



# Green Valley Spring 2020 Catalog

# Mondays

## [Read the New Yorker with Us - Section I](#)

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

**Mondays:** 10 Sessions 8:30 AM - 10:30 AM   **Start:** Mon 1/20/20 **End:** Mon 3/23/20

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

### Course Description

The New Yorker magazine includes something for everyone-commentary, reportage, profiles, essays, fiction, cartoons, and poetry. Class members will divide up 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 of the articles. This popular class has been continually offered since Spring 2011. A subscription to the magazine is required. There will be a class on Monday January 20th, MLK Day.

**Instructor(s):** Donald Kamin, John McCoy, Joan Ernst

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

John McCoy is retired from a career developing public financing for housing for low income families, and the structuring of public/private partnerships for economic development.

Joan has a long history of loving non-fiction, The New Yorker, and OLLI classes. When not hiking with dogs, enjoying water and snow sports or procrastinating her flute practicing, she likes to sit around and talk to people.

## [Philosophers Look at Religion](#)

**Subject Area:** Philosophy/Religion

**Mondays:** 8 Sessions 9:00 AM - 10:30 AM   **Start:** Mon 1/20/20 **End:** Mon 3/9/20

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

### Course Description

This class will examine how a number of Western philosophers have analyzed religion. We will cover a range of issues from arguments for God's existence and the problem of evil to the views of several individual philosophers and religious thinkers. Among others, philosophers included will be Bertrand Russell, Paul Tillich, Karl Marx, and Gabriel Marcel. I hope to provide the class with thought-provoking views on religion and discuss some of the reasons why religion continues to be so important in human life. There will be a class on Monday January 20th, MLK Day.

Instructor(s): 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. He has published over 40 articles in Philosophy, most of them concerning Virtue Ethics. He and his wife Elaine have two children, one in New York City and the other in Boulder, Colorado. Dan has taught philosophy and religion courses for OLLI in Green Valley for several years.

## [Wrongful Convictions in America](#)

**Subject Area:** Social Sciences

**Mondays:** 6 Sessions 9:00 AM - 10:30 AM   **Start:** Mon 1/20/20 **End:** Mon 2/24/20

**Location:** Quail Creek - Ocotillo Room

### Course Description

A criminal justice system must accurately identify those who have committed crimes. Wrongful convictions not only punish innocent people, they allow guilty people to go free. No system will ever be perfect, but we must continually strive to improve accuracy. The American criminal justice system contains safeguards to ensure that innocent people are not convicted, but wrongful convictions still occur. The goal of this discussion is to address how and why wrongful convictions occur, and what can be done to decrease the risk of wrongful convictions. There will be a class on Monday January 20th, MLK Day.

Improvements in forensic technology, particularly in connection with the use of DNA evidence, have shed new light on the frequency of wrongful convictions. Dedicated journalists, lawyers, family members and others have uncovered other evidence of wrongful convictions. As a result, over 150 people have been freed from death row after their innocence was established, and countless others have been freed from less serious sentences.

The causes of wrongful convictions are well known. Mistaken identification, poor defense counsel, overly aggressive prosecutors, sloppy and sometimes dishonest police work, unprofessional and sometimes venal forensic work, over-reliance on 'snitch' testimony and pressure to solve high profile crimes all play a role.

Academic and field research have produced methods to address these problems. Improved line-up procedures, better pay and training for defense lawyers and prosecutors, improved training and professional standards for law enforcement, independent scientific accreditation of forensic labs, enforcement of professional ethical standards, and closer reviews of prosecutions using snitch testimony can reduce the risk of wrongful convictions.

Instructor(s): Hugh Patrick Furman

Hugh Patrick Furman graduated from law school in 1980, practiced criminal defense for seven years, and then joined the faculty at the University of Colorado School of Law, where he taught for twenty-five years. He specialized in criminal law, criminal procedure, constitutional law, evidence, trial advocacy, and wrongful convictions. He has taught and written articles and teaching materials in these areas. He has written books on evidence, trial advocacy, and D.U.I. Hugh retired in 2017 but continues to teach trial advocacy to lawyers, law students, and high school students. He has received professional awards for his teaching and his pro bono work.

Last Updated: 3/6/2020 8:29 AM

## Development from Conception to Kindergarten: A Primer for Grandparents

**Subject Area:** Health/Wellness, Social Sciences

**Mondays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Mon 3/16/20 **End:** Mon 3/23/20

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

### Course Description

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

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

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

Instructor(s): Dorothy Johnson

PCC Adjunct Instructor teaching Human Development and Relations, FTF Pima North Council Member & retired Developmental-Behavioral Pediatrician.

## Pearl S. Buck; Author, Humanitarian and Activist

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

**Mondays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Mon 1/20/20 **End:** Mon 2/10/20

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

### Course Description

Few men or women have lived a life as full of adventure, danger, and insight as Pearl S. Buck. A daughter of missionaries, she lived in rural China for much of her life. She experienced perilous times in the early 1930's, and later would champion the cause of Chinese peasants while decrying the cultural damage caused by Western imperialism. She wrote "The Good Earth" which won the Nobel prize for Literature in 1932. She then wrote many more books, short stories, and much more.

The class will read and discover her many life experiences. As well as an author, Pearl S. Buck was also a strong advocate for women's rights and minority groups. We will read "The Good Earth" and then view the academy award-winning movie. The book is advisable for the class and may be purchased online or at a book store. There will be no charge for the hand outs. There will be a class on Monday, January 20th, MLK Day. On January 27, the class will be extended to 1:00 to allow viewing of a movie.

Instructor(s): Marilyn Jameson

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

## [The Meaning of Constructive Effort](#)

**Subject Area:** Philosophy/Religion

**Mondays: Single Session** 11:00 AM - 12:30 PM    **Start:** Mon 1/20/20

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

### Course Description

Gandhi's dictum that "true work is play," has application to our daily activities and efforts. All efforts have a function, if you choose to see them as such. Individuals can reflect on the relationship between intentions and actions in a deep way and change the quality of that experience. We can also become more mindful and attentive to our efforts through conscious choice. It has been said that once we lose the knowledge of how to ground ourselves in meaningful effort, we have failed to infuse the secular with the sacred. There will be a class on Monday January 20th, MLK Day.

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

## The Nature of Time

**Subject Area:** Philosophy/Religion

**Mondays: Single Session** 11:00 AM - 12:30 PM   **Start:** Mon 1/27/20

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

### Course Description

The aim of this presentation is to first explore how one's understanding of time has a profound significance on one's perception of everyday experiences; and secondly to understand how time as a social construct varies across history, cultures, and individual subjectivity. We will look at the various kinds of time, to include, passing-time, psychological-time, and quantum reality-time. Zimbardo's time perspective inventory will briefly be reviewed, as well as how the practice of mindfulness can lead to a slowing down of time in the present moment.

**Instructor(s):** Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

## The Sociology of Knowledge

**Subject Area:** Social Sciences

**Mondays:** 3 Sessions 11:00 AM - 12:30 PM   **Start:** Mon 2/3/20   **End:** Mon 2/17/20

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

### Course Description

All knowledge is socially constructed. It is sustained and changed via evolution, transmission, & extinction. Knowledge starts with a thought --and ends in objectification- then in turn, influences how we do and see the world. There are worldviews in our gender, social class, religion, etc. We will discuss knowledge production in the Internet and Trump contexts which are transitory, short-lived, and relative. Opinions are facts and facts are relative. This can lead to narcissism and nihilism. Consequences are in order with this continuance. We will also look at the social construction of wisdom, knowledge, information, and data.

**Instructor(s):** Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.



## Pokémon Go for Grandparents

**Subject Area:** Travel/Entertainment

**Mondays: Single Session** 11:00 AM - 12:30 PM   **Start:** Mon 2/17/20

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

### Course Description

So what are your grandkids doing with their iPhones playing Pokémon Go? They are off in some other world, oblivious to you. Wouldn't you like to be able to relate to them and be able to talk and share their experience? This course explains the basics of the game so that you can talk to your kiddies.

Pokémon Go is an augmented reality (AR) mobile game first released in July 2016 as an evolution to the 1996 trading card game. It uses mobile phones to locate, capture, battle, and train virtual creatures, called Pokémon, which appear as if they are in the player's real-world location. The game is free to play but supports in-app purchases for additional in-game items. By early 2019, the game had crossed over 1 billion downloads worldwide, grossing over \$3 billion in revenue. There were over 147 million monthly active users as of May 2018.

**Instructor(s):** 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.

## An Implicit Reality - Ageless Wisdom

**Subject Area:** Philosophy/Religion

**Mondays:** 3 Sessions 11:00 AM - 12:30 PM   **Start:** Mon 2/24/20 **End:** Mon 3/9/20

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

### Course Description

Since the dawning of humanity, humans have sought to understand the true nature of reality. This class is going to take a systems approach to understanding reality. That is, an approach that deals with the interrelated principles of being, consciousness, knowing, correspondence, cause, & objectivity. We will look at where science meets spirit and where both domains seek to find a singular law to explain everything. We will look at Universal Laws that have applicability to this search.

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

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

**Subject Area:** Arizona History/Culture, Science/Math/Technology

**Mondays: Single Session** 11:00 AM - 12:30 PM    **Start:** Mon 2/24/20

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

### Course Description

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

Tucson Wildlife Center is dedicated to the rescue, emergency medical care and rehabilitation of injured, ill and orphaned wildlife before return to the wild, while promoting education, habitat protection and peaceful coexistence with wildlife. Open 24/7, 365 days a year, Tucson Wildlife Center is the only full-service wildlife rescue hospital for 8 counties in Southern Arizona. Learn more by visiting [www.TucsonWildlife.com](http://www.TucsonWildlife.com)

Instructor(s): Angeline Fahey

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



## Psychology Lecture Series

**Subject Area:** Science/Math/Technology

**Mondays:** 5 Sessions 11:00 AM - 12:30 PM   **Start:** Mon 2/24/20 **End:** Mon 3/23/20

**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 they have specific training or expertise.

1. Quentin Raffaelli: The creative or the imaginative Brain
2. Monica Acevedo-Molina: Emotion Matters: Episodic Future Thinking in Young and Older Adults
3. Caroline Doyle: The Science of Sleep
4. Mary-Kate Franchetti Healthy Aging and the Role of Physical Activity
5. Valeria Pfeifer: The Psychology of Language

Instructor(s): Valeria Pfeifer

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.

## Technology: Then and Now

**Subject Area:** Science/Math/Technology

**Mondays: Single Session** 11:00 AM - 12:30 PM   **Start:** Mon 3/16/20

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

### Course Description

We will watch a 40-minute documentary on the technological boom during the '80s, including, personal computers, VCRs, cell phones, and video games as well as technology that did not develop as planned. We will then discuss the past vs current technology looking at: does it serve community? What values does technology foster? Does technology equalize or concentrate power? How does technology change the socialization of children?

