



Northwest Tucson Spring 2020 Catalog

Mondays

Dining Out: Charred Pie

Subject Area: Crafts/Cooking

Mondays: Single Session 1:00 PM - 2:30 PM **Start:** Mon 2/17/20

Location: Charred Pie

Participants are responsible for the cost of meals and drinks and pay separately.

Course Description

Enjoy the camaraderie of your fellow NW members at a lunch dining out event at Charred Pie 12125 N. Oracle #105, Monday Feb 17, 1:00 PM. Participants are responsible for the cost of meals and drinks and pay separately. We are hungry already reading the lunch menu from their website here: <https://www.charredpie.com/menu>

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Dining Out: Churrasco de Brasil

Subject Area: Crafts/Cooking

Mondays: Single Session 1:00 PM - 2:30 PM **Start:** Mon 3/23/20

Location: Churrasco de Brasil

Participants are responsible for the cost of meals and drinks and pay separately.

Course Description

Enjoy the camaraderie of your fellow NW members at a dining out event at Churrasco de Brasil, 150 W Wetmore Rd. Monday, March 23rd at 1 PM. Participants are responsible for the cost of meals and drinks and pay separately. We are hungry already reading the lunch menu from their website here: <https://churrascobrasil.com/>

Please keep in mind that this is a fine dining experience, with lunches starting around \$27.

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Dining Out: La Parilla Suiza

Subject Area: Crafts/Cooking

Mondays: Single Session 1:00 PM - 2:30 PM **Start:** Mon 4/6/20

Location: La Parilla Suiza

Participants are responsible for the cost of meals and drinks and pay separately.

Course Description

Enjoy the camaraderie of your fellow NW members at a lunchtime dining out event at La Parrilla Suiza, 4250 W. Ina Rd. Monday, April 6th, 1:00 PM. Participants are responsible for the cost of meals and drinks and pay separately. We are hungry already reading the menu from their website here: <http://laparrillasuiza.com/>

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Tuesdays

[Ways of Knowing](#)

Subject Area: DIY/Self-Help

Tuesdays: 5 Sessions 8:45 AM - 10:15 AM **Start:** Tue 2/4/20 **End:** Tue 3/3/20

Location: Pima Community College - Northwest Campus, A316

Course Description

This is a practical, yet exciting, class about who are we and how we function? We'll explore that we're smarter than just our thinking. That our body has an innate intelligence that impact who we are. In the past few decades, scientific discoveries show that the body sends multiple signals to the brain. Moreover, these signals have a significant effect on brain function - influencing emotional processing as well as higher cognitive faculties. By becoming aware of these signals, we'll learn what our body is trying to tell us - applying these discoveries to improving our health, connecting and centering ourselves, and possibly changing our ways.

Session 1 - Ways of Knowing: an Overview-We are multidimensional beings-every part of us is inner-connected and we are connected to others.

Session 2-Ways of Knowing: Brain/Mind Intelligence- Most of us think by having a brain, yet many don't understand how it functions for us to be and for our survival.

Session 3 - Ways of Knowing: Cellular Intelligences How do our cells provide energy? What is cellular memory?

Session 4-Ways of Knowing: Gut Intelligence- What is research telling us about the Gut Biome and Leaky Gut and how it affects us?

Session 5-Ways of Knowing: Heart Intelligence- Heart Rate Variability (HRV) is considered to be an important indicator of health and fitness. And HRV profoundly affects how we perceive, think, feel, and perform. What is HRV and how can we adapt to its best cycles?

Instructor(s): Gretchen B.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.

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Himalayan Yoga: Gentle Energizing Movement, Deep Relaxation and Meditation

Subject Area: Health/Wellness

Tuesdays: 9 Sessions 9:00 AM - 10:30 AM **Start:** Tue 2/4/20 **End:** Tue 4/14/20 - **No class on 2/11, 3/10.**

Location: 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 a relaxation but it should be only a few inches thick at most. No SG on 2/11 and 3/10.

Instructor(s): Randall Krause, Sandra Uytterhoeven

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.

Sandra Uytterhoeven is an experienced yoga teacher, yoga therapist and an avid learner and teacher of The Yoga Sutras of Patanjali. She has led a monthly study group on the Yoga Sutras of Patanjali for more than 10 years in Waltham, MA. She is warm, knowledgeable, and articulate.

What Is Your Belief?

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 10:15 AM - 11:45 AM **Start:** Tue 3/31/20 **End:** Tue 4/7/20

Location: Pima Community College - Northwest Campus, A316

Course Description

The poem The Blind Men and the Elephant by John Godfrey Saxe begins: It was six men of Indostan, To learning much inclined, Who went to see the elephant, (Though all of them were blind), That each by observation, might satisfy his mind. In the poem, these six people look to different aspects of the elephant to help to shape their belief about the elephant. Each takes an understanding from the journey, but each remains limited in their ability to see the whole elephant. These two sessions will provide opportunities to explore and share images and

ideas of God, the universe and elements in your life that bring meaning to you. Hopefully, these classes will serve to broaden and enhance each participant's understanding of oneself and the world, recognizing that the elephant / what we hold deeply is bigger than anyone's personal belief system. Please bring your beliefs, insights, and wisdom to share.

