



Northwest Tucson Fall 2019 Catalog

Mondays

[Dining Out: Charro Vida](#)

Subject Area: Travel/Entertainment

Mondays: Single Session 1:00 PM - 2:30 PM **Start:** Mon 9/16/19 **End:** Mon 9/16/19

Tucson Place: Charro Vida

Each member is responsible for their own meal.

Course Description

Lunch at new restaurant Charro Vida, 7109 N. Oracle Rd, Tucson AZ 85704. Separate checks. Monday Sept. 16, 2019 1:00 PM

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

[Dining Out: Tohono Chul](#)

Subject Area: Travel/Entertainment

Mondays: Single Session 1:00 PM - 2:30 PM **Start:** Mon 11/18/19 **End:** Mon 11/18/19

Tucson Place: Tohono Chul Bistro

Each member is responsible for their own meal.

Course Description

Brunch at Tohono Chul Bistro. 7366 N. Paseo Del Norte, Tucson, AZ 85704, Monday, November 18, 2019 at 1:00 PM. separate checks

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Tuesdays

[Introduction to the CASA Program: I am for the Child](#)

Subject Area: Social Sciences

Tuesdays: 1 Session 9:00 AM - 10:30 AM **Start:** Tue 9/10/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

This class intends to bring community awareness to Pima County's CASA Program. There are over 2,500 children in out of home care in Pima County and over 14,000 children in out of home care state wide. The system is overburdened and children are getting lost within it. Studies have shown that children in foster care suffer secondary trauma from being away from the only home they've known (even if it was unsafe), they suffer loss

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because they no longer have their family, friends, or even sometimes their siblings. They lose connections with their schools and activities they had previously participated in. They lack support because most people in their current lives are strangers. The Court Appointed Special Advocate (CASA) Program began in 1977 when a Judge felt that decisions regarding families' lives were difficult to make because she had no way of knowing how the children felt in the situation. Volunteers were asked to establish a relationship with the child(ren), sit in meetings regarding the child's education/medical needs, etc., and to report back to the Judge about the best interest of the children. The CASA program was successful and still is because it gives the child a consistent and positive adult in their life. A CASA volunteer is able to advocate to the Judge about what is needed for the child(ren). The CASA volunteer brings a neutral perspective of the situation, brings their true self because they are volunteering, and they bring a consistent person into a child's life in a scary world of foster care.

Instructor(s): Diana Ouillette, Amy Brandhuber

Diana Ouillette is a transplant to Tucson, but has been here for some time. She joined the CASA program at the beginning of March as a recruiter. Her experience is in social work; 7 years at COPE Behavioral Health, and 13 years with the Department of Child Safety. She has a Bachelors in Psychology and is working on her Master's in Counseling.

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.

[Using Federal Statistical Data in the Public and Private Sectors](#)

Subject Area: Science/Math/Technology

Tuesdays: 2 Sessions 9:15 AM - 10:45 AM **Start:** Tue 9/10/19 **End:** Tue 9/17/19

Tucson Place: Pima Community College - Northwest Campus, A217

Course Description

The federal government collects data on population, race/ethnicity, health, economic, education and many others. How does this system work, how accurate and timely are the data, who uses them, and what does the future hold for the "system?" The lecture will review the relationship between statistical agencies including a discussion about independence. A review of key data produced by the agencies will be reviewed - including such issues as coordination, accuracy, timeliness and usability. The course will go further into specific public and private sector uses. The current issue regarding citizenship will be reviewed.

Instructor(s): Edward Spar

Mr. Spar has had a number of careers. As a statistician he started out writing regression and other statistical programs. He moved on to managing a sampling and statistics department in a market research firm. Working for someone else was not his thing and he built his own demographic research company, producing population and socio-economic estimates for counties and cities. After 21 years, he knew it was time to move on, and he went to Washington to build a struggling non-profit association: The Council of Professional Associations on Federal Statistics. At the same time, he taught at the graduate level on uses of demography in the private sector. Later he taught at the U.S. Census Bureau to post graduate students who were looking to move up in the government world. Throughout this, he was an international consultant to statistical agencies in countries including Egypt, Ghana, Kuwait, Laos, Kyrgyzstan and others. Mr. Spar is now retired and lives all-year-around in Tucson. He has given lectures at the University, but is interested in reaching out to a wider audience.

Numbers, How We Found Them and How They Connect to "Infinity"

Subject Area: Science/Math/Technology

Tuesdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Tue 9/10/19 **End:** Tue 9/17/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

Where do numbers come from? Are they truly universal or are they just a human "quirk"? Why are some numbers called irrational and some called Imaginary? What is "infinity" and how does it enter a discussion of numbers? The class will tackle these questions. No knowledge of mathematics is needed for this class.

Instructor(s): 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.

Can It! Recycling Made Easy (and Why It's Important)

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Tue 9/24/19 **End:** Tue 10/1/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Recycling can appear to be a mass of disconnected facts and advice: take your batteries HERE. Recycle THIS 'paper cup' but not THAT 'paper cup'. It can feel daunting. This workshop aims to make recycling simpler by answering three questions: Why should I recycle? China and India are refusing our recycling. Landfills are expensive and incineration causes pollution. Some cities are even shutting down their recycling programs in the face of this crisis. But the sky is not falling in Tucson - not yet. Our city is doing a lot right, and the success of local recycling depends now on the daily choices we make. How should I recycle? Items must be clean - but why? They must not be crushed - but why? Once we understand the reasons, it becomes easier to do the right thing. What should I recycle? There are principles that help make sense of it all, for example, the 'tear test' for paper. Take a glossy paper plate: if you can tear it easily, it's recyclable. But that glossy Starbucks cup? Very hard to tear. So it's not recyclable. Discovering these principles takes a lot of the mystery out of recycling. Participants will receive a handout with these principles and clear lists of what and what not to recycle, as well as a comprehensive list of how to recycle items that can't go in the blue bins.