Instructor(s): Mark Meadows

Mark has his Ph.D. in Sociology with interests in spirituality, virtues, aging, and comparative worldviews. He has lived and/or worked in Asia, the Middle East, Africa, India, and Mexico. His myriad of human experience were working with Arun and Sunanda Gandhi at the Gandhi Institute for the Study of Non-Violence; teaching at the historically black university Bethune-Cookman; teaching water babies; acting and modeling in Hollywood (was on Three's Company & Welcome Back Kotter), study with an Indian guru and a Navajo Medicine Woman; taxi driver; a college professor and administrator; and was a kindergarten teacher.

## Birding Southeast Arizona

**Subject Area:** Arizona History/Culture

**Mondays: Single Session** 1:30 PM - 3:00 PM   **Start:** Mon 2/10/20

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

### Course Description

Birding Southeast Arizona is a single 90-minute presentation initially presented at the OLLI Central Campus in January of 2019. It covers birds and their habitat in Mt Lemmon, Tucson (Agua Caliente and Sweetwater Wetlands), Madera Canyon, Patagonia, and Santa Cruz Flats. The class introduces students to birding hotspots around Tucson, as well as to their birds, including habitat and lifestyle. The presentation is written to appeal to "non-birders" as well as to established birders.

For a sample of the content including the photographs, go to the [www.mtlemonazimages.com](http://www.mtlemonazimages.com) home page, and click on the links under the OLLI January 31st presentation. There will be a class on Monday, January 20th, MLK Day.

Henry Johnson is a retired physician who is beginning a new career as a wildlife photographer, with a focus on wildlife, especially birds. The content of this presentation is based on his blog at Mt Lemmon AZ Images. To view the blog postings, go to <https://www.mtlemonazimages.com/journal>

**Instructor(s):** Henry Johnson

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

## Conflict Management: Non-Escalation, De-Escalation and Crisis Intervention Tactics

**Subject Area:** Health/Wellness

**Mondays: Single Session** 1:30 PM - 3:00 PM   **Start:** Mon 2/3/20

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

### Course Description

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

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

Training Content:

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

Instructor(s): Dawn Armstrong

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

## Four Classic Short Novels of the 20th Century

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

**Mondays:** 4 Sessions 1:30 PM - 3:00 PM    **Start:** Mon 2/17/20 **End:** Mon 3/9/20

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

### Course Description

After the demise of the long 19th century novels of Melville, Dickens, the Brontes, Hardy, et al came a new century with its own share of "big books"-James Joyce's "Ulysses", for example. But the 20th century also produced a remarkable number of tightly constructed short novels, in part as a consequence of changing literary tastes, the rise of mass media, and shortened attention spans. This discussion group will read four of the best of these short books, all of them significant achievements of notable writers. The four novels are Willa Cather's "A Lost Lady", F. Scott Fitzgerald's "The Great Gatsby", John Williams's "Stoner", and Norman Maclean's "A River Runs Through It". Each novel catches its author at the height of his/her story-telling success. Each tells a distinctly American story, ranging from Cather's focus on a woman in the declining years of the pioneer west, to Fitzgerald's "Jazz-Age" tragedy, to Williams's depiction of the outwardly undistinguished life of a university professor, to the intense portrait of a family whose two sons could not be more different. We will discuss one novel during each of our meetings in the order listed above. Please read A Lost Lady prior to our first meeting. No special literary expertise is necessary, only an interest in reading and discussing some of the best short novels of the last century. The books are available in affordable paperback editions from most libraries, bookstores, and online sources.

Last Updated: 3/6/2020 8:29 AM

Instructor(s): Thomas Bambrey

For 35 years Tom Bambrey taught British and American Literature at colleges and universities. He holds a B.A. in English from Wabash College and an M.A. and Ph.D. in English from the University of Denver. Tom's teaching includes a broad spectrum of topics with special attention to British Romanticism, the 20th Century American novel, and the Literature of Sports in America. His approach is open-ended and encourages discussion. Beyond teaching, he served in college and university administration, primarily as a Dean/Vice President for Student Affairs. In addition, Tom has consulted widely on business writing with businesses and corporations.

## [The March to the White House](#)

**Subject Area:** History/Current Events

**Mondays:** 3 Sessions 1:30 PM - 3:00 PM   **Start:** Mon 3/9/20 **End:** Mon 3/23/20

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

### Course Description

A continuation of my 2019 spring class. We will review the early caucuses and primaries, analyzing the viability of the Democratic candidates by looking at poll numbers, fund raising and head to head match ups against the President. We will also analyze the delegate selection process for both parties leading to their national nominating conventions.

Instructor(s): Ron Michaelson

Ron Michaelson holds a doctorate in political science and currently teaches at the University of Illinois - Springfield. He served in Illinois State government for 33 years, including four years as Assistant to the Governor and 29 as Executive Director of the State Board of Elections. He is a winter resident of Green Valley (January through March).

## Tuesdays

### [Climate Conundrums](#)

**Subject Area:** Science/Math/Technology

**Tuesdays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 1/21/20 **End:** Tue 2/11/20

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

### 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? This series investigates the climate emergency through science, psychology, history, and current events.

Instructor(s): 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.

## [Life After Life - A Discussion of Near-Death Experiences](#)

**Subject Area:** Philosophy/Religion

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 1/28/20 **End:** Tue 2/4/20

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

### Course Description

We'll begin by watching a documentary movie based on Dr. Raymond Moody's best selling book, "Life after Life", and then discuss implications for our understanding of and attitude toward life.

Instructor(s): Joseph Ambrosic

Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long term student and teacher of meditation, with over 40 years of experience.

## [Walk with a Health Inspector](#)

**Subject Area:** Health/Wellness

**Tuesdays:** Single Session 9:00 AM - 10:30 AM   **Start:** Tue 2/4/20

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

### Course Description

Exactly what and how does a food safety inspector evaluate a restaurant, grocery store, or food manufacturing facility? This class looks at the tools and criteria inspectors use to call violations, the categories of violations, and how foodborne illness is tracked locally and across the nation. Learn about the five leading causes of foodborne illness and evaluate several kitchen scenes for potential hazards.

Instructor(s): 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!)

## Foreign Affairs Update

**Subject Area:** History/Current Events

**Tuesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Tue 2/11/20

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

### Course Description

The class will review recent developments in U.S. foreign policy, with emphasis on U.S. Middle East policy but including significant developments in other parts of the globe. The last 30 minutes will be reserved for questions and discussion.

**Instructor(s):** 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. From April to June of 2003, he worked for the Organization of Reconstruction and Humanitarian Assistance, 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*.

## Border Patrol 101

**Subject Area:** History/Current Events

**Tuesdays: 6 Sessions** 9:00 AM - 10:30 AM   **Start:** Tue 2/18/20   **End:** Tue 3/24/20

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

### Course Description

The purpose of this course is to teach the general public about the day to day operations of a US Border Patrol Agent. Students will learn a general overview of what a Border Patrol Agent does to protect our borders. The United States Border Patrol is a federal law enforcement organization responsible for preventing the entry of terrorists and terrorist weapons from entering the United States between official U.S. Customs and Border Protection ports of entry. Their traditional mission is to enforce immigration laws and to detect, interdict and apprehend those who attempt to illegally enter or smuggle people or contraband across U.S. borders between official ports of entry. The Border Patrol has a workforce of over 21,000 agents assigned to patrol the more than 6,000 miles of America's land borders.

**Instructor(s):** Lee Riehle, Lenny Queriapa

Lee Riehle has served as a Border Patrol Agent since 2011. He has worked several different areas for the Border Patrol. Some of these areas include: Line watch, Checkpoint, Intelligence, Mobile Surveillance, and Outbound Enforcement at the Port of Entry. During his career, he has worked with multiple federal, military, state, county, tribal and local law enforcement agencies throughout the State of Arizona. Lee graduated from Eastern Washington University in 1995.

Border Patrol Agent Lenny Queriapa has been an Agent at Nogales Border Patrol Station for close to nine years. He is currently assigned to the Public Affairs Office/Border Community Liaison unit.

## [Creating a Wildlife and Pollinator Oasis](#)

**Subject Area:** DIY/Self-Help

**Tuesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Tue 2/18/20

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

### Course Description

Do you enjoy watching birds, butterflies and other Sonoran Desert creatures? Do you want to make a difference for local wildlife in your yard, while getting the enjoyment that watching them brings? Then this class is for you.

Participants will learn:

- How wildlife is threatened and how are gardens can make a difference.
- The simple conditions necessary for a successful wildlife garden.
- Specific plants that you can plant to attract different types of wildlife including: songbirds, hummingbirds, butterflies, lizards-and even bats.
- How to create a wildlife oasis even if you have only a small space.
- Resources that are available to you as you design a project.
- How to certify your garden for those that wish to.

No special gardening knowledge is required; just a willingness to learn.

**Instructor(s):** Charlene Westgate

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

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

## [How to Make Your Own Yogurt with No Special Equipment](#)

**Subject Area:** Crafts/Cooking

**Tuesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Tue 2/18/20

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

\$1.00 for costs of milk, ingredients, photocopies, sampling cups, spoons and napkins.



### Course Description

Making your own yogurt is a relaxing, fun, empowering and money-saving endeavor and pretty easy to do once you know how! We'll taste different yogurt types I've made to help you decide which you like best. I will show you, step by step, how to make it and also give you written instructions. In time, you'll be making yogurt just the way you like it without chemicals or additives and you'll be teaching your grandchildren how to do it. Just one session. Do come! \$1.00 will be collected to defray costs of yogurts made to share, tasting cups and spoons, copies, etc.

Instructor(s): Sharon O'Connor

Sharon O'Connor was born and raised in Michigan, and earned a BA degree at Grand Valley State University. She spent her working life as a copy/technical writer. She is a voracious reader and loves to cook, and volunteers at the White Elephant on Fridays. Sharon and her husband 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.

### Mindful Meditation for Brain Health

**Subject Area:** Health/Wellness

**Tuesdays:** 6 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 2/18/20 **End:** Tue 3/24/20

**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 them into a practice that best optimizes their own brain performance.

Instructor(s): 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.

### The Music of Migration

**Subject Area:** Arts/Culture

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Tue 2/25/20 **End:** Tue 3/3/20

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

### Course Description

The seminar will include many voices and many places. It will come from both sides of the U.S. border and different parts of Mexico, Central and South America, and the Caribbean. For contrast, we'll include some comparisons with the music of the Irish Diaspora.

