents interact with one another? Our discussion topics will include poisons in general, as well as specific food additives (e.g., artificial sweeteners, preservatives, coloring agents), water pollutants (lead), food contaminants (mercury), chemical warfare agents (cyanides, chlorine, sarin), medications (fluoride), pesticides (DDT, Roundup), consumer products (flame retardants, plasticizers), cosmetic additives (arsenic, antimony) and radioactive substances. The special problems of so-called "endocrine disruptors" will also be considered.

Instructor: Norm Cohen

Research chemist for 32 years; taught college chemistry for 15 years; moved (part time) to G.V. in 2007 and has taught several courses at GVR each year ever since--on science, music, and the bible.

**Gardening to Attract Birds**

**Subject Area:** Arts/Culture

**Thursdays:** Single Session 3:30 PM - 5:00 PM  **Start:** Thu 3/14/19

**Location:** Community Learning Center - Room 210

**Course Description**
Gardening to Attract Birds will use the Tucson Audubon Society's Habitat at Home materials to help participants understand the necessary steps to create a landscape that is friendly to local and migratory birds. Participants will learn how to:

- Attract colorful birds and local wildlife.
- Create an oasis of lush native plants while reducing water use.
- Create shade that cools the yard and reduces air conditioning costs.
- Select plants to attract specific birds such as quail, cholla dwellers, small raptors, finches and hummingbirds.
- Have your garden certified by the Audubon Society as a Habitat at Home.

1. The course format includes lecture and discussion.
2. No outside work is required.
3. This is a beginning level course and no prior knowledge or experience required. Simply bring a curiosity for gardening and nature.
4. No special materials are required. The course leader will use slides to reinforce and illustrate the lecture. Slides can be emailed to participants at the end of the session.
5. There should be no accessibility issues. Slides will be used for students with a hearing disability and lecture will be used for students with a vision disability.

Instructor: Charlene Westgate

I have a Bachelors Degree in Humanities with coursework in design, Masters degrees in Near Eastern Studies and Psychology. I was a language and history adjunct professor for 6 years at Oral Roberts University, and an adjunct design instructor for 3-1/2 years in the Art Department at Mesa Community College.

I have been a designer for 18 years and an avid desert gardener for 28. In addition to my design education, I am a Certified Permaculture Designer, a Rainwater Harvesting Certified Professional, a Pima County Master Gardener, and a partner with Tucson Audubon Society's Habitat at Home program. I am the owner of Westgate Garden Design, a sustainable landscape design firm in Green Valley that specializes in creating beautiful landscapes that attract birds and butterflies, and that are easier and less expensive to maintain.

Fridays

What is Knowledge? What is Truth?

Subject Area: Philosophy/Religion

Fridays: 9 Sessions 9:00 AM - 10:30 AM   Start: Fri 1/25/19  End: Fri 3/22/19
Location: Community Learning Center - Room 210

Course Description

Many of the ideas we take for granted today about knowledge and the world have a long history in philosophy. Philosophy has been a major way of understanding what and how we know the world, what science is about, and how humans understand themselves. This course will look at some of the greatest Western philosophers - Plato, Aristotle, the Stoic philosophers, Rene Descartes, David Hume and Immanuel Kant. We will also look at some of the challenges philosophy has faced in recent times and what those challenges mean for our understanding of knowledge and truth. In the last lecture we will take a quick look at how recent discoveries in science affect our view of reality. The course will be lecture with much discussion encouraged. No outside work or reading is necessary but I will have handouts. I recommend Douglas Soccio's book, "Archetypes of Wisdom", as a useful complement to the course. Any edition will do. No philosophy background is required.

Instructor: Dan Putman

Dan Putman is Professor Emeritus of Philosophy. He received his B.A. from Marquette University, his M.A. from the University of Wisconsin – Madison, and his Ph.D. from the University of Southern California. Dan taught Philosophy for 37 years at the University of Wisconsin – Fox Valley, a freshman-sophomore branch of the UW.
Finding Fulfillment in Retirement

**Subject Area:** Health/Self Help

**Fridays:** 4 Sessions 9:00 AM - 10:30 AM  **Start:** Fri 3/8/19  **End:** Fri 3/29/19

**Location:** Community Learning Center - Room 203

**Course Description**
This course is participation based and discussion oriented with the intention of participants being able to develop a life enrichment plan.