Instructor(s): Mary Ellen Klawiter

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

[Our Continuing Quest for Cosmic Company-- Science and Stories](#)

Subject Area: Science/Math/Technology

Tuesdays: 3 Sessions 10:30 AM - 11:45 AM **Start:** Tue 2/11/20 **End:** Tue 2/25/20

Location: Pima Community College - Northwest Campus, A316

Course Description

Most scientists are convinced that there is intelligent life somewhere out in space. But when told of alien visitation those same scientists are extremely skeptical. Why is that? No knowledge of science is needed for the class but an interest in science is essential. I will present some science, relate some provocative stories and, I hope, stimulate some fascinating discussions.

Instructor(s): Carl DeVito

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

[Fancy Fold Birthday Card](#)

Subject Area: Crafts/Cooking

Tuesdays: Single Session 10:30 AM - 11:45 AM **Start:** Tue 3/3/20

Location: Pima Community College - Northwest Campus, A316

Course Description

Surprise your friends and loved ones with a handmade birthday card! In this class, we will make a fancy fold birthday card. This is an intermediate level class. Participants will receive the materials list approximately one week prior to class start.

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"!

[Ancient Wisdom for Modern Challenges: The Yoga Sutras of Patanjali \(an ancient Indian scholar and sage\)](#)

Subject Area: Philosophy/Religion

Tuesdays: 9 Sessions 10:45 AM - 12:15 PM **Start:** Tue 2/4/20 **End:** Tue 4/14/20 - **No class on 2/11, 3/24.**

Location: Golder Ranch Fire Station - Magee

\$5.00 Material Fees

Course Description

The Yoga Sutras of Patanjali (an ancient Indian scholar and sage) form a system of principles and practices that can help individuals actualize themselves more fully. This system is as effective today as it was millennia ago. Practitioners say that applying the wisdom of the yoga sutras can diminish life's inevitable suffering, increase the experience of joy and inner peace, and help them focus more consistently on the present. Participants will read selected sutras, experiment with their application and report the results in the study group. Through class discussion, small group interactions, videos, and introspection, participants will increase their understanding of how yoga sutras can be applied to everyday life. This will not be a dry philosophy discussion. The leaders will relate stories from their own experiences that will bring the sutras to life and make the sutras understandable and stimulating.

Please note due to a schedule conflict, the March 10 session will be held at the Linda Vista Fire Station - 355 E. Linda Vista Blvd.

Instructor(s): Randall Krause, Sandra Uyterhoeven

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.

Sandra Uyterhoeven is an experienced yoga teacher, yoga therapist and an avid learner and teacher of The Yoga Sutras of Patanjali. She has led a monthly study group on the Yoga Sutras of Patanjali for more than 10 years in Waltham, MA. She is warm, knowledgeable, and articulate.

Introduction to Forensic Science

Subject Area: Science/Math/Technology

Tuesdays: 2 Sessions 10:15 AM - 11:45 AM **Start:** Tue 3/10/20 **End:** Tue 3/24/20 - **No class on 3/17.**

Location: Pima Community College - Northwest Campus, A316

Course Description

A presentation of a forensic science topic with case study and group participation.

Instructor(s): Christian Wilson

Christian is a retired forensic scientist with 25 years of experience and adjunct faculty at Pima College and the University of Arizona.

Paper Marbling

Subject Area: Crafts/Cooking

Tuesdays: Single Session 10:45 AM - 12:15 PM **Start:** Tue 3/24/20

Location: Golder Ranch Fire Station - Magee

Course Description

We will be teaching a simple and fun paper marbling technique using shaving cream and food coloring. We will provide all materials needed. However, feel free to bring any special paper you might have. It needs to have some body and can be non-glossy paper stock. You do not need to have artistic talent to make beautiful prints with this technique. We will bring samples of projects using these prints to inspire you.

Instructor(s): Mary Wellington, Judith Rockey

Mary and her husband moved to California in 1980 where they purchased a small farm. They took part in the certified farmers' market program and converted to organic farming. During several of these years she worked as head teacher in a before and after school program. Upon retiring she came to Tucson where she has a son and his family.

Judith is recently retired and enjoys dark room photography and taking classes at OLLI.

Debunking Henry Ford and his Anti-Semitism

Subject Area: History/Current Events

Tuesdays: Single Session 1:15 PM - 2:45 PM **Start:** Tue 2/4/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Henry Ford was a major player in the development of modern anti-Semitism, through the mass production of his own propaganda (1920-1927) and through other treacheries. His propaganda left its own paper trail, but more discreet was his sending funds to Hitler, and his early financing of what would become known as Holocaust denial. In fact, several subtypes of anti-Semitism today have a root in Henry Ford's machinations. We debunk and disempower this history. In contrast, with appreciation, we look at examples of protest and resistance from the Jewish and general communities at the time. These include assorted writings, petitions, sermons, libel suits, and a boycott of Ford motor vehicles.

Instructor(s): Evyn Rubin

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

[Investing Discussion](#)

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Tue 2/18/20 **End:** Tue 2/25/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Join us for some great discussion on investing topics. We will talk about current events, investing mistakes, how to choose an Investment Advisor and any other investing topics that are of interest to the class. Regardless of whether you are a new or experienced investor, you are welcome to participate as much or as little as you choose in the discussion. It will be led by an experienced investment professional who also teaches at the University of Arizona.