Instructor(s): Laurel Pollard

I am an experienced workshop leader with an international reputation for my work helping teachers not burn out. Now retired, I am a City of Tucson 'Master Recycler'. I lead workshops in Tucson about why, how, and what to recycle.

Putting your Money Where Your Heart Is: ESG Investing

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Tue 9/24/19 **End:** Tue 10/1/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

ESG investing (Environmental-Social-Governance), or sustainable, socially responsible, or mission-related investing is becoming increasingly popular. In this course, we will learn what exactly ESG investing is and attempt to answer questions like: What should the ultimate goal of a company be? Is it possible to invest to do good and earn a return at the same time? How do I get started in ESG investing? We will explore investing with ESG criteria in mind and discuss the ramifications to your portfolio when doing so.

Instructor(s): Matt Haerten

Matt is an Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. He teaches finance for the Eller College of Management at the U of A and is a CFA Charterholder. Matt has over 25 years experience in the investment industry. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

Natural Sciences and Christian Theology

Subject Area: Philosophy/Religion, Science/Math/Technology

Tuesdays: 6 Sessions 10:45 AM - 12:15 PM **Start:** Tue 9/10/19 **End:** Tue 10/15/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Breakthrough discoveries in the Natural Sciences over the past 500 years - especially in the fields of astronomy, geology, evolutionary biology, and paleoanthropology - have profoundly altered traditional understandings of how this universe works. As worldviews have changed, how is this affecting not only daily life, but also world religions such as Judaism and Christianity. Ron thinks some of the foundations of Christianity have been shaken, and that this is a good thing. The class will explore new ways of thinking about the interplay between science and theology.

Instructor(s): Ron Rude

Ron Rude recently retired after 17 years as Lutheran campus pastor at the University of AZ. His interests include hiking, the natural sciences, history, travel, and music. He has taught OLLI classes in the fields of "Science & Theology" and "Presidential History," and is the author of "(Re)considering Christianity" (Beaver's Pond Press, 2012, and "Abel Emerging" (Beaver's Pond Press, 2010).

Optics in Your Life

Subject Area: Science/Math/Technology

Tuesdays: 6 Sessions 3:00 PM - 5:00 PM **Start:** Tue 9/10/19 **End:** Tue 10/15/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

Optics is all around us. Learn the optics of bluer skies, red sunsets, rainbows, mirages, pit vipers, mosquitoes and humming birds. Hear how your cell phone is made, telescopes are designed and will be used, why the Hubble was myopic and fixed, how good the spy satellites are, and your thermal windows and auto glass. What is a one-way mirror and how big must a vanity mirror be? What do they do with your blood at the medical lab and how good is telemedicine and other techniques for analysis and treatment? Hear how optics is used in satellites and drones to improve agriculture. The present and future of autonomous vehicles, solar roads, augmented/virtual aircraft landing, CAT detection and even your kids and grandkids future as optikers!

Instructor(s): William Wolfe

William L. (Bill) Wolfe was born near New York City and worked his way west. He got his bachelor's degree from Bucknell University in Lewisburg, PA and his master's degrees from the University of Michigan where he also worked as a Lecturer and Research Engineer. After a brief relapse to the Boston area where he worked for Honeywell as department manager and chief engineer, he moved to Tucson where he was Professor of Optical Science at the James Wyant College of Optical Sciences of the University of Arizona. He served as president of the International Society of Optics and Photonics and received its highest award, the gold medal, for his work with students and research. He has always enjoyed the outdoors, and the safari to Africa may have been the absolute highlight. He has been Professor Emeritus since 1995, so he could enjoy it and sharing it with you.

An African Photo Safari

Subject Area: Travel/Entertainment

Tuesdays: Single Session 3:00 PM - 4:30 PM **Start:** Tue 10/22/19 **End:** Tue 10/22/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

Explore the adventures of an African photo safari. Learn of the costs, activities, adventures and see many photos of lions and leopards and hippos and elephants. Hear about the best times to go, a good trip length and how long and how to get there. And finally what to expect to see and how to choose a bwana.

Instructor(s): William Wolfe

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with students and research. He has always enjoyed the outdoors, and the safari to Africa may have been the absolute highlight. He has been Professor Emeritus since 1995, so he could enjoy it and sharing it with you.

Create Your Own Greeting Cards: Iris Folding

Subject Area: Crafts/Cooking

Tuesdays: 2 Sessions 10:45 AM - 12:15 PM **Start:** Tue 10/22/19 **End:** Tue 10/29/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Iris folding is a fun technique that is easy and versatile! Create beautiful cards using everyday paper, including envelopes and wrapping paper. No special tools needed to create these beautiful cards. In the first class session, we will learn the basics of iris folding. In session two, we will create cards! No card making experience necessary!

Instructor(s): Robyn Krause

I am a crafter who enjoys learning new skills and helping others do the same. I have been crafting for over 40 years. When asked what crafts I do, my response is "all of them"!

An Introduction to Fly Fishing

Subject Area: Travel/Entertainment

Tuesdays: Single Session 3:00 PM - 4:30 PM **Start:** Tue 10/29/19 **End:** Tue 10/29/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

What is it? Why do it? Where? When? With what? For what? How much does it cost? A friendly interactive discussion of this great sport.

Instructor(s): William Wolfe

William L. (Bill) Wolfe was born near New York City and worked his way west. He got his bachelor's degree from Bucknell University in Lewisburg, PA and his master's degrees from the University of Michigan where he also worked as a Lecturer and Research Engineer. After a brief relapse to the Boston area where he worked for Honeywell as department manager and chief engineer, he moved to Tucson where he was Professor of Optical Science at the James Wyant College of Optical Sciences of the University of Arizona. He served as president of the International Society of Optics and Photonics and received its highest award, the gold medal, for his work with students and research. He has always enjoyed the outdoors, and the safari to Africa may have been the absolute highlight. He has been Professor Emeritus since 1995, so he could enjoy it and sharing it with you.

