



# OLLI-UA Online Monsoon 2021

**Running 6 Weeks: July 19 to Aug 26**

Note: Priority Request Registration (PRR) runs through Monday, June 7th.

This is the first session of our new academic year. A new Annual 2021-2022 or Monsoon / Fall 2021 OLLI-UA membership is required to participate.

# Mondays

## Beginning Genealogy - Part 2

**Subject Area:** Social Sciences

**Mondays:** 6 Sessions 9:00 AM - 10:30 AM **Start:** Mon 7/19/21 **End:** Mon 8/23/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Genealogy is one of the most popular hobbies in America. Put on your detective hat and learn the basics of piecing together the stories of your ancestors. In Beginning Genealogy - Part 2, we will cover migration in America, finding naturalization records of our ancestors, using census records, organizing our genealogy files, and continuing our genealogy education.

Instructor: Debra Kabinier

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

## Chair Yoga

**Subject Area:** Health/Wellness

**Mondays:** 4 Sessions 9:00 AM - 10:30 AM **Start:** Mon 7/19/21 **End:** Mon 8/9/21

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

### Course Description

Explore the wonders of the ancient science of yoga using the chair. We will start by sitting and eventually standing poses using the chair to expand our yoga experience. Join the class to help strengthen, loosen, and balance, as well as enhance our breathing.

Instructors: 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 has been certified with Yoga Alliance since its inception. Other styles of yoga she also 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.

## Sonoran Desert Predators

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

**Mondays:** 4 Sessions 11:00 AM - 12:30 PM **Start:** Mon 7/19/21 **End:** Mon 8/16/21 - **Skip Date: No Class Aug 2, 2021**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

All animals must eat in order to live. In a community of many different species, animals feed on plants and each other. The interdependence of animals on plants and each other as a source of food falls under the designation of herbivore, carnivore, and omnivore. Predators make up a special group of carnivores. Predators hunt, kill, and consume their prey. In a four-part program, we will explore the life, tactics, and adaptation of both predators and their prey in the Sonoran Desert.

**Instructor:** Marion Cimmino

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

## Stressed? Don't fret, R.E.S.E.T.!

**Subject Area:** Health/Wellness

**Mondays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Mon 7/19/21 **End:** Mon 8/23/21

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

### Course Description

Stress management is a vital aspect of health and wellness. During this interactive course, you will learn 5 science-backed strategies you can use to optimize your response to stress.

**Instructor:** Leslie Bosch

Leslie Bosch received her training as an Integrative Wellness Coach from the Andrew Weil Center for Integrative Medicine at the University of Arizona. Leslie also holds a PhD in Family Studies and Human Development. Leslie has extensive training in motivational interviewing, conflict resolution, non-violent communication, and the immunity to change process.

## Introduction to Domestic Violence Dynamics

**Subject Area:** Civic Engagement/Community/Government

**Mondays: Single Session** 1 Sessions 11:00 AM - 12:30 PM **Start:** Mon 7/26/21 **End:** Mon 7/26/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Domestic violence is at epidemic proportions - including right here in our community. While often considered a "private matter," the roots of domestic violence are found in our culture and socialization, which tells us that it's really a community issue of public health and public safety. This community issue requires a community response, and that requires an educated and informed community. Join us to discuss the dynamics behind domestic violence, myths vs. facts, ways to support survivors of domestic violence, and explore the ways socialization sets the stage for domestic violence but also shows us the way forward in ending it.

Instructor: Ed Mercurio-Sakwa

Ed Mercurio-Sakwa is the CEO at Emerge Center Against Domestic Abuse and has worked in the domestic violence service field for 15 years.

## Birding Photography: What to do When You Carry a Camera with Your Binoculars

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

**Mondays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Mon 8/16/21 **End:** Mon 8/16/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Learn how to take better pictures of birds when you are out birding, whether you are by yourself or with a group. This session is a complement to the Summer Session's presentation, Birds of the Catalinas and Tucson 2020, Pandemic Style. If you are a beginner, learn how to start regardless (almost) of budget. If you are more advanced, learn some tips and tricks which will help make your trips pleasant and rewarding. This session includes advantages and disadvantages of birding photography, birding photography ethics, and the basics of equipment including DSLR/mirrorless vs. bridge cameras. I will also cover the basics of exposure and the ideal camera settings for birds, perched or in flight. I will close with a review of post-production processing: what to do with your pictures when you get them home. This session is designed for all skill levels, from novice to advanced.

Instructor: Henry Johnson

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

## **Desert Dangers: Bites and Stings Safety and First Aid**

**Subject Area:** Health/Wellness

**Mondays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Mon 8/16/21 **End:** Mon 8/16/21

**Location:** Online Zoom Offering **Class Size:** 300

### **Course Description**

In this session, participants will identify the venomous creatures of the Arizona desert, from rattlesnakes to Gila monsters. Participants will learn animal behavior, bite and sting prevention, and first aid in case of envenomation.

**Instructor:** Laura Morehouse

Laura Morehouse is the Community Outreach Coordinator for the Arizona Poison and Drug Information Center. She has served her current role since 2016, where she provides community education and outreach on poison prevention, medication management, bites and stings safety, and more. Laura received her Master of Public Health degree from the University of Arizona with an emphasis in Health Behavior Health Promotion and is a Certified Health Education Specialist.