Instructor(s): Matt Haertzen

Matt Haertzen is a Senior Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. Matt also teaches finance for the Eller College of Management at the University of Arizona and is a CFA Charterholder. Matt has over 25 years of experience in the investment industry and has been teaching college-level investment courses since 2004. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

Living with Wildlife: Wildlife Rescue, Rehab, Release and Peaceful Coexistence

Subject Area: Science/Math/Technology

Tuesdays: Single Session 1:15 PM - 2:45 PM **Start:** Tue 3/3/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Learn about Tucson Wildlife Center, the only wildlife hospital for 8 counties in southern Arizona. The Education Coordinator at Tucson Wildlife Center will guide you through the steps they take when encountering sick, ill or orphaned wildlife; including rescue, emergency medical care, rehabilitation, and release. Learn the importance of wildlife rehabilitation, what to do when you find an injured animal, how to live in peaceful coexistence with wildlife, and how to keep unwanted critters from entering your home with humane alternatives to traps and poisons. Tucson Wildlife Center is dedicated to the rescue, emergency medical care and rehabilitation of injured, ill and orphaned wildlife before return to the wild, while promoting education, habitat protection and peaceful coexistence with wildlife. Open 24/7, 365 days a year, Tucson Wildlife Center is the only full-service wildlife rescue hospital for 8 counties in Southern Arizona. Learn more by visiting www.TucsonWildlife.com

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.

Owls of Southern Arizona

Subject Area: Science/Math/Technology

Tuesdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Tue 3/10/20 **End:** Tue 3/24/20 - **No class on 3/17.**

Location: Pima Community College - Northwest Campus, A110

Course Description

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

words, how to go owling. Come and learn to better appreciate these wonderful birds of the night.

Instructor(s): Scott Richardson

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

[Unpacking The Four Agreements](#)

Subject Area: DIY/Self-Help

Tuesdays: 4 Sessions 1:15 PM - 2:45 PM **Start:** Tue 3/31/20 **End:** Tue 4/21/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Don Miguel Ruiz's bestseller *The Four Agreements* give us a simple and profound instruction manual for living a happy and fulfilled life. These four perceptions include: 1. Be impeccable with your word, 2. Don't take anything personally, 3. Don't make any assumptions, 4. Always do your best. Utilizing Ruiz's *The Four Agreements* as a springboard for discussion, this class will explore how to reclaim our personal power through the utilization of these new contracts with ourselves. Although it would be beneficial to read the book, it is not necessary for the class. Please bring your authentic self, including your beliefs, experiences, insights, and wisdom to share.

Instructor(s): Mary Ellen Klawiter

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

[Reducing Consumerism: How to Own Less Stuff, Enjoy Life More, and Save the Planet](#)

Subject Area: DIY/Self-Help

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

Location: Pima Community College - Northwest Campus, A110

Course Description

Recycling is a good and necessary start to dealing with the waste that is threatening life on our planet. But recycling is not enough: it only handles part of our waste stream and very imperfectly. The best solutions lie in reducing the waste stream altogether by buying less stuff in the first place.

In this two-session workshop, we will go beyond the mechanics of what can be recycled in Tucson to discover the personal and planetary benefits of owning less. We will look at recent history: how, since WWII, we have been purposefully manipulated into buying more and more stuff. Moneyed interests get the profits, the planet gets stripped, and all living things are threatened by a waste stream we never meant to produce. Are we helpless? NO! Consumers wield more power than many of us realize. We will explore practical ways to reduce the amount of stuff that comes into our homes. We'll also look at which simple political actions have the greatest effect. (It's surprising!) Corporations are taking notice of our consumer habits, and our feedback and they are changing their practices as a result. We'll also explore how owning too much stuff can complicate our lives and reduce our leisure.

As for the title of this workshop, we don't need to save the planet. It will survive us. But we can help save the web of life on the planet, including ourselves. In the process, we can live more simply, more lightly, more happily.

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.

[EcoArtists - Working at the Intersection of Art and Science, Locally and Globally](#)

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

Tuesdays: Single Session 3:00 PM - 4:30 PM **Start:** Tue 2/25/20

Location: Pima Community College - Northwest Campus, A110

Course Description

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

Instructor(s): LeeAnn 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.

Understanding the World of Wine

Subject Area: Crafts/Cooking

Tuesdays: 2 Sessions 3:00 PM - 5:00 PM **Start:** Tue 3/3/20 **End:** Tue 3/10/20

Location: Pima Community College - Northwest Campus, A110

Course Description

A condensed, 4 hour, course in learning everything you need to know about the world of wine and how to appreciate the many ways wine can be both fascinating and fun, rather than intimidating. An added benefit of your increased knowledge will be the ability to be able to identify not only great wines but great value wines, i.e. wines don't have to be expensive to be delicious.

Instructor(s): Norm Land

Norm received his BSCE and MBA from the University of Colorado in 1969, followed by 10 years in various careers such as a Professor, VISTA Volunteer, and Marketing V.P., before opening the Good Earth Restaurant & Bakery here in 1979. After a 20 year run, he switched to management consulting but was recruited by Shaanxi University, Xi'an, China in 2010 to teach marketing and management for the next 7 years. During those 50 years post-college, he continued to indulge in his passion for travel, with some 50 trips around the world, 44 of them via his other passion, cycling.

Wednesdays

Behind the Scenes Tour of Tucson International Airport

Subject Area: Travel/Entertainment

Wednesdays: Single Session 9:00 AM - 10:30 AM **Start:** Wed 2/26/20

Location: Tucson International Airport

Course Description

We will take the behind the scenes "tennis shoes" tour of the TIA. We'll get to see places you usually can't go as the general public which include terminal operations, commercial aircraft ramp, and baggage handling areas. The tour lasts 90 minutes and sneakers are recommended. You are own your own for transportation to the airport (7250 S. Tucson Blvd.). Park in the hourly lot and take your ticket with you for validation. The tour begins at the third level Center Point, which you can reach by using the stairs or elevator near the Delta Airlines check-in counter. You can ask airport employees for directions as well, once you're inside.