[“A Musical Mélange”](#)

Subject Area: Arts/Culture

Tuesdays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Tue 10/15/19 **End:** Tue 11/5/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

In this four-session course, Dan will cover a variety of topics related to his love of music, the wider world of scholarly thought on the subject, and his music-related research and documentary work. Each session will consist of two (2) 40-minute lectures. Session #1: "The Three Big Questions in Ethnomusicology": What are the central questions in the study of the music of the world and its related cultural issues? "West African Music: Rhythm and Relationship": The functions, instruments and rhythms of West African music - including a shared music-making experience! Session #2: "The Question of Musical Universals": Are there any aspects of music that are shared by musical cultures worldwide? By the end, you'll have your own answer to this question. "The Arizona Ear Worm Project": Ever have a song stuck in your head that won't go away? You're not alone. Session #3: "The Shape of the Song" (an exploration of Musical Form and Structure): How do composers and songwriters build their music? You'll be amazed to learn that musical form and structure-form jazz, folk and popular songs to orchestral masterworks - is easier to understand than you may have thought. Session #4: "Late-'50's Rock 'n' Roll": From Elvis to Buddy Holly and more "The Zoom Records Story": a lecture and screening of "ZOOM!", Dan's award-winning documentary film on a tiny record label in late 1950's Tucson.

Instructor(s): Dan Kruse

Dan Kruse holds a Master's in Ethnomusicology from the UA Fred Fox School of Music (2012). His master's thesis, an award-winning documentary, "ZOOM!", was screened at several Arizona film festivals. In semi-retirement, his primary passion is the investigation of "the human relationship to music", including research, lectures and the creation of music-related documentary works. His 2014-15 UA Confluencercenter-funded research study, the Arizona Ear Worm Project, resulted in a science documentary on the project. He is also a (very) part-time local host on Tucson's NPR affiliate, KUAZ-FM. Dan very much looks forward to preparing and presenting his fall OLLI classes!

[Everyday Self-Defense - Habits of Awareness & Physical Defense Options](#)

Subject Area: Health/Wellness

Tuesdays: 2 Sessions 10:00 AM - 11:30 AM **Start:** Tue 10/29/19 **End:** Tue 11/5/19

Tucson Place: Golder Ranch Fire Station - Magee

Course Description

What if you could increase awareness, reduce fear, live safer and feel more empowered? This seminar covers specific ways to increase personal and situational awareness as well as how to use basic physical defense options. Explore a variety of effective strategies to help you recognize and prevent violence before it happens, including: Identifying risky people and situations early and often. Preparing responses for potential dangers (rather than reacting when it's too late). Everyday Habits of Awareness & safety. Methods for discouraging an

attack. Because life doesn't always go as planned, this seminar addresses how to defend yourself physically when needed. You will leave this seminar with the knowledge you need to navigate risky situations, and the skills you need to escape if things go wrong.

Instructor(s): Dawn Armstrong

Founder of ThinkSafe Seminars, Dawn Armstrong is a 3rd Degree Black Belt, an avid traveler and lifelong student of the martial arts. Having experienced sexual violence, assault and harassment early in life, Dawn created her comprehensive program to equip teens & adults (of all genders and ages) with specific situational awareness skills and other preventive strategies needed to recognize and avoid, or respond to, verbal conflict and physical altercations. She earned her BFA in Ad Design from Syracuse University and spent the first 30 years of her career helping businesses and non-profits grow via marketing and business development.

[An American Tourist in Iran](#)

Subject Area: Arts/Culture, History/Current Events

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 11/12/19 **End:** Tue 11/12/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Meg and her husband Peter spent 3 weeks in Iran in 2015, immediately prior to the signing of the nuclear accord. This talk will discuss the history and culture of Iran today as perceived by them and their fellow travelers. An update will include the potential effects of the US withdrawal from the accord.

Instructor(s): Meg Hovell

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.

[Tucson Electric Power Home Energizer Workshop](#)

Subject Area: DIY/Self-Help

Tuesdays: Single Session 9:00 AM - 10:30 AM **Start:** Tue 11/19/19 **End:** Tue 11/19/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Want to learn how to save energy (and money) at home? Want to receive a kit filled with energy efficiency devices for FREE? Attend a TEP Home Energizer Workshop! Learn free and low cost energy efficiency measures you can implement at home to save energy and money. All workshop participants will receive a free Energy Efficiency Kit worth more than \$40 that includes LED light bulbs, a low-flow showerhead, an LED nightlight, and more. The workshop is offered free, courtesy of TEP.

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.

What I Did/Didn't Learn So Far in My Life

Subject Area: Social Sciences

Tuesdays: 3 Sessions 10:45 AM - 12:15 PM **Start:** Tue 11/5/19 **End:** Tue 11/19/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

A discussion meaningful life experiences: you are encouraged to share what you have learned from life. You tell the group as much or as little of your lifestyle, marriage, divorce, religion, victories, defeats, and search for meaning in life.

Instructor(s): Sunny Aslam

Sunny is a retired Surgeon and teacher. He taught at Maine-Dartmouth Family Medicine and American University of Antigua College of Medicine.

Himalayan Yoga: Gentle Energizing Movement, Deep Relaxation and Meditation

Subject Area: Health/Wellness

Tuesdays: 10 Sessions 11:45 AM - 1:15 PM **Start:** Tue 9/17/19 **End:** Tue 11/19/19 - **10/8 and 11/12 classes will be at 9:00 am**

Tucson Place: Golder Ranch Fire Station - Magee

Course Description

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. Participants should wear comfortable roomy or stretchy clothing and bring a yoga mat and a light blanket or shawl to keep them warm while lying down for relaxation. They might also bring a very small pillow or folded towel to rest their heads on when doing relaxation but it should be only a few inches thick at most.

Instructor(s): Randall Krause

Randall Krause has a Juris Doctor degree (Law), a Master of Arts degree (emphasis in holistic health counseling), is certified as a personal coach, and served for decades as a lawyer, coach and mentor. He has been a practitioner in the Himalayan yoga tradition for 30 years. He is registered with Yoga Alliance as an Experienced
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Yoga Teacher and Continuing Education Provider. He is also a qualified teacher of tai chi. In addition, Randall received intensive training in effective communication skills and has taught these skills and employed them in his conflict resolution and coaching work.