## **Change a Child's Story - Advocating for children in fostercare**

**Subject Area:** Civic Engagement/Community/Government

**Mondays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Mon 8/23/21 **End:** Mon 8/23/21

**Location:** Online Zoom Offering **Class Size:** 300

### **Course Description**

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

**Instructor:** Amy Brandhuber

Amy Brandhuber has been working as the CASA Supervisor for more than a year. Her background is working with DCS as an investigator and supervisor.

## **Drab to Fab: 3 Landscape Pitfalls and Their Easy Solutions**

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

**Mondays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Mon 8/23/21 **End:** Mon 8/23/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

If your landscape is looking drab and is ready for a makeover, then this course is for you. Working with landscape design clients over the years I've discovered the same difficulties happen over and over. Learn from their mistakes so that you can create a landscape that's fabulous.

In this study group you'll learn:

- What you need to do before you buy a single plant
- Why lack of vision is the natural enemy of the landscape of your dreams
- How to create an inspiring vision that will act as a guide to a landscape that's perfect for you
- How to maximize year-round comfort in your yard
- How to assure that plants will thrive rather than fail
- How to reduce maintenance and increase beauty
- Simple design principles that assure success
- How to prepare for hiring contractors to make sure you get what you want

**Instructor:** Charlene Westgate

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

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

# Tuesdays

## African American History as Reflected through Literature

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

**Tuesdays:** 4 Sessions 9:00 AM - 10:30 AM **Start:** Tue 7/20/21 **End:** Tue 8/10/21

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

### Course Description

This is a series of four sessions regarding African American history, as reflected through literature. This series will move chronologically from the initial importation of Africans into the New World as slaves, through the Civil Rights Movement of the 1960s.

Instructor: Jim McWilliams

Jim McWilliams, professor emeritus of English, retired from Dickinson State University (ND) in May 2018. He moved to Tucson shortly afterward. While at DSU, he taught a range of literature courses, although he primarily specialized in 19th- and 20th-century American and British literature.

## An Examination of the Coronavirus (COVID-19) Pandemic

**Subject Area:** Health/Wellness

**Tuesdays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Tue 7/20/21 **End:** Tue 8/3/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Where are we at this point with the COVID-19 pandemic? The number of deaths in our country is roughly 500,000 at this point. This is an unbelievable toll for us to consider. Covid-19 has dramatically influenced every aspect of American life. There are now numerous vaccines available for COVID-19, drug treatments for the virus, and preventive measures are now commonplace. How were these vaccines developed so quickly? What are the prospects for long-term avoidance of COVID-19 with these vaccines? How have evolving and revolutionary medical science techniques helped with this pandemic? What does examination of the current data help to understand what mistakes have been made, what successes have been achieved, and how proper planning and preventive measures can help us all avoid significant problems with certain new disease outbreaks in the future. Where we are now, what we have learned, and perhaps most importantly how we can prepare for the next pandemic are the focus of materials presented in this course.

Instructor: Jack Fincham

Jack Fincham is a pharmacist, with a Ph.D. in Pharmacy. He is a former dean of pharmacy, and emeritus professor of pharmacy. He has studied and continues to study issues of drug use and misuse in his career. He

serves as an appointee to the U.S. Food and Drug Administration (FDA) Non-prescription Drug Advisory Committee, and a member of the Food and Drug Administration Peripheral & Central Nervous System Drugs Advisory Committee, as well as being appointed to the Canadian Institutes of Health Research (CIHR) College of Reviewers. He has published 250 journal articles and has authored 13 books.

## **Border Patrol 101**

**Subject Area:** Civic Engagement/Community/Government

**Tuesdays:** 4 Sessions 9:00 AM - 10:30 AM **Start:** Tue 7/20/21 **End:** Tue 8/10/21

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

### **Course Description**

Learn about the Border Patrol from your local Agents. This course will cover Immigration Law, Naturalization Law, Border Patrol policy, Checkpoint operations, and BP operations overall.

Instructors: Robert Ortiz, Brett Carrico

Border Patrol Agent (BPA) Robert Ortiz, is a patrol agent with 7 years of service. In that time BPA Ortiz has worked in the Public Affairs' Office, Mobile Surveillance Vehicles unit, Bike Patrol unit, Disrupt unit (Plain Clothes), ASID unit (Intel), Checkpoint Operation, and Linework. BPA Ortiz was born and raised in a border town in south Texas. BPA Ortiz is a husband and father of 3. BPA Ortiz enjoys mountain biking with his family in the Southern Arizona Sonoran desert area and helping children with youth sports.

Border Patrol Agent Brett Carrico has been an agent for 6 years. BPA Carrico started his career in the Del Rio Sector in Texas and transferred to the Tucson sector 4 years ago. BPA Carrico is a certified EMT, Individual First Air Kit instructor (IFAK), worked in the Nogales station Flex operation unit, and was an Acting Supervisory Border Patrol Agent. BPA Carrico is a newlywed and has 4 dogs, one of which is a rescue that was found in the Sonoran desert.