Instructor(s): Tracy Tishion

Tracy is a retired educator of 33 years. She has always enjoyed teaching and learning and continually likes to expand her knowledge of the world around us.

[Dining Out: HiFalutin](#)

Subject Area: Crafts/Cooking

Wednesdays: Single Session 11:00 AM - 12:30 PM **Start:** Wed 4/15/20

Location: Hifalutin

Participants are responsible for the cost of meals and drinks and pay separately.

Course Description

Enjoy the camaraderie of your fellow NW members at a lunchtime dining out event at HiFalutin, 6780 N. Oracle, Tucson, AZ Wednesday, April 15, 1:00 PM. Participants are responsible for the cost of meals and drinks and pay separately. We are hungry already reading the menu from their website here: <http://www.hifalutinaz.com/>

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

[Dining Out: Vivace](#)

Subject Area: Crafts/Cooking

Wednesdays: Single Session 1:00 PM - 2:30 PM **Start:** Wed 3/11/20

Location: Vivace

Participants are responsible for the cost of meals and drinks and pay separately.

Course Description

Enjoy the camaraderie of your fellow NW members at a lunchtime dining out event at Vivace Restaurant 6440 N. Campbell. Wednesday, March 11th, 1:00 PM. Participants are responsible for the cost of meals and drinks and pay separately. We are hungry already reading the menu from their website here: <http://vivacetucson.com/>

Instructor(s): Joane Williams

Retired manager and OLLI-UA Northwest Tucson Council Member.

Thursdays

Lifestyles, Longevity, and Quality of Life

Subject Area: Health/Wellness

Thursdays: 4 Sessions 8:45 AM - 10:10 AM **Start:** Thu 3/5/20 **End:** Thu 4/2/20 - **No class on 3/19.**

Location: Pima Community College - Northwest Campus, A316

Course Description

Current controversies- An evidence-based and interactive discussion in four sessions on these topics.

Instructor(s): P.A.Sunny Aslam

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

Tai Chi for Relaxation and Health

Subject Area: Health/Wellness

Thursdays: 9 Sessions 9:00 AM - 10:30 AM **Start:** Thu 2/6/20 **End:** Thu 4/9/20 - **3/19/2020**

Location: Golder Ranch Fire Station - Magee

\$5.00 Material Fees

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

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received intensive training in effective communication skills and has taught these skills and employed them in his conflict resolution and coaching work.

[Avoiding Cybercrime: Online Safety and Security](#)

Subject Area: Science/Math/Technology

Thursdays: Single Session 10:15 AM - 11:45 AM **Start:** Thu 2/13/20

Location: Pima Community College - Northwest Campus, A316

Course Description

If you are online, you are a target for online fraud. And older Americans are the most targeted demographic. Email scams, phishing, catfishing (romance scams), text message scams, charity scams--these are some of the risks you will encounter if you use the Internet or a smartphone. Learn how cybercriminals use social engineering to scare victims and trick them into falling for scams. Learn how to recognize each of these scams and how to protect yourself online. You'll learn how to set up your computer and smartphone for better security. We'll also talk about browsers, Wi-Fi, passwords, password managers, 2-factor authentication, biometrics and other ways to make yourself safer and protect your online accounts.

Instructor(s): Ken Charvoz

Ken Charvoz is an award-winning technical writer and instructional designer. Ken has written over 40 technology training books and produced over 100 training videos. Ken has written training for Microsoft Office apps, Windows, mobile operating systems, cybercrime and online security, digital photography and much more. He is currently writing his 15th instruction manual for iOS (iPhone and iPad).

[My Kidney, Our Kidney: The Transplant Process](#)

Subject Area: Health/Wellness

Thursdays: Single Session 10:15 AM - 11:45 PM **Start:** Thu 2/27/20

Location: Pima Community College - Northwest Campus, A316

Course Description

In 2018 we heard that kidney function had deteriorated. This is our story about considering the future: center-based dialysis, home dialysis, or transplant. We sought transplant and went to seven transplant institutes in central and northeast U.S. It was a huge learning curve, which we can share with persons interested in this venture. As a couple engaged in this single case, the process from beginning thoughts to a successful transplant will be discussed. Timing, commitments, and decisions will be subjects for discussion by this historian and social worker

Instructor(s): Darwin Stapleton, Donna Stapleton

Darwin Stapleton, Ph.D., is a historian and nonprofit administrator, who has written and published extensively about the history of technology, science, medicine, philanthropy and education. Much of his work has focused on the international transfer, from one culture to another, of knowledge and information, always giving

consideration to the human carriers. His studies have ranged across the U.S., Europe, and east Asia. He and his wife Donna have traveled widely, visiting fifty nations and forty-nine of these United States.

Donna Stapleton is a social worker who has worked in medical settings and public schools. She also has enjoyed teaching at the undergraduate and graduate level, and leading seminars on a range of topics. She was trained as a social worker at Case Western Reserve University, receiving the Master's in the Science of Social Administration. Her training in systems and institutional mandates stood her in good stead as the required "advocate" for a kidney transplant candidate.