News and Views

Subject Area: History/Current Events

Tuesdays: 7 Sessions 1:15 PM - 2:45 PM **Start:** Tue 10/8/19 **End:** Tue 11/19/19

Tucson Place: Pima Community College - Northwest Campus, C316

Course Description

A group discussion of current events. Participants will vote on topics at the beginning of each class.

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Tai Chi for Relaxation and Health

Subject Area: Health/Wellness

Tuesdays: 10 Sessions 1:30 PM - 3:00 PM **Start:** Tue 9/17/19 **End:** Tue 11/19/19 - **10/8 and 11/12 classes will be held at 10:45 am**

Tucson Place: Golder Ranch Fire Station - Magee

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(s): Randall Krause

Randall Krause has a Juris Doctor degree (Law), a Master of Arts degree (emphasis in holistic health counseling), is certified as a personal coach, and served for decades as a lawyer, coach and mentor. He has been a practitioner in the Himalayan yoga tradition for 30 years. He is registered with Yoga Alliance as an Experienced Yoga Teacher and Continuing Education Provider. He is also a qualified teacher of tai chi. In addition, Randall received intensive training in effective communication skills and has taught these skills and employed them in his conflict resolution and coaching work.

Extinction

Subject Area: Science/Math/Technology

Tuesday and Thursday: 4 Sessions 3:00 PM - 4:30 PM **Start:** Tue 11/5/19 **End:** Thu 11/21/19 - **Class meets Tuesday 11/5 at 3:00 pm and Thursdays 11/7, 11/14, and 11/21 at 1:15 pm**

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

The program is designed to look at the emergence and loss of species throughout the history of the Earth through geological, biological, and ecological science without political and/or religious furor. The emphasis is to better understand the natural process of change and perhaps our role in the process. Hopefully the program will leave us with an understanding of the forces that shape life forms and provide us with thoughts for our own future as a species.

Instructor(s): Marion Cimmino

In my professional life, I was a NYCHS Biology teacher, coauthor of 2 text books, 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.

Transforming Your Life Story/Issues with Ease, Grace and Compassion

Subject Area: Health/Wellness

Tuesday and Thursday: 4 Sessions 3:00 PM - 5:00 PM **Start:** Tue 11/12/19 **End:** Thu 11/21/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

We all have a story. A story that we live. Is your story supporting the life you want? Have you ever wondered why this particular issue (money, relationships, health...) is showing up - again and again? Does it seem that there's a "glass ceiling" on your life, preventing you from having all the life, love, money and joy you desire? With soul, not ego, work that is therapeutic but not therapy, we can easily resolve issues to create a life-affirming, healthy story. The work is practical, mystical and profound. It uses a simple, yet effective, methodology that focuses on solutions, not problems, and it helps resolve the issues in one's life. It is possible to change the future, rather than repeating old familiar patterns. You can see the effectiveness of brief, directive interventions in the context of systemic entanglements to discover solutions to serious issues and challenges. This work is amazingly fast, profoundly effective, and brilliantly life-changing. Step from the shadows into the light where profound healing can occur. This is an experiential workshop. People can choose their level of participation and sharing.

Instructor(s): Krysta Kavenaugh

Like you, I want to stay engaged, and delight in life. One of the ways I do that is with this brilliant work: Family Constellation Work, which I call Soul Solutions. I've facilitated over 1100 of them. Regardless of what issue someone works on, by the end Love is flowing through the system/family/issue and resolution occurs. Any day I get to do this work, it's a gift! It makes my heart sing and my soul soar. I have a Masters in Counseling, am a certified Master Life Coach, a certified Holistic Healthcare Practitioner, a Certified Speaking Professional. Welcome!

Wednesdays

[Dining Out: Bubb's Grub](#)

Subject Area: Travel/Entertainment

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 10/9/19 **End:** Wed 10/9/19

Tucson Place: Bubb's Grub

Each member is responsible for their own meal.

Course Description

Lunch at Bubb's Grub BBQ Restaurant, 16010 N. Oracle Rd. Catalina, AZ 1:00 PM Wednesday Oct. 9, 2019. separate checks.

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

[Dining Out: Truland Burgers and Greens Restaurant](#)

Subject Area: Travel/Entertainment

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 11/6/19 **End:** Wed 11/6/19

Tucson Place: Truland Burgers and Greens restaurant

Each member is responsible for their own meal.

Course Description

Lunch at Truland Burgers and Greens Restaurant, 7332 N. Oracle Rd Tucson, AZ 85704. November 6, 2019 1:00 PM. Separate checks

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Thursdays

Art and Science - Ways of Knowing the Sonoran Desert

Subject Area: Arizona History/Culture, Arts/Culture, Science/Math/Technology, Social Sciences

Thursdays: Single Session 1:15 PM – 3:15 PM **Start:** Thu 9/12/19 **End:** Thu 9/12/19

Tucson Place: Pima Community College - Northwest Campus, G101

Optional Field Trip “Art As a Way of Knowing the Sonoran Desert” held at Desert Discovery Center, Tucson or Canoa Ranch, Green Valley. Multiple dates available. Cost \$65 for ½ day workshop.

Course Description

When scientists and artists work together, the environmental challenges of the 21st century-notably loss of habitat and biodiversity-result in creative and innovative collaborations with the potential for eye-opening solutions. Learn how the arts, specifically Art-Based Perceptual Ecology (ABPE) research methods when practiced in collaboration with Western science methods are a way to study biodiversity and non-traditional ways of knowing ecological systems. In this lecture, audience members will learn concepts key to ABPE as Dr. Woolery shares stories of her field research conducting biodiversity inventories in the Sonoran Desert. Why is this work important? By learning pluralistic ways of perceiving the landscape, we may come to know the place in which we live, and find connections with the local habitat. Achieving this multi-dimensional sense of place may contribute to a deeper ethic of caring about the environment, leading us to be good stewards of our ecological and cultural communities. Optional Field Trip - "Art As a Way of Knowing the Sonoran Desert" held at Desert Discovery Center, Tucson or Canoa Ranch, Green Valley. Multiple dates available. Cost \$65 for ½ day workshop. More info at www.ecoartexpeditions.com.