## **Gentle Energizing Movement, Deep Relaxation, and Meditation**

**Subject Area:** Health/Wellness

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM **Start:** Tue 7/20/21 **End:** Tue 8/17/21

**Location:** Online Zoom Offering **Class Size:** 300

### **Course Description**

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

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

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

Instructor: Randall Krause

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

## **News & Views - Flasch**

**Subject Area:** History/Current Events

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 7/20/21 **End:** Tue 8/24/21

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

### Course Description

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

Instructor(s): Frank Flasch

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

## **The Joyful Lightness of Aging**

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

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Tue 7/20/21 **End:** Tue 8/24/21

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

### Course Description

Participants will receive up-to-date statistics, data, charts, and information that directly relate to aging in America. The major focus of this class will be on the positive and uplifting aspects of being a senior citizen. Class members will discuss mutual commonalities concerning the challenges of growing older. Members will share anecdotes and helpful experiences with the total group. A large dose of cartoon humor will highlight the real, everyday world of a senior citizen.

Instructor: Arnie Bianco

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

## Climate Conversations

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

**Tuesdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Tue 7/20/21 **End:** Tue 8/24/21

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

### Course Description

How do we get our minds around the massive shift we need to make for an effective response to climate change? Yale University's national polling reveals that 73% of Americans accept that global warming is happening, but that 65% of us rarely or never talk about it. We need that conversation! Each class will consist of a background lesson on a climate-specific topic or moral conundrum followed by small group discussion and then larger group sharing of insights sparked by the topic and developed through conversation. We'll bring in science, current events, psychology, ethics and values.

Instructors: Connie Williams, Connie Aglione

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

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

## Hacks for home/house and hygiene improvement/maintenance

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

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 7/20/21 **End:** Tue 7/27/21

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

### Course Description

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

Instructor: Leslie Ozawa

After working 30+ years, mostly for the Navy in Hawaii; the US Forest Service forestry science lab in La Grande, OR; USDA Natural Resources and Conservation Service in Honolulu; and US Army at Fort Greely, AK, Tripler Army Medical Center and Fort Shafter in HI, Fort Bragg, NC, and Ft Irwin, CA, I returned to retire in Honolulu. I

have a BA and MA in English literature. I worked mostly as a public affairs specialist in my working life. My parents and wife were from Japan, but I was raised and educated in Hawaii.

## Critical Thinking Workshop

**Subject Area:** Social Sciences

**Tuesdays:** 5 Sessions 3:00 PM - 4:30 PM **Start:** Tue 7/20/21 **End:** Tue 8/17/21

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

### Course Description

We are not naturally rational thinkers. In our daily lives, we make decisions emotionally and then use our reasoning capability to justify the decisions we have already made. In our first session, we will look at the primary identified sources of bias in all of our thinking, relying primarily on the work of Daniel Kahneman and Amos Tversky. In the following four sessions, we will look at defined processes for overcoming those biases to set priorities, make decisions, solve problems, and execute plans. For these processes, we will look to the work of Charles Kepner and Benjamin Tregoe. My objective is to help participants to be more conscious of their biases and to provide some simple tools for better thinking.

Instructor: Raymond Baxter

Ray Baxter is retired and has been living in Tucson since 2009. He was CEO of a \$300 million food company for 22 years. He has also served for two years as Chairman and interim CEO of a rational process capability development and consulting company prior to his full retirement. He has a BA in political science and an MA in Japanese Area Studies from the University of Michigan and an MBA from the Harvard Business School. Currently, Ray is a volunteer with SCORE, providing pro bono mentoring and education for Tucson residents wanting to start a small business or improve their existing business. Ray's teaching experiences include conducting numerous workshops on rational process capability, organization change management and leadership.

## Life According to Charles Schultz

**Subject Area:** Arts/Culture

**Tuesdays:** 3 Sessions 1:00 PM - 2:30 PM **Start:** Tue 8/3/21 **End:** Tue 8/17/21

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

### Course Description

Peanuts is probably America's most popular and cherished comic strip. This class will include a short biography of Charles Schultz, a complete look at the cartoon's characters, their origins, and the stories behind each creation. We will discuss life issues that Schultz presents in a comical, thoughtful, and profound manner. The class will also examine how the comics trace and reflect what is happening in American society. We will experience and embrace the challenges of growing up, and the everyday psychology of life through the eyes of little folks.

Instructor: Arnie Bianco

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

## **Saving, Investing, and Avoiding Fraud**

**Subject Area:** Civic Engagement/Community/Government, DIY/Self-Help

**Tuesdays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Tue 8/10/21 **End:** Tue 8/10/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

The United States Securities and Exchange Commission oversees the most dynamic capital market in the world. Its mission is to protect investors, maintain fair, orderly and efficient markets, and facilitate capital formation. Unfortunately, retirement accounts and senior investors frequently are the target of fraud. Learn from an SEC attorney about investing wisely, avoiding fraud, and how the SEC can help you.