The facilitators draw from backgrounds in psychology, philosophy and business. We will be using the book "Build Your Dream: 12 Essential Tools For Successful Living" as resource material during the course. Participants will increase their benefit by having the book available. It can be purchased through Amazon or the Book Shop in Green Valley. We will also be drawing for my soon to be published book; "Finding Fulfillment in Retirement an allegory of Discovering Wisdom in the Second Half".

Instructor: Byron Thompson

Author, Build Your Dream 12 Essential Tools for Successful Living and soon to be released 5000 Years of Wisdom: Finding Happiness in Retirement. As an independent businessman, Byron owned and operated the franchise in Oregon for the world-wide Dale Carnegie organization, presenting management, leadership and sales training.

Co-leader: Greg Berg

Learn to Play Guitar in a Day!

**Subject Area:** Arts/Culture

**Fridays:** Single Session 9:00 AM - 3:00 PM  **Start:** Fri 3/29/19

**Location:** Community Learning Center - Room 210

**Additional cost:** $30

**Course Description**
Stop dreaming and start playing guitar right away! As seen on PBS, this unique one day workshop is designed for anyone who would like to learn to play the guitar quickly and easily. You'll learn basic chords, simple strumming and picking patterns, play familiar songs, learn tuning techniques, basic music theory, guitar care, performance skills, play tablature and more!

Students provide their own acoustic guitar. Materials fee: $30, includes the Learn to Play Guitar in a Day! book and a Snark electronic tuner. Exact cash or check

Instructor: Marlene Hutchinson
Marlene Hutchinson is a guitar instructor, musician, published author, producer and founder of Marlene’s Music, that has influenced and inspired guitarists around the world! Marlene's interest in music began in her youth; she learned to play piano and clarinet, and loved to sing. However, she didn't learn to play guitar until she was an adult. It was her 2002 New Year’s resolution. She found a group lesson and from the first strum knew she had found her life’s passion. She developed a simple method of learning to play guitar. In 2009, she developed and launched her popular Learn to Play Guitar in a Day® workshop.

Tour of the Pima Air & Space Museum in Tucson, AZ

Subject Area: History/Current Events

Fridays: Single Session 10:00 AM - 3:00 PM   Start: Fri 2/15/19

Location: Pima Air & Space Museum
Additional cost: $19.50

Course Description
This will be a personalized tour of Hangars 3, 4, and 5 in the Pima Air & Space Museum. These three hangars focus on WWII aircraft. Visitors may lunch in the Grill from Noon to 1:00 PM and a Tram Tour of the post-WWII aircraft will follow at 1:00 PM. After returning from the Tram Tour, visitors may explore on their own in Hangars 1 and 2 and the Space Gallery. This tour will take approximately 4 hours and 30 minutes, beginning at 10:30 AM and ending at approximately 3:00 PM. People who enroll for this tour may car pool from Green Valley or meet your hosts at the Pima Air & Space Museum in front of the Gift Shop at 10:30 AM. There is a total cost of $19.50 for admission to then museum and the tram tour. Lunch in the Grill cost approximately $8 to $10.

Instructor: Jerry C. Howell, Ph.D.

Co-leader: Patricia A. Howell, Ed.D.

Jerry and Patricia Howell have been docents at the Pima Air & Space Museum for the past four years. Jerry is a military veteran and both are retired educators.

Smuggler Nation, How Illicit Trade made America

Subject Area: History/Current Events

Fridays: 5 Sessions 11:00 AM - 12:30 PM   Start: Fri 1/25/19 End: Fri 2/22/19

Location: Community Learning Center - Room 210

Course Description
America’s long history of illicit imports has ranged from West Indies Molasses and Dutch gunpowder in the 18th century, to British industrial technologies and African slaves in the 19th century, to French condoms and Canadian booze in the early 20th century, to Mexican workers and Colombian cocaine in the modern era. Contraband capitalism, it turns out, has been an integral part of American Capitalism. I recommend you read, “Smuggler Nation, How Illicit Trade Made America” by Peter Andreas. The book is available thru Amazon. A new copy costs $19.95 and a used one goes for $9.55 The course is based on this book. Class members will be asked to report on different chapters of the book. How did smuggling shape politics, economics and culture from colonial times to the present day? Read the chapter that most interests you first.
Instructor: Rick Ernst

Rick is a retired Financial Advisor who helped clients retire comfortably. He has led many OLLI classes including Investing 101 & 102, The Battle for the Soul of Capitalism, Last Call: the Rise and Fall of Prohibition, Smuggler Nation, How Illicit Trade made America, and UnSpun, Finding Facts in a World of Disinformation.