Instructor(s): Russell Carpenter

Russell Carpenter has a long history of teaching classes, leading seminars and facilitating board meetings. Here in Arizona he has been a teacher and presenter at GVR, OLLI, La Posada, Academy Village, Tubac Presidio, Rotary, GVR Camera Club, GVR Travel Club, Border Community Alliance and various local churches. Russell has covered many topics, including contemporary fiction, Tibetan Buddhism, astrophotography, history of Mexico, and the musics of Mexico, Colombia, Cuba and Jamaica. He is fluent in Spanish and a serious student of the issues of migration and borderland culture.

## Create a Permaculture Paradise in Your Garden

**Subject Area:** DIY/Self-Help

**Tuesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Tue 3/24/20

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

### Course Description

Permaculture is described by its founders as "A philosophy of working with, rather than against nature; of protracted and thoughtful observation rather than protracted and thoughtless labor; and of looking at plants and animals in all their functions, rather than treating any area as a single project system."

This course will examine what we can learn from natural systems that will make our gardening and landscaping efforts easier and less expensive, while doing less damage to the earth.

The benefits of permaculture include: reduced cost, reduced effort, less waste, less pollution, greater diversity, greater productivity, greater sustainability, and improving the environment.

Participants will learn:

- The 3 permaculture ethics and how they provide an overarching philosophy for making decisions about our landscapes-and our life.
- What natural systems can teach us about what works and how that can be applied to our gardens.
- Which observations are critical if you want to spend less time tending your garden and more time enjoying it.
- How garden systems can be designed to work together with each other to improve productivity.
- Practical ways to apply the permaculture principles around our yards and in our gardens.

Instructor(s): Charlene Westgate

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

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

## Opera 101 for the Non Believer

**Subject Area:** Arts/Culture

**Tuesdays:** 5 Sessions 11:00 AM - 1:00 PM   **Start:** Tue 1/21/20 **End:** Tue 2/18/20

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

### Course Description

Do you shudder when you hear the word "opera"...Fear no more!

It is a glorious art, and mostly requires that you sit back and let the wonderful music just wash all over you. I will give you information on opera voice types, opera plots (which can be silly) and we'll hear excerpts from operas and my favorite artists. Then, we'll watch an opera, and just enjoy. Just try it - I'll bet you'll like it!!!

**Instructor(s):** 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.

## Protest Music and Topical Songs in American History

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Tue 1/21/20 **End:** Tue 2/11/20

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

### Course Description

Protest music-- sung by balladeers and rebels, by working women and men, in taverns, parlors, and churches, and out in the streets--has enlivened American politics since before the Revolutionary War. These songs, and what we know of the settings in which they were shared, give us unique perspectives on popular participation in our American democracy. As a new election season gets underway, we'll explore this rich and entertaining history in a series of four lectures: 1) The Roots of a Tradition: Protest Songs in Early America; 2) Songs of the Civil War, Abolition, and the Civil Rights Movement; 3) Songs of Working Men and Women; and 4) the Folk Revival and Contemporary Songs of Protest. Each class will feature recorded music, visual art, and plenty of discussion. And sing-alongs, of course!

Instructor(s): 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.

## Why Did You Do That?

**Subject Area:** DIY/Self-Help, Health/Wellness, Literature/Writing/Language

**Tuesdays:** 8 Sessions 11:00 AM - 1:00 PM   **Start:** Tue 1/21/20 **End:** Tue 3/10/20

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

### Course Description

People with dementia say and do things that confound us. Through novels and films we can gain insight into the world as they see it. We will explore relationships, love, and even a murder through their eyes.

Instructor(s): Terry Cox

A Montana native, Terry Cox's first career was as a junior high teacher. Her mid-life crisis led her to Michigan and a job as a labor relations consultant. Retirement allows Terry to pursue her passion for books and films.

## Astronomy in the News

**Subject Area:** Science/Math/Technology

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Tue 2/18/20 **End:** Tue 3/10/20

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

### 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 developments and their significance for our bigger picture of the universe. Topics will depend on what is covered in the media before and during the class but may include black holes, upcoming events in the exploration of the solar system, what is happening in the night sky, dark energy and dark matter, and other solar systems. Other topics suggested by the students will also be included. No background in science will be assumed by the instructor. This class has been offered previously but different topics are discussed each time.

Instructor(s): Edward Schmidt

Ed Schmidt was a professor of astronomy at the University of Nebraska for four decades. 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 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 often taught OLLI courses in Nebraska and, more recently, in Green Valley. He also volunteers as a tour guide at Whipple Observatory.

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

**Subject Area:** History/Current Events

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM   **Start:** Tue 2/25/20 **End:** Tue 3/24/20

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

### Course Description

This course is designed to give the novice or veteran a working knowledge 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; the third class will cover how the supporting machinery works, the fourth 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 and the final class will expose the student to the complexities of working on lighthouse lenses.

Instructor(s): 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."

## 10 Warning Signs of Alzheimer's

**Subject Area:** Health/Wellness

**Tuesdays:** 2 Sessions 1:30 PM - 3:00 PM   **Start:** Tue 1/21/20 **End:** Tue 1/28/20

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

### Course Description

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

The one-hour program covers:

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

Instructor(s): Emerald Welch

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

## [American History for Skeptics Part II](#)

**Subject Area:** History/Current Events

**Tuesdays:** 8 Sessions 1:30 PM - 3:00 PM   **Start:** Tue 1/21/20 **End:** Tue 3/10/20

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

### Course Description

This course is part two of a three-part series on American History for skeptics. We will cover the Civil War's Actual Turning Points through the Roaring Twenties. Weekly topics will include The Myth of Laissez-Faire, Misconceptions about the Original Populists, the Strange History of Labor in America, Myths about American Isolation and Empire, Early Progressives were Not Liberals, and Woodrow Wilson and the Rating of Presidents. We will view a 30-minute lecture from The Great Courses followed by a discussion with support, criticism, and skepticism for all material. A lively discussion is essential for a good learning experience. The main goal is to have fun at every meeting.

Instructor(s): Don Laws

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

## [Great Decisions: National Foreign Policy Association Discussion Program](#)

**Subject Area:** History/Current Events

**Tuesdays:** 9 Sessions 1:30 PM - 3:00 PM   **Start:** Tue 1/28/20 **End:** Tue 3/24/20

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

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

### 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. Topics for 2020: Climate Change and the Global Order, India and Pakistan, Red Sea Security, Modern Slavery and Human Trafficking, U.S. Relations with the Northern Triangle, China's Road into Latin America, the Philippines and the U.S. and Artificial Intelligence.

Last Updated: 3/6/2020 8:29 AM

Cost per participant: \$25.00 per person (not per couple) to cover the textbook, class DVD, and teaching materials. After Priority Request Registration is complete, a link to purchase the book will be sent to all enrolled members.

Instructor(s): Judith Vandewater, Art Quinn, Lynn Underhill

Judith Vandewater has an undergraduate degree in Sociology from UC-Santa Barbara, a MA in English: Creative Writing from San Francisco State University and a California Secondary Teaching Certificate from San Jose State University. She has taught overseas on Fulbright Exchanges in Vietnam, Taiwan and Slovakia.

Art Quinn has a Ph.D. in Plant Breeding and Genetics, and worked thirty years for an international seed company based in Germany. Art has traveled extensively in Europe, and has witnessed the results of foreign policy decisions in numerous eastern European countries. Art is a Vietnam veteran. Art has been a discussion leader for Great Decisions for a number of years.

Lynn Underhill has an undergraduate degree in Philosophy from the University of Texas and a Master's degree in Systems and Industrial Engineering from the University of Arizona. She traveled and worked in the US, Europe and Australia with IBM and has lead and is facilitating transformational programs with Landmark Education.

## [Adventures in Music](#)

**Subject Area:** Arts/Culture

**Tuesdays:** 4 Sessions 1:30 PM - 3:00 PM   **Start:** Tue 2/18/20 **End:** Tue 3/10/20

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

### Course Description

Adventures in Music is a series of video classical music presentations along with lecture. Each semester every program is designed to explore a mix of compositions, styles and musical subjects from the familiar to less known works. This Spring term, Adventures in Music will focus on the Magnificent Russians of the Romantic Period.

Instructor(s): Charles McClellan

Charles McClellan has presented numerous OLLI classes utilizing his expertise in music history and in Climatology. His personal interest in music led to classes at UCLA in music theory, composition and music history.



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

**Subject Area:** Social Sciences

**Tuesdays: Single Session** 1:30 PM - 3:00 PM   **Start:** Tue 3/17/20

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

### Course Description

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

**Instructor(s):** Angie McBride, Bob Gilchrist

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

Bob has been a CASA Volunteer since 2017. He retired in 2013 from a 40-year career with Ryerson Steel. While at Ryerson he held several sales, marketing and management positions. He managed plants in Cleveland, New York and Suzhou, China. He retired; as he was the Global Vice President of Sales. When he retired, he moved to Tucson to relax, play golf and hike. What he found was a desire to find a way to give back. That's when he found CASA. Bob received BA degree from Muskingum University, and an MBA from Case Western Reserve University. His wife, Jean, and he raised two children, and they have three grandchildren.

## [Courtroom Trial Movies](#)

**Subject Area:** Arts/Culture

**Tuesdays:** 6 Sessions 3:30 PM - 6:00 PM   **Start:** Tue 1/21/20   **End:** Tue 2/25/20

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

### Course Description

We will view and discuss courtroom trial movies - cases that are more complicated than they appear, attorneys who grapple with moral quandries, and the role of women entwined in the legal system. Class leaders will be Don Kamin and Ceri Hugill, a retired attorney who will discuss some of the legal aspects (and perhaps inaccuracies) presented in the movies. We will also observe courtrooms in Australia, India, and other international locations. Movies being considered include: A Cry in the Dark, Pink (from India), The Music Box, Legally Blonde, and others.

Instructor(s): Donald Kamin, Ceri Hugill

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

Snowbird in GV since 2007/2008. Delivered this course for several years, except 2018. Retired Canadian Barrister & Solicitor following 35 years of legal practice in Niagara, Canada. Graduated McGill University, Montreal, Quebec, 1967 with a BA (History, Economics, Political Science); then Dalhousie Law School, Halifax, Nova Scotia, 1970 with a JD; finally a Certificate in Advanced Mediation, York University, Toronto, Ontario.

## Discuss the Science News

**Subject Area:** Science/Math/Technology

**Tuesdays:** 10 Sessions 3:30 PM - 5:00 PM   **Start:** Tue 1/21/20 **End:** Tue 3/24/20

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

### Course Description

We will be using several scientific news websites, science publications, and broadcast sources in this course. 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(s): Bob Schaffer, Charles McClellan

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.

Charles McClellan has presented numerous OLLI classes utilizing his expertise in music history and in Climatology. His personal interest in music led to classes at UCLA in music theory, composition and music history.