Instructor: Carol Lally

Carol Williams Lally is the Supervisory Attorney of the Complaints and Inquiries Branch of the Los Angeles Regional Office of the Securities and Exchange Commission. She serves as the office's lead liaison to the enforcement and examination programs at other agencies, helps the office set its enforcement and examination priorities by managing the evaluation of all tips, complaints, and referrals, and oversees the office's investor outreach programs. Carol is a graduate of the Colorado College and Duke University School of Law.

## **Decision Making In Life - A Calculus - The Abbreviated & Updated Version**

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

**Tuesdays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Tue 8/17/21 **End:** Tue 8/17/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Dive a little deeper into everyday decisions shaping your life and attitude. Big and Small, ad hoc and calculated, heated and cold, good and bad - Decisions can be irrevocable, therefore it seems prudent to understand how to make the best possible decision; decisions in personal finance, traffic habits, health, business, relationships, cognitive care, civil discourse, etc. This framework might help. This is an abbreviated, completely revised version of the previous DMIL-AC. The material is comprised of historical and contemporary sources, largely derived from the instructor's personal experiences and observations.

Instructor: Michael Stewart

A Transfer Instructor from OLLI at GMU in NOVA, Mike Stewart has led interactive classes on decision making models and practical real life examples. Mike is a 28-year Veteran of the US Army and an experienced Intelligence Officer, Leader, Manager, and Industry Veteran (SAIC, LEIDOS, MJS Consulting, LLC; Advanced Onion, Inc.), with 50+ years of observing Human Behavior.

## Wednesdays

### Film Discussion Class

**Subject Area:** Arts/Culture

**Wednesdays:** 5 Sessions 9:00 AM - 10:30 AM **Start:** Wed 7/28/21 **End:** Wed 8/25/21

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

#### Course Description

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

Instructor: Rob Getlan

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

### Hummingbirds!

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

**Wednesdays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Wed 7/21/21 **End:** Wed 8/4/21

**Location:** Online Zoom Offering **Class Size:** 300

#### Course Description

Tiny size, flashy feathers, big personality: that's a Hummingbird. Learn about their physiology, behavior, migration, and more. This class is for bird-watchers and bird lovers alike. Focusing especially on species seen in Southern Arizona, we'll also discuss when and where to find various species, how to identify them, and how to attract and observe them in your yard. Sit back and enjoy lots of videos, photos, and cool scientific facts about these amazing little creatures.

Instructor: Laura Couchman

Laura Couchman and her husband Bill were co-leaders of the 8-session "Birding for Everyone, Everywhere" online OLLI class in Fall 2020, and Laura led a class on Bird Migration in Spring 2021. Bill started birding at age 7 in Nature Camp and has passed on his skills and enthusiasm to his family and friends. Laura has been spotting and identifying birds for more than 15 years, and Bill and Laura go birding locally and all over the world whenever they travel. Bill and Laura have lived in Tucson since 2014 and have been with OLLI since 2016.

## Intermediate Advanced Spanish

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

**Wednesdays:** 6 Sessions 9:00 AM - 10:30 AM **Start:** Wed 7/21/21 **End:** Wed 8/25/21

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

### Course Description

This class explores the Spanish language through readings and the study of grammar. Students returning to this class are familiar with the Present Indicative simple and compound tenses. The readings present vocabulary common among speakers in the border areas of the USA and also introduce students to colloquial grammatical constructions. Reading aloud and oral discussion is an integral part of the class. The required texts are: "Stories That Must Not Die" by Juan Sauvageau (ISBN 978-1-89349-315-5) ; "E-Z Spanish Grammar" 2nd EDITION by Boris Corredor (ISBN 13: 978-0-7641-4249-9).

Instructor: Susan Sotelo

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

## Hatha Yoga

**Subject Area:** Health/Wellness

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 7/21/21 **End:** Wed 8/11/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

This Hatha yoga class uses postures and other yoga tools to align, ground, and balance the energies so that you leave feeling both enlivened and relaxed. Yoga helps in breathing and equilibrium in all aspects of life. We move through floor exercises, standing, and balancing poses while practicing conscious breathing, and relaxation at the end. Your equipment to get is a yoga-only mat, blocks, and a Mexican blanket. Eat a light early breakfast to do yoga in an empty-stomach condition.

Instructors: 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 has been certified with Yoga Alliance since its inception. Other styles of yoga she also offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, gyms, community colleges, 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.

## **Josephine Tey's "The Daughter of Time" and Shakespeare's Richard III**

**Subject Area:** Arts/Culture

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM **Start:** Wed 7/21/21 **End:** Wed 8/11/21

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

### Course Description

Truth is the Daughter of Time. Readers who have not yet encountered Josephine Tey are in for a treat. Here, she tasks her intuitive detective, Alan Grant, to take a second look at Shakespeare's quintessential villain, Richard III, and to apply his detection skills to an actual person of history, known mainly from his treatment as a character in the fictional play, and compare historical documents of the actual period when Richard lived and died. We will read the book, and discuss his conclusions. Reading the Book - "The Daughter of Time" by Josephine Tey - is required for the class. Available on Amazon in a variety of formats. ISBN-13 : 978-0684803869

Instructor: Maureen Brooks

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

## **Conversations With Connection: Improving Encounters With the Dislikeminded**

**Subject Area:** Arts/Culture, Civic Engagement/Community/Government, DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion, Travel/Entertainment

**Wednesdays:** 4 Sessions 1:00 PM - 2:30 PM **Start:** Wed 7/21/21 **End:** Wed 8/11/21

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

### Course Description

This course will help people who feel frustrated or stifled when talking with someone else who has a different position on an issue to feel more confident and improve their ability to communicate effectively by developing knowledge and skills that are essential for a good conversation.