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.

Investing 101

Subject Area: DIY/Self-Help

Thursdays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Thu 9/12/19 **End:** Thu 9/19/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Want to increase your knowledge of investing? Whether you are a newbie looking to test the waters or a long time investor wanting to broaden or update your knowledge, we will discuss a range of investment topics. This class will cover the different types of investments, investment costs, asset allocation, diversification, the importance of compounding and overall investment knowledge. It will be taught by an investment professional who also teaches at the University of Arizona.

Instructor(s): Matt Haertzen

Matt is an Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. He teaches finance for the Eller College of Management at the U of A and is a CFA Charterholder. Matt has over 25 years experience in the investment industry. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

My Work With the Austronesian Tribes of Formosa

Subject Area: Arts/Culture

Thursdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Thu 9/26/19 **End:** Thu 10/3/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

As former International Conservation Liaison and Research Fellow for developing national parks on Formosa, Professor and Research Fellow at Yu Shan Tribal College, it is with great pleasure that I share my work with the Austronesian tribes of Formosa. Their extraordinarily unique music, arts and cultures are great treasures to our world. The First Peoples of Formosa comprise approximately 2.3 percent of the Pacific Island of Formosa, which is now predominantly Taiwanese. Welcome as I share this memorable and interactive journey with you.

Instructor(s): Dr. Amy Eisenberg

Amy Eisenberg, Ph.D. The Hopi Tribe Cultural Preservation Researcher, Interdisciplinary Arid Lands Resource Sciences: Ethnoecology and Native American Studies minor, MS and BS Biology: Botany, Organic Sustainable Agriculture and Agroforestry, Center for World Indigenous Studies Associate Scholar, Scientific Illustrator, Arizona Archaeological Site Steward.

Medicare & Other Seniors' Concerns

Subject Area: Health/Wellness

Thursdays: 4 Sessions 9:00 AM - 10:30 AM **Start:** Thu 9/26/19 **End:** Thu 10/17/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

Have the Medicare rules got you confused or frustrated? Are you concerned with the rising costs of healthcare? Do you worry about Long-Term Care costs? Is an employer's healthcare plan going to cost more than "Original Medicare": Parts A & B? Are you unprotected from life's unforeseen times of trouble: cancer, disability, unexpected hospitalizations, frailty? If the answer to any of these questions is yes, this is definitely the course for you.

Instructor(s): Steven Bleicher

Business Background:

- Licensed to offer various insurances in the State of Arizona.
 - I emcee free Medicare-related lecture series in order to fully acquaint seniors with all of its rules, regulations and complications.
 - Received extensive training on Senior's needs including Medicare Supplements, Long-term care, Home Health Care, Life Insurance and safe Tax-favored investment products.
 - Entered the insurance business after seeing my own mother suffer multiple \$\$ problems during many hospitalizations.
- Personal Philosophy Statement:**
- I believe that advanced planning will help families to get through the hard times of advanced aging. I volunteer my services in order to assist people with preparation tailored to their specific needs. I will conduct myself with my clients in a manner that will instill the utmost trust and dependability in order to foster a long-term relationship. I hope to become the first person my clients call at the occurrence of a life-changing event or before considering any major financial changes.

Religion and Spirituality- Exploring the Big Questions

Subject Area: Philosophy/Religion

Thursdays: 6 Sessions 9:15 AM - 10:45 AM **Start:** Thu 9/12/19 **End:** Thu 10/17/19

Tucson Place: Pima Community College - Northwest Campus, A217

Course Description

For several years I have struggled with what I call the Big Questions in life: How did we get here? Did humans evolve naturally or are we the creations of a supernatural God? Where does religious faith come from? In the search for absolute Truth, how does one recognize Truth? The format for this group will be a facilitated discussion. I do not have the answers, but perhaps like you, I am a seeker of knowledge, interested to hear what others believe (and why!). All viewpoints are welcome, honestly shared and received respectfully.

Instructor(s): Judith Rockey

I am recently retired and new resident to Tucson. Over the course of my life, I have been a Medical Laboratory Technician, a pastry Chef, and most recently, an administrator for a non-profit Drug and Alcohol Rehab Center. My hobbies are photography and Black and White Darkroom printmaking. My husband works as a Hospice Chaplain in Tucson and we have 2 adult children.

Six Tactics Persuaders Use to Manipulate You and How to Defend Against Them

Subject Area: Social Sciences

Thursdays: 6 Sessions 10:45 AM - 12:15 PM **Start:** Thu 9/12/19 **End:** Thu 10/17/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

A lecture and discussion of the techniques and application of persuasion used by advertisers and politicians. I intend to focus mostly on advertising seen on television, the internet, and print media. I will follow the writing and research of retired professor Robert Cialdini, of the University of Arizona. The persuasion techniques I intend to discuss are: Reciprocation: how persuaders use gifts and concession to create a sense of obligation in consumers. Consistency: how persuaders use people's desire for consistency and commitment to manipulate consumers. Social Proof: how persuaders try to create an impression that everyone is doing a specific behavior (bandwagon appeal) to enhance sales. Liking: how persuaders attempt to create a bond of friendship between consumers and product or service spokespersons. Authority: how persuaders attempt to use authority to encourage blind obedience from consumers. Scarcity: how persuaders attempt to create a sense of urgency and need among consumers, in order to manipulate them. I will also discuss some ways to defend against these persuasion tactics.

Instructor(s): Robert Hertzog

Robert Hertzog is a retired Professor of Communication, Indiana University.

