



THE UNIVERSITY OF ARIZONA

# OSHER LIFELONG LEARNING INSTITUTE

Life-Enriching Education for Adults 50+

## OLLI-UA Spring 2023 Catalog

190+ Classes, Field Trips,  
and More

Online and  
In-person

Central Tucson

SE Tucson (Vail)

& Green Valley

12 Weeks:

Jan. 23 to Apr. 15



**Curiosity** Never Retires





### Welcome to OLLI-UA Spring 2023!

This spring we are excited to offer **in-person classes** at our Central Tucson, SE Tucson (Vail) and Green Valley campuses. We also have robust **online Zoom program classes**. Please note our OLLI-UA 501(c)(3) COVID-19 policy for in-person activities at our campus locations below.

### Spring Session Overview

- There are 190+ offerings across OLLI-UA including field trips and more dining out options to be announced
- **Spring is 12 weeks from Jan. 23 to April 14**
- Central Tucson classes run Tuesday, Wednesday, and Friday
- Online classes run Monday through Friday
- SE Tucson (Vail) classes run Tuesday and Thursday for 8 weeks starting Feb. 7
- Green Valley classes run Wednesday and Thursday for 8 weeks starting Feb. 8

### Registration

- **Priority Request Registration (PRR) ends Monday, Dec. 12** and runs Tuesday, Dec. 13.
- Registration confirmation emails will be sent after PRR runs on the 13th.
- **Open Registration – begins after PRR runs on Tuesday, Dec. 13.** During open registration you can continue to add (and drop) classes first come, first serve throughout the term.

### What's Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is most helpful for classes with limited capacities like those that are in-person or purposely keep the class size small. **It is important to give small capacity classes a higher priority if they are important to you.** If a class fills, a waiting list is started and ordered by the next priority assigned. More detail on this process and our

registration planner materials can be found on our homepage at [www.oli.arizona.edu](http://www.oli.arizona.edu).

### Memberships and Registration

What you can register for depends on the membership you purchase. If you are not a current member, OLLI-UA offers two membership options for this session:

The **Annual All OLLI / Central Tucson Campus (CT) Membership** costs \$375 and allows you to register for ALL classes across OLLI-UA for through 06/30/2023.

The **Spring / Summer Greater Tucson / Green Valley / Online (GTGV) Semester Membership** costs \$150 and allows you to register for **online** classes and take classes at our **SE Tucson (Vail) and Green Valley Campuses through 6/30/23**. (Central Tucson classes are not included with this membership).

Complete membership purchase details can be found at [www.oli.arizona.edu](http://www.oli.arizona.edu) along with information on available financial assistance.

### In-person COVID-19 Policy: Vaccine and Masking Requirements

OLLI-UA 501(c)(3) is taking steps to help ensure the health and well-being of our learning community, but please know members must decide for themselves if they are comfortable attending in-person activities and assume any personal risk involved. We also ask you to think of our collective membership and act in the best interest of all participants when deciding to attend in-person activities. OLLI-UA continues to provide robust online offerings for those who cannot meet the requirements for in-person activities. **These requirements may change. Our website is the best place to stay informed of current practices. Monitor our policy at:** <https://oli.arizona.edu/page/covid19>

To protect our highly vulnerable learning community, the Board of Directors of OLLI-UA 501(c)(3) is requiring members [be fully vaccinated per CDC guidelines](#) to attend in-person activities at our campus locations. Masks are highly recommended, but not required, at our Central Tucson, SE Tucson (Vail), and Green Valley locations unless an instructor requests masking for their class. You may be required

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## OLLI-UA Spring 2023 Overview

to present proof of vaccination and are strongly encouraged to follow the latest CDC recommendations for COVID-19 [including booster shots](#).



### Central Tucson Campus (CT)

The [Central Tucson campus](#) is located at [4485 N 1st Avenue, Tucson AZ](#), on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering, and ample parking.

### SE Tucson (Vail) Campus (SET)

The [SE Tucson \(Vail\) campus](#) is located is located at the Del Webb Lodge at Rancho del Lago in Vail. [10264 S Blendu Way, Vail, AZ](#). It has spacious classroom space, and parking.

### Green Valley Campus (GV)

The [Green Valley campus](#) is located at the Community Learning Center at [1250 W. Continental Road, Green Valley, AZ](#), and has spacious classroom space in a former community college facility operated by Pima County with ample parking and a small lounge area.

### Online Classes

Online classes are hosted using Zoom. There is no cost or account needed for members to use Zoom. Zoom is generally easy to use and works across many different devices and operating systems. Learn more on our Zoom resources page: <https://olli.arizona.edu/page/zoom>

### Volunteerism

As a member-run, volunteer-led organization, OLLI-UA is dependent on our members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! [Click here to explore current opportunities.](#)

### Planning Tools

Keep in mind all offerings are subject to change. See our website's [Class Catalogs](#) page for the latest information and additional class registration planners.

Clicking on the Class Titles in this catalog will take you to the OLLI-UA registration page for each class.

### Need Help?

You can always email the office at [ollimail@arizona.edu](mailto:ollimail@arizona.edu) or call 520-626-9039, Mon – Fri, 9 AM to 4 PM.

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#### Cover Feature:

Ann and Tony Tai with Joy Miller-Frilot – Three of our many amazing volunteers helping make the magic of OLLI-UA happen by helping organize dining out an field trip social events for members.

# Central Tucson Campus: In-Person Tuesdays

## [Intermediate Spanish](#)

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

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

This class is not a class for students who have never studied Spanish. The class is conducted in Spanish.

The text that will be used is a text for university-level "beginning" students. The text, as its name indicates, is about the 21 countries where Spanish is spoken. The chapters focus on history, cultural expressions (music, art, literature) and current events. Students will be asked to take part in expanding the topics suggested by the text.

The text is "Mundo 21" 4th Edition (ISBN 13: 978-0-547-17131-9).

This text is available from many online book dealers and should not cost the student more than \$30.00 for a used book. You will not need the CD originally included with the text. This class will accommodate learners who want to sprint and those who prefer to walk:

-The walkers will have time to read the assigned articles at their own pace.

-The sprinters will have the opportunity to lead discussions to a consensus and, if they choose, to do oral presentations.

Instructor: Susan Sotelo

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Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving an MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at OLLI Central Tucson since 2015.

## [Introduction to Virology](#)

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

**Tuesdays:** 10 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 1/24/23 **End:** Tue 3/28/23

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

Viral invasion is no accident. A warming climate, vanishing forests and global travel have accelerated the spread of pathogens from animals to people, as well as among people in different parts of the world. Closer contact with animals puts us in range of the pathogens they carry, which cause 60 percent of all human diseases. In ten lectures, this course will cover the general properties of animal viruses, the DNA viruses, and the RNA viruses. The viruses that cause disease in humans and the viruses that are likely to cause a pandemic will be discussed. The course will follow the lecture format with time for questions and discussion. A background in biology or applied sciences is advantageous, but not required.

Instructor: Mark Stinski

It has been 11 years since Mark Stinski, Ph.D., retired and became an Emeritus Professor in the Department of Microbiology and Immunology at

The University of Iowa. Throughout his career, Dr. Stinski trained many students and postdocs in his laboratory and taught virology and molecular biology to undergraduate, graduate, and professional students. Dr. Stinski has been a member of OLLI for 16 years and has taught courses in microbiology, virology, and genetics.

## Building Positive Relationships

**Subject Area:** Health/Wellness

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 1/24/23 **End:** Tue 2/21/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

This study group will survey and discuss personal qualities that result in building successful relationships. We will focus on positive relationship strategies, techniques, and ideas. The class will also review relationship information from behavior specialists. Personal successful and unsuccessful stories will be encouraged. Each class will include a PowerPoint presentation which will stimulate discussion, provide important information, and also a large dose of relevant cartoon support. Participants will leave this study group equipped with an awareness of what is required to achieve more successful personal relationships.

**Instructors:** Arnie Bianco, Susan Williams

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

Susan has management experience in the wine industry in California. She is an OLLI student, tech host, co-host, and member of the OLLI board.

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## Daniel Deronda

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

**Tuesdays:** 10 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 1/24/23 **End:** Tue 3/28/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Daniel Deronda, George Eliot's final novel, challenges many conventional ideas rooted in Britain's and Europe's imperialism of the time. Daniel, whose legal guardian is a prominent English lord, has been raised with all the excessive privilege of wealth but without knowledge of his own heritage. As he travels through Europe in quest of his racial and religious roots, other characters emerge also seeking their places in this rigidly oppressive culture of which Eliot so deeply disapproved. In her letters she called this "...the intellectual narrowness -- in plain English the stupidity which is still the average mark of our culture."

In delineating her characters and through exciting events, Eliot shows us qualities and behaviors we all possess.

The text for the course will be Daniel Deronda by George Eliot, the Oxford Classics Edition edited by Graham Handley ISBN 978-0-19-968286-7 available at Amazon and in used bookstores.

Class members are expected to read approximately 55 pages per week to prepare for class discussion. Do not read the introduction until you have read the novel.

**Instructor:** Suzanne Peters

Sue Peters is an experienced study group leader.

## The Art of Shadows

**Subject Area:** Arts/Culture, Social Sciences

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 1/24/23 **End:** Tue 2/28/23 - **No Class Feb 21**

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

You might not think about shadows much, even though you see them all the time. There's that shadow that follows you around, and in sunny Tucson, shadows are everywhere. This course focuses not on these "everyday" shadows, but shadows that are created by painters, photographers, filmmakers, and architects. These "artistic" shadows are the result of decisions made by the artist.

A painter sitting in front of a blank canvas must decide on the content and composition of their painting, whether to include shadows and, if the answer is yes, what the shadows will look like. A photographer or filmmaker picks a specific natural light environment or may also use artificial lighting to create the shadow effects they desire. An architect orchestrates how the contrast between light and shadow appears inside a building.

In all these cases artists are using their creative judgement to elicit specific perceptions, moods, emotions, and storylines. We will consider how this has worked in painting from cave-art to Renaissance art to Warhol; In photography, from early "photograms" to modern nature and street photography; In film, from the first "moving pictures" to film noir creations of the 1940's and the films of today; In architecture, from Antoni Gaudi's Sagrada Familia Cathedral in Barcelona to Frank Gehry's Walt Disney Concert Hall in Los Angeles.