[Beyond the Walls: Crossing Other Boundaries](#)

Subject Area: Social Sciences

Thursdays: Single Session 10:15 AM - 11:45 PM **Start:** Thu 3/5/20

Location: Pima Community College - Northwest Campus, A316

Course Description

While most consideration of boundary-crossing focuses on immigration, equally important in the global context is crossing cultural, linguistic and educational borders. This session will discuss historical and contemporary examples and the dynamics involved in crossing such borders, and how they became part of a book that highlights other cases of boundary-crossing around the world. It will also allow for reflections on boundary-crossing that attendees have experienced.

Instructor(s): Donna Stapleton, Darwin Stapleton

Donna Stapleton is a social worker who has worked in medical settings and public schools. She also has enjoyed teaching at the undergraduate and graduate level, and leading seminars on a range of topics. She was trained as a social worker at Case Western Reserve University, receiving the Master's in the Science of Social Administration. Her training in systems and institutional mandates stood her in good stead as the required "advocate" for a kidney transplant candidate.

Darwin Stapleton, Ph.D., is an historian and nonprofit administrator, who has written and published extensively about the history of technology, science, medicine, philanthropy and education. Much of his work has focused on the international transfer, from one culture to another, of knowledge and information, always giving consideration to the human carriers. His studies have ranged across the U.S., Europe, and east Asia. He and his wife Donna have traveled widely, visiting fifty nations and forty-nine of these United States.

[Guilt-Free, Sugarless, Wheatless Tasty Breads and Decadent Desserts](#)

Subject Area: Health/Wellness

Thursdays: Single Session 10:15 AM - 11:45 AM **Start:** Thu 3/12/20

Location: Pima Community College - Northwest Campus, A316

\$5.00 Material Fees

Course Description

We want to have it all - great taste and satiating our sweet tooth, while not damaging our organs and bodies in the process - or having to deal with negative health consequences. Well, it's possible with keto! Come savor the delicious - and good for you - foods I've created: 1. Rich, Chocolate Brownies with dense-fudgy centers and shiny crackled tops; 2. Keto Rolo: crisp chocolate shell and gooey, caramel center (this one does include 1 T of low-glycemic coconut palm sugar in the batch); and 3. High Protein Bread with airy pockets, crispy crust, and completely filling. All made with high quality, 90% organic ingredients, and 5% nonGMO, with any eggs and butter/dairy from grass-fed cows and pastured chickens. While you're sampling, we'll talk about what keto is, how to cook keto, and much Q&A. There is a \$5 fee to pay for ingredients.

Instructor(s): Krysta Kavanaugh

I love wellness and well-being! Life is so much easier when your body is functioning well. I thrive on healthy foods and taking good care of myself. Not perfectly, but well enough. I am a certified Holistic Healthcare Practitioner who walks the talk.

[Nature Provides Effective Tools for Beauty, Healing, and Cleaning: Essential Oils](#)

Subject Area: Health/Wellness

Thursdays: Single Session 10:15 AM - 11:45 AM **Start:** Thu 3/26/20

Location: Pima Community College - Northwest Campus, A316

Course Description

Essential oils are a blessing of Life. These essences of flowers and herbs and spices can dramatically impact your wellness. Instead of reaching for that over-the-counter drug (you know, the one with all the side effects), that cleaning product (like the one with a skull and crossbones on the label and many warnings), or those chemically-laden "beauty" products, why not try the healing power of plants? We'll talk about what oils work for what, how to use them appropriately (orally, diffused, topically, etc.), and uses for them (taste, cooking, creating beauty and/or cleaning products, healing, well-being). Come explore the wonderful world of plant medicine. There will be essential oils diffusing in the air.

Instructor(s): Krysta Kavanaugh

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Ethnomusicology - A Deeper Dive

Subject Area: Arts/Culture

Thursdays: 4 Sessions 10:15 AM - 11:45 PM **Start:** Thu 4/2/20 **End:** Thu 4/23/20

Location: Pima Community College - Northwest Campus, A316

Course Description

This 4-part series (plus field trip) will share a "deeper dive" into the world of ethnomusicology, the "anthropology of music".

Week 1: "Music and Place" - Why does our study of music often center on specific locales and the musical genres, artists and venues found there? How can this facilitate the examination of cities and regions we have known? Participants may consider their connections to "musical places" and how they have broadened their musical outlook

Week 2: "Music, Movement and Migration" - Through human migration, music has wandered, resettled and become "hybridized". How is this manifested in the "diasporas" (African, Middle Eastern, European) and the resulting musical genres found in many places?

Week 3: "Music and Memory" - Music's connection to personal, familial and cultural memories is one of its greatest wonders. Once we're exposed to music in a meaningful way, it is cemented into our hearts and minds with a wonderful and powerful permanence and resonance.

Week 4: "Music and Meaning" - What is music's real meaning in our individual and shared experience, and how is that meaning manifested? We'll examine rituals, political expression and the shared identities which music so powerfully expresses, through ritualistic chant, national anthems, and Zydeco music. The course will conclude with reflections on the material covered in all four sessions, with participants sharing their insights and writings.

*The course will include an optional field trip to the Musical Instrument Museum in Scottsdale; costs will include members providing their own transportation there and MIM entrance fee (approx. \$20/person).

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 Confluentcenter-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!