Instructor: Sonya Edwards

Sonya Edwards is a lifelong learner who seeks to enjoy life through creativity, connection and a healthy lifestyle. She enjoys helping others in their journey towards self-actualization. Her roles have included providing leadership, coaching and teaching. She enjoys painting, playing mandolin and violin, hiking, public speaking and organizing. She currently serves on the board of the Santa Rita Art League and volunteers in Yosemite National Park.

## Movie Club

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

**Wednesdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Wed 7/21/21 **End:** Wed 8/25/21

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

### Course Description

OLLI-UA Movie Club will serve as an introduction to the structure and mechanics of visual storytelling. Through weekly movie screenings and discussions, participants will gain insight into character archetypes, effective dialogue, the mechanics of comedy, and the essentials of dramatic storytelling. OLLI-UA Movie Club is a deep dive into the world of cinematic storytelling!

Instructor: John Biggers

After working on Amazon TV's *Transparent*, which won an Emmy Award for Best New Comedy, I have taught everyone from emerging readers, high school and college students the art of storytelling and film making. I'm also obsessed with terriers.

## Pima County Justice For All Ballot Initiative and Campaign

**Subject Area:** Civic Engagement/Community/Government

**Wednesdays: Single Session** 1 Sessions 11:00 AM - 12:30 PM **Start:** Wed 7/28/21 **End:** Wed 7/28/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Margo Cowan and other prominent members of the Tucson community began Pima County Justice For All Ballot Initiative to get the right to counsel for indigent residents of Pima County who are in removal proceedings and can't afford an attorney. These people wind up in court alone with no legal representation.

This tears families apart. The campaign has been endorsed by elected officials, educators, business professionals, and the legal community throughout Pima County.

Margo Cowan is a Public Defender at the Pima County Public Defender's Office. She specializes in criminal defense and immigration law. Ms. Cowan is a member of the American Immigration Lawyers Association and is a recognized speaker on immigration law and policies. She was mentored by Cesar Chavez and Dolores Huerta as a young organizer with the farmworker union. Her life's work is in advocacy and activism. Since 2012 she has coordinated Keep Tucson Together, a project of No More Deaths, which is a legal pro-bono organization to stop deportations and assist Deferred Action for Childhood Arrivals.

Ms. Cowan is looking for your help with Pima County Justice for All. She will be speaking with us on the history of this campaign, why it is necessary, and also how you can help us get onto the 2022 Ballot.

Instructors: Margo Cowan, Moira Silverman, Katie Jenkins

Margo Cowan has been an Immigration Attorney in Tucson for over 35 years. She has begun a Ballot Initiative and Organization called Pima County Justice For All. The purpose is to institutionalize the right to an attorney for indigent people in removal proceedings. As it stands now, most of them go to Court alone.

Moira Silverman has been a campaign coordinator with Pima County Justice For All since the Ballot Initiative was started in December of 2019. She set up the Organization's office and runs all the business aspects of the campaign.

Katie Jenkins has been with the campaign for the Ballot Initiative with Pima County Justice For All for the last year. She does everything from emails, to organizing events, setting up meetings for Margo Cowan to present, and all around assistance to the campaign.

## **Advance Directives, Informed Consent, And Medical Aid in Dying**

**Subject Area:** Health/Wellness

**Wednesdays: Single Session** 1 Sessions 3:00 PM - 4:30 PM **Start:** Wed 7/28/21 **End:** Wed 7/28/21

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

### **Course Description**

Patients have the right to make medical and legal decisions for themselves, provided they are of legal age and are of sound mind, i.e., they have legal capacity, and they are giving informed consent. But what constitutes informed consent? When a patient's capacity or mental acuity declines because of age, mental infirmity, or a critical illness, doctors may look to others to make medical and financial decisions for the patient. Sometimes they rely on a designated agent or family member, even when a patient is able to consent to treatment. When must the healthcare team rely solely on the patient? When may it rely on another to make healthcare or other decisions? When may the healthcare team or a medical proxy terminate care or treatment? Can you ask your doctor to help end your life if you have a terminal illness?

Instructor: Vicki Gotkin

Vicki Gotkin graduated cum laude from both ASU's College of Law and the UA's Eller College of Management. She practiced law from 1981-2018. Her legal career included private practice, being ethics counsel to the Arizona State Bar, an Assistant Attorney General, and Senior Associate General Counsel at the U of A. Currently, she volunteers at the State's vaccination POD, and at the Pima County Attorney Office's fraud unit. She has been a Reading Seed coach, an SGL for OLLI, has served on the Boards of NAMI and Mobile Meals of Southern Arizona and delivered meals for MMSA before COVID-19.