Yes, there's that shadow that follows you around. But learning about how shadows have been used in

art opens a whole new way of understanding and appreciating shadows.

**Instructor:** Bruce Goldstein

Bruce Goldstein received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing. He has written two widely used college textbooks, *Sensation and Perception* 11th edition (Cengage, 2021), and *Cognitive Psychology: Connecting Mind, Research and Everyday Experience*, 5th edition (Cengage, 2019). A recent book, *The Mind: Consciousness, Prediction and the Brain* (MIT Press, 2020), is written for a general audience. Courses he teaches for OLLI are Cognition and Aging, The Social and Emotional Mind, The Mystery, Science and Art of Shadows, and Writing for Self-Discovery.

## A Musical Mélange

**Subject Area:** Arts/Culture

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 1/25/23 **End:** Wed 2/22/23 - **No Class Feb 1**

**Location:** Saguaro Room **Class Size:** 55

### Course Description

In this four-week series of classes (each 90 minutes, with two lectures per session), Dan Kruse will offer informative, entertaining and interactive presentations on a variety of musical topics. Based on Dan's teaching and research activities (including stints as an instructor of Popular Music and Ethnomusicology courses at the UA School of Music), the series will include things as diverse as ear worms (songs stuck in the head), musical form and structure, the effects on global migrations on evolving musical cultures and traditions, the basic questions and tenets of Ethnomusicology, the question of musical universals, and others. Some of this material has been presented in previous

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semesters, but this spring's series will be a unique combination of a stimulating variety of musical topics. Participants will leave the course with a greater appreciation and enjoyment of music of many genres. As an added class component, Dan will organize a field trip to the Musical Instrument Museum in Scottsdale. Details TBD.

Instructor: 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 OLLI classes!

## [Situational Awareness 101](#)

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

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM    **Start:** Tue 1/24/23    **End:** Tue 1/31/23

**Location:** Saguaro Room    **Class Size:** 55

### Course Description

I didn't think it could happen to me. Most people understand the importance of personal safety - but they don't always know how to prevent or respond to a threat. They think of self-defense as only physical - punching, kicking, or using weapons.

While those can certainly be effective defenses, they're not nearly as effective as avoiding the dangerous situation to begin with! Incidents happen in seconds. A person walking in a shopping mall is suddenly pushed over, their bags and personal

items stolen. Another person searches for keys to their car only to have them snatched away in a carjacking. Personal safety is often a matter of situational awareness - seeing, hearing, and feeling what's going on around you so you can recognize and avoid, or respond proactively to dangerous situations!

You don't need to be paranoid in order to be aware. This training will help you: practice trusting your instinct (and stop overriding it!), know what to look for to help avoid danger, create response options to de-escalate and escape, and use strategies that discourage attackers.

Being prepared, increasing your awareness, and knowing you have options for how to respond will give you the confidence to go about your days with less fear and less stress. Seminar utilizes real-world stories, practice scenarios and discussion. This is a 2-part class.

Instructor: Dawn Armstrong

After reading about a spate of vicious attacks, Dawn Armstrong realized that a lack of situational awareness was contributing to people getting hurt and killed. Something needed to change. Combining her expertise in martial arts, big city life skills and a career in marketing, Dawn founded ThinkSafe Seminars. Her goal is to help people live with more confidence and less fear by increasing awareness, improving conflict management, and utilizing basic physical defenses when necessary. Dawn's Habits of Awareness training helps those concerned about violence prevention. She's a graduate of Syracuse University, 4th Degree Black Belt, and certified Conflict Management instructor.

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## The Etiology of Hate and the Enabling of Evil

**Subject Area:** Arizona History/Culture

**Tuesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Germany from 1933- 1945 experienced growing hatred and a society pulling together and enabling the Nazi programs. Today's America is experiencing growing hate (anti-X), and we are also experiencing the perpetration and sustained enabling of "the great lie", and other far out conspiracy theories.

This course will read the book Hitler's Willing Executioners by Daniel Goldhagen. Hitler's Willing Executioners takes a deep dive into how the German (and other) society and culture came together to allow, perpetrate, and willingly participate in the Holocaust. We will study that society through Hitler's Willing Executioners to understand how that happened and discuss the relevance to issues in America in 2022.

**Instructor:** Peter Hirschman

Peter has been involved with refugee resettlement and asylum seekers for more than 10 years. He has led study groups on border issues many times. He has worked on asylum for both detained and non detained applicants, and on immigration appeals. Most recently he headed a group of volunteers who completed asylum applications for Afghani families paroled into the US after evacuation from Afghanistan, and is also assisting Ukrainian families, while working at the local HIAS resettlement agency, JFCS Tucson.

## Documentaries to Make You Think

**Subject Area:** Social Sciences

**Tuesdays:** 12 Sessions 3:00 PM - 5:00 PM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Ocotillo Room **Class Size:** 65

### Course Description

The documentaries shown in this class are diverse, thought-provoking, educational, and informational. I attempt to get documentaries with English subtitles. Some of the documentaries will last 2 hours plus time for some discussion. Generally, the classes will run longer to allow for discussion, but please feel free to sign off whenever necessary.

NOTE: Please do not expect a 4G, surround-sound experience, rather it may have more of a "Drive-In Theater" feel to it. It is also helpful to shut down all programs besides Zoom on your computer, iPad, or iPhone to help minimize any lag.

**Instructors:** Mallory Riegger, Maureen Metcalfe

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

Maureen Metcalfe is a retired RN who worked primarily in areas of behavioral health/substance abuse. She grew up in western Pennsylvania, land of coal furnaces, steel mills and great ethnic diversity. Prior to moving to Tucson in 1979, she completed training as a Physician Assistant (a job that had no



future in southern AZ at the time). She knows a little bit about a lot of things and is happy to share!

## [Eat Plants: Live Longer and Reduce Chronic Disease with a Plant-based Lifestyle](#)

**Subject Area:** Health/Wellness

**Tuesdays:** 12 Sessions 3:00 PM - 5:00 PM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Palo Verde Room **Class Size:** 30

**Additional Costs:** \$15 per person to prepare food for sampling and tasting.

### **Course Description**

Whole food, plant-based diets (WFPB) are supported by major medical organizations as an excellent strategy for optimizing health, losing weight, and significantly reducing risk for chronic disease, such as Alzheimer's, heart disease, cancer, type 2 diabetes and more. Nutrition science has even shown that some chronic diseases can be halted or reversed when people adopt a WFPB diet.

This course teaches the evidence-based scientific reasons for why eating plants offer many advantages to overall health, longevity and disease prevention. The course is lecture-based with an engaging slide show. Video segments of lectures by a variety of plant-based doctors and dieticians are also included. We also present the best strategies for designing and eating a well-balanced, plant-based diet. To show you how enjoyable plant-based eating is for several classes we will bring in food for you to sample that Georgie has prepared for you to taste. We will share recipes with you and show you how to make these dishes via video segments of cooking videos. This class is valuable for anyone wanting to fully transition to a plant-based lifestyle or for those who want to simply add more healthy plant food into their present dietary plan.

A class fee of \$15.00 per person will be collected so we can prepare food for sampling and tasting.

**Instructors:** Denise Rose, Georgie Campas

Dr. Denise Rose (Ph.D.) and Mr. Georgie Campas have been teaching whole food, plant-based (WFPB) nutrition and cooking for several years. On their YouTube channel, Happy Vegan Couple, they post videos to help new plant-based eaters learn how to cook delicious, healthy foods in their own kitchens. Denise also shares long form interviews with people who have transitioned to a plant-based lifestyle and received major health benefits due to their dietary change. Denise is an enthusiastic educator about WFPB nutrition and Georgie loves to teach people how to prepare healthy plant food that is delicious and enjoyable to make.

## [Chen Village Tai Chi](#)

**Subject Area:** Health/Wellness

**Tuesdays:** 7 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 2/7/23 **End:** Tue 3/21/23

**Location:** Saguaro Room **Class Size:** 20

### **Course Description**

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, you could be barefoot if you are comfortable doing so.

Face masks, which completely cover mouth and nose are required for this study group. They must be worn properly at all times while in class.

Instructor: Randall Krause

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

## Drugs and Aging

**Subject Area:** Health/Wellness

**Tuesdays:** 3 Sessions 1:00 PM - 2:30 PM **Start:** Tue 2/7/23 **End:** Tue 2/21/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

Better living through chemicals. I'm being facetious, but we no longer have to die young of heart disease, diabetes, many cancers, etc. We have amazing drugs for treatment and prevention. We will also look at nonprescription drugs, herbals, supplements and treatments. Want to know who regulates them? Spoiler alert: that would be nobody. This course will cover where our drugs come from, how they are made and the long, complicated process to get them from microscope to medicine cabinet. We will look at the high cost of some of these drugs and what the new laws in the Inflation Reduction Act bring to the table. We can't forget the opioid crisis and addictive drugs. We'll talk about the latest vaccine recommendations including Covid-19. What about overseas/ internet pharmacies? Then there are all those scams out there. I have a good list of 'Tip-offs to Rip-offs'. So,

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how do we manage all this as we age? It's no place for sissies. There will be a list of reliable websites and calculators at the end. Have your cellphone cameras ready to take photos of slides as we go along.

This will be a 3-part series. My email is [tufax2@gmail.com](mailto:tufax2@gmail.com). Please email me anytime with comments, suggestions, questions or topics you would like to see covered. I will always get back to you within 48 hours.

Instructor: Michele Romano

Dr. Michele Romano is a Family Physician in Fairfax, Virginia who retired in 2015. She attended VCU (Virginia Commonwealth University) School of Medicine and was elected into the AOA National Medical Honor Society in her junior year. She held a faculty appointment as an associate professor of clinical medicine at VCU and served on both the VCU Board of Trustees and the VCU Health System Board. She was regularly listed as a Top Doc in the Washingtonian Magazine. Dr. Romano was also a nurse for 12 years before going to medical school. She opened and supervised the first intensive care unit in Fairbanks, Alaska in 1970. She and her husband have a second home in Tucson where they spend the winter.