## Roanoke, and the Mystery of the Lost Colonists

**Subject Area:** History/Current Events

**Tuesdays:** Single Session 3:30 PM - 5:00 PM   **Start:** Tue 3/3/20

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

## Course Description

John Smith landed on Roanoke Island in North America with 117 English Colonists in July 1587. He left on August 27, intending to return the following spring with needed supplies. Events intervened (including the Spanish Armada) and he finally returned in 1590, only to find the colony abandoned. What happened to the Colonists is an enduring mystery.

Instructor(s): Charles Wright

Charles is a retired Architect. During his career he was involved in a number of projects for International Organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

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

**Subject Area:** Arizona History/Culture

**Thursdays: Single Session** 3:30 PM - 5:00 PM   **Start:** Tue 3/24/20

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

## Course Description

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

Instructor(s): Meg Hovell, Loring Green

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

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

# Wednesdays

## [Emerging Authors Workshop](#)

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

**Wednesdays:** 9 Sessions 9:00 AM - 10:30 AM   **Start:** Wed 1/22/20 **End:** Wed 3/25/20 - **Skips March 18**

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

## Course Description

In this nine week creative writing class (no class on March 18th), we will explore the fundamentals of craft. A basic rule of thumb is that one should know the rules of writing, before one tries to break them. During this

introductory course we will discuss the Dramatic Arc (Freitag's Pyramid), first and third-person narratives (Point of View), setting, dialogue, description, voice, scene, and revision.

In this Writers Workshop, a group of students will read, critique, and discuss each other's stories. Each week students will be given prompts (examples from famous authors) and are then tasked with creating 1 - 1 1/2 pages of prose. These exercises are designed to spark the imagination while teaching the in's-and-out's, and the do's-and-don'ts of creative writing. These tools, once practiced and learned, can be applied to all genres of writing, including Literary Fiction, Thrillers, Romance, Fantasy, Memoir, and Creative Non-Fiction. I know that the first step is often the hardest, but take my word for it, it can also be the most exhilarating. Isn't time to get started? There is no class on March 18th.

Instructor(s): Stephen Harnish

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

## Morocco: Crossroads of Cultures and Continents

**Subject Area:** History/Current Events

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Wed 1/22/20 **End:** Wed 1/29/20

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

### Course Description

Morocco - located in North Africa, linguistically/religiously connected with the Middle East, separated from Europe by less than nine miles by sea - has traditionally been a crossroads of ideas and migrations. This course will explore these interactions from medieval times through the present day.

The story spans cultures and continents, involving Amazighs (indigenous North African "Berbers"), Muslim Arabs, and Jews from Morocco, as well as sub-Saharan Africans and Christian Europeans. Relationships - trade, conquest, the sharing of knowledge, and movements of population - varied over time. In medieval times, Morocco played a key role in the transmission of scientific knowledge and ideas to Europe, and Arab influences are still seen today in Spanish language and architecture. An era of European colonization of Morocco changed the direction of ideas and left permanent marks on Moroccan culture. Relations with sub-Saharan Africa have also developed over centuries from overland trade routes to regional investment and cooperation.

Further, Morocco is the key to migration between Africa, the Middle East, and Europe. In the time of medieval Spain, Muslims and Jews moved from south to north, a direction that was reversed when Spain expelled both groups in 1492. Later, European colonists moved to North Africa; later still, Jews migrated from Morocco to Israel. Today, Morocco is the key to controlling migration from Africa to the European Union.

This course will explore all these themes, allowing us to explore the contributions of one of the world's great borderlands.

Instructor(s): Lisa Adeli

Lisa Adeli is the Director of Educational Outreach at the University of Arizona Center for Middle Eastern Studies. She has a PhD in history, specializing in the modern Balkans and the modern Middle East. A high school educator by background, she is a teacher fellow with the U.S. Holocaust Memorial Museum, the National World War I Museum, and the U.S. State Department teachers' programs. She has won several national-level awards, including the National Council of the Social Studies' award for Global Understanding. She shares her love of travel by organizing travel abroad programs for teachers and the general public.

## [The Power of Imagery and Intuition for Self Discovery](#)

**Subject Area:** DIY/Self-Help

**Wednesdays:** 6 Sessions 9:00 AM - 10:30 AM   **Start:** Wed 1/22/20   **End:** Wed 2/26/20

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

### Course Description

While our Western mind is always looking to understand ourselves through logic and fact-based information, our inner mind often tells us more about ourselves through imagery and intuition. During this six-week course, we will explore the power of imagery and intuition in its many forms, decipher its personal meanings, and learn how and when to integrate higher mind guidance during this chaotic time of change. Each class will include guidelines, interactive experiences, group sharing, and journaling.

Instructor(s): 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.

## [Mystic Poetry of Rumi, Hafiz, and Darshan](#)

**Subject Area:** Philosophy/Religion

**Wednesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Wed 2/5/20

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

### Course Description

We'll begin with a discussion of what mysticism is. Then we'll discuss why these poets have been popular through the ages and into modern time. We'll talk about special symbolism used by these poets and examine some of their poems.

Instructor(s): Joseph Ambrosic

Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long term student and teacher of meditation, with over 40 years of experience.

## Secrets of the Yellow Brick Road -- The Spirituality of Oz

**Subject Area:** Philosophy/Religion

**Wednesdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Wed 2/12/20

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

### Course Description

Unbeknown to most everyone, Frank Baum's inspiration for The Wizard of Oz came from esoteric eastern mysticism. We'll review the movie and then discuss how it is an allegorical tale of the soul's journey. Dorothy's journey represents an expedition to other dimensions. You'll come away with a deeper appreciation for this wonderful American fairy tale.

**Instructor(s):** Joseph Ambrosic, Marlin Lockrem

Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long term student and teacher of meditation, with over 40 years of experience.

Marlin is a retired math teacher with over 30 years of experience teaching high school and college math courses. He has made a study of eastern philosophy and its effect on western attitudes. He and his wife are snowbirds from North Dakota.

## Secrets to Happiness

**Subject Area:** DIY/Self-Help

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Wed 2/19/20 **End:** Wed 2/26/20

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

### Course Description

This is a 2-week class designed to help us understand how certain thoughts and beliefs influence our joy and contentment. We'll examine what ideas experts can present to enhance a more meaningful perspective about life. This is a fun and thought-provoking class.

**Instructor(s):** Joseph Ambrosic

Joe is an educational professional with an advanced degree in counseling and school psychology. He is also a long term student and teacher of meditation, with over 40 years of experience.

## Three Who Lead: Kino, Muir, Pinchot

**Subject Area:** Arizona History/Culture

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Wed 3/4/20 **End:** Wed 3/25/20

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

## Course Description

America, the creation of great minds; men and women of all races and backgrounds. Some are remembered, carved in stone or cast in bronze yet there are those few residing on the back benches of History having had significant impact on our nation. This will be a visit to those back benches and to some of those, not forgotten but not well remembered along with one other, well remembered but little appreciated.

Instructor(s): Gil Lusk

Dr. Gil Lusk is a retired National Park Service employee with 35 years of experience (1962-1997), mostly serving as a Superintendent of several National Parks such as Glacier, Big Bend, Wolf Trap Farm and Valley Forge. He has served on the Montana Nature Conservancy Trust Board, the Sonoran Institute in Tucson, and on the Board of the Governor's Flathead Basin Commission in NW Montana. Today, he serves as Town Councilman for Sahuarita, AZ and as a member of the Green Valley Council Executive Council. He and his wife Catherine have lived in Quail Creek since 2003.

## [Western Movies of the Golden Age](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 3 Sessions 9:00 AM - 11:00 AM   **Start:** Wed 3/11/20 **End:** Wed 3/25/20

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

## Course Description

Westerns enthralled audiences almost from the beginning of cinema. The very first American narrative film was a western. The popularity of the genre continued almost unabated until the early 1950's when cowboys and Indians racing across the western skyline began to fade.

But during the "Golden Age" cowboy films were tops at the box office and on the little tv screens all across the United States. Millions of children, and even some of their parents, crowded into neighborhood theaters to watch Hoppy, Gene and Roy corral the bad guys and usually not get them.

Most of the stars of the B-westerns are not known today but they made major contributions to the culture and even perhaps the moral values of America. This discussion group, with an emphasis on westerns made in Arizona, explores this almost forgotten genre with specially produced short films covering not only the featured players but film production and its effect on the world.

Instructor(s): Philip Wenstrand

Phil Wenstrand has been involved in media almost his entire life. As a teenager he became interested in the movie business and began collecting silent films. He spent most of his adult life in commercial television in a number of roles including cameraman, producer and television news director. He has been making documentary films for TV and theatrical showings for over 40 years. One of his hobbies is the history of cinema and in particular the technical side of film and video production.



## Open the Door to Tai Chi (Yang 24 Form) Part I

**Subject Area:** Health/Wellness

**Wednesdays:** 10 Sessions 11:00 AM - 12:30 PM   **Start:** Wed 1/22/20 **End:** Wed 3/25/20

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

### Course Description

Open the Door to Tai Chi, (Yang 24 Style), (PART I) introduces a gentle practice of Tai Chi to the beginner, a practice derived from a martial art fighting style that originated in China in 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 each form, as well as connections between the forms, while calming the mind by incorporating slow, uniform breathing. The list of physical, mental and emotional benefits provided by Tai Chi are too numerous to name, and it is the most popular exercise in the world today. The learning is complex, as it exercises the participant's memory and ability to focus as well as the body. This has led to a decision to create a second class, (Part II) for those who complete Part I and wish to continue their study to better learn Tai Chi and increase the benefits received. Missing classes is discouraged, as the movements learned and practiced flow from one to the next throughout and catchup is difficult.

A suggested manual is entitled Open the Door to Tai Chi, authored by Ms. Dianne Bailey and available through Amazon for \$7.99. Videos of the Yang 24 Style will be provided by the class Teacher after the second class, for your practice and future use.

**Instructor(s):** 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 2016, and continues to study with his teacher, the creator of the International Open the Door to Tai Chi program.

## Simplified Investing in Index Funds

**Subject Area:** DIY/Self-Help

**Wednesdays:** 6 Sessions 11:00 AM - 12:30 PM   **Start:** Wed 1/22/20 **End:** Wed 2/26/20

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

### Course Description

This class reviews the book "The Elements of Investing" Updated Edition by Burton G. Malkiel and Charles D. Ellis. The format is reading, at home answering of weekly questions followed by class discussion, plus discussion of issues brought forth by the class attendees. Internet access and review of specific investments will also be included. The level of prior knowledge needed to actively participate is basic financial investing terminology. Materials needed to participate include the Malkiel/Ellis book "The Elements of Investing" Updated Edition, which can be obtained from Amazon.com, plus an email address for receiving weekly electronic hand outs including questions and notes. Bring your book to the first session. The objectives of the class include discussion

of retirement planning, budgeting, investing in stock market index funds, personal asset allocation and managing your retirement investments. Successfully completing the class should result in a better understanding of simple, diversified, easy to manage, retirement investing for beginners. It is highly recommended that attendees share this class with their children and/or grandchildren who are ready to begin investing for retirement. With this in mind, all homework, questions and hand out notes will be provided electronically each week and all copy rights will be waived by the presenter for all who attend this class.