## **Elder Abuse and Fraud: How To Avoid Being Victimized**

**Subject Area:** Civic Engagement/Community/Government, DIY/Self-Help

**Wednesdays: Single Session** 1 Sessions 3:00 PM - 4:30 PM   **Start:** Wed 8/4/21 **End:** Wed 8/4/21

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

### Course Description

#### Elder Abuse and Fraud: How To Avoid Being Victimized

In March 2019, the United States Department of Justice coordinated multiple law enforcement offices to tackle the growing problem of elder fraud schemes. More than 2 million, mostly "elderly," Americans fell victim to schemes masterminded by more than 260 defendants from around the world, amounting to over \$750,000,000 in losses to unwitting elders. Most of these fraudulent schemes fall under the general category of "consumer fraud," such as when someone tries to steal your identity, your money, your credit card or bank account numbers, forges checks, or is involved in a "Ponzi" or pyramid-type scheme. But other schemes may target your hearts and confidence.

Approximately one in 10 Americans over 60 has fallen victim to elder abuse, but only one in 24 cases gets reported. Elders and other vulnerable adults are particularly susceptible to schemers and thieves but often feel embarrassed when they are taken in by fraudsters and fail or refuse to report. Similarly, elders who rely on others for care, comfort, or company may be reluctant to report abuse, fearing they may lose their lifelines or their caregivers if they do so.

This presentation will focus on current schemes and themes fraudsters use, and tips to prevent becoming a victim. Additionally, we will discuss what constitutes abuse and how to recognize it when it's occurring, whether in your own home or elsewhere. Finally, we will provide resources to access help if you or others fall victim to either fraud or abuse.

Instructor: Vicki Gotkin

Vicki Gotkin graduated cum laude from both ASU's College of Law and the UA's Eller College of Management. She practiced law from 1981-2018. Her legal career included private practice, being ethics counsel to the Arizona State Bar, an Assistant Attorney General, and Senior Associate General Counsel at the U of A. Currently, she volunteers at the State's vaccination POD, and at the Pima County Attorney Office's fraud unit.

She has been a Reading Seed coach, an SGL for OLLI, has served on the Boards of NAMI and Mobile Meals of Southern Arizona and delivered meals for MMSA before COVID-19.

## Higher Dimensional Spaces

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

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM **Start:** Wed 8/11/21 **End:** Wed 8/18/21

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

### Course Description

Why did mathematicians begin studying spaces having more than three dimensions? What are the properties of such a space? Can our universe be embedded in one? Infinite dimensional spaces entered mathematics about 1900 and now one class, Hilbert spaces, play a fundamental role in quantum mechanics. Where did these spaces come from? We will explore these questions in this class. Some formulas will be shown, but their meaning will be made clear and they shouldn't trouble anyone.

Instructor: Carl DeVito

I am an emeritus professor at the University of Arizona. Lately, I have been active in the conceptual aspects of astro-biology, and participated in conferences on these matters over the past few years.

## Live Performance by Nemo's Isolation Ward Guitar Ensemble

**Subject Area:** Arts/Culture

**Wednesdays: Single Session** 1 Sessions 3:00 PM - 4:30 PM **Start:** Wed 8/11/21 **End:** Wed 8/11/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

We've been rehearsing and playing and singing together since the lockdown began, and we're bringing our music to Olli. Sing and move along with your favorite hits from the past, performed by zooming musicians from across the country. Don't miss it.

Instructor: John "Nemo" Nemerovski

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

## Folk Divas — Joni Mitchell, Judy Collins, Alison Krauss, Eva Cassidy

**Subject Area:** Arts/Culture

**Wednesdays: Single Session** 1 Sessions 11:00 AM - 12:30 PM **Start:** Wed 8/18/21 **End:** Wed 8/18/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Four of the best singers ever, these exceptional musicians continue to delight us through the decades. We'll enjoy old favorites and newer surprises in several genres of folk performance. Who knows where the time goes!

Instructor: John "Nemo" Nemerovski

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

### Opening Movement of the Yang style Tai Chi Chuan Form

**Subject Area:** Health/Wellness

**Wednesdays: Single Session** 1 Sessions 1:00 PM - 2:30 PM **Start:** Wed 8/18/21 **End:** Wed 8/18/21

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

### Course Description

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

Instructor: Duncan Scott

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

## Thursdays

### A Classic of Mexican Literature: Reading and Learning Together

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

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/26/21

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

### Course Description

In this class, we will gradually read Carlos Fuentes' classic novel about the Mexican revolution and its aftermath, *The Death of Artemio Cruz*. As the SGL, I will act more as an organizer than a teacher--in emulation of the format I have heard was popular in OLLI-UA's predecessor group, SAGE. I will identify the sections of the book to be read each week and lead the discussions but will expect members of the group to contribute to our understanding and appreciation of the novel by making short presentations of independent research on relevant history, literary criticism, the author, etc., and by suggesting questions that will stimulate discussion.

While I've had a life-long interest in Mexico and have done some reading and study of Mexican history and literature, I don't claim expertise and will depend on the class to share their own knowledge and insights for our mutual benefit.