## CSNY's Best Unknown Songs - Crosby Stills Nash Young

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 11:00 AM - 1:00 PM  
**Start:** Tue 2/21/23 **End:** Tue 2/21/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Crosby, Stills, Nash, and Young were the best folk-rock supergroup ever. Their songs are legendary. But wait, there's more: lesser-known CSNY deep cuts that hold their own with the more famous

creations. This enjoyable, informative single session will explore the entire CSNY catalog and introduce you to new songs that you missed the first time around.

**Masking Required:** Please note this instructor is requiring masking due to a specific health and safety issue.

Instructor: John "Nemo" Nemerovski

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

## Crooners and Love Songs

**Subject Area:** Arts/Culture

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 2/28/23 **End:** Tue 3/21/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

A crooner is a singer who sings in a soft, intimate style and holds a unique place in the musical history of America. This class will listen to several representative songs from each decade (20'-60's) and includes brief crooner bios and any historically pertinent information. Our journey will begin with Al Jolson with stops from Bing Crosby, Tony Bennett, Frank Sinatra, and many more.

Instructors: Arnie Bianco, Susan Williams

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

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Susan has management experience in the wine industry in California. She is an OLLI student, tech host, co-host, and member of the OLLI board.

## Magic in the Ancient Near East

**Subject Area:** History/Current Events, Philosophy/Spirituality/Religion, Social Sciences

**Tuesdays:** 5 Sessions 1:00 PM - 2:30 PM **Start:** Tue 2/28/23 **End:** Tue 3/28/23

**Location:** Ocotillo Room **Class Size:** 45

### Course Description

What was magic in the ancient Near East, and how did it intersect with religion and medicine? This study group will consider the definitions of "magic" as well as ancient equivalent terms and the evidence for behaviors that they and we consider magical. We will include divination, amulets, necromancy, witchcraft, and other topics in Egypt, the Levant, and Mesopotamia.

Instructor: Abby Limmer

Abby Limmer has a PhD in Middle Eastern Archaeology and is the Assistant Director for Outreach at the Center for Middle Eastern Studies. She has taught everyone from first graders through university students to senior citizens.

## Outdoor Cats and Wildlife

**Subject Area:** Civic

Engagement/Community/Government

**Tuesdays:** Single Session 1:00 PM - 2:30 PM

**Start:** Tue 2/28/23 **End:** Tue 2/28/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

There is no doubt that the outdoor cat population is a serious concern for wildlife, so what can we do about it? This program will cover the active steps Southern Arizona is taking to reduce the



overpopulation of free-roaming outdoor cats, and how the community can get involved in making a difference in the lives of cats and urban wildlife through Trap Neuter Return. The program will address the history of free-roaming cats, common concerns regarding free-roaming cats, how to best help these cats and the community, what to do when you find kittens outside, and solutions for deterring cats from private properties and gardens.

Instructor: Angeline Fahey

Angeline Fahey is the Humane Society of Southern Arizona's Community Cat Program Manager, whose free community program provides Trap Neuter Return assistance and education to people who care for outdoor cats, with the goal of dramatically reducing the outdoor cat population. Previously, Angeline worked for a wildlife hospital rehabbing baby wildlife and developing their education program to improve the public relationship and understanding of urban wildlife in Southern AZ.

## [A Historiographic Study of Civil War Causation](#)

**Subject Area:** Social Sciences

**Tuesdays:** 6 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 2/28/23 **End:** Tue 4/4/23

**Location:** Saguaro Room **Class Size:** 30

### Course Description

This course is designed as a discussion-based class to investigate and examine the various historical interpretations of the American Civil War. No event in American History has been as disruptive to the political, social, and economic system than the incidents from 1850 to 1860. Historians have debated the cause of this calamitous war for 150 years. Some claim the great Civil War was a result of Northern Aggression, while others denounce it as purely Southern treason. Some say it was inevitable,

while others regard it as a preventable mistake. Earlier historians argued that the conflict resulted from economic differences between North and South while more recent authors argue that the cause stemmed from opposition to Southern slavery. The great questions continue to be debated: Was the war inevitable or preventable? This class will examine some of these arguments in a discussion-based approach, with an emphasis on its ramifications in the 20th and 21st century, specifically the 2nd Reconstruction era of the 1950s and 1960s and the most recent 1619 project and its 1620 critique.

Instructor: John Hosmer

Dr. John Hosmer received his Ph.D. from UArizona with post-doctoral work at the University of Oxford in American Political Theory. He was the Arizona Governor's choice to serve on the Arizona State Board of Education and been in the education field for over 35 years teaching at both the college and secondary level. He served as the chair of the Charter School Subcommittee while on the State Board. Dr Hosmer's papers and publications are centered on the field of American political and intellectual ideas stemming from the Civil War/Reconstruction era.

## [Traitors or Heroes? The San Patricio Battalion](#)

**Subject Area:** History/Current Events

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 3/7/23 **End:** Tue 3/7/23

**Location:** Ocotillo Room **Class Size:** 20

### Course Description

What events forced a group of 1840's Irish immigrants, serving in the U.S. Army, to switch sides and fight for Mexico in the Mexican American War?

This session will explore the answers through video clips and music.

Instructor: Jorge Tapia

Jorge Tapia is a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. His interests are hiking, listening to all genres of music, and traveling. He has been a member of OLLI since 2013.

## Stand-up Comedy Workshop

**Subject Area:** Travel/Entertainment

**Tuesdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Tue 3/7/23 **End:** Tue 4/11/23

**Location:** Saguaro Room **Class Size:** 20

### Course Description

Performance-oriented stand-up comedy workshop. Open to all skill levels; former students and new students are welcome. The class will culminate in a live performance for friends, family, and invited guests. Class is interactive, participatory, and collaborative, and will include the creation of original comedy content, performance technique, and stage skills. No prerequisite except a positive attitude.

Instructor: Ron Reid

Ron Reid has been teaching stand-up comedy workshops to people of all ages since 2013. He was a touring comedian for almost 15 years and appeared on national television. He was the General Manager of The Comedy Underground in Seattle and the producer of The Seattle International Comedy Competition - the world's largest touring comedy festival - from 1994-2016. Currently, Ron is a Managing Partner at Artists West Entertainment LLC, recently voted one of America's Top 30 Comedy Agencies. He is also the co-writer and co-

star of the feature film "Stages/The Montana Run" currently streaming on Amazon Prime.

## Steven Spielberg

**Subject Area:** History/Current Events

**Tuesdays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 3/28/23 **End:** Tue 4/11/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

This class will chronicle the career of Steven Spielberg, one of America's most gifted movie directors. His amazing list of films has exceeded 50 movies under his direction and 20+ as a producer. His ability to assemble top-notch actors, support experts, and gifted technicians is unmatched in the movie world. We will trace his films over a high-yielding and mind-boggling 50 years. The class will view a large number of movie trailers and video clips of his major accomplishments and will include casting, production and profit results, and an impressive list of his personal accolades and awards.

Instructors: Arnie Bianco, Susan Williams

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

Susan has management experience in the wine industry in California. She is an OLLI student, tech host, co-host, and member of the OLLI board.

## The Music of Mexico: It's Not Just Mariachi

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 9:00 AM - 10:30 AM

**Start:** Tue 4/4/23 **End:** Tue 4/4/23

**Location:** Ocotillo Room **Class Size:** 20

### Course Description

Have you ever wondered about the music your roofers are listening to? Or the music blaring from the vehicle next to you in traffic? It could, and most likely is, conjunto/musica nortena, arguably the most popular Mexican music in Tucson and the southwestern U.S. enjoyed by the Mexican and Mexican-American population.

In this session, we will explore this and the many other genres of Mexican music of the past century.

**Instructor:** Jorge Tapia

Jorge Tapia is a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. His interests are hiking, listening to all genres of music, and traveling. He has been a member of OLLI since 2013.

## Bob Dylan's Humorous Songs

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 11:00 AM - 1:00 PM

**Start:** Tue 4/4/23 **End:** Tue 4/4/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Bob has a funny bone. Who knew? Throughout his 62-year career, Dylan has recorded songs that have jokes, whimsy, satire, and biting wit. Some of these tunes are loaded with wisecracks, and others are just plain weird. Let's chuckle together as we listen

in this one-of-a-kind single session. "If dogs run free, then what must be. Must be, and that is all."

**Masking Required:** Please note this instructor is requiring masking due to a specific health and safety issue.

**Instructor:** John "Nemo" Nemerovski

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

## World War I Trench Art

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

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 4/11/23 **End:** Tue 4/11/23

**Location:** Ocotillo Room **Class Size:** 20

### Course Description

Trench Art is a by-product of wars past and present. But never was so much produced as during and after World War I. In this single-session class, you will learn what trench art is, who made it, how it was made and why it was made. At the end of the presentation, you will have ample opportunity to personally handle and examine trench art pieces from the battlefields and prison camps of Europe.

**Instructor:** Leslie Sills

Leslie graduated with honors with a BA in Anthropology from the University of Montana. She later completed a post-graduate program entitled Women in Computer Science at the University of Denver. She lived in different areas across the United States and in the United Kingdom. She and her husband are now retired and reside in Green Valley.



## Arizona End of Life Options:

### MAID 101

**Subject Area:** Civic

Engagement/Community/Government,  
Health/Wellness

**Tuesdays:** Single Session 1:00 PM - 2:30 PM

**Start:** Tue 4/11/23 **End:** Tue 4/11/23

**Location:** Ocotillo Room **Class Size:** 50

#### Course Description

This class can be described as MAID 101. We will take a detailed look at what the medical aid in dying (MAID) law is all about: the qualifications and the safeguards. We'll debunk the misinformation and confirm the facts surrounding this topic, which is often misunderstood by voters and lawmakers alike.

Instructor: Mary Ganapol

Mary Ganapol moved to Tucson in 1996 from San Francisco. She retired after her two Arizona careers: contract investigator for OPM (12 yrs) and franchise owner in Green Valley for a senior care business Seniors Helping Seniors (5 yrs). She became interested in death with dignity after her former spouse died as a quadriplegic due to cancer. She has researched the right-to-die movement extensively and finds it thought-provoking. She serves on the board of Arizona End of Life Options, the League of Women Voters of Greater Tucson, and Secular AZ.