Instructor(s): Michael Schaefer

Michael Schaefer is founder of Pacific Construction Consultants company (specializing in construction cost audits). He presented Construction Audit training seminars in all major cities in the U.S. training over 1,600 in this specialty. The company continues to operate from its headquarters in Redmond, Washington and is now in its 39th year. Because Pacific Consultants contributed to employee retirement accounts, Mr. Schaefer felt he had to learn about self-directed retirement investments to educate his employees on investing funds contributed by the Company. Mr. Schaefer has a B.S. in Aeronautics from St. Louis University and an MBA (Finance) from Eastern Michigan University.

## [The 2020 Election](#)

**Subject Area:** History/Current Events

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Wed 1/22/20 **End:** Wed 2/12/20

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

### Course Description

Next year will be our 59th quadrennial election and it is shaping up to be perhaps the most contentious in our history. Throw in the potential impeachment of the current President and the Chinese saying "may you be born in interesting times" seems made to order for America in 2020. Over the course of four weeks we will discuss the candidates and issues related to each of the major federally elected offices (President, Vice President, House of Representatives and Senate) as well as Registration, Voting and Turnout. So start boning-up on the issues and polish-up your crystal ball folks. As Betty Davis famously said "it's going to be a bumpy ride".

Instructor(s): Steve Nelson

Steve Nelson was born in Texas and 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. He spent the next 43 years developing computer systems to support Health Insurance, Social Services Eligibility and Financial Information Systems in the United States and the Asia-Pacific region. Since retiring in late 2015 Steve served on the board of AT HOME promoting affordable workforce housing in Evergreen, Colorado. He has been a facilitator at the OLLI University of Arizona Green Valley Campus since 2018.

## Debunking Henry Ford and his Anti-Semitism

**Subject Area:** History/Current Events

**Wednesdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Wed 2/12/20

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

### Course Description

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

In contrast, with appreciation, we look at examples of protest and resistance from the Jewish and general communities at the time. These include assorted writings, petitions, sermons, libel suits, and a boycott of Ford motor vehicles.

**Instructor(s):** Evyn Rubin

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

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

**Subject Area:** Arts/Culture, Science/Math/Technology

**Wednesdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Wed 2/19/20

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

\$45.00 for optional field trip for those wishing to participate

### Course Description

When artists and scientists collaborate on finding solutions to the environmental challenges of the 21st century such as loss of habitat and biodiversity and effects from climate change, creative and innovative research with the potential for inventive eye-opening solutions are possible. Learn how EcoArtists, locally and globally use their art to engage in non-traditional and alternative research methods for exploring and finding solutions to environmental issues. In this presentation, audience members will learn about and view examples of EcoArtists working locally (in the Sonoran Desert) and globally who use their art and creativity to engage in finding solutions to known environmental issues. Details about a field trip will be shared in class. There will be a \$45.00 fee for those wishing to participate.

Instructor(s): Lee Ann Woolery

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

## Long Term Trends Which May Affect Your Retirement

**Subject Area:** History/Current Events

**Wednesdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Wed 3/4/20

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

### Course Description

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

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

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

Instructor(s): Doyle Ranstrom

Doyle Ranstrom is a CFP, who also has a Masters in Financial Planning and 40+ years of experience in the financial service industry. He sold his firm at the end of 2016 and started a consulting company. His website [www.doylearanstrom.com](http://www.doylearanstrom.com) both contains his bio and articles written primarily by himself.

## Mark Twain: The First True Author of American Literature

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

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Wed 3/4/20 **End:** Wed 3/25/20

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

### Course Description

Samuel Clemens rose from the backwoods of Missouri, where he spent his boyhood, to become known as Mark Twain, America's best-loved author. He wrote what has been described as the first great American novel, "Huckleberry Finn". Ernest Hemingway called it the "beginning of American Literature."

In this class we will be viewing a 30 minute video based on Mark Twain's life, love, stupendous success and crushing defeat. We will also discuss both Mark Twain and the novel "Huckleberry Finn", and read hand outs based on Twain's autobiography.

**Instructor(s):** Marilyn Jameson, Mike Moore

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

Mike Moore, a native of Missouri, retired as editor of The Bulletin of the Atomic Scientists in 2000. He also served as editor of the Quill, the magazine of the society of Professional Journalists, and was an editor at four major newspapers. He was general editor of Health Risks and the Press: Perspectives on Media Coverage of Risk Assessment and Health. Moore's book "Twilight War: The Folly of U.S. Space Dominance", was published in March 2008. In May of 2009, "Twilight War" won the national Benjamin Franklin Award in current events.

## The Economy Explained, What You Need to Know Today

**Subject Area:** History/Current Events

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Wed 3/4/20 **End:** Wed 3/25/20

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

### Course Description

The Economy Explained helps you make sense of what's happening today. It's a quick hit of insight into technology, business, and the economy. The ongoing trade war, the latest insights about income and wealth inequality and how technology is reshaping our lives are several issues that will be discussed. Subscribe to the daily podcast Marketplace, Marketplace Tech and Make Me Smart

Instructor(s): Rick Ernst

Rick is a retired financial advisor who has led over 20 OLLI courses such as UnSpun, Finding facts in a World of Disinformation, Last Call the Rise and Fall of Prohibition, the Battle for the Soul of Capitalism and Smuggler Nation.

## What Kind of Hawk is That?

**Subject Area:** Science/Math/Technology

**Wednesdays: Single Session** 11:00 AM - 12:30 PM    **Start:** Wed 3/11/20

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

### Course Description

Birds of prey can be challenging to identify. Here is an opportunity to learn some simple characteristics to help you identify these birds. Stephen Vaughan is a professional photographer and ornithologist that has put together some formulas to guide you through this process. This program will be followed up with an optional field trip to the Tubac Hawk Watch on March 15th. Information regarding the field trip will be provided in class regarding directions, parking, and what to bring.

Instructor(s): Stephen Vaughan

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

## Understanding the Human Energy Field

**Subject Area:** Health/Wellness

**Wednesdays: Single Session** 11:00 AM - 12:30 PM    **Start:** Wed 3/18/20

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

### Course Description

The human electromagnetic energy field contains energy patterns which define our spiritual, mental, emotional and physical makeup. This is an ancient understanding which describes the subtle energies that we use in our everyday lives. It is being recognized by mainstream science, as sensitive instruments can now detect these subtle energy fields. Understand what these energy fields are and how to work with them for enhanced well-being.

Energy therapy involves the balancing of subtle life force energy fields, which can positively affect the body and health. Learn about various energy therapies, which can help promote balance of body, mind and spirit. Understand the role that the chakra system plays in your daily life.

\*Recommended pre-requisite for 'Advanced Human Energy Field and Chakra Exploration'.

Instructor(s): Debra Peterson

Debra has received training and experience in the holistic health field for many years. Her scientific background includes a Master of Science degree in Environmental Science and Natural Resources. Employment experience includes engineering technology. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Debra taught holistic health and energy therapy classes at community education schools, and in private class offerings. Her experience in these fields includes being a trained energy therapist, stress management consultant, and holistic health practitioner.

## Advanced Human Energy Field and Chakras Exploration

**Subject Area:** Health/Wellness

**Wednesdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Wed 3/25/20

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

### Course Description

Open your understanding of the human 'biofield', a scientific term that the National Institute of Health used to describe the field of energy and information that surrounds and interpenetrates the human body. This field is composed of both electromagnetic energy and subtle energy. Delve deeper into the understanding of our various energy fields and how they affect us. Learn techniques to 'feel' your subtle energy, and how use it for positive transformation.

The 'chakra system' refers to spinning energy vortices which are structures in the body's subtle energy anatomy. Chakra balancing is the process of restoring a harmonious flow of energy in your chakra system. When your chakras are balanced, you may feel relaxed, centered and more balanced. Understand what each chakra means, and learn chakra balancing exercises.

\*Recommended pre-requisite is: 'Understanding and Working with the Human Energy Field'.

Instructor(s): Debra Peterson

Debra has received training and experience in the holistic health field for many years. Her scientific background includes a Master of Science degree in Environmental Science and Natural Resources. Employment experience includes engineering technology. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Debra taught holistic health and energy therapy classes at community education schools, and in private class offerings. Her experience in these fields includes being a trained energy therapist, stress management consultant, and holistic health practitioner.

## Hatha Yoga

**Subject Area:** Health/Wellness

**Wednesdays:** 10 Sessions 11:45 AM - 12:45 PM   **Start:** Wed 1/22/20 **End:** Wed 3/25/20

**Location:** Community Learning Center - CPAC Rehearsal Room



## Course Description

This is a series of ten, 90 minutes classes focused on alignment, grounding, range of motion, and balancing the body's energies to leave you at the end in a state of relaxed awareness. We achieve this by practicing sitting and lying postures, plus standing and balancing postures. Bring a yoga-specific mat and any yoga equipment you have like blocks, straps, and blankets. Eat a light breakfast early.

Instructor(s): Helen Boyd, Matthew Boyd

Helen has 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 its inception. Other styles of yoga Helen offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, in gyms, community college, and workshop settings to all age groups.

Matthew Boyd has practiced yoga for 40 years starting when he was running marathons. He got certified to teach in 1995 with YogaFit.

## [Astrophysics for People in a Hurry](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 8 Sessions 1:30 PM - 3:00 PM   **Start:** Wed 1/22/20   **End:** Wed 3/11/20

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

## Course Description

We will read and discuss "Astrophysics for People in a Hurry" by Neil deGrasse Tyson. Class sessions will be augmented by videos and additional suggested readings. The branch of physics/astronomy we are studying this term is called Cosmology. It is concerned with the beginning, evolution, and growth of the Universe; its large-scale structures and dynamics, the scientific laws that govern these areas, and eventual fate of the universe. The field itself is highly quantitative and theoretical whereas we are going to employ a descriptive approach to the subject matter. As a result, we will eschew some of the finer nuances in favor of general comprehensibility.

Instructor(s): 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.

## Open the Door to Tai Chi (Yang 24 Form) Part II

**Subject Area:** Health/Wellness

**Wednesdays:** 10 Sessions 1:30 PM - 3:00 PM   **Start:** Wed 1/22/20 **End:** Wed 3/25/20

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

### Course Description

Open the Door to Tai Chi, (Yang 24 Style), (PART II) continues the Tai Chi (Yang 24 Style) experience began in the OLLI program Part I. Participants **MUST** have attended/on the roster for at least 70% of the classes in the Part I course. Participants will study and further develop their abilities with each of the 24 forms encountered in Part I, as well as becoming more proficient with the motion transitions between the forms. They will study the relationship of each form to the Martial Arts movement from which the form was derived. These classes, by necessity, will be smaller in number. Please prepare for Part II by practicing Chi walking, as well as reviewing your videos from Part I and practicing the forms as best you can.