El Camino del Diablo

Subject Area: Travel/Entertainment

Fridays: Single Session 11:00 AM - 12:30 PM   Start: Fri 3/1/19
Location: Community Learning Center - Room 203

Course Description
On the National Register of Historic Places, The Devil's Highway is a brutal, 200-mile long route from northern Sonora to Yuma, then on to California. Used for centuries by Native Americans, conquistadores, Father Kino, miners, undocumented aliens and modern-day adventurers, El Camino crosses three federal areas in the extreme desert of southern Arizona. A reputed 400 to 2,000 lives have been lost along this road, most from heat, exposure and a lack of water. Farabee has driven this four-wheel drive road seven times, for this part history, travelogue and informational overview of the fascinating but humbling place.

Instructor: Charles R. "Butch" Farabee, Jr.

Retired from National Park Service after 35 years as a ranger/superintendent in 11 national park areas, including Grand Canyon, Yosemite, Sequoia, Kings Canyon, Glacier, Death Valley, Lake Mead and Glen Canyon. Tucson High School graduate and a BS in Zoology from the U of AZ and a MS from Cal State-Fresno in Public Administration. Three years on the Tucson Police Department and a graduate of the FBI Academy. Have five books published on Park Ranger-related subjects. Am an Eagle Scout and have explored and researched Southern Arizona for much of my life.

Myths, Legends and Archetypes - Meaningful or Not?

Subject Area: Social Sciences

Fridays: Single Session 11:00 AM - 12:30 PM   Start: Fri 3/8/19
Location: Community Learning Center - Room 210

Course Description
For millennia, world cultures have sought to provide meaning to everything from origins of life to justification for ingrained behaviors. Ancient Egypt, Mesopotamia, the Indus Valley, China, Greece, Persia, Romans and subsequent evolving of nations and culture development have perpetuated many of these old myths and
legends and come up with more modern versions. All of this was and is before Carl Jung and others introduced us to archetypal types and their influence on modern psychiatry.

This introductory one-session class will explore some of the long-held myths and legends and, through open discussion, attempt to throw light on the possible usefulness and role that this subject plays in our lives today, especially in regard to whether or not each of us is reflective of one or more archetypal types.

Instructor: Kelvin Kent

Kelvin is a retired British military officer who moved to the US in 1976 and successfully operated a small business. He has traveled extensively and participated in many world-wide expeditions including two major Himalayan climbs. He is the published author of five books and presents regularly on subjects ranging from world religions and cultures to leadership, exploration, the Indian sub-continent and fundraising. He is a Fellow of the British Royal Geographical Society and has presented several classes before to OLLI Green Valley. His website is kelvinkent.com

**Sri Lanka - An Island with a Past to Match its Beauty**

**Subject Area:** Travel/Entertainment

**Fridays: Single Session** 11:00 AM - 12:30 PM  
**Start:** Fri 3/15/19

**Location:** Community Learning Center - Room 210

**Course Description**

For many years this island country situated off the south east coast on India, Sri Lanka (known previously as Ceylon in British colonial times), was considered off limits to visitors because of severe clashes between the majority Buddhist community and minority Tamil Hindus. Overall up to 100,000 people were killed in the riots which became a civil war and about 300,000 were displaced. But now, a new peace accord has allowed this beautiful island to welcome tourists from all over the world. With ancient Buddhist sites and much Hindu mythology, dating back to references in the Ramayana, Sri Lanka offers a diverse geography and magnificent cultural experience. Kelvin and his wife, Becky, have just returned from Sri Lanka and are pleased to offer more than a glimpse into this fascinating country which boasts the oldest democracy in Asia.