## Wednesdays

### China Update

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

**Wednesdays:** 3 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 1/25/23 **End:** Wed 2/8/23

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**Location:** Ocotillo Room **Class Size:** 55

#### Course Description

China's 20th Party Congress opened in October 2022. The Congress meets every five years and sets the structure and goals for China. China has been less accessible to the outside world since the beginning of the pandemic. This Study Group aims to consider the China that is emerging from the pandemic and the 20th Party Congress. It is not the China that seemed likely to dominate the world economically only a few years ago. It is a China with demographic, environmental, and political problems and challenges. It is a China that has become more authoritarian and is ignoring some of the lessons of the Mao era. China continues to be a country that the West cannot ignore and will for better or worse, shape the world we live in.

Instructor: David Shawver

Dr. David Shawver was the Director of the American International School of Guangzhou from 1998-2007. He served as the President of the Association of China and Mongolia International Schools and traveled extensively in China in that role. He has offered several Study Groups on China since joining OLLI-UA in 2016.

### Joy at the Intersections of Rock, Jazz, and Classical Music!

**Subject Area:** Arts/Culture,  
Travel/Entertainment

**Wednesdays:** 3 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 1/25/23 **End:** Wed 2/8/23

**Location:** Saguaro Room **Class Size:** 30

#### Course Description

Prog Rock has always been the term used to describe a particular type of contemporary music that fuses elements of rock n roll, jazz, and classical,

or that embellishes rock with lush orchestration and synthesizers. "Fusion" is a term often associated with jazz that intersects with other genres. In this class, we'll seek the imagination and joy found when these genre boundaries are discarded and engage deeply with musicians who pull from several different directions. We'll discuss (and listen to) classical composers who incorporate rock and jazz-like rhythms, rock bands inspired by classically trained musicians, groups who imitate Metallica's sound using cellos, classical chamber players who pluck at the tightrope between beat-driven minimalist and traditional classical works; and offbeat composers who have written, for example, a symphony for 100 guitars.

Instructor: Jason Makansi

Jason Makansi lives at the intersection of too many circles on the Venn diagram of life, or even one subject. He's lived for extended periods of his life in Delaware, Tennessee, New York City, Pennsylvania, St. Louis, and now Tucson. The list of those "circles" (professionally, and vocationally) include engineering and technology, energy and electricity; viola, piano, bass guitar, composition, and music generally; fiction writing, especially short stories; bicycling, tennis, golf, swimming, and exercise in general; museums; and voracious reading.

## News and Views

**Subject Area:** Social Sciences

**Wednesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

This is a student participation class. We will propose topics for the class to discuss. Topics can range from current news to your personal views on issues. There are opportunities to learn news and different social issues. We hope we can have some humor

along with more serious topics.

Instructor: Terry Coleman

Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired from the local school system having been a school counselor. He has served overseas as a Peace Corps volunteer in India and later as a Foreign Service officer in South Vietnam.

## Film Discussion Class

**Subject Area:** Arts/Culture

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This class has been ongoing for several years and generates lively and controversial discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Movies will be from The Loft and local theaters as well as Netflix and Amazon.

Instructor: Rob Getlan

Rob Getlan has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases from Netflix, Amazon and The Loft (streaming).

## How Science is Changing Christian Theology

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

**Wednesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 1/25/23 **End:** Wed 2/22/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

The universe is 13.8 billion years old, planet Earth 4.6 billion years old, and life on Earth about 3.8 billion years old. Our species, Homo sapiens, emerged roughly 300,000 years ago. We are just one out of about 20 million other species on this planet.

Judaism and Christianity are recent religions. They appeared a mere 3,500 years and 2,000 years ago, respectively.

Why then? What prompted the emergence of these recent, new, baby belief systems? And why are they mostly addressed to and about humans?

Our 5 sessions will explore key learnings over the past 500 years within Nature's natural sciences (astronomy, geology, evolutionary biology, paleoanthropology, ecology). We will note significant worldview-altering scientific breakthroughs and will wonder together about how these "stunners" might be impacting key foundations of historic and contemporary Christian theology --especially dominion-ism, original sin, atonement, eschatology, the Creeds, Creation care, humanity's place, biblical interpretation.

Instructor: Ron Rude

Ron Rude and his wife, Nancy, live in Tucson. He has taught courses on the interplay between Nature's natural sciences (astronomy, geology, evolutionary biology, paleoanthropology, ecology) and Christian theology at Holden Village, Chicago

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Theological Seminary, Glacier National Park, OLLI, and in various conferences and congregations. He recently retired to writing and teaching after 17 years as Lutheran campus pastor at the University of Arizona. His most recent book is "Amending the Christian Story" (Wipf and Stock Publishers, October 2021).

## Dona Barbara

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

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Dona Barbara, written by Romulo Gallegos in 1929, is considered the best novel of Latin America before the amazing boom in the worldwide acceptance of Latin American literature in the 1960's. The story is centered on Dona Barbara, a powerful and beautiful woman who owns and manages a ranch on the Venezuelan llano and who eventually becomes a victim of her own hatreds.

The author Romulo Gallegos became the first democratically elected president of Venezuela. One of the most prestigious literary prizes in Latin America is named after him.

The book is available new and used in bookstores, online and on Kindle.

The ISBN is 13:978-0-226-27920-6 or 10:--226-27920-0.

Instructor: Charles Peters

Chuck is an experienced study group leader.



## Great Decisions 2023

**Subject Area:** History/Current Events

**Wednesdays:** 8 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 1/25/23 **End:** Wed 3/15/23

**Location:** Saguaro Room **Class Size:** 55

Additional Costs: Study book not required, but recommended - last year's price from \$14.95 - \$35.00.

### Course Description

Consideration of current US foreign policy topics, including Global Famine, China's Foreign Policy, Geopolitics of Oil and Gas, Latin American Elections, War Crimes, Climate Migration, Economic Warfare (Sanctions) and Iran and the Gulf States. Course includes video, classroom presentation and discussion. A briefing book will be available online or hard copy. Prices vary from \$14.95-\$35.00. The briefing book is not required; material from it will be included in the classroom presentation. The video shown in class is also available online at various prices.

**Instructor:** Susan Ward

Susan holds a BA in Political Science and MA in International Affairs. She has 20 years of experience in overseas election supervision and observation and spent 24 years with the UN Association of Southern Arizona. She was a Rep for UNA-USA at the United Nations World Conference on Women in China in 1995, and was a past president of League of Women Voters of AZ.

## The U.S. Comes of Age 1865-1910

**Subject Area:** History/Current Events

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

This is a survey course looking at the various threads of events in the United States that brought the country reuniting and recovering from a Civil War to its stature as a World power in less than 50 years. These threads of events include: the success and failure of reconstruction, confronting racial and ethnic tensions, the settlement of the West, the exploitation of natural resources, industrialization, immigration, transportation, and foreign policy; and the political and economic implication of these threads of events. Class discussions will revolve around lectures from the Great Courses survey of American History and other relevant lectures and documentary films.

**Instructor:** Paul Waugaman

Paul Waugaman has been an OLLI member since 2013. He retired from a career in research management in the Federal Government, academia, and consulting. History has been an interest throughout his life. He has concentrated on the Civil War and the evolution of American government and politics. He has taught U.S. History part-time at the college level; and as a consultant, senior manager, and study leader, has developed and presented educational experiences in professional development for adults.

## Canceled: Caregiver's Circle

**Subject Area:** Health/Wellness

**Wednesdays:** ~~5 Sessions 3:00 PM - 4:30 PM~~

**Start:** ~~Wed 1/25/23~~ **End:** ~~Wed 3/22/23~~ **Class held every other week**

**Location:** ~~Palo Verde Room~~ **Class Size:** ~~20~~

## How to Live a More Fulfilling Life: The Camino de Santiago

**Subject Area:** Arts/Culture, DIY/Self-Help, History/Current Events, Philosophy/Spirituality/Religion, Travel/Entertainment

**Wednesdays:** 1 Session 3:00 PM - 4:30 PM

**Start:** Wed 1/25/23 **End:** Wed 1/25/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

The Camino de Santiago is a 500-mile pilgrimage across Northern Spain that has been in existence for nearly 2,000 years. Annually over 250,000 people from all over the world take on this 5-6 week experience. As of Spring 2018, Bob Logan has walked the Camino three times.

During his talk, he presents the life lessons learned that can immediately be applied to everyone's own life, including, "the power of being uncomfortable," "overcoming challenges," "dealing with daily doses of adversity," "understanding the importance of living a simpler life," "how gratitude and appreciation should play a bigger role in our lives," and "achieving something bigger than oneself."

Bob's Camino talk provides a humbling look at how many of us are living our lives currently in America and sets aside the trappings of materialism, corporate advancement, and our "connected society" to embrace "relationship connectedness" and living in the moment as the key to living a more

fulfilling life.

Instructor: Robert Logan

Bob Logan is a speaker and published author, and he has lived an incredibly varied life, from coaching to fundraising to university administration. After a 30+ year career at the University of Arizona, Bob decided to embark on the Camino de Santiago after seeing the movie "The Way." It so moved him that he has now walked the Camino on three occasions. This experience caused him to transform his life to help others find perspective and to live a more fulfilling life.

## Understanding the World of Wine

**Subject Area:** Crafts/Cooking, Travel/Entertainment

**Wednesdays:** 2 Sessions 3:00 PM - 5:00 PM

**Start:** Wed 2/8/23 **End:** Wed 2/15/23

**Location:** Saguaro Room **Class Size:** 50

### 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: Norm Land

Norm received his two degrees from Colorado University in 1969, followed by 10 years in various careers before opening the Good Earth Restaurant and Bakery here in 1979. After a 20-year run, he switched to management consulting, but was then recruited by Shaanxi University, Xi'an, China in 2010 to teach marketing and management for the next

seven years. Over the past 40 years, he has indulged in his passion for travel, including 50+ trips around the world, 44 of them via his second passion, cycling, and combined with his third passion, wine, touring hundreds of wineries in US, Canada, Australia, NZ, Italy, France, and China.