A Day In The Life Of A Ghostwriter

Subject Area: Literature/Writing/Language

Thursdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Thu 10/10/19 **End:** Thu 10/17/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

A Day In The Life Of A Ghostwriter spotlights a specific one-woman operation and all it entails. It's designed to be highly inter-active providing you with a rare look behind the scenes. Anything but the names of clients may be revealed. Clients' names are strictly confidential (hence the use of the word -- ghost). Choose this Study Group to help satisfy your curiosity. Or, choose it if you entertain thoughts of writing a memoir or non-fiction material for someone; especially if you don't crave a by-line. Find out what else distinguishes ghostwriting from other kinds of writing. Once you understand the anatomy of a ghostwriter, you'll be in a better position to hire

one! Ghostwriting is a business and the business end of this service is also open for discussion. Be a ghost, hire a ghost, work with a ghost; any or all of these topics are up for discussion in A Day In The Life Of A Ghostwriter.

Instructor(s): Marilyn Pincus

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

[Create Your Own Greeting Cards: Fall Theme](#)

Subject Area: Crafts/Cooking

Thursdays: Single Session 10:45 AM - 12:15 PM **Start:** Thu 10/24/19 **End:** Thu 10/24/19

Tucson Place: Pima Community College - Northwest Campus, A109

\$5.00 for supplies

Course Description

In this class, participants will make a fall themed step card. There is a \$5 cost per person for this class. Instructor will provide paper necessary for project. Participants will need to bring basic supplies.

Instructor(s): Robyn Krause

I am a crafter who enjoys learning new skills and helping others do the same. I have been crafting for over 40 years. When asked what crafts I do, my response is "all of them"!

[Create Your Own Greeting Cards: Easy Holiday Cards](#)

Subject Area: Crafts/Cooking

Thursdays: Single Session 9:15 AM - 10:45 AM **Start:** Thu 10/31/19 **End:** Thu 10/31/19

Tucson Place: Pima Community College - Northwest Campus, A217

\$5 to cover supplies

Course Description

In this class, participants will make three simple holiday cards. Instructor will provide card materials. Participants will be required to bring basic crafting materials. There is a \$5.00 fee for this class.

Instructor(s): Robyn Krause

I am a crafter who enjoys learning new skills and helping others do the same. I have been crafting for over 40 years. When asked what crafts I do, my response is "all of them"!

[Stress - Resiliency: How to Balance the Second Half of Life!](#)

Subject Area: Health/Wellness

Thursdays: Single Session 9:15 AM - 10:45 AM **Start:** Thu 11/7/19 **End:** Thu 11/7/19

Tucson Place: Pima Community College - Northwest Campus, A217

Course Description

Everybody knows what stress is, but nobody really knows. Hans Selye. Stress, a popular buzzword, is difficult to define because it is so different for each of us and it has a myriad sets of definitions. More important than the definition is how health and aging are impacted by stress. How and why has stress become a daily companion to us all? And how can we bounce back from stress? This interactive course will help individuals to understand: what stress is and how it uniquely affects them through the stress cycle; what their current patterns of coping are; what resiliency is and why it's important; how to build specific patterns of resiliency to regain their energy; their choice/balance between the story of stress and resiliency.

Instructor(s): Gretchen BreyllerHegeman

Blending scientific knowledge with spiritual wisdom, Gretchen Breyller Hegeman seeks to enhance human health and potential. Through education, an M.S. in counseling psychology and a Ph.D. in Integrative Health Care, and experience, serving as a psychotherapist, a consultant in the health care industry and a civilian contractor for the Department of Defense, Gretchen has been at the forefront of the changing health paradigm.

Preventing And Reversing Disease Through Whole Food, Plant-Based Nutrition

Subject Area: Health/Wellness

Thursdays: 8 Sessions 3:00 PM - 5:00 PM **Start:** Thu 9/19/19 **End:** Thu 11/7/19

Tucson Place: Pima Community College - Northwest Campus, G101

Course Description

This class will teach participants the key principles for successfully transitioning from eating the standard American diet to a whole food, plant-based diet (WFPB). Many major medical organizations now advocate that eating a WFPB diet is an optimal strategy for preventing and reversing many chronic diseases facing Americans today. Contemporary evidence-based research now finds that about 80% of chronic disease is caused by lifestyle choices and not from one's genetic legacy. Rather than succumb to diseases of cancer, hypertension, heart disease, stroke, diabetes, auto-immune conditions and more, a WFPB diet combined with other appropriate lifestyle choices can greatly reduce the risk of suffering and early mortality from these conditions.

Instructor(s): Denise Rose, Georgie Campas

The Happy Vegan Couple comprises Dr. Denise Rose and Georgie Campas. As a couple they have been teaching local Tucson residents about whole food, plant-based (WFPB) nutrition for several years. They have presented classes and cooking demos at a variety of venues including Oro Valley Town Hall Employees, Pima College Employees, Barefoot Yoga Studio, Via de Dios Christian Center and the Osher Lifelong Learning Institute of the University of Arizona. And they host and cook for private parties held in their home for guests who want to eat a healthy WFPB celebratory meal.

Denise and Georgie have a social media presence on both Facebook and YouTube under the name Happy Vegan Couple. On YouTube, they post their whole food, plant-based cooking videos to help newcomers to the WFPB lifestyle learn how to cook delicious, healthy foods in their own kitchens. And on Facebook, the Happy Vegan

Couple page is an educational resource for up-to-date knowledge on plant-based nutrition and its powerful impacts on health, planet sustainability, and sentient beings. They have also published an inspiring guidebook titled, "The Happy Vegan Couple Guide to Whole Food, Plant-Based Eating."

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

[San Xavier History](#)

Subject Area: Arizona History/Culture, Arts/Culture

Thursdays: 5 Sessions 9:00 AM - 10:30 AM **Start:** Thu 10/24/19 **End:** Thu 11/21/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

These sessions include: October 24: Mission History, October 31: Construction of the current church, Nov 7: Restoration and Conservation History at San Xavier with Clague Van Slyke III presenting, Nov 14: Symbolology at San Xavier, Nov 21: Apache/O'odham conflicts. Optional Field Trip to be scheduled after class is over.