Instructor: Kelvin Kent

Kelvin Kent has been a Green Valley winter resident for 14 years. He grew up on the island of Jersey in the UK and had two careers; one as an officer in the British army and the other as a business owner in Colorado. He is widely traveled (64 countries) and has participated in several world-wide expeditions. His interests include the study of world cultures and religions, philosophy and history. He has taught many OLLI courses over the past few years and loves to share his enthusiasm for subjects which he finds of interest.

**Understanding the British Monarchy and How the Whole System of Hierarchy Works**

**Subject Area:** Social Sciences; History/Current Events

**Fridays: Single Session** 11:00 AM - 12:30 PM  
**Start:** Fri 3/22/19

Last Updated: 12/4/2018 7:15 PM
Location: Community Learning Center - Room 210

Course Description
The British monarchy is the largest and most well-known institution in the world. With TV shows like Downton Abbey, Victoria and The Crown, there is increasing interest in how the whole system functions. The marriages of Princes William and Harry have added to the mystique and popularity of this subject. Kelvin has re-vamped a previous OLLI course to include some of the pageantry, orders of precedence for titles, history of appointments and how this 800 year-old institution is changing, while still retaining its values and national popularity. This power-point presentation will include audio and visual aids which will highlight the traditions and splendor of what is happening now and whether or not this can extend beyond the present Queen's reign.

Instructor: Kelvin Kent

Kelvin Kent has been a Green Valley winter resident for 14 years. He grew up on the island of Jersey in the UK and had two careers; one as an officer in the British army and the other as a business owner in Colorado. He is widely traveled (64 countries) and has participated in several world-wide expeditions. His interests include the study of world cultures and religions, philosophy and history. He has taught many OLLI courses over the past few years and loves to share his enthusiasm for subjects which he finds of interest.

Understanding "A Course In Miracles"

Subject Area: Philosophy/Religion

Fridays: Single Session 11:00 AM - 12:30 PM  Start: Fri 3/29/19

Location: Community Learning Center - Room 203

Course Description
"A Course in Miracles" is something of a phenomenon that has affected the lives of many thousands of people. This three-volume set of books was received through a process of inner dictation by a psychologist at Columbia University, beginning in 1965. After ten years of preparation, the Course was first published in 1976 by the Foundation for Inner Peace. Since then, more than three million of these books have been sold, without the benefit of any paid advertising, to men and women in every walk of life and every major faith. (http://www.miraclecenter.org )

Instructor: Jamie McMillin


Current Wildlife & Natural Resource Conservation Topics at the U of A

Subject Area: Science/Math
Fridays: 8 Sessions 1:30 PM - 3:00 PM  
Start: Fri 1/25/19  
End: Fri 3/15/19  
Location: Community Learning Center - Room 203

Course Description
Research at the School of Natural Resources and the Environment at the University of Arizona is diverse and focuses on the ecology of wild plants and animals as well as understanding how our complex ecosystems respond to environmental or human pressures, and to develop management strategies for sustainable solutions. In this study group session, we will focus on conservation issues of concern for Arizona and beyond. We highlight question-oriented research, topics of interest, and innovative tools and methodology presented by current and former graduate students in The School of Natural Resources and the Environment (SNRE) at the U of A. Our course content is accessible to anyone and the format is interactive lecture (with powerpoint presentation) and discussion with some hands-on activities. No outside research or work is required, however additional materials can be provided if participants wish to learn more about a topic. Topics covered in the 8 weeks, in random order, will be: Bats and bat conservation throughout the SW, mud turtles at Sonoita River, detection of desert bighorn on both sides of the border, tree-ring research to improve climate projections, role of vocalizations in Harris's antelope ground squirrel, impact of fire on small mammal communities, ecology and population dynamics of vertebrates, including small mammals in southern Arizona, and instrumentation that scientists use to investigate forest dynamics across the soil-plant-atmosphere continuum.