## China and the West: Autocracy and Democracy

**Subject Area:** History/Current Events

**Wednesdays:** 9 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/15/23 **End:** Wed 4/12/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

In this class, we'll contrast cultural development in China and the West. We'll look at what autocracy and democracy mean, and consider how China's geography affected comparative cultural development. After that, we'll examine the Chinese claim to be the world's oldest continuous civilization. We'll check out Mesopotamia, Egypt, and the Indus culture of northern India, now Pakistan. Then, we'll compare the values and history of China and the West, starting with Greece and Rome, ending in Scandinavia. One of the surprises of my research is the cultural continuities from ancient Greece and Rome across Europe to the Vikings, more properly called the Norse. We'll examine their long-neglected contribution to western democracy. Along the way, we'll look at some lessons of history. These issues are controversial, and I'll make every effort to present creditable, factual material.

Instructor: Julia Sherman

Dr. Julia A. Sherman has made China a special interest of study, and has offered several courses at OLLI: on China, constitutional government, and psychology.

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## Your Amazing Mind

**Subject Area:** Social Sciences

**Wednesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/15/23 **End:** Wed 4/12/23 - No Class  
**Feb 22**

**Location:** Saguaro Room **Class Size:** 50

### Course Description

The mind is truly amazing. It is responsible for your experiences and behaviors, and often accomplishes its feats in mysterious ways. We will introduce the mind by considering questions such as What is the mind? What is consciousness? and Can you know what someone else is experiencing? We will then look more deeply into the mind by discussing questions such as, How do unconscious processes determine your own behavior and experience? Why is paying attention so important and why is it sometimes so difficult? What does it mean to say that the brain is a prediction machine? What are the different types of memory? How does memory work? Why do we sometimes fail to remember? Why do people who have experienced the same event sometimes have different memories of that event? How does aging cause a decline in memory and other cognitive functions and what can we do about it? Why is sleep so important in forming memories? How can we deal with problems like post-traumatic stress disorder and faulty eyewitness testimony? My goal throughout this course is to relate scientific findings to everyday experience. This course was last given in Spring 2019 and 2021.

Instructor: Bruce Goldstein

Bruce Goldstein received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing. He has written two widely used college textbooks, *Sensation and Perception* 11th edition (Cengage, 2021), and *Cognitive Psychology*:



Connecting Mind, Research and Everyday Experience, 5th edition (Cengage, 2019). A recent book, *The Mind: Consciousness, Prediction and the Brain* (MIT Press, 2020), is written for a general audience. Courses he teaches for OLLI are Cognition and Aging, The Social and Emotional Mind, The Mystery, Science and Art of Shadows, and Writing for Self-Discovery.

## 15,000 Years of Candles

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

**Wednesdays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Wed 2/22/23 **End:** Wed 2/22/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

Candles - OK, so they will not become a major source of energy. But they have a fascinating 15,000 year history of lighting and lengthening our days, religious and romantic overtones, technological development, etc. There's also a lot of chemistry and physics behind the beauty and light of a candle flame. Individual entrepreneurship has always played a major in the history of candles. A shy Massachusetts high school student melting crayons to make candles in his parent's basement created the \$1.75 billion dollar Yankee Candle Company - which still dominates the market. The major ingredient that sells candles is scent; you have to pick them up and smell them. Also, and not well known, candles are the leading cause of uncontrolled house fires. Join Gerald Geise, a chemical-nuclear engineer who frequently lectures on nuclear power, but also has a 30-year hobby of making candles - for a 15,000 year review of candles. From stones filled with animal fat or burning oily candlefish on a stick, to today's soy wax candles with highly engineered woven and wooden wicks. No burning examples, but some interesting displays and no complicated physics.

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Instructor: Gerald Geise

Gerald Geise is Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for the Hanford, Washington nuclear reactors producing plutonium for nuclear weapons and president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He has an extensive public speaking background on the risks and benefits of nuclear power - and a 30-year hobby of making candles.

## Supreme Conservative and Liberal Activism by Justices Making Law

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events, Social Sciences

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM  
**Start:** Wed 2/22/23 **End:** Wed 3/8/23

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

Interested in learning about the Supreme Court's recent highly contested decisions on abortion, gun rights, religious liberty, environmental protection, business regulation, voting rights, affirmative action and more? University of Cincinnati political science professor emeritus Howard Tolley will provide an overview of judicial activism since the 1960s by both Democratic and Republican appointees. Professor Tolley will examine how political ideology, legal principles and personal preference impact the appointment of Justices, the decisions they reach, judicial activism, and the alignment of conservative and liberal voting blocs as three Trump appointees and the arrival of Judge Ketanji Brown Jackson to

replace Justice Breyer have significantly changed the Roberts court. Controversial cases docketed for consideration in the current term, include a potential judgment on the Constitutional authority of state legislatures to gerrymander voting districts without judicial review, a non-reviewable power that would also extend to state lawmakers' independent selection of delegates to elect the U.S. President.

Instructor: Howard Tolley

Prior to retirement in 2011, Howard Tolley served as a Professor of Political Science and Adjunct Professor of Law at the University of Cincinnati where for 27 years he taught undergraduate and graduate public law courses on the U.S. legal system, Supreme Court, civil liberties, and international human rights. Whether in the classroom as a political scientist or when serving as a labor law fact finder, mediator, and arbitrator, he attempts to function as a professional neutral. He regularly offers Zoom classes on the Supreme Court for OLLI in Ohio, Florida, and Arizona where he spends the winter.

## [Canceled: Work Principles by Ray Dalio](#)

**Subject Area:** ~~Science/Math/Technology, Social Sciences~~

**Wednesdays:** ~~7 Sessions 11:00 AM – 12:30 PM~~

**Start:** ~~Wed 3/1/23~~ **End:** ~~Wed 4/12/23~~

**Location:** ~~Palo Verde Room~~ **Class Size:** ~~30~~

## [Cambodia and Vietnam via Bicycle and Riverboat](#)

**Subject Area:** Arts/Culture, Health/Wellness, History/Current Events, Philosophy/Spirituality/Religion, Social Sciences, Travel/Entertainment

**Wednesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 3/15/23 **End:** Wed 4/5/23

**Location:** Saguaro Room **Class Size:** 45

### Course Description

Experiencing these Southeast Asian places from the seat of a bicycle and a Mekong Riverboat was indeed a "Trip of a Lifetime" (TOL). Most tourists know these places from an air-conditioned bus and commonly visit only Cambodia's famous Angkor Wat complex of Hindu temples... another TOL of course. This comprehensive experience - from the dirt paths to the floating Fishing Villages and more - is intended for the viewer of my 3 narrated videos to both feel a sensory presence with these enchantingly exotic places and the intellectual challenges encompassing their ancient histories and cultures - including the Vietnam War (known locally as the "American War") seen from a more balanced Vietnamese philosophical perspective. Learning experiences include both a passive video viewing with a more active lecture/discussion format.

Instructor: Gordon McCall

Gordon McCall holds a BA, MA, and has 30 years' experience as a professional educator in psychology and world history. He is a world traveler (100+ countries), videographer, producer of professional quality educational travel videos, and presenter of these videos to many audiences.

## Visiting a Family of Mountain Gorillas in Rwanda

**Subject Area:** Travel/Entertainment

**Wednesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Wed 3/22/23 **End:** Wed 3/22/23

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

One of the great thrills of my life was spending an hour visiting with a family of about 15 gorillas in their home on a mountainside in Rwanda. I will discuss how best to get there from here, how to prepare for the difficult hike required, and what to expect when you get there. I will show videos and photos taken by me and my wife Ann.

I will talk a bit about Rwandan history and the life of the people and what else you can do while you're there. I will also talk about the considerable conservation efforts that were planned and executed to end poaching and to save the mountain gorillas from extinction.

**Instructor:** Ray Baxter

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

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## Learning About Reptiles with Live Animals and Written Material

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

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 3/29/23 **End:** Wed 4/12/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Reptiles evoke many emotions in people, from fascination to fear and loathing. Much of the misunderstanding about these animals is due to a lack of familiarity. Here's your opportunity to meet some reptiles in person as well as learn more about their physiology and natural history. The course will include discussions about their impact on the environment both as keystone species and invasives, captive care, how to reduce fear and increase understanding of these amazing animals. Live specimens will include a native Sonoran Desert tortoise and reptiles popular in the pet trade. In addition to the live animals, education through written materials will be discussed.

**Instructor:** Elaine Powers

When Elaine A. Powers retired as a laboratory research biologist, she began a new career writing science-based children's books. She also gives talks using live animals to children and adults. As a citizen scientist, she has participated in the conservation work of endangered rock iguanas, *Cyclura* sp., in the Caribbean. She currently serves on the Iguana Specialist Group of the IUCN.

## Trekking in the High Himalaya

**Subject Area:** Travel/Entertainment

**Wednesdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 4/5/23 **End:** Wed 4/12/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

Have you ever considered making the very long trip to see the Himalaya, maybe even thought of making a trek up into the high peaks yourself? Or perhaps you've just wondered what that part of the world, and the trekking experience, is like. Well, here's your opportunity to sit back and enjoy the scenery and experience without having to endure the deprivations and discomforts that come with traveling to and hiking in the Himalaya. Curt has made two trips to Nepal, taking 10-day and 16-day treks up into Sagarmatha (Mt. Everest) National Park, and to the neighboring, and very remote, hill stations of Sikkim, India.

During our first session, Curt will take us on a tour from the riotous streets of the Thamel in Kathmandu to the traditional, old city of Bhaktapur, the tea plantations and iconic Toy Train of Darjeeling, and the ornate, Tibetan Buddhist monasteries in the heavily protected state of Sikkim. In our second session, we'll focus on the experience of trekking through the high Himalaya, hiking from guesthouse to guesthouse. We'll climb the 16,000 foot Dingboche Ri and the 17,500 foot Gokyo Ri, and struggle over the 17,600 foot Chola Pass (sorry, no Everest summiting - that's for crazy people!). We'll take in the spectacular mountain vistas along the way, and meet the guides, porters and the Sherpa people who make it possible for us Westerners to walk among the highest peaks in the world!