**Instructor(s):** 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 2016, and continues to study with his teacher, the creator of the International Open the Door to Tai Chi program.

## Ancient Egypt's 19th Dynasty

**Subject Area:** History/Current Events

**Wednesdays:** 3 Sessions 3:30 PM - 5:00 PM   **Start:** Wed 1/22/20 **End:** Wed 2/5/20

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

### Course Description

Join me for a three week class in which we will explore Ancient Egypt in the 19th Dynasty. Following the late 18th Dynasty, which saw tremendous upheaval due to the heretic pharaoh Akhenaten, the 19th Dynasty saw Egypt reach the peak of its power. During the class, we will discuss the pharaohs and major events of this time. This will include a focus on the reign of Ramesses II. Such was his stature that later Egyptians referred to him as the Great Ancestor. We will discover why that is the case, and much more, during the class.

**Instructor(s):** 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.

## [Reading The Economist with Non-Economists](#)

**Subject Area:** History/Current Events

**Wednesdays:** 10 Sessions 3:30 PM - 5:00 PM   **Start:** Wed 1/22/20 **End:** Wed 3/25/20

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

### Course Description

Join us to read and think about the news as reported in the world's most influential weekly news magazine. The Economist has an international perspective, examining countries and current developments on a wide range of topics. Written for the general public, the magazine has something for everyone - reportage, commentary, profiles, criticism, statistics, and even cartoons. Articles are typically 1-2 pages.

A background in economics is NOT necessary. Each week 4 or 5 class members volunteer to take a different article from the current issue and prepare a short summary and commentary for the class the following week. In addition, the entire class will read a major article for discussion. A print or digital subscription is required - currently \$12 for 12 weeks. Expect to participate in lively discussions on current topics!

**Instructor(s):** Charles Wright, Jack Burks

Charles is a retired Architect. During his career, he was involved in a number of projects for International Organizations in Europe, Africa, Asia, South America, and the Caribbean. Join us for some interesting discussions.

Jack received a classical liberal arts education at Swarthmore and an MBA from Harvard. Natural inclination and professional necessity have led him to a life of encyclopedic reading in order to hang some flesh of understanding on the bones of education. He hopes the excitement of that quest will infect this class too.

## Thursdays

## [Perspectives on Aging: Research & Resources](#)

**Subject Area:** Health/Wellness

**Thursdays: Single Session** 9:00 AM - 10:30 AM   **Start:** Thu 1/23/20

**Location:** Quail Creek - Ocotillo Room

### 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(s): 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.

## [Rediscovering a Love of Poetry: Reading Short Poems](#)

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

**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Thu 1/23/20 **End:** Thu 2/13/20

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

### Course Description

Remember when you were a child, reading poetry was fun and interesting? Most of us long ago lost that enthusiasm, so let's get it back. During the four meetings of this discussion group we will read (about) 60 short poems from England and the United States. These poems are some of the best short poems in the English language over the past four hundred years. We will read the poems aloud; group members will have the opportunity to recite poems, as their willingness permits. Emphasis will be on the sound and meaning of the poems, with discussion of the poetic forms represented. Almost all of the poems are one page or shorter. The group leader will provide copies of all the poems (no textbook necessary). Group members will have the chance to share their own favorite short poems--please bring copies for your colleagues. Come and renew--or find for the first time--an interest in some of the best poets and short poems in our language. No technical knowledge of poetry is assumed, although you will pick up some sense of how poems are constructed as we read and talk about the poems.

Instructor(s): Thomas Bambrey, Roselie Bambrey

For 35 years Tom Bambrey taught British and American Literature at colleges and universities. He holds a B.A. in English from Wabash College and an M.A. and Ph.D. in English from the University of Denver. Tom's teaching includes a broad spectrum of topics with special attention to British Romanticism, the 20th Century American novel, and the Literature of Sports in America. His approach is open-ended and encourages discussion. Beyond teaching he served in college and university administration, primarily as a Dean/Vice President for Student Affairs. In addition, Tom has consulted widely on business writing with businesses and corporations.

Roselie Bambrey has an extensive background in higher education as a program director, classroom teacher, and campus dean. She taught English literature, expository, business, and technical writing, and college/life

success courses for high-risk college students. She conducted a test preparation program and tutored students privately for college admissions. She served as a writing consultant for several major corporations.

## Who Says You Can't Sing?

**Subject Area:** Arts/Culture

**Thursdays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Thu 1/23/20 **End:** Thu 2/6/20

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

### Course Description

Who says you can't sing? Come and find out! "We don't stop singing because we grow old; we grow old because we stop singing," a quote by George Bernard Shaw. If you think you can't sing or if you used to sing and wonder if you still can, come join us and explore techniques to find your voice and gain confidence singing.

**Instructor(s):** Priscilla Zimmermann

Priscilla Zimmerman is a retired music teacher from the Santa Fe Public Schools (New Mexico) and semi-retired from Santa Fe Community College. Her 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. She firmly believes that singing is a learned skill and people of any age can learn these skills. She teaches basic singing techniques through vocal exercises and songs of various styles.

## Nature of Madera Canyon

**Subject Area:** Science/Math/Technology

**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM **Start:** Thu 1/30/20 **End:** Thu 2/20/20

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

### Course Description

Lecture series on the natural history of Madera Canyon and surrounding Santa Rita Mountains. Program includes canyon geology/formation, regional climate, sky island bio-geography and elevation-dependent life zones with diverse plant communities featuring beautiful plants and fascinating animals. PowerPoint presentation format with professional-quality photography. Class 1- canyon overview, Class 2- plants, Class 3- animals, Class 4- field trip to Madera Canyon

**Instructor(s):** 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.

## A Skeptic's View of Climate Change

**Subject Area:** Science/Math/Technology

**Thursdays:** 6 Sessions 9:00 AM - 10:30 AM   **Start:** Thu 2/13/20 **End:** Thu 3/19/20

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

### Course Description

Climate change has dominated the news and will probably be a major issue in the 2020 election. Is the science settled? Is CO<sub>2</sub> behind all our climate issues? Why would anyone challenge the wisdom of a U.N climate change panel or the U.S. Climate Change Research Program? Practically all major news outlets say the world is warming and CO<sub>2</sub> is the culprit. Can they all be wrong?

Natural cycles, primarily ocean oscillations, dominate monthly, yearly and decadal weather patterns. We will review several oscillations and their impact on sea ice, glaciers, droughts, floods, forest fires and global temperatures. We'll look at the most recent U.S. Climate Assessment and how withholding key information in the report was used to create a false impression of impending doom.

The Little Ice Age, Medieval Warm Period, Late Antiquity Ice Age, and the Roman Climate Optimum were real and global. The warm periods are comparable to what we are experiencing today and were generally of benefit to humanity. NASA has documented that the planet has greened 5% over the last 20 years. This greening is consistent with past warm periods. Can solar and wind be the answer? We'll look at energy production and requirements. Open discussion is encouraged. Civility will be the rule.

**Instructor(s):** Bob Barry

Bob has had three careers. He was a traditional Navy line officer serving in destroyers and riverboats. After receiving an M.S in Oceanography he served 16 years as an oceanography specialist, primarily involved in Anti Submarine Warfare (ASW). His third career was as a program manager for satellite systems at Ball Aerospace. He has been an OLLI study group leader for 7 years teaching about observing the ocean from space. His emphasis has been on ocean oscillations and their impact on weather and climate.

## Can We Talk About This?

**Subject Area:** History/Current Events

**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Thu 2/27/20 **End:** Thu 3/19/20

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

### Course Description

There are many institutions and issues in America that generate spirited debate among its citizens, regardless of party affiliation or level of participation in our political processes. In the second year of the "Can We Talk About This" series we will address four of them:

- American Media and Fake News
- Income Inequality

- Education
- Racism

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

1. What does history tell us?
2. What is the cost of maintaining the 'status quo'?
3. What actions have been taken and what have been the results?
4. How do we move forward?

Instructor(s): Steve Nelson

Steve Nelson was born in Texas and 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. He spent the next 43 years developing computer systems to support Health Insurance, Social Services Eligibility and Financial Information Systems in the United States and the Asia-Pacific region. Since retiring in late 2015 Steve served on the board of AT HOME promoting affordable workforce housing in Evergreen, Colorado. He has been a facilitator at the OLLI University of Arizona Green Valley Campus since 2018.

## [Baby's Breath Project - Perspectives on Educating Guatemalan Midwives in Infant Resuscitation](#)

**Subject Area:** Social Sciences

**Thursdays:** 2 Sessions 9:00 AM - 10:30 AM   **Start:** Thu 3/19/20 **End:** Thu 3/26/20

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

### Course Description

Baby's Breath Project travels annually to Guatemala with a team of nurses who are trained in neonatal (newborn) resuscitation. These nurses spend their days teaching midwives the "Helping Babies Breathe" program which was designed by the American Academy of Pediatrics and is specifically utilized in low and middle income countries. The main goal of this program is to decrease the rate of infant mortality in these countries. How does Baby's Breath Project help meet this goal? What is the role of the midwife in Guatemala? What is the "Helping Babies Breathe" program and how does it address the issue of infant mortality? These questions will be answered along with the opportunity to see the program aids and try your skills in resuscitation with a teaching doll.

Instructor(s): Meg Dornfeld

Meg Dornfeld is a RN who worked in a Neonatal Intensive Care Unit for 28+ years at the Children's Hospitals and Clinics in Minneapolis, MN. She taught nurses the Neonatal Resuscitation Program for over 25 years and has been teaching in Guatemala since 2008. In 2013, she was recognized by the Minnesota Nurses Association for her creation and development of the non-profit organization, Baby's Breath Project.



## [Fear, Anger and Sadness: Birthplaces of Compassion](#)

**Subject Area:** DIY/Self-Help

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 1/23/20 **End:** Thu 2/20/20

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

### Course Description

Fear, anger and sadness can wound our hearts. As a result, people often choose to ignore, deny, or suppress these emotions. In actuality, these wounded spots within us are the same places that hold and create kindheartedness.

This class will explore the emotions of fear, anger, and sadness as ways to create compassion and tenderness. We will examine these emotions and why they often trigger us. Additionally, we will link these feelings to the kind-hearted and compassionate core of ourselves. Finally, we will discuss ways to understand and open ourselves to these three feelings and how these seemingly negative emotions can heal and transform us. Come to learn how to become wounded healers. Please bring your experiences, wisdom, and insights to share in this discussion.