Instructor: Melissa Merrick

Debbie Beucher: Debbie earned her Master of Science from U of A School of Natural Resources and the Environment. She operates Beucher Biological Consulting and studies bats and bat conservation throughout the southwest. dbuecher@comcast.net

Miguel Angel Grageda García: Miguel studies Sonoran Pronghorn at El Pinacate Biosphere Reserve and Sonoita mud turtle at the Sonoita River. miguelangelgrageda@hotmail.com

Andrew Antaya: Andrew received his Master’s in the Department of Wildlife and Fisheries Conservation and Management. His research focused on the detection of desert bighorn in relation to human sign on both sides of the border. aantaya@email.arizona.edu

Amy Hudson: Amy is a PhD candidate in the Laboratory of Tree-Ring Research. Her research involves improving climate projections by determining how the jet stream 8 miles above the earth influences the important growth events of plants at the surface. amyrhudson@email.arizona.edu

Allie Burnett: Allie is a Master’s student in the School of Natural Resources and the Environment, Department of Wildlife and Fisheries Conservation and Management. Her research is largely focused on animal behavior and she currently studies the spatial ecology and role of vocalizations in Harris’s antelope ground squirrel. aburnett1159@gmail.com

Marina Morandini: Marnia is a PhD student in the Department of Wildlife and Fisheries Conservation and Management. Her research focuses on the impacts of fire on small mammal communities and potential management strategies. mmorandini@email.arizona.edu

Melissa Merrick: Melissa is an assistant research scientist and wildlife biologist with University of Arizona’s Conservation Research Laboratory, Mt. Graham Research Program with 13 years studying ecology and
population dynamics of vertebrates, including small mammals in southern Arizona. Session organizer mmerrick@email.arizona.edu

Julia Yang: Julia is a graduate student in Geography working with Greg Barron-Gafford and I study forest ecosystem ecology on Mt. Bigelow in the Catalinas. The Mt. Bigelow research station represents a suite of advanced instrumentation that scientists use to investigate forest dynamics across the soil-plant-atmosphere continuum. jcyang@email.arizona.edu

Co-leaders: Debbie Buecher, Miguel Angel Grageda, Allie Burnett, Amy Hudson, Andrew Antaya, Marina Morandini, Julia Yang

Discuss the Science News

Subject Area: Science/Math

Fridays: 10 Sessions 1:30 PM - 3:00 PM  Start: Fri 1/25/19 End: Fri 3/29/19

Location: Community Learning Center - Room 205

Course Description
We will be using several scientific news websites, science publications, and broadcast sources. Each week, a few study group members will summarize a current science news story and then lead the rest of the group members in a discussion of that article. Class sessions will be augmented by videos and additional materials; this is intended to be a discussion class rather than a traditional lecture class.

Instructor: Bob Schaffer

Completed the PhD from Arizona State with doctoral areas in Marketing, Quantitative Methods, and Experimental Psychology. Taught at ASU, Whittier College, CSU, Fullerton, before switching over to Cal Poly, Pomona in 1983 where I remained until retirement in 2010. Had a somewhat normal academic career: wrote textbooks, published papers, delivered academic presentations, chaired three international conventions, was instrumental in the creation of two new academic programs (Music Business and E-Commerce), advised student clubs, won some teaching awards, and in general, just had a great time. In addition to the US and Canada, academic travel included Europe and Asia; was lucky to teach one quarter in Africa. Consulting assignments included clients in the Manufacturing, Service, Health Care, Entertainment, and Financial sectors. Moved to Green Valley in 2011.

Co-leader: Charles McClellan

Green Valley: Its Past, Present and Future

Subject Area: Arizona History/Culture; Social Sciences

Fridays: 4 Sessions 1:30 PM - 3:00 PM  Start: Fri 2/8/19 End: Fri 3/1/19

Location: Community Learning Center - Room 210

Course Description
Green Valley, Arizona. A unique active adult community formed in 1964. One of the most recognized communities of its kind in the nation for its safety, the people who live here and its location. It's a town easy to love, but not always easy to understand. This will be a course consisting of four sessions over four weeks using lecture, discussion and inquiry. Past, Present and Future will each be a one week session with the fourth week dedicated to discussion, debate and exploration. The Past will deal with the history of the town and region. The Present will deal with how Green Valley is currently managed and operated by the Green Valley Council, Pima County, HOA's and other significant organizations. The Future will deal with how the town might evolve, why it will evolve and what might be done to shelter the qualities of life current residents desire. The fourth week will be open to a wide ranging discussion mainly focused on present and future ideas, concerns and needs in support of a Green Valley still in touch with its past.