Instructor: Curt Matuna

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Curt received his B.S. Degree in Botany in 1974 from the University of California, Davis. After a few years working in casino hotel management in Reno and Las Vegas, Curt attended the CU Law School in Boulder, CO, where he received his J.D. in 1985, and followed that up with a 20-year career as a commercial real estate attorney at one of Denver's larger law firms. When his stint as managing partner just about did him in, he and Cheryl moved to Tucson in 2005 to travel and pursue their favorite outdoor sports and activities. A committed lifelong learner, Curt finally discovered OLLI in 2015, and has been a class fixture since then. While pursuing his wanderlust, Curt discovered and has been studying Buddhism since he and Cheryl were traveling in SE Asia in 2008.

## Canceled: The History of Functional and Decorative Fountain Pens and Inkwells

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

**Wednesdays:** ~~Single Session 1:00 PM - 2:30 PM~~

**Start:** ~~Wed 4/12/23~~ **End:** ~~Wed 4/12/23~~

**Location:** ~~Saguaro Room~~ **Class Size:** ~~30~~

## Fridays

## A Town Hall Format Exploration on US Healthcare Reform

**Subject Area:** Health/Wellness

**Fridays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Fri 1/27/23 **End:** Fri 2/17/23

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

Using a "Town Hall" format, we will explore whether the US Healthcare System needs reformation, and if



so, what form the changes should take. We will engage in a dialogue on the pros and cons of each proposal and conclude with a summary statement based on group consensus. The discussion and conclusion will require active participation in small sub-groups discussions.

Instructor: Jose Santiago

Dr. Jose Santiago is a consultant to large healthcare systems in the US. Previously he was the Senior Vice President at Ascension Health, the largest not-for-profit healthcare organization in the US. He was also Chief Medical Officer of the Carondelet Health. Dr. Santiago is a graduate of Boston University School of Medicine. For many years, he was President and CEO of a large physician's multi-specialty medical group practice in Tucson and on the faculty of the University of Arizona College of Medicine as a full tenured Professor.

## Mammals of the Santa Catalina Mountains

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

**Fridays:** 5 Sessions 9:00 AM - 10:30 AM **Start:** Fri 1/27/23 **End:** Fri 2/24/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

The Santa Catalina Mountains on the north side of Tucson contain a diverse array of mammalian life. Join naturalist and camera trap videographer David F. Dean for an up close and personal (and often humorous) look into the lives of the fascinating animals who call these mountains home. In addition to seeing videos of animals the following topics will be discussed: the biodiversity of southeastern Arizona, basic mammalian biology, mammalian adaptations to a desert environment, the role played by apex predators in the health of

ecosystems, and a detailed look into the biology of mountain lions and black bears.

Instructor: David Dean

David retired and relocated to Tucson in the summer of 2015 after having served for 25 years on the faculty of the Department of Biology at Spring Hill College in Mobile, Alabama. He is very active in two volunteer groups, the Sabino Canyon Volunteer Naturalists and the Santa Catalina Volunteer Patrol, which support the Santa Catalina Ranger District of Coronado National Forest. His hobby is capturing the wildlife of the Santa Catalina Mountains on video using motion-activated cameras.

## Understanding India

**Subject Area:** History/Current Events, Philosophy/Spirituality/Religion, Social Sciences

**Fridays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Fri 1/27/23 **End:** Fri 4/14/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

India is the world's largest democracy and soon-to-be its most populous country. Since 1980, its GDP has grown at a rate of almost 7% a year. It is a civilization that gave birth and nurtured religious traditions ranging from Hinduism to Buddhism and Jainism. America's Vice President, Kamala Harris, and the UK's Prime Minister, Rishi Sunak, come from families of Indian origin. The financially most successful immigrant population in the US has Indian roots - particularly in the IT, medical, and hospitality industries.

Before the pandemic, an earlier version of this SG was offered. An updated version will now be offered in Spring. We now talk about the "Indo-Pacific" in our geopolitical discussions. India is part of the Quad which includes India, Japan, the U.S.A. and Australia. India is emerging onto the world scene

just as China did several decades ago. India has a very favorable demography as China grows old. Now is the time to "understand" India.

Instructor: David Shawver

Dr. David Shawver first arrived in India in 1969 when he became a student at Madurai University in South India. As part of his graduate work in the '70s, Dr. Shawver was a Shastri Indo-Canadian Fellow at McGill University in Montreal. He later worked at international schools in Karachi, Pakistan, and Dhaka, Bangladesh. He has traveled and lived in a variety of locations in South and Southeast Asia that have been much influenced by Indian culture. He has also experienced the Indian diaspora in Africa and North America.

## Buddhism in America

**Subject Area:** Philosophy/Spirituality/Religion

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 1/27/23 **End:** Fri 3/3/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

Since its birth in India, Buddhism has changed and been changed by every country it flowed into. This process took root here when the Sixties counterculture embraced Asian wisdom teachings. Now communities of Buddhist converts flourish across the country, and meditation, the core Buddhist practice, is taught widely in schools, churches, and corporations. At the same time, American values have challenged Buddhism's male dominance and other non-democratic traditions. The fascinating result is an ongoing dynamic seeking to address the spiritual crisis in modern society.

Our study will begin with Buddhism's origin and principles and follow the trail through China and Japan and on to the United States, but the classroom focus will be on how this wisdom

tradition can be of use in our personal lives.

Instructor: Merrill Collett

Merrill Collett has been a long-term resident at San Francisco Zen Center and its monastery, Tassajara Zen Mountain Center. He is the author of *At Home With Dying, A Zen Hospice Approach*. After thirty years in print journalism, he retired from The San Francisco Chronicle to live year-round in Tucson. He has degrees in history from Stanford and in international relations from Johns Hopkins.

## Investing in Retirement

**Subject Area:** DIY/Self-Help, Social Sciences

**Fridays:** 3 Sessions 11:00 AM - 12:30 PM **Start:** Fri 1/27/23 **End:** Fri 2/10/23

**Location:** Ocotillo Room **Class Size:** 20

### Course Description

A three-part class on investing in retirement, designed to help people navigate retirement with their investments. This course will discuss larger topics of investment principles, spending in retirement, and diversification of a portfolio. We will take a deeper dive into retirement-specific concerns such as the income needed to live throughout one's lifespan, including social security, interest, dividends, and capital gains and how they all tie together. The goal of this class is to give people the confidence and knowledge to expand their income beyond social security, allowing them to live comfortably and continue to earn money at any stage in life.

Instructor: Richard Munding, CFA

Richard brings almost four decades of investment management experience to serving clients. He has developed an innovative "total return" investment strategy that may smooth out portfolio volatility and enhance returns. This total return philosophy is the basis behind RMH's approach to investment

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management. Mr. Mundinger has earned the right to use the Chartered Financial Analyst (CFA) designation. Richard graduated from the University of Toronto with a Bachelor of Commerce in Finance and is a Fellow of the Canadian Securities Institute.

## Flannery O'Connor's Short Stories

**Subject Area:** Philosophy/Spirituality/Religion

**Fridays:** 12 Sessions 1:00 PM - 2:30 PM **Start:** Fri 1/27/23 **End:** Fri 4/14/23

**Location:** Saguaro Room **Class Size:** 50

### Course Description

An exploration of the short stories of Flannery O'Connor, well known American Catholic fiction writer and religious thinker, using her book "Everything That Rises Must Converge," paying special attention to the major images that drive her stories.

Instructor: Jerry Gill

Jerry Gill is a long-time college professor, Ph.D. Duke University, teaching a wide spectrum of Humanities courses, mostly in philosophy and religious studies, most recently at Pima Community College. He is widely travelled and has led numerous semester-abroad programs in Greece, Finland, and Mexico. He has published 30 books and over 100 scholarly articles. He is semi-retired.

## Intel for Dummies - Part Two

**Subject Area:** History/Current Events

**Fridays:** 12 Sessions 1:00 PM - 2:30 PM **Start:** Fri 1/27/23 **End:** Fri 4/14/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Intel for Dummies - Part Two - is about United States Intelligence in recent history and current events. The Intelligence Community is confronting a new variety of bad actors. Its mission - providing information of value in making decisions - is more important than ever, but a lot of what it does has to be kept secret. That, and popular culture, keeps the public and many leaders from understanding it very well. It does not get much attention from scholars, but Stanford's Amy Zegart is an exception. We draw heavily on her most recent book, Spies, Lies and Algorithms. What has recently been made public is quite a lot. We will be looking at what experience teaches and what's new: Collection. Analysis. Dissemination. Espionage. Counterintelligence. Covert Action. Cyber warfare. Congressional oversight. Failure and success. Emerging threats.

Instructor: Jesse Frey

Jesse used to be an army spook.

## Astronomy/Geosciences

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

**Fridays:** 5 Sessions 3:00 PM - 4:30 PM **Start:** Fri 1/27/23 **End:** Fri 2/24/23

**Location:** Ocotillo Room **Class Size:** 65

### Course Description

Our exploration of the Earth, Solar System, and Universe continues. This semester our emphasis will be planetary science in the Solar System, as well as stellar evolution and odd stars of the Universe. Each class we will have 'Constellation Concentration' with an in-depth look at one of the 88 constellations, and the cosmic treasures found in that 'area' of the sky. As always we will discuss ongoing discoveries in Astronomy, Planetary Sciences, and Earth Sciences. Information will be conveyed using short videos, awesome photos, understandable/fun graphics, and class discussions. We will have several guest speakers from the University of Arizona's

Astronomy, Planetary Sciences, and Geosciences Departments. Science Fiction Theatre continues, with short clips highlighting a century of Sci Fi movies and TV shows.

Please join us for this continuing journey of discovery and adventure. Being in an earlier Astronomy/Geosciences class that I have hosted is neither a prerequisite nor necessary to understand and enjoy this class.

Instructor: Guy Jette

Guy retired from the U.S. Air Force after 37 years working in Research and Development in both the aeronautical and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He has worked in astronomy outreach for the past ten years as a docent at Kitt Peak National Observatory. He has also been a frequent guest speaker at the University of Hawaii Institute for Astronomy on Maui.

## Understanding Alzheimer's Disease and Dementia

**Subject Area:** Health/Wellness

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM **Start:** Fri 1/27/23 **End:** Fri 2/3/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

Session 1: Understanding Alzheimer's Disease and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments, available for some symptoms; and Alzheimer's Association resources.

Session 2: Healthy Living for Your Brain and Body

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Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging.