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

Subject Area: Health/Wellness

Thursdays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Thu 3/12/20 **End:** Thu 4/23/20 - **No class on 3/19.**

Location: Pima Community College - Northwest Campus, C316

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

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The Role of African Americans in Intelligence Operations

Subject Area: History/Current Events

Thursdays: 2 Sessions 1:15 PM - 3:15 PM **Start:** Thu 2/6/20 **End:** Thu 2/13/20

Location: Pima Community College - Northwest Campus, A110

Course Description

...Negroes have repeatedly threaded their way through the lines of the rebels exposing themselves to bullets to convey important information to the loyal army of the Potomac. Frederick Douglass, 1862 African Americans have taken an incredible, and mostly unknown overlooked or understated journey from the 18th Century into the intelligence world of the 21st Century. This presentation highlights interesting cases demonstrating race and gender implications, motivations, risk-taking, sacrifices, contributions and accomplishments of and betrayals by African Americans throughout our intelligence and nation's history. This survey includes the Revolutionary War era; the brave organizers of the Underground Railroad, who used intelligence tradecraft and collection techniques without benefit of training or mentoring; the Civil War-era slaves and free blacks who took initiative at grave personal risk to provide information they observed or heard in the course of their work tasks; the daring 20th century spies, double agents, and in some cases, traitors to America; and individuals who are or have been part of the intelligence community today. This presentation celebrates the courage, dedication, and

personal commitment African Americans made in securing the freedom of a people and in securing and sustaining America's freedom, while also demonstrating that betrayal knows no age, sex, or race.

Instructor(s): Constance Huff

Constance Huff, CW4 (retired), US Army, was recognized throughout the strategic counterintelligence (CI) community as one of the Army's premier espionage investigators. She led the team for the US Army-Europe's highest priority espionage investigation during Desert Shield/Storm, which resulted in a conviction of the spy. Ms. Huff was named as the Department of Defense "Investigator of the Year."

Ms. Huff has taught intelligence professionals from all 16 members of the US Intelligence Community as well as private corporations. She earned a Master of Education degree from Boston University. In 1995, she graduated from the FBI National Academy. Ms. Huff has received numerous awards including two Legion of Merit Awards and six Meritorious Service Medals.

Uncovering Hidden Fees in Investing

Subject Area: DIY/Self-Help

Thursdays: 2 Sessions 1:15 PM - 2:45 PM **Start:** Thu 2/27/20 **End:** Thu 3/5/20

Location: Pima Community College - Northwest Campus, A110

Course Description

One of the hidden secrets in the investment world is fees. Far too often, managers take a "don't ask, don't tell" approach to management fees. In this workshop, the focus is on making investment management fees as transparent and understandable as possible. You will learn about hidden fees your broker may receive for selling you certain assets and which questions to ask when an investment option is presented to you.

Instructor(s): Matt Haertzen

Matt Haertzen is a Senior Investment Advisor for WT Wealth Management and former founding partner of Four Peaks Wealth Management. Matt also teaches finance for the Eller College of Management at the University of Arizona and is a CFA Charterholder. Matt has over 25 years of experience in the investment industry and has been teaching college-level investment courses since 2004. He loves helping people learn more about investing, budgeting, and financial planning so they can achieve their financial, retirement, and life goals.

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

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

Thursdays: Single Session 1:15 PM - 2:45 PM **Start:** Thu 3/12/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Addressing the Entire Spectrum of Human Conflict at the point of impact - from before an interaction begins through to the consequences of how an interaction is managed. This course uses Vistelar's emotionally safe performance-driven instruction that emphasizes scenario-based skills practice in a supportive classroom environment. Training Content: Engage in a way to not cause conflict or unnecessarily escalate situations (non-escalation), Confidently and professionally deal with questioning, anger, and verbal abuse, Participate in difficult conversations and mediate positive outcomes, Effectively de-escalate conflict and remain safe in crisis situations, Persuade others to cooperate, End an interaction in a better place than where it started, Look good on camera no matter where an interaction ends up, If necessary, articulate a defense for taking appropriate action.

Instructor(s): Dawn Armstrong

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

[Impacts to Arizona Native Species. My Work with Hopi Tribe Cultural Preservation Office](#)

Subject Area: Arizona History/Culture

Thursdays: 2 Sessions 3:00 PM - 4:30 PM **Start:** Thu 2/27/20 **End:** Thu 3/5/20

Location: Pima Community College - Northwest Campus, A110

Course Description

My Work as a Licensed Researcher with the Hopi Tribe Cultural Preservation Office on the International Repatriation of Hopi and Pueblo Human Remains and Sacred Funerary Offerings, Which Belong to the Deceased that were taken from Mesa Verde Graves Without Permit or Permission and Exported.

Instructor(s): 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.

You Have WHAT in Your Frig/Cupboards?! Toss It Out!

Subject Area: Health/Wellness

Thursdays: Single Session 3:00 PM - 4:30 PM **Start:** Thu 3/12/20

Location: Pima Community College - Northwest Campus, A110

Course Description

Have you noticed more aches and pains? Less flexibility? More anxiety? Less sleep? More limitations? Less fun? etc. etc. Vitality, well-being, and joy can be the norm. There are many places to start or change. One of the easiest is to clean out what's in your place, on your face, in your mouth. Chemicals are rampant in our culture - and cause havoc in your body, as well as dis-ease. What to detox in your home, frig, cupboards, bathroom cabinets, and cleaning supplies of. We'll take about why, what to replace it with, and how to nurture your body and living space for you, your grandkids, guests, and pets. Cut your medical visits! Let your body thrive. Time for ample Q&A.