Instructor: Gil Lusk

Gil Lusk retired from United States National Park Service after thirty-five years as Park Superintendent of Parks such as Glacier National Park and Special Assistant to the Director of the NPS. He is currently on the Sahuarita Town Council and the Boards of the Southeast Arizona Economic Development Group and previously was on the Quail Creek Property Owners Association Board for 8 years. Awarded an Honorary PhD in 2001 for his work in Public Service by Gettysburg College and received the Dept. of Interiors two highest honorary awards, Meritorious Service and Distinguished Service for his work in Park Management and creation of new international park concepts in both Mexico and Canada. He is the author of "Considered Opinions," essays on NPS management as part of a sabbatical with Yale University and Pinchot Institute in 1991. I am now on the Green Valley Council Executive Council and the Board of the GVC-Foundation.

Corpus: Investigating Aesthetics and Defining the Body

**Subject Area:** Arts/Culture

**Fridays:** 7 Sessions 3:30 PM - 5:00 PM  
**Start:** Fri 1/25/19  
**End:** Fri 3/22/19 - **No class on 3/1 and 3/15.**  
**Location:** Community Learning Center - Room 210

**Course Description**

The course will begin on January 25th and finish on March 22nd, however, we will NOT meet on Friday March 1st or March 15th. Please mark your personal calendars accordingly if you select this course. The University of Arizona Art History Graduate Student Association (AHGSA) intends to host a seven-part lecture series. Each session will be discussion and lecture-based, with a different lecturer each week. (One session will include two lecturers co-teaching.) Some lecturers will assign suggested reading correlating with the weekly topic. While there is no required field trip, AHGSA recommends that students attend a research symposium on March 15th, 2019 from 10 a.m. to 2 p.m. at the University of Arizona Museum of Art. (Admission is free.) The symposium is also titled "Corpus: Investigating Aesthetics and Defining the Body." This course's content level is intermediate. Prior background in art history is recommended but not required. Materials used for the course will include videos and slides. As the primary media presented for this course will be digital images, those with any visual impairments in need of accommodations should contact Shelby Miller, the primary representative.

Instructor: Shelby Miller
The University of Arizona Art History Graduate Student Association (AHGSA), invites OLLI students to participate in a seven-part lecture series "Corpus: Investigating Aesthetics and Defining the Body." This course explores concepts of what constitutes a body, issues in conservation and restoration, the art historiography of aesthetics, the politics of gendered aesthetics and the body, how a "body of work" is defined and implications of grouping, and discussions of non-human bodies (angels, animals, and mythical creatures).

Co-leaders: Hali Niles; Sophie Church; Marie Teemant; Morah Riedl; Mara McNiff; Dorothee Santivstevan; Hallye Becker

Your 2018 Individual Federal and Arizona State Income Tax Returns I

Subject Area: Health/Self Help

Fridays: 2 Sessions 3:30 PM - 5:00 PM  Start: Fri 2/8/19 End: Fri 2/15/19
Location: Community Learning Center - Room 205

Course Description
The course will be taught twice this term and will cover the basic changes for 2018 brought about by the "recent" federal tax legislation, and how those changes will affect individual filers. I will present and discuss the preparation of basic individual tax returns, both Federal and AZ; and present/discuss the most common Federal and AZ tax forms. In addition, I will present information on $4,000+ individual tax credits the state of AZ offers to individual income tax filers.

Instructor: Mark Haskoe

Your 2018 Individual Federal and Arizona State Income Tax Returns II

Subject Area: Health/Self Help

Fridays: 2 Sessions 3:30 PM - 5:00 PM  Start: Fri 2/22/19 End: Fri 3/1/19
Location: Community Learning Center - Room 205

Course Description
The course will be taught twice this term and will cover the basic changes for 2018 brought about by the "recent" federal tax legislation, and how those changes will affect individual filers. I will present and discuss the preparation of basic individual tax returns, both Federal and AZ; and present/discuss the most common Federal
and AZ tax forms. In addition, I will present information on $4,000+ individual tax credits the state of AZ offers to individual income tax filers.

Instructor: Mark Haskoe