Instructor: Lesley Bailey

Lesley has a BA and MA in English Studies and loves to lead and participate in discussions of all kinds. She has led various study groups at OLLI since joining in 2017 and participated in many more.

## [Chen Village Tai Chi](#)

**Subject Area:** Health/Wellness

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/19/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Tai Chi was created in Chenjiagou (Chen Village) in Henan province, China, where it continues to be practiced to this day. Initially developed as a martial art, Tai Chi has been found to have significant positive health effects. In this Study Group, participants will learn foundational practices of Chen Village Tai Chi including tai chi relaxation (Fang Song) and practices for the cultivation of the Elixir Field-chi energy.

No previous Tai Chi experience is necessary. All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this Study Group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable roomy or stretchy clothing and some soft tai chi shoes or socks to wear on their feet. Since we will be on carpet, they could be barefoot if they are comfortable doing so.

Instructor: Randall Krause

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

## [Reading The New Yorker](#)

**Subject Area:** History/Current Events

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/26/21

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

### Course Description

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

Instructors: Ron Peterson, Marcia Nedland, Edward Van Naerssen

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

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

Edward Van Naerssen is married with two grown sons and three grandchildren. I lived in the Northeast including NYC until 2013. Then we sold our house and drove around the country for 1 and 1/2 years until we discovered Tucson. Settled in Tucson in 2014 and I joined OLLI to expand my horizons. My career has been in human resource data processing systems. With a BBA in accounting and data processing, I started working with punched card accounting systems then became payroll manager of a Fortune 500 company. I then started and managed a successful consulting company.

### Exploring Grief and Grieving

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

**Thursdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/26/21

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

### Course Description

Grief is a universal process and it is unique for each individual. It has no specific timeline nor does it come with instructions or a roadmap. In our Western society, grief and grieving is treated as a taboo and unnatural process. People tend to shy away from talking about grieving until they are forced to deal with grief in their own lives. Through this class discussion, we will examine grief and grieving by investigating myths surrounding grief as well as characteristics of this process. An exploration of ways of grieving and a mourner's toolbox will be provided. Although this is not a support group, participants will have the opportunity to understand better the dynamics of grieving. Please bring your wisdom, experiences, and insights to share in this discussion.

Instructor: Mary Ellen Klawiter

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

## **Iranian Art: From the Ancient to the Modern**

**Subject Area:** Arts/Culture

**Thursdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Thu 7/22/21 **End:** Thu 7/29/21

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

### Course Description

The Study Group will consist of two sessions: 1. Iranian Art: From the Modern, to the Classic - This class offers a short survey of ancient Iranian art and culture from the Bronze Age and the monuments of the Persian Empire to the Golden Age of the Safavid era in the 16th century. 2. Iranian Art: Modern and Contemporary – This class provides a short survey of Iranian art and culture of the 19th and 20th centuries, highlighting important works during a period of immense social, political, and cultural shifts.

Instructor: Faezeh Faezipour

Faezeh Faezipour is an Art History PhD student at the University of Arizona, focusing on photography in the Middle East, with particular attention to Iran. She is interested in the way visual representations affect societies from a class, gender, and race perspective.

## **Journalism: Watergate to Fake News**

**Subject Area:** History/Current Events

**Thursdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/5/21 - **Skip Date: No Class July 29, 2021**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

A brief review of the history of American journalism and then a review of events that shaped American journalism since Watergate.

Instructor: Buzz Olson

30-year career journalist.

## [A Beginner's Guide to Heraldry](#)

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

**Thursdays:** 2 Sessions 3:00 PM - 4:30 PM **Start:** Thu 7/22/21 **End:** Thu 7/29/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Learn about this fascinating topic that has a history going back over a thousand years. The heralds and heraldry emerged from the warrior kings of medieval Europe. The heralds developed their own lexicon to describe their craft of creating coats of arms for cities and towns, for guilds, for the church and churchmen, and for the nobility.

Instructor: Stephen Stillwell

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

## [Dream Group](#)

**Subject Area:** Social Sciences

**Thursdays:** 6 Sessions 3:00 PM - 4:30 PM **Start:** Thu 7/22/21 **End:** Thu 8/26/21

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

### Course Description

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

Instructor: Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has participated in dream groups for 30 years and has led dream groups for 4 years. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and 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 longtime member of the International Association for the Study of Dreams.

## Admiral Hyman Rickover - Controversial Genius

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

**Thursdays: Single Session** 1 Sessions 9:00 AM - 10:30 AM **Start:** Thu 8/5/21 **End:** Thu 8/5/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Admiral Rickover - controversial genius, technical genius, brilliant entrepreneur, father of naval nuclear propulsion, father of the nuclear power industry. A Steve Jobs, Jeff Bezos, Elon Musk? Or "Most famous and controversial admiral of his era?" Hyperactive, blunt, confrontational, insulting, workaholic, demanding of others regardless of rank or position. Considered a tyrant by many.

Admiral Rickover, in 7 years, conceived and managed the design, building, testing, and the 1954 launch of the first nuclear powered submarine - the Nautilus. Nautilus traveled at an underwater speed of 20 knots, could remain submerged for weeks, made numerous trips under polar ice caps, and traveled over 500,000 miles. Today there are 325 nuclear powered naval ships and 450 nuclear reactors that generate 20% of the electrical power consumed in the world.