**Instructor(s):** 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.

## [Rocks and Scenery of the Green Valley Area](#)

**Subject Area:** Science/Math/Technology

**Thursdays:** 2 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 1/23/20 **End:** Thu 1/30/20

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

### Course Description

What do we really see when we look at the mountains and desert around us? These lectures address the geology of our area and how it affects us. We will learn how the mountains got there and why they are so pointy, why we have copper mines and limestone caverns, why there are springs around Madera Canyon, why Elephant Head looks different, and we'll hold actual rocks in our hands! No previous knowledge of earth science is required; we'll start from scratch. The study group has an expanded time format to allow us to consider additional local parks and spend more time looking at rocks and discussing questions.

**Instructor(s):** Kevin Allison

Kevin Allison is a geophysicist/geologist from Louisiana and Colorado. He has explored for oil and gas around the world for the last 40 years, and taught for a while at Louisiana State University.

Last Updated: 3/6/2020 8:29 AM

## The Best of Kurt Vonnegut

**Subject Area:** Arts/Culture

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 1/23/20 **End:** Thu 2/27/20

**Location:** Quail Creek - Ocotillo Room

You must have a copy of each book.

### **Course Description**

Reading some of Kurt Vonnegut's best novels and short stories (no fair just showing up without reading beforehand) and discussing *Cat's Cradle*, *The Sirens of Titan* (personal favorite) and *Welcome to the Monkey House* (short stories) with study guides from me as to what to look for.

Even if you read any of these years ago, you and the world are different - you need to re-read for this class. Amazon has plenty of perfectly fine used copies. You need to buy or borrow these books to take the class... As you know, these are not "just" Science Fiction - Vonnegut was an acute cultural commentator, and is funny as hell.

**Instructor(s):** 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.

## Photography as Art

**Subject Area:** Arts/Culture

**Thursdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Thu 2/6/20

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

### **Course Description**

Photography has had a long history (since 1839) but during its first century it was mostly regarded as a means of documenting reality, not as an art form. That attitude changed slowly in the 20th century to the point that photography is now recognized as an important art form. In this study group, I will discuss this topic from a personal perspective by reviewing how I changed in the digital era from a straight photographer into a photo artist. I will discuss my artistic influences and how I create my art. I will illustrate this talk with many examples from my large collection of images of wildlife (reflecting my background as a professional biologist) and people (reflecting my overall curiosity about life). An optional field trip to U of A's Center for Creative Photography will be discussed as a class and decided for date and time. Instructor will provide a handout for members with direction, parking etc. information.

Instructor(s): Theodore (Ted) Fleming

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

## [Connecting with Beneficial Nature Spirits](#)

**Subject Area:** Health/Wellness

**Thursdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Thu 2/20/20

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

### Course Description

Spirits of Nature are ready and willing for humans to interact with them, and in some instances will request human assistance. The best way for people to interact with these spirits is to be reverent, humble, loving, and compassionate in the communication exchange. We must trust in our internal process of listening and being open to nature spirit communication and guidance.

When you open up to the divine communication that is possible between you and the spirits of nature, you gain a deeper appreciation of and reverence for Mother Earth and all of creation. These experiences help open you up to the oneness of all that is. There are many types of nature spirits. Learn protocols and steps on how to connect with and communicate with nature spirits. Experience a guided meditation to connect with the spirit of nature. Hear amazing stories of nature spirit wisdom and adventures with the spirits of nature.

Instructor(s): Debra Peterson

Debra has received training and experience in the holistic health field for many years. Her scientific background includes a Master of Science degree in Environmental Science and Natural Resources. Employment experience includes engineering technology. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Debra taught holistic health and energy therapy classes at community education schools, and in private class offerings. Her experience in these fields includes being a trained energy therapist, stress management consultant, and holistic health practitioner.

## [Becoming Self-Compassionate, Empathetic, and Forgiving: Identifying, Understanding and Utilizing Cores of Compassionate Living](#)

**Subject Area:** DIY/Self-Help

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 2/27/20   **End:** Thu 3/26/20

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

## Course Description

What do you understand by self-compassion, empathy, and forgiveness? How can we utilize them to enhance our lives and relationships? Often people see these three elements of compassion as emotions. In actuality, they are skills we can learn and hone to live a kind hearted life.

This class will explore our understandings of self-compassion, empathy, and forgiveness. We will discuss pragmatic and ideological ways these tools can help us to build more compassion for ourselves and others in our lives. Specifically, we will talk about understandings, definitions, and myths surrounding self-compassion, empathy, and forgiveness. Additionally, we will see how awareness and practice of these three skills is important in developing a compassionate and joyful life perspective. Finally, we practice some techniques of self-compassion, empathy, and forgiveness.

Please bring your experiences, wisdom and insights to share in this discussion.

Instructor(s): 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.

## Benefits of Sound Therapy

**Subject Area:** Health/Wellness

**Thursdays: Single Session** 11:00 AM - 12:30 PM   **Start:** Thu 2/27/20

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

## Course Description

The use of sound to affect the health of the mind and body is an ancient therapy. Scientific research has linked sound therapy to a number of health benefits. Specific sound frequencies resonate with the body to support body health and to improve your emotional and physical well-being. Sound vibrations can positively affect your body's functions, reduce stress, promote relaxation, elevate one's mood, alter biochemical beta-endorphin levels, and stimulate therapeutic results.

Learn the historical, scientific, and modern use of sound therapy, including a broad overview of different types of sound therapy. The different types of sound therapy each produce different benefits. Experience certain types of sound therapy and notice how it affects your mind and body.

Instructor(s): Debra Peterson

Debra has received training and experience in the holistic health field for many years. Her scientific background includes a Master of Science degree in Environmental Science and Natural Resources. Employment experience includes engineering technology. She has an understanding of the traditional scientific physical world, as well as the alternative health and metaphysical world. Debra taught holistic health and energy therapy classes at

community education schools, and in private class offerings. Her experience in these fields includes being a trained energy therapist, stress management consultant, and holistic health practitioner.

## Norway World War II: Occupation and Resistance

**Subject Area:** History/Current Events

**Thursdays:** 3 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 3/5/20 **End:** Thu 3/19/20

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

### Course Description

During the 1930's Hitler's rise to power threatened the stability of Europe and war was looking imminent. Neutral Norway was occupied with improving its social welfare system and promoting peace. Hitler realized the strategic location of Norway, and was making plans for occupying the country. In a perfectly planned and executed attack the German Army invaded Norway. For next two months the combined Norwegian and Allied Forces resisted German advances, but by June, 1940 the country was completely occupied by Germany. For the next five years the Norwegian civilian population fought on two fronts: through a guerrilla war and by resistance against the German Army and the Nazi (Gestapo) occupiers.

This program is divided into 3 parts. First, the pre-war 1930's that led to the occupation of Norway. Second, the two-month military resistance when the German Army tried to capture the Norwegian Royal Family and the governing administration. Third, the civilian population's battle to endure hardship and resist the invaders.

**Instructor(s):** Jan Hansen

After spending a few years in industry, Jan Hansen went back to graduate school and earned his PhD in Economics. He spent the next three decades teaching Labor and Macroeconomics until his retirement from full-time teaching at the University of Wisconsin - Eau Claire in 2002. Since that time he has taught Macroeconomics and the Economics of Globalization through the Center for International Studies at the University of Wisconsin in Latvia, Scotland, Denmark, China and Viet Nam. He has also taught Norwegian to adult learners in Eau Claire, Wisconsin and at the University of Arizona-Tucson.

## White Working Class, Overcoming Class Cluelessness in America

**Subject Area:** Arizona History/Culture

**Thursdays:** 4 Sessions 11:00 AM - 12:30 PM   **Start:** Thu 3/5/20 **End:** Thu 3/26/20

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

### Course Description

Most folks in Green Valley are middle class. Right? Wrong! We will address the "no-no" subject of class in America analytically to frame the recent rise of populism and why politicians continue to miss the point. "White Working Class" by Joan C. Williams (just 131 pages) is available from Amazon for \$6. Study group members will be expected to have read the relevant chapters and participate in the discussion.

Instructor(s): Rick Ernst, Jack Burks

Rick is a retired Financial Advisor who has found leading OLLI classes to be both challenging and fun. Courses include UnSpun, Finding Facts in a World of Disinformation, The Battle for the Soul of Capitalism, Makers and Takers, Smuggler Nation and the Economy Explained.

Jack received a classic liberal arts education to which he appended an MBA. Natural inclination and professional necessity have led him to a life of encyclopedic reading in order to hang some flesh of understanding on the bones of education. He hopes the excitement of that adventure will infect this class, too.

## British History 3: Tudors & Stuarts

**Subject Area:** History/Current Events

**Thursdays:** 8 Sessions 1:30 PM - 3:00 PM   **Start:** Thu 1/23/20 **End:** Thu 3/12/20

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

### Course Description

Discover this exciting period of British history.

Instructor(s): 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.

## Understanding the Dark Side of Human Nature (Part I)

**Subject Area:** Philosophy/Religion

**Thursdays:** 10 Sessions 1:30 PM - 3:00 PM   **Start:** Thu 1/23/20 **End:** Thu 3/26/20

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

### Course Description

This course uses one of the Great Courses by the same name. We will explore the dark side of human nature. Among other things, we will explore humanity's fragile underbelly by investigating such topics as what it means to be evil, our thirst for vengeance, our tendency toward anger, our inability to do what we know is right, and much more. These are difficult topics, to be sure, and at least for some people, it would be easier to look away, rather than investigate them. But the truth is that unless we honestly confront who we are in all its sordid glory, we'll never fully understand ourselves. We'll never fully appreciate who we really are-or who we might ultimately become. Part II of this course will be next Fall.

Instructor(s): B. 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.

## Owls of Southern Arizona

**Subject Area:** Science/Math/Technology

**Thursdays:** 2 Sessions 1:30 PM - 3:00 PM   **Start:** Thu 2/20/20 **End:** Thu 2/27/20

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

### Course Description

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

Instructor(s): Scott Richardson

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

## Working with Titans

**Subject Area:** History/Current Events

**Thursdays: Single Session** 1:30 PM - 3:00 PM   **Start:** Thu 3/12/20

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

### Course Description

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

Instructor(s): Yvonne Morris

Yvonne Morris has been the Director of the Titan Missile Museum since October 2004. As an officer in the US Air Force, she was one of the Missile Combat Crew Commanders responsible for missile site 571-7, which is now the Titan Missile Museum/Titan Missile National Historic Landmark. In addition to appearing on several history



and tourism themed television shows, Yvonne was also a featured speaker at the Cold Culture Symposium, an international symposium on new approaches to Cold War research, expression and education. She spoke on the topic of interpreting the role of nuclear weapons in the Cold War.