Instructor(s): Krysta Kavenaugh

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Fridays

Significant Carbon Footprint Reductions In 12 Years

Subject Area: Science/Math/Technology

Fridays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Fri 2/7/20 **End:** Fri 2/14/20

Location: Pima Community College - Northwest Campus, A108

Course Description

The latest reports from the community of experts on climate change say we have twelve years before the planet's current temperature trajectory will lead to irreparable disruption to vital human life and the larger ecosystems. We can still meet this challenge with two broad dimensions for carbon reduction. The first is to reward individuals for carbon reduction behaviors and consumer choices by converting the value of the avoided carbon into funds deposited into a retirement account. The second involves converting the electricity industry from carbon footprint villain to climate change hero. This course, based on my latest book, Carbon IRA + YouTility: How to Address Climate Change & Reward Carbon Reduction Before It's Too Late, will explain the details of these two broad action plans and offer a forum for vigorous discussion and debate on personal responsibility for addressing climate change. Please note that this course is NOT a forum for debating the science of climate change or whether it is real or not. The premise of the course is that climate change poses an existential threat to living things and accepts the conclusions of the most recent IPCC and other reports.

Instructor(s): Jason Makansi

Electricity industry business and technology expert; author of six books of non-fiction, one novel, and numerous published short stories; musician (viola, piano, bass guitar, composition) and member of the Foothills Phil Community Orchestra viola section; co-founder of indie publishing company Blank Slate Press (now part of Amphorae); serial entrepreneur; passionate about numerical literacy (and the broader subject of how knowledge is constructed), solutions for climate change, music, literary fiction, politics, energy, bicycling, tennis, NYT Sunday crossword puzzle, the world's cuisines, contemporary politics and culture, innovative approaches to education, and most any means to keep my body exercising.

[Painting With Numbers: Simple Rules To Sharpen Your BS Detector](#)

Subject Area: Science/Math/Technology

Fridays: Single Session 9:00 AM - 10:30 AM **Start:** Fri 2/28/20

Location: Pima Community College - Northwest Campus, A108

Course Description

Inadequate numerical literacy poses grave challenges to civil discourse and our politics. The situation grows worse as data science, algorithms, automation, and social media take control of our business and social interactions. So many reported numerical results are not worth the electrons they are propagated with. Many "studies" and "reports" often start with the politically expedient answer and work backwards. Algorithms can be easily biased to effect desired outcomes. Journalists' often don't make the effort to determine how valid the numbers are that they report and propagate. This study group has two objectives. First, to build a simple framework for numerical literacy in our everyday lives with 12 "commandments" outlined in my book, *Painting With Numbers: How To Sharpen Your BS Detector and Smoke Out the Experts*. Second, to solicit the class participants' input and feedback regarding how to inject numerical literacy into educational programs without sacrificing basic math and science instruction, both at the college, high school, and even K-8 levels.

Instructor(s): Jason Makansi

Electricity industry business and technology expert; author of six books of non-fiction, one novel, and numerous published short stories; musician (viola, piano, bass guitar, composition) and member of the Foothills Phil Community Orchestra viola section; co-founder of indie publishing company Blank Slate Press (now part of Amphorae); serial entrepreneur; passionate about numerical literacy (and the broader subject of how knowledge is constructed), solutions for climate change, music, literary fiction, politics, energy, bicycling, tennis, NYT Sunday crossword puzzle, the world's cuisines, contemporary politics and culture, innovative approaches to education, and most any means to keep my body exercising.

Development from Conception to Kindergarten: A Primer for Grandparents

Subject Area: Health/Wellness

Fridays: 2 Sessions 9:00 AM - 10:30 AM **Start:** Fri 3/6/20 **End:** Fri 3/13/20

Location: Pima Community College - Northwest Campus, A108

Course Description

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

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

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

Instructor(s): Dorothy Johnson

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

Healthy Aging

Subject Area: Health/Wellness

Fridays: 5 Sessions 9:00 AM - 10:30 AM **Start:** Fri 3/27/20 **End:** Fri 4/24/20

Location: Pima Community College - Northwest Campus, A108

Course Description

The course covers a wide variety of topics, including The Science of Longevity and Vitality, Life in the Blue Zones, Cardiovascular Disease, Sleep, Diabetes, Alzheimer's, and Cancer, Weight Control, Exercise, Esteem, and Passion. In it, we clear the confusion on what matters in health by focusing on the peer-reviewed, scientific literature and tested methods that are proven to show benefit.

Instructor(s): Mark Nearing, Peggy Young

I am a research scientist with the US Department of Agriculture and adjunct Professor at the University of Arizona. I have held teaching and research professor positions at Purdue and the University of Georgia. I have spent my career conducting basic scientific research and guiding students and post-docs. I have over 400 scientific publications, including more than 200 in the peer-reviewed scientific journals. I am a Chief Editor for a peer-reviewed scientific journal and I review hundreds of scientific articles every year. Over the past ten years, I have been digging into the scientific literature on healthy aging.

Peggy is a retired attorney and Master Gardener. For the past 6 years, she has been working in various roles as a Master Gardener, including leading a project at the Pima County juvenile detention center working with the kids there to learn about gardening and nutrition. She is also an avid writer, interested particularly in memoir writing.

[Be My Valentine](#)

Subject Area: Crafts/Cooking

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 2/7/20

Location: Pima Community College - Northwest Campus, A108

Course Description

Show someone how much you care with a handmade Valentine! Participants will make an "exploding" valentine greeting card. Some crafting experience is helpful. A materials list will be emailed one week prior to 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"!