Instructor(s): Craig Reid

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

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

[Resistance or Resilience: How to Build a Better Life Story!](#)

Subject Area: Health/Wellness

Thursdays: 2 Sessions 9:15 AM - 10:45 AM **Start:** Thu 11/14/19 **End:** Thu 11/21/19

Tucson Place: Pima Community College - Northwest Campus, A217

Course Description

Most of us have two lives. The life we live, and the unlive life within us. Between the two stands Resistance. Steven Pressfield. Have you ever started a New Year's resolution, only to abandon it by February or earlier? Have you ever bailed on an idea to address a social injustice? Have you ever bought a treadmill that became a clothes hanger or started a diet only to regain the weight, knowing you need to be healthier? Do you have a reoccurring thought, I'd like to do this or try that, only to continue thinking about it, never experience it? This is resistance! This is human nature! As you enter the second half of life, with more time and freedom to explore meaningful "work" which contributes positively to society and ways to express yourself creatively, the cost of not doing so can lead to stagnation and despair. Fortunately, there is a different, more fun and fulfilling, path. In

this course, you will: Explore the concepts of resistance and the newest research on how your brain works to help or hinder the process; understand the power behind resiliency and the three steps to build resiliency; create a personal plan to a more fun and fulfilling path.

Instructor(s): Gretchen Breyller Hegeman

Blending scientific knowledge with spiritual wisdom, Gretchen Breyller Hegeman seeks to enhance human health and potential. Through education, an M.S. in counseling psychology and a Ph.D. in Integrative Health Care, and experience, serving as a psychotherapist, a consultant in the health care industry and a civilian contractor for the Department of Defense, Gretchen has been at the forefront of the changing health paradigm.

[Learn to Meditate](#)

Subject Area: DIY/Self-Help

Thursdays: 4 Sessions 10:45 AM - 12:15 PM **Start:** Thu 10/31/19 **End:** Thu 11/21/19

Tucson Place: Pima Community College - Northwest Campus, A109

Course Description

This 4-week course, taught by a Dr. Deepak Chopra Certified Teacher, will introduce you to the physical, mental, and spiritual values and benefits of practicing Dr. Chopra's Primordial Sound Meditation program. By the fourth week you will be independently meditating daily while supported by your teacher as needed. Only a personal desire and intention to practice is required.

Instructor(s): Gordon McCall

BA, MA, 30 years a professional educator in Psychology and World History, world traveler and student of world cultures, 5 years of 4 different advanced onsite study programs on the Pueblo People.

Fridays

[First Things First and Healthy Brain Development, Prenatal to 5 years](#)

Subject Area: Health/Wellness

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 9/13/19 **End:** Fri 9/13/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

This presentation will focus on critical aspects of early brain development and identify ways that individuals, communities and systems can support the healthy brain development that is required for optimal school and life success. Keys include protection from prenatal teratogens and post-natal toxic stress, and generous first-year offerings of touch, holding and engaging "serve and return" and in-person verbal communication. Well-supported parents, an ample supply of books and accessible high quality early child centers and preschools are important to the growing toddler and preschooler. An important resource for Arizona is First Things First (FTF), the product of a 2006 voter initiative. FTF partners with families and communities under the guidance of 28 Regional Partnership Councils, funding evidence-based strategies "to help our state's infants and young children

Last Updated: 9/9/2019 3:35 PM

be ready for success in kindergarten and beyond." You may access information about brain-supporting resources on the First Things First website, <https://www.firstthingsfirst.org/>, and on the Make Way for Books app. You can download the latter from the app store on your mobile device. Other references for the talk are Worth Publisher's The Developing Person through the Life Span and Invitation to the Life Span, both by Kathleen Stassen Berger.

Instructor(s): Dorothy Johnson

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

[Living with Urban Wildlife](#)

Subject Area: Science/Math/Technology

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 9/20/19 **End:** Fri 9/20/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

Established in 1998 by Lisa Bates and Peter Lininger, Tucson Wildlife Center (TWC) took in nearly 3,000 injured or orphaned wild animals in 2018 and is the only wildlife rehabilitation center left in Southern Arizona who can handle the volume and diversity of wildlife in immediate need of rescue. Tucson Wildlife Center staff and volunteers rescue and care for wildlife 24/7, 365 days a year, and is the only full-service, state-of-the-art wildlife rescue hospital in Southern Arizona. An introduction and overview of the rescue, rehabilitation, and release activities at Tucson Wildlife Center as well as what to do when you find an orphaned, injured, or ill wild animal. And, the natural history of local desert wildlife, why wildlife is attracted to our neighborhoods and yards, discuss methods to avoid and mitigate common wildlife/ human issues.

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.

Evolution of the Earth

Subject Area: Science/Math/Technology

Fridays: 4 Sessions 9:30 AM - 11:00 AM **Start:** Fri 9/13/19 **End:** Fri 10/4/19

Tucson Place: Golder Ranch Fire Station - Linda Vista

Course Description

The earth began as a molten mass. From this we will look at the development of continents, ocean basins, mountains, continental shelves and tectonic plates. Two forces are responsible for their development, forces of construction and of destruction and we will look how they interact to create the earth as we know it today.

Instructor(s): Edgar McCullough

The Pharmacology of Animal Toxins and Venoms

Subject Area: Science/Math/Technology

Fridays: 4 Sessions 10:45 AM - 12:15 PM **Start:** Fri 9/27/19 **End:** Fri 10/18/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

Animals produce toxins and venoms of incredible variety. The venoms of the Indian cobra and the inland taipan of Australia both produce paralysis, but do so in completely different ways. And the poison dart frogs of Central America produce paralysis in a manner that is different from either of those snakes, but the same as that of the puffer fish that is eaten as a delicacy in restaurants in Japan, and the blue ringed octopus that is found in Australian tidepools. Most rattlesnake venoms on the other hand do not produce paralysis, but cause tissue destruction and hemorrhaging. And black widow spiders produce three separate toxins, one for vertebrates, one for insects, and one for crustaceans! Because of their unique properties, toxins and venoms have been used to develop pharmaceuticals. A compound isolated from the venom of the gila monster has been used to develop a drug for Type II diabetics, a cone snail toxin has been used to develop a pain reliever, a protein from the venom of the death stalker scorpion has been used to treat brain tumors, and the venom of the saw scaled viper has been used to develop several anticoagulant drugs. This course will begin by providing a background in the physiology necessary to understand the mechanisms of animal toxins and venoms, then continue with a survey of a variety of animals, describing how the toxins and venoms produce their effects, and how they have been used in research and medicine.