## [Buying Peace: Apache Peace Camps at Tucson Presidio 1793-1832](#)

**Subject Area:** Arizona History/Culture

**Thursdays: Single Session** 1:30 PM - 3:00 PM   **Start:** Thu 3/19/20

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

### Course Description

Spain's colonization plans for her far northern "New Spain" territories, which later included the state of Arizona, was frustrated by the Apache people who held dominance over this area for generations. Programs devised in Madrid and Mexico City to eliminate the Apache menace became exercises in futility that gave way to a program of custody christened "Establecimientos de Paz" (Peace Camps). The plan was to provide material goods to those Apaches who would give up raiding and settle near Royal Presidios. One such peace camp was located north of the presidio at Tucson. This study group presents an overview of how the peace camps came about, their underlying development and eventual disbanding following Mexico's independence from Spain.

**Instructor(s):** John Attardi

Upon retiring from a thirty-year career in business management and continuing education instructor at UNM, John moved to Green Valley. In keeping with the local enthusiasm for volunteerism, he donates his time at Arizona State Museum and as an interpretive guide at Canoa Ranch. After a long career in the arts, John redirected his interest to the study of Southwestern history and particularly the Spanish colonial era here in what becomes the state of Arizona. His program at OLLI derives from a term paper submitted to his class in Arizona History at Pima Community College.

## [Nifty '50's Flicks](#)

**Subject Area:** Arts/Culture

**Thursdays:** 4 Sessions 2:30 PM - 5:00 PM   **Start:** Thu 1/23/20   **End:** Thu 2/13/20

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

### Course Description

OK, this is personal. I came of age in the 1950's, as many of you did. Among other things, I began to take an interest in movies, not only as an inexpensive date night, but also because the '50's was a great decade for flicks. So please join with me to watch "Night of the Hunter," a chiller; "Paths of Glory," perhaps the best anti-war film ever made; "Sunset Boulevard," which defies description; and "The Third Man," a bonafide masterpiece. (OK, I cheated a bit here. The Third Man was British, issued in 1949; but it didn't hit the States until the Fifties.)

Instructor(s): Mike Moore

Mike Moore, a native of Missouri, retired as editor of The Bulletin of the Atomic Scientists in 2000. He also served as editor of the Quill, the magazine of the society of Professional Journalists, and was an editor at four major newspapers. He was general editor of Health Risks and the Press: Perspectives on Media Coverage of Risk Assessment and Health. Moore's book "Twilight War: The Folly of U.S. Space Dominance", was published in March 2008. In May of 2009 Twilight War won the national Benjamin Franklin Award in current events.

## [More British Mayhem](#)

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

**Thursdays:** 10 Sessions 3:30 PM - 5:00 PM   **Start:** Thu 1/23/20 **End:** Thu 3/26/20

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

### Course Description

We will discuss the following books in this order: "Aunt Dimity's Death" / Nancy Atherton; "The Notting Hill Mystery" / Charles Warren Adams; "The Moonstone" / Wilkie Collins; "Seven Dials Mystery" / Agatha Christie; "The Perfect Murder" / "HRF Keating; Season of Darkness" / Maureen Jennings; "In Farleigh Field" / Rhys Bowen; "21 Days" / Anne Perry; "The Circle" / Peter Lovesey. Last week, a mystery movie.

Instructor(s): 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.

# Fridays

## [Finding Fulfillment in the 2nd Chapter of Life](#)

**Subject Area:** DIY/Self-Help

**Fridays:** 4 Sessions 9:00 AM - 10:30 AM   **Start:** Fri 1/24/20 **End:** Fri 2/14/20

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

### Course Description

A practical, interactive, participation based program, designed to enable participants to create an action plan that will ensure that they are getting the most satisfaction from life.

Instructor(s): 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.

Last Updated: 3/6/2020 8:29 AM

## The Geology of Sabino Canyon

**Subject Area:** Science/Math/Technology

**Fridays: Single Session** 9:00 AM - 12:00 PM    **Start:** Fri 3/6/20

**Location:** Sabino Canyon

\$5 per day per vehicle for entry to Sabino Canyon, to be paid on entry to the recreation area.

### **Course Description**

Sabino Canyon in the Santa Catalina Mountains provides a beautiful slice through millions of years of Earth history. There is evidence of volcanic processes, metamorphic change, faulting and present-day erosional processes. During this field trip, we will walk a three-mile round trip along the road into the canyon and look at the geology of the area. The walk will be slow-paced and will include numerous stops to look at the geological features. No previous geological knowledge is required. Please note that there is a fee to enter the canyon. At the time of writing this study group description, the cost is \$5 per day per vehicle. Details are available online here: <https://www.fs.usda.gov/recarea/coronado/recarea/?recid=80532>.

**Instructor(s):** 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.

## Get to Know the Buenos Aires National Wildlife Refuge

**Subject Area:** Travel/Entertainment

**Fridays: Single Session** 11:00 AM - 12:30 PM    **Start:** Fri 2/21/20

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

### **Course Description**

I will present a Powerpoint lecture describing the conservation work we do, as well as the recreational opportunities on the refuge. There is no prior knowledge or materials required. There is an optional field trip the Saturday following the lecture (Saturday, February 22nd) at the refuge visitor center. Anyone can participate.

**Instructor(s):** Joshua Smith

Joshua Smith is a Wildlife Refuge Specialist with the US Fish and Wildlife Service at Buenos Aires National Wildlife Refuge. He has worked for the federal government as a Biological Sciences Technician, an Ecologist, and now a Refuge Specialist. His duties include public outreach and education, volunteer coordination, and biology. He enjoys sharing my knowledge of the outdoors and wildlife with diverse audiences.

## [How to be an Epicurean: The Ancient Art of Living Well](#)

**Subject Area:** Philosophy/Religion

**Fridays:** 3 Sessions 11:00 AM - 12:30 PM   **Start:** Fri 2/28/20 **End:** Fri 3/20/20 **Skips:** 3/13/20

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

### Course Description

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

Instructor(s): Mark Horton

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

## [Read the New Yorker with Us - Section 2](#)

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

**Fridays:** 10 Sessions 1:00 PM - 3:00 PM   **Start:** Fri 1/24/20 **End:** Fri 3/27/20

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

### Course Description

The New Yorker magazine includes something for everyone-commentary, reportage, profiles, criticism, essays, fiction, cartoons, and poetry. Class members will divide up 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. A subscription to the magazine is required. This class meets for two hours.

Instructor(s): Charles Wright

Charles is a retired Architect. During his career he was involved in a number of projects for International Organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

## [Dream Group](#)

**Subject Area:** DIY/Self-Help

**Fridays:** 6 Sessions 1:30 PM - 3:00 PM   **Start:** Fri 1/24/20 **End:** Fri 2/28/20

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

## Course Description

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

Instructor(s): Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has participated in dream groups for 30 years and has led dream groups for 4 years. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and Literatures has prepared her for work with metaphors and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and is a long time member of the International Association for the Study of Dreams.

## Arts and Culture of Ancient Southern Arizona Hohokam Indians

**Subject Area:** Arizona History/Culture

**Fridays: Single Session** 1:30 PM - 3:00 PM    **Start:** Fri 2/21/20

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

## Course Description

The Hohokam Native American culture flourished in southern Arizona from the sixth through fifteenth centuries. Hohokam artifacts, architecture, and other material culture provide archaeologists with clues for identifying where the Hohokam lived, for interpreting how they adapted to the Sonoran Desert for centuries and explaining why the Hohokam culture mysteriously disappeared. In this presentation, Mr. Dart illustrates artifacts, rock art, and other cultural features of the Hohokam and presents possible interpretations about this culture's relationships to the natural world, their time reckoning, religious practices, beliefs, and deities, and possible reasons for the eventual demise of their way of life. The program features illustrations of archaeological artifacts and features that archaeologists use to define the Hohokam culture.

Instructor(s): Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. He is executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in 1993 to provide educational and scientific programs in archaeology, history, and cultures. An OLLI instructor since 2012, Al has received awards from the Arizona Archaeological and Historical Society, the Arizona Archaeological Society, the Arizona Governor's Archaeology Advisory Commission, the National Park Service, the State Historic Preservation Office, and other organizations for his efforts to bring archaeology and history to the public.

## Archaeological Investigations in Marana's Crossroads at Silverbell District Park

**Subject Area:** Arizona History/Culture, Social Sciences

**Fridays: Single Session** 1:30 PM - 3:00 PM   **Start:** Fri 2/28/20

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

### Course Description

In this presentation, Mr. Dart illustrates artifacts, architecture, and other material culture of southern Arizona's ancient Hohokam culture. He discusses the archaeological excavations that Old Pueblo Archaeology Center and Desert Archaeology, Inc., conducted at the prehistoric Yuma Wash Hohokam village archaeological site and the historic Bojórquez-Aguirre Ranch site, which are in the Town of Marana's Crossroads at Silverbell District Park near the Wheeler Taft Abbett Sr. Library.

**Instructor(s):** Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. He is executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in 1993 to provide educational and scientific programs in archaeology, history, and cultures. An OLLI instructor since 2012, Al has received awards from the Arizona Archaeological and Historical Society, the Arizona Archaeological Society, the Arizona Governor's Archaeology Advisory Commission, the National Park Service, the State Historic Preservation Office, and other organizations for his efforts to bring archaeology and history to the public.

## How Artificial Intelligence (AI) Will Change Our Lives

**Subject Area:** Science/Math/Technology

**Fridays:** 2 Sessions 1:30 PM - 3:00 PM   **Start:** Fri 3/6/20 **End:** Fri 3/13/20

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

### Course Description

For non-technical students about how Artificial Intelligence (AI) will change our lives. AI is a general term that refers to hardware and/or software that exhibits behavior which appears intelligent. It is designed to simulate human thinking and decision making.

This course will span two class sessions and will discuss the basics of AI, its context in terms of current technologies and how it impacts your world today. In addition we will briefly cover AI origins, the impact of AI in various personal and business sectors, some near term futures and highlight key takeaways and references.

Instructor(s): Byron Gricius

Byron conducted this course for OLLI Green Valley-Summer (2019). He is a retired (2015) computer professional with over 35+ years of information technology (IT) and telecommunications experience. His last assignment for Asst. Secretary of Indian Affairs (AS-IA) (DOI) was Senior Manager- IT Planning and Project Management Division. Also Byron performed in various private industry IT roles such as product manager, IT strategic advisor, corporate transformation director for several multinational corporations including France Telecom (FT), Global One telecommunications, Visa International and others. Mr. Gricius was also a senior consultant for Cap Gemini Consulting that provided global and transnational business solutions.

## [Tucson Electric Power \(TEP\) Home Energizer Workshop](#)

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

**Fridays: Single Session** 1:30 PM - 3:00 PM   **Start:** Fri 3/20/20

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

### Course Description

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

Instructor(s): Adam Kingery

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