One of four people to hold two presidential gold medals, Admiral Rickover was featured in Time Magazine 36 times, served in the Navy for a record 63 years under 13 presidents, and his 1982 retirement party was attended by 3 presidents. Disliked intensely by most branches of the Navy and passed over three times for promotion in an attempt to force him out of the Navy. Congress and White House intervention saved his career and the nuclear navy. How did Rickover survive and thrive in such a hostile environment he helped create? SGL Gerald Geise spent years working with Admiral Rickover as a supplier of Nuclear Reactors for naval ships. Join Gerald for an interesting, sometimes serious, sometimes humorous, look at the life and times of Admiral Rickover.

**Instructor:** Gerald Geise

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

## [An Introduction to Medical Intuition](#)

**Subject Area:** Health/Wellness

**Thursdays: Single Session** 1 Sessions 1:00 PM - 2:30 PM **Start:** Thu 8/5/21 **End:** Thu 8/5/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Medical Intuition is a system of expanded perception gained through developing the human sense of intuition. Considered within the emerging field of Complementary and Alternative Medicine (CAM), Medical Intuition focuses on pinpoint visualization skills and in-depth intuitive scanning to obtain information from the physical body and energy systems. The intention of Medical Intuition is to identify energetic patterns that correspond to illness, imbalance, and disease. It is also designed to address the influence of thoughts, beliefs, and emotions - and how they impact the health and well-being of an individual.

A typical session starts with viewing and describing one or more areas of concern with the client's health. This begins with looking at the physical body and then progresses to energetic structures such as blocked energy flow, possible inflammation, congestion and more. An example of this is a heart condition where the Medical Intuitive views the client's physical heart, then looks at heart function, the circulatory system as a whole, and perhaps hones into a specific area that expresses an issue. Because the "viewing" is done via intuition, sessions can be performed over distance by phone, internet platforms (such as zoom), or in person.

Medical Intuition is a valuable tool whereby underlying issues can be discovered that testing may never find, thus saving the client time, expense, and discomfort. Medical Intuition is not to be construed as medical or psychological advice and is not to be considered a replacement for medical care, medical diagnosis, therapy, counseling or treatment of any kind.

**Instructor:** Danielle Dvorak

Danielle Dvorak is a lifelong intuitive, energy worker, classical musician, visual artist and more. She is Certified in Medical Intuition, Tibetan Sound Healing, Yoga, Aromatherapy, as an End of Life Mentor, and is also an Usui Reiki Master Teacher and Akashic Records guide. Other unique aspects of Dvorak's life experience include: a Buddhist pilgrimage through Tibet, working as a "Ghost Buster," a 40-year meditation practice, auto racing for 25 years, and sitting a 10-day Vipassana course with six to 10 hours of meditation per day. She brings the depth of these experiences into her work and teaching.

## [Set in Stone but Not in Meaning: Southwestern Indian Rock Art](#)

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

**Thursdays: Single Session** 1 Sessions 3:00 PM - 4:30 PM **Start:** Thu 8/5/21 **End:** Thu 8/5/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Ancient Indian petroglyphs (symbols carved or pecked on rocks) and pictographs (rock paintings) are claimed by some to be forms of writing for which meanings are known. But are such claims supported by archaeology or by Native Americans? Archaeologist Allen Dart illustrates how petroglyph and pictograph styles changed through time and over different parts of the U.S. Southwest both before and after non-Indian peoples entered the region, and discusses how even the same rock art symbol may be interpreted differently from popular, scientific, and modern Native American perspectives.

Instructor: Allen Dart

Al Dart, an OLLI study group leader since 2012, is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center. He has worked as a professional archaeologist in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. Al has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor's Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.

## Southwestern Rock Calendars and Ancient Time Pieces

**Subject Area:** Arizona History/Culture, Philosophy/Spirituality/Religion, Science/Math/Technology, Social Sciences

**Thursdays: Single Session** 1 Sessions 3:00 PM - 4:30 PM **Start:** Thu 8/12/21 **End:** Thu 8/12/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Native Americans in the U.S. Southwest developed sophisticated skills in astronomy and predicting the seasons, centuries before non-Indian peoples entered the region. In this presentation archaeologist Allen Dart discusses the petroglyphs at Picture Rocks, the architecture of the "Great House" at Arizona's Casa Grande Ruins, and other archaeological evidence of ancient southwestern astronomy and calendrical reckoning, and interprets how these discoveries may have related to ancient Native American rituals.

Instructor: Allen Dart

Al Dart, an OLLI study group leader since 2012, is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center. He has worked as a professional archaeologist in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. Al has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor's Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.

## The British Monarchy

**Subject Area:** History/Current Events

**Thursdays:** 3 Sessions 3:00 PM - 4:30 PM **Start:** Thu 8/12/21 **End:** Thu 8/26/21

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Do you think you know the British Royal Family? How many members are there? What duties do the members have? What privileges do they have? What ties do they have outside the United Kingdom? How much do they contribute to the British economy?

Instructor: Stephen Stillwell

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