Instructor: Nallelhy Ballesteros

Nallelhy Ballesteros is the Support Programs Manager for the Alzheimer's Association. She oversees all programs and services in Southern Arizona along with the onboarding and training of new volunteers.

## Writing the Good Times: Memoir, Poetry and Short Stories

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

**Fridays:** 8 Sessions 3:00 PM - 4:30 PM **Start:** Fri 1/27/23 **End:** Fri 3/17/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Writing the Good Times is basic creative writing with emphasis on capturing the highlights of one's life or reflecting on a moment in poetry or prose. We will discuss the methods and devices in good writing, outline the structure of prose that "hooks" us and offer helpful critiques on our work. How to create descriptive prose and what makes a piece of writing interesting will be discussed. Writing memoirs or poems to be proud of and that family and friends will find interesting enough to read is the goal.

Instructor: Lollie Butler

Lollie Butler has taught Creative Writing to High School students and Arizona incarcerated women. She holds a master's degree from The University of Arizona and currently is a published writer of memoir, poetry and also writes music lyrics for a nationally-known composer. She has been given



many awards in writing including a fellowship from the Arizona Commission for the Arts.

## [A Deep Reading of Cloud Cuckoo Land by Anthony Doerr](#)

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

**Fridays:** 5 Sessions 11:00 AM - 12:30 PM **Start:** Fri 2/3/23 **End:** Fri 3/3/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

The response to this recently published book by the Pulitzer Prize-winning author of *All the Light You Cannot See* has been more than enthusiastic.

Doerr's story is "wildly inventive" (New York Times), following the lives of several young people living in different settings in time and space who all face a world in peril. Whether besieged in 15th century Constantinople, imprisoned during the Korean War, or quarantined in a space colony, it is the power of the imagination as communicated by a book that offers hope and resilience to see them through. Anthony Doerr's own imagination was clearly on fire as he wrote this masterful novel, reflecting our interconnectedness with our past, with other species and with the world to come.

Participants will need to read the book. Classes will be a lively mix of lecture and discussion.

"If you're looking for a superb novel, look no further." -The Washington Post

Instructor: Laurie Bangs

Laurie Bangs is a retired high school English teacher who has been teaching OLLI classes on literature for the past six years in Minneapolis, MN. She will be wintering in Tucson this year and thought it would be fun to offer an OLLI class.

## [Psychological Factors That Impact the Quality and Duration of Our Lives](#)

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

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 2/17/23 **End:** Fri 3/24/23

**Location:** Ocotillo Room **Class Size:** 30

### Course Description

This course examines how two socially learned phenomena influence our lives:

- (1) the type of humor we come to favor and
- (2) the (negative) stereotypes we internalize regarding aging.

We'll first explore what humor is: how it is defined by comedians, advertisers, and researchers. We will examine how researchers measure humor - we'll measure your humor style.

We will consider which humor style is most effective in 1) enhancing creativity, and 2) dealing with health issues. Lastly, we'll explore the link between the images/stereotypes we have as seniors (particularly negative ones) and how they can influence various aspects of our health and even how long we might live.

Face masks, which completely cover mouth and nose are required for this study group. They must be worn properly at all times while in class.

Instructor: Marvin Goldberg

Marvin E. Goldberg is the Emeritus Bard Professor of Marketing, Penn State University where he served as Interim Dean in 1999-2000 and Chairman of the Marketing Department from 2000 to 2006. From 1971-1991 Dr. Goldberg was a Professor of Marketing at McGill University. He holds a Ph.D. in Marketing from the University of Illinois, an M.A. in Sociology from Columbia University and a B.A. from

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McGill University. He serves as a board member of the Tucson Committee for Foreign Relations (TCFR).

## Our Sonoran Desert Feathered Friends

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

**Fridays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Fri 3/3/23 **End:** Fri 3/17/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

They are all around us. We hear them drumming, hooting, squawking, and singing. We feed and water them. We construct homes for the rearing of their young. Perhaps because of their apparently carefree existence and non-threatening behavior, we are comfortable in their presence. But what do we really know about the life of our Sonoran Desert Birds?

In this three-part series we will explore many facets of bird life in our desert: their reproductive and migrating behavior, adaptations for their various lifestyles, and their special relationship with plants and flowers. For those who wish to learn identification of our birds, there will be an optional tour to Tohono Chul.

**Instructor:** Marion Cimmino

In professional life, Marion Cimmino was a NYCHS Biology teacher, coauthor of two textbooks, writer for Baron's Educational Series Review books, and presenter of curriculum programs on the local and national level for the NYBTA (New York Biology Teachers Association). Marion retired to Tucson in 1993. For the past 18 years, Marion has been and still is a docent at the Arizona Sonora Desert Museum. In the Tucson community Marion has provided educational programs for OASIS, Sun City Continuing Ed, retirement and assisted living communities, and even dementia units. The main

purpose of these 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.

## Death Doula 101

**Subject Area:** Health/Wellness

**Fridays:** Single Session 9:00 AM - 10:30 AM  
**Start:** Fri 3/3/23 **End:** Fri 3/3/23

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Join us as we learn about and explore the role of a Death Doula.

A Death Doula provides non-medical support to the dying and their loved ones. Learn where to find a Death Doula, what to ask when interviewing them for compatibility, and how they can best serve at end of life.

**Instructor:** Staci Snyder

Staci has been serving individuals and families of all ages, working as a master's level social worker since 2003. Staci's mission is to provide the community with emotional and practical end-of-life support, education, and advocacy. After working as a hospice social worker, Staci's passion for end of life expanded and she obtained certification as a Death Doula and is a Mentee of Death Doula LA. She is an active member in both local and national Death Doula collectives.

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## French Postcards: Glimpses of Our Life in Provence

**Subject Area:** Arts/Culture,  
Travel/Entertainment

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM **Start:**  
Fri 3/10/23 **End:** Fri 4/14/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

With a wealth of anecdotes and stunning photographs, Deb and Gary will share their insights gained first from the seats of their bicycles, beginning with their first bike tour in Provence in 1993, followed by several more summers meandering on two wheels, until retirement, when the path took an unexpected turn, leading to an old stone house built into the medieval ramparts of an authentic wine-making village. For the last decade, the couple have lived part of every year in the house they named "La Trouvaille," immersed in village life in the heart of Provence.

They'll share insights using a thematic approach, treating such topics as "They Look Like Us; Why Don't They Think Like Us?"; "The Perfect French Cafe"; "Grapes, Wine, and All That Jazz"; "From a bicycle seat to the Tour de France"; "To Market, to Market"; and exploring the many meanings of the French expression, "une trouvaille."

Deb and Gary invite you to come along for the ride! Sessions will be steeped in French culture and seasoned with (very brief) French language lessons, a pinch of French history, and the occasional recipe.

Recommended reading: Peter Mayle's *A Year In Provence* (which launched this odyssey!) and *Sixty Million Frenchmen Can't Be Wrong* by Canadian journalists John Nadeau and Julie Barlow.

Instructors: Deborah Locke, Gary Vines

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Deb Locke and Gary Vines are retired Maine educators who, since 2012, have been full-time RVers, migrating with the seasons to the Olympic Peninsula, southern Arizona...and an old stone house in a small wine-making village in Provence.

## Stun and Run: Basic Physical Defenses

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

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM **Start:**  
Fri 3/10/23 **End:** Fri 3/17/23

**Location:** Saguaro Room **Class Size:** 30

### Course Description

Because life doesn't always go as planned, this seminar addresses how to physically defend yourself when needed. The strategies and tactics covered in this basic self-defense class include:

- Using the natural weapons that you always have
- Targeting the best parts of the body to disable and discourage an attacker
- Understanding ranges of combat, stances and blocking techniques
- Using upper and lower body defenses
- Escaping grabs & holds
- Putting it all together in real-life scenarios with opportunity for hands-on practice in a controlled, safe environment

Wear comfortable clothing and bring a water bottle. Sign up with a friend if you're more comfortable training hands-on with someone you know. Let the instructor know of any physical limitations so that alternate options can be explored. This is a 2-part class.

Instructor: Dawn Armstrong

After reading about a spate of vicious attacks, Dawn Armstrong realized that a lack of situational awareness was contributing to people getting hurt

and killed. Something needed to change. Combining her expertise in martial arts, big city life skills and a career in marketing, Dawn founded ThinkSafe Seminars. Her goal is to help people live with more confidence and less fear by increasing awareness, improving conflict management, and utilizing basic physical defenses when necessary. Dawn's Habits of Awareness training helps those concerned about violence prevention. She's a graduate of Syracuse University, 4th Degree Black Belt, and certified Conflict Management instructor.

## Best Diet Quest: Keto to Vegan and Everything in Between

**Subject Area:** Health/Wellness

**Fridays:** Single Session 9:00 AM - 10:30 AM

**Start:** Fri 3/24/23 **End:** Fri 3/24/23

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

A whirlwind tour of all diets, old and new. What do they have in common, what actually works, and what can you use for your own dietary success? We move beyond the Tribes to the Truths leaving outdated conventional wisdom behind. Fad diets and sketchy studies so long. Our focus - how we are wired via our evolutionary biology and the very latest solid nutrition science. This Venn diagram approach to diet will shake up your assumptions and open up a delicious nutritious path forward for you and those you love.

Instructor: Greg Kiger

Nutrition coach Greg Kiger is NASM certified and eager to share his hard-won knowledge of diet, nutrition, and good health. As a stage 4 cancer survivor turned enthusiastic health coach, Greg blends evolutionary biology with the very latest science to arrive at recommendations that actually work and are delicious and satisfying.

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## Austronesian Tribes of Formosa

**Subject Area:** Social Sciences,  
Travel/Entertainment

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM **Start:**  
Fri 3/24/23 **End:** Fri 3/31/23

**Location:** Saguaro Room **Class Size:** 55

### Course Description

I was Research Fellow and International Conservation Liaison for developing Yushan National Park, Formosa with the Bunun Tribe. When I reported the desecration of a Bunun tribal cemetery, I was invited to serve as Professor and Research Fellow at Yushan Tribal College with the fifteen Austronesian Tribes of Formosa in Shoufeng, Hualien. Working with the beautiful tribes of Formosa truly enriched my life and I am honored and pleased to share our experiences with you.