[Amazing Arizona Women Pioneers](#)

Subject Area: History/Current Events

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 2/14/20

Location: Pima Community College - Northwest Campus, A108

Course Description

First person costumed reenactments of Nellie Cashman, an Irish lass and a free spirit, chasing after gold in Tombstone and the Yukon. Along the way her benevolent heart caused her to become known as the Frontier Angel and the Miner's Angel. Louise Foucar Marshall who in 1901 became the first female professor of the University of Arizona. She married a younger man who was unfaithful and she suspected him of trying to poison her. In the heat of an argument, Louise shot him and was accused of murder. Find out what happened next in the scandal that shook the University and the town of Tucson.

Instructor(s): Shirley Pinkerton, Ginny Ginn

Shirley Pinkerton is a Historian, Historic Reenactor, Tour guide, and on the board of the Arizona Historical Society Southern Chapter Board of Directors.

Ginny is a historian, historic reenactor, tour guide and Treasurer of Los Amigos, a support group for the Arizona History Museum.

Long Term Trends Which May Affect Your Retirement

Subject Area: Health/Wellness

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 2/28/20

Location: Pima Community College - Northwest Campus, A108

Course Description

After 40+ years in the financial service business, I can appreciate why many current and future retirees focus on the short-term, but in today's world, though understandable, I would suggest this not wise. I believe there are long-term trends that will affect retirement now and into the future. In the class, I will present each of these trends along with supporting documentation. We will discuss each trend and its possible effects on retirement. Trends may have either a negative or positive effect on retirement. The first trend discussed will be Artificial Intelligence or A-I. A-I already affects many parts of our lives and I suspect this trend will continue dramatically affecting all parts of lives and the possibility of our retirements. The objective of the class is not to convince participants each of the trends will actually affect their retirement or they are the only ones. The objective is to provide sufficient information and analysis that each of these possible trends is historically unique and may affect retirement. A second objective of the class is to encourage participants to do their own due diligence on these trends going forward.

Instructor(s): Doyle Ranstrom

I am a CFP, I also have a Masters in Financial Planning and 40+ years of experience in the financial service industry. I sold my firm at the end of 2016 and started a consulting company. My website www.doylearanstrom.com both contains my bio and articles written primarily by me.

10 Warning Signs of Alzheimer's

Subject Area: Health/Wellness

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 3/6/20

Location: Pima Community College - Northwest Campus, A108

Course Description

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

The one-hour program covers:

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

Instructor(s): Emerald Welch

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

[Spring Shaker Card](#)

Subject Area: Crafts/Cooking

Fridays: Single Session 10:45 AM - 12:15 PM **Start:** Fri 3/13/20

Location: Pima Community College - Northwest Campus, A108

\$5.00 Material Fees

Course Description

Shaker cards are sure to impress! Learn the technique and come away with a completed spring time card. This is an intermediate level class. There is a \$5 fee. Instructor will provide "shaker" materials. Participants will receive a full materials list approximately one week prior to 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"!

[3 Imposing Gems and Dramas of Adriatic History and Culture](#)

Subject Area: Travel/Entertainment

Fridays: 3 Sessions 1:00 PM - 2:30 PM **Start:** Fri 2/7/20 **End:** Fri 2/28/20 - **No class on 2/21.**

Location: Pima Community College - Northwest Campus, A108

Course Description

In this educational video program, we vicariously travel the Northern Adriatic Sea to Venice, Italy, Ravenna Italy and the nation of Croatia. We explore their individual geographies, histories, cultures, economies, and unique beauty. The lovely coast of Croatia will be visited aboard a chartered sailboat revealing the special ambiance of the many islands of this region. Many past viewers of this video program proclaim that they felt they had indeed experienced the places we visited.

Instructor(s): Gordon McCall

BA, MA, 30 years professional educator in psychology & world history, world traveler (100+ countries), videographer, producer of professional-quality educational travel videos, presenter of these videos to many audiences.

News and Views

Subject Area: History/Current Events

Fridays: 6 Sessions 1:00 PM - 2:30 PM **Start:** Fri 2/7/20 **End:** Fri 3/27/20 - **No class on 2/21, 3/20.**

Location: 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.

The Extraordinary James Webb Space Telescope and the Future of Astronomy

Subject Area: Science/Math/Technology

Fridays: Single Session 1:00 PM - 2:30 PM **Start:** Fri 3/6/20

Location: Pima Community College - Northwest Campus, A108

Course Description

The James Webb Space Telescope (JWST), NASA's next generation space observatory, is set to launch in 2019 on a mission to explore the distant universe, nearby exoplanets, and young stars nestled in their cocoons of dust and gas. Unlike the Hubble Space Telescope, which was the size of a school bus, the full extent of JWST is around the size of a tennis court, complete with a segmented, gold-plated, 6.5 meter (21 feet) primary mirror. JWST is designed to operate in the cold vacuum of space, one million miles from the Earth, peering out using a suite of infrared instruments, including NIRCarn, which was developed at the University of Arizona. In this study group, Dr. Kevin Hainline, a member of the NIRCarn science team, will discuss the history of NASA's foray into space telescopes, and will go into depth on JWST, focusing on the revolutionary astronomy and cosmology research that this telescope will enable.

Instructor(s): Kevin Hainline

Dr. Kevin Hainline is an astronomer at the University of Arizona working as a member of the NIRCам science team for the upcoming James Webb Space Telescope. His research involves exploring distant galaxies and understanding their evolution, especially alongside the supermassive black holes that grow at their centers. He specializes in infrared discovery and characterization of galaxies and black holes. He also travels the world sharing his passion for astronomy with people of all ages.