Instructor(s): Tom McDonald

Tom McDonald received his undergraduate and masters degrees from Stanford University and his Ph.D. in neuroscience from the University of California, Santa Barbara. He has been a college professor for the past 45 years, and did research on scorpion venoms at the University of Arizona Medical School. Now in semi-retirement he teaches human anatomy & physiology twice a week to future doctors, nurses, and pharmacists at Pima Community College.

[A Conversation on Kindness with Jeannette Maré of Ben's Bells](#)

Subject Area: Health/Wellness

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 11/1/19 **End:** Fri 11/1/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

Jeannette Mare, Ben's Bells Founder and Chief Kindness Officer, will lead an in-depth discussion on the challenges and opportunities we encounter in every interaction as we strive to create a kinder community. During the course, Jeannette will reflect on her own personal experiences with kindness in the face of devastating grief, as well as her work with Ben's Bells Project and the power of kindness to transform people and communities. We'll explore the ways we can implement evidence-based practices of intentional kindness as a powerful skill in daily life. You will learn about the science that helps us understand the nature of our mental experience, including why it is sometimes difficult to be kind. You will also discover that practicing kindness as a skill empowers us to respond rather than react. This informative and inspiring course will leave you ready to start your intentional kindness practice today!

Instructor(s): Jeanette Mare

Jeannette Mare is the Founder and Chief Kindness Officer of Ben's Bells Project. Jeannette's leadership has anchored the organization through remarkable growth, including the opening of four studios, collaborating with hundreds of local organizations, and recruiting more than 25,000 annual volunteers. As part of her vision, Ben's Bells has become nationally recognized and "kindness" is becoming part of the nation's collective consciousness. Before becoming full time at Ben's Bells, Jeannette was faculty at the University of Arizona teaching discourse analysis. She holds a Masters Degree in Linguistics from Gallaudet University in Washington D.C.

[Emerging Authors Writers Workshop](#)

Subject Area: Literature/Writing/Language

Fridays: 10 Sessions 9:00 AM - 10:30 AM **Start:** Fri 9/13/19 **End:** Fri 11/15/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

In class 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. Topics will include Dramatic Arc (Freitag's Pyramid), setting, scene, dialogue, description, point-of-view (first and third-person narratives), voice and revision. A group of up to ten 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 to 1 ½ pages of prose. These exercises are designed to spark the imagination while teaching the ins-and-outs, 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. Each prompt contains a brief passage and a description of the goals for the piece. The instructor will explain why the techniques used by the selected author make this particular piece effective. The following week, students bring in their written response to the prompt and it is read aloud in class. Classmates offer their feedback while the author quietly sits and considers each

comment. While taking notes is not required, it is a good suggestion. After the discussion is finished, the instructor will offer a brief summary and their own comments, only then, will the author of the piece be allowed to ask for clarification or provided answers to any questions that arose from the discussion.

Instructor(s): Stephen Harnish

I earned my MFA in Creative Writing from the Solstice Program at Pine Manor College. My short story "Brodie and Nico" was published in Quintessence: Solstice MFA Anthology 2018. I am currently working on my next novel and additional short stories for publication. I've also started teaching my own writers workshop in Tucson, Arizona. To me, writers are like a big box of Crayola Crayons, there's one of every color. My 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.

[Pre-Columbian Civilizations, Part 3, the Inca Empire](#)

Subject Area: Arts/Culture, History/Current Events

Fridays: 2 Sessions 10:45 AM - 12:15 PM **Start:** Fri 11/8/19 **End:** Fri 11/15/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

The Inca Empire, centered in the high Andean Mountains of Western South America, was the largest and latest Pre-Columbian Civilization to be defeated by the Spanish Conquistadors. Notable features of the Empire we'll discover in this educational video program include its monumental stone architecture highlighted by its astounding citadel Machu Picchu, an extensive mountain road network, agricultural prominence in its steep mountain terracing, its effective administrative organization, and its interesting religious traditions emanating from its striking natural environmental beauty. Its collapse and subsequent adaptations to Spanish domination is also explored.

Instructor(s): Gordon McCall

BA, MA, 30 years a professional educator in Psychology and World History, world traveler and student of world cultures, 5 years of 4 different advanced onsite study programs on the Pueblo People.

[Amazing Lives of Arizona Pioneers, Larcena Scott and Mary Ann Handy](#)

Subject Area: Arizona History/Culture

Fridays: Single Session 9:00 AM - 10:30 AM **Start:** Fri 11/22/19 **End:** Fri 11/22/19

Tucson Place: Pima Community College - Northwest Campus, A106

Course Description

Larcena who was known for having been kidnapped in the Santa Rita Mountains by Apaches and her daughter Mary Ann Handy whose marriage in Tucson to Dr. John Handy ended in tragedy.

Instructor(s): Shirley Pinkerton

Shirley - Treasurer of the Southern Arizona Board of Directors of the Arizona Historical Society. Historic reenactor, tour director and author. Resident of Arizona since 1942.

Sundays

[Dining Out: Overlook](#)

Subject Area: Travel/Entertainment

Sundays: Single Session 11:00 AM - 12:30 PM **Start:** Sun 10/27/19 **End:** Sun 10/27/19

Tucson Place: Outlook

Each member is responsible for their own meal.

Course Description

Sunday brunch buffet at Overlook restaurant in Oro Valley Community Center. 10555 N. La Canada Dr. Oro Valley, AZ 85737 Sunday October 27 @ 11:00 AM Separate checks

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.