Instructor: 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.

## Ten Restaurants That Changed America

**Subject Area:** Arts/Culture

**Fridays:** 3 Sessions 9:00 AM - 10:30 AM **Start:**  
Fri 3/31/23 **End:** Fri 4/14/23

**Location:** Ocotillo Room **Class Size:** 55

### Course Description

Ten Restaurants That Changed America is a six year old book by Paul Freedman. This course will look at



the restaurants that he says altered the way Americans eat when they dine out. Each of these restaurants (Delmonico's, Howard Johnsons, Chez Panisse, Silvia's, The Four Seasons, Schraffts, Momma Leone's plus others) for better or worse, created new trends. We will talk about these 10 plus others that Freedman points out in the addendum of the second addition. Many of us have fond memories of dining out at these restaurants and others like them over the years.

Instructor: Rob Getlan

Rob Getlan was a pastry chef earlier in life and has an interest in what makes a good restaurant work.

## Home Energizer Workshop

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

**Fridays:** Single Session 3:00 PM - 4:30 PM

**Start:** Fri 4/7/23 **End:** Fri 4/7/23

**Location:** Saguaro Room **Class Size:** 50

### 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 the 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 lightbulbs, a low-flow showerhead, faucet aerators, and more. The workshop is offered for free, courtesy of TEP.

Instructors: Adam Kingery, Jonathan Heras

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.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

## A Civilian During the Vietnam War

**Subject Area:** History/Current Events

**Fridays:** Single Session 11:00 AM - 12:30 PM

**Start:** Fri 4/14/23 **End:** Fri 4/14/23

**Location:** Ocotillo Room **Class Size:** 50

### Course Description

During the Vietnam war there were many non-combatants (civilians) involved.

Terry Coleman served in the State Department's United States Agency for International Development as part of President Nixon's "Pacification Program" from 1969-1971.

His class will present his personal experiences and adventures as a refugee officer during the war.

Instructor: Terry Coleman

Terry has been a resident of Tucson for 35 years and an OLLI member. He is retired from the local school system having been a school counselor. He has served overseas as a Peace Corps volunteer in India

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and later as a Foreign Service officer in South Vietnam.

# Green Valley Campus: In-Person Wednesdays

## Classic Hatha Yoga

**Subject Area:** Health/Wellness,  
Philosophy/Spirituality/Religion

**Wednesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/8/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room  
200 **Class Size:** 55

### Course Description

Join Helen Boyd in this classic floor yoga class to strengthen, add range of motion, and build awareness of yourself inside and out to add balance in your life, not just physically, but mentally and spiritually as well. We will use classic yoga reclined, seated, and standing postures to attain these goals. All levels are welcome as long as you can get onto and off the floor. The equipment needed is a yoga-specific mat (not Pilates), yoga blocks, and a Mexican blanket for support of certain positions. You're welcome to bring anything else like a pillow or bolster.

**Instructors:** Helen Boyd, Matthew Boyd

Helen has been teaching Hatha yoga, the form of yoga that includes concentrating, breathing exercises, and postures, for 25 years, and has been certified with Yoga Alliance since its inception. Other styles of yoga she also offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, in gyms, community college, and workshop settings to all age groups.

Matthew Boyd has been doing yoga for 50 years and practices regularly. While he has taken teacher training, he hasn't taught primarily and currently has chosen to co-teach.

## Tales from Tumacácori

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

**Wednesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/8/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room  
203 **Class Size:** 50

### Course Description

Tales from Tumacácori: A Review of the Spanish Colonial Period in the American Southwest

#### Study Sessions

- 1 - Go West Illini, the Midwest's Fascination with the Southwest
- 2 - Virtual Tour of Tumacácori National Historical Park
- 3 - Native Peoples of Sonora and Arizona
- 4 - Ancient Peoples of the Southwest
- 5 - Coronado Expedition and New Mexico
- 6 - Apache and Comanche (and Texas)
- 7 - Missions and Cartography of Father Kino / California is Not an Island
- 8 - National Park Service and the Search for Tumacácori

**Instructor:** Bill Reed

Bill is a retired product development engineer and adjunct professor in materials engineering. He is an amateur historian and has served as a volunteer docent with the National Park Service. He has taught OLLI classes in both Green Valley and Illinois. He enjoys the intersection of history, geography, and personal experience.

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## Understanding Dementia from the Inside

**Subject Area:** Health/Wellness,  
Literature/Writing/Language

**Wednesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/8/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

Nobody wants to talk about dementia in case it is contagious. No other disease generates more fear. In this class, we will, through movies and literature, try to understand the world of people with the condition and our own reactions to it.

Instructor: Terry Cox

Terry is a former teacher and labor relations consultant. In retirement, she is happily exploring movies, books, and anything else that strikes her fancy.

## Discussing Possible Solutions to Social Issues

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

**Wednesdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/15/23

**Location:** Community Learning Center - Room 205 **Class Size:** 20

### Course Description

Each class session will focus on a different current issue society faces in the 21st century, with topics such as gun violence and climate change. The structure of each session will be Socratic-based discussion: participants will either read an article or watch a video related to the topic prior to class and

will be given one or more guiding questions to consider. Class members will be encouraged, but not required, to write down some ideas that directly relate to the article/video and questions provided prior to coming to the next session. Then, participants will share ideas, hopefully gaining new insights from others by the end of each session. Discussion guidelines will be addressed and agreed upon at the onset of the course to help create a focused, relaxed, and stimulating learning environment.

Rick, the facilitator, has had years of experience leading Socratic-based discussions with both adolescents and adults. As well as a lifelong educator, he is a semi-professional singer/songwriter/guitarist, so he may include a relevant song about the social issue being discussed at a few of the sessions to inspire more insights and creative exploration.

Instructor: Richard Leighton

Rick Leighton has been involved with education since 1975, and has taught all levels, ranging from teaching music to five-year-olds to teaching curriculum and instruction classes to graduate-level adults. He has a BA in Psychology and an MS in Instructional Leadership. He is a full-time Green Valley resident and has been active in Oregon and Arizona OLLI since 2018.

## Louise Penny Novels

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

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/22/23 - **Class held every other week**

**Location:** Community Learning Center - Room 210 **Class Size:** 20

### Course Description

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We will be reading and discussing four novels by Louise Penny: *The Brutal Telling*, *Bury Your Dead*, *A Trick of the Light*, and *The Beautiful Mystery*. These are books 5-8 of the Armand Gamache series set mainly in the Eastern Townships and environs of Quebec, Canada.

Instructor: Carol Casey

Carol Casey was born and raised in Vermont. She spent her professional career in Washington, DC in government affairs. Carol returned to Vermont upon retirement and worked part-time at the local library. She moved to Green Valley in September 2018.

## [Amazing Astronomy \(Without Any Math!\)](#)

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

**Wednesdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/1/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

Cruising Through the Solar System. A visually stunning tour of the sun, planets, moons, asteroids and comets in our solar system.

Cruising Through the Cosmos. Mind-boggling views of the awesome beauty of deep space as revealed by the Hubble Space Telescope.

Cruising to the Moon. An examination of our nearest neighbor in space, and how it inspired that "One Giant Leap for Mankind."

Cruising to the Red Planet. The mesmerizing story of Humankind's fascination with, and exploration of, the planet Mars.

Instructor: Fred Cink

Fred J. Cink is a former Army Aviator and retired Naval Aviator with thousands of hours of flight time

in both rotary wing and fixed-wing aircraft. His lifelong interest in military aviation is matched by a passion for all things related to astronomy and space exploration. In 2018 he was hired by AURA, the Association of Universities for Research in Astronomy in Tucson, Arizona, to share his knowledge of astronomy with visitors at Kitt Peak National Observatory.

## [Race, Racism, and Critical Race Theory: Fact and Fiction](#)

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

**Wednesdays:** 8 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room 205 **Class Size:** 30

### Course Description

First, we will explore the many different meanings of race and related concepts. Tracing the origins of race and racism in America will make it easier to understand where we are today and why progress seems to be slow. In addition, it is helpful to clarify the meanings of bias, prejudice, bigotry and their relationship to our concepts of "good" and "bad" people. We will seek to better understand why discussions about race make us uncomfortable. After clarifying the reality beyond the politics of CRT, we will see how it sheds light on the complexities of race in our institutions both past and present. Once we more fully appreciate and understand the role of race in America, we will learn how to be effective allies and advocates without feeling guilty. We will see how we can contribute to the dismantling of racism in America and help move closer to achieving our ideals as a nation. Throughout the course, we will allow ample time for reflection and discussion without criticizing or judging each other.

Instructor: Daniel Wegener

Dr. Daniel Wegener earned degrees in Anthropology and Education from the University of Nebraska Lincoln. He began his career as a bilingual educator in Guatemala, and later in Honduras and Nicaragua. He served as a representative of an NGO to the United Nations. He worked as a bilingual program director in the Phoenix area while completing his doctorate in Educational Administration at ASU. He was an assistant superintendent in Tucson and later moved to Green Valley. Subsequently, he worked as a teacher trainer and educational consultant. Throughout his career, he advocated for human rights, equal access to education and social justice.

## 7 Great Design Ideas for a Bird-Friendly Yard

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

**Wednesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Wed 2/8/23 **End:** Wed 2/8/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

Two common misconceptions exist about bird-friendly landscaping. Some believe that landscaping for wildlife means an ugly, "weedy" landscape, too unkempt for a residential setting. Others think their small yard will make no difference, so why bother trying? These attitudes could never be further from the truth! Designing for wildlife is beautiful and gives homeowners a chance to break out of the cookie-cutter mold of the typical residential landscape and create a lush oasis of varied and colorful plants that people and birds can enjoy. Plus, with the loss of nearly 3 billion birds over the last 50 years, even the smallest yard can include some native plants that make a difference for our winged

friends. This class is for you if you want to design a beautiful landscape for people and birds.

Participants will learn:

- How wildlife is threatened and how gardens can make a difference.
- How a beautiful "naturescape" can reduce utility bills, save water and increase outdoor enjoyment throughout the year.
- The primary conditions necessary for a successful wildlife garden.
- Specific plants you can plant to attract birds and which birds they attract.
- How even a small space can become a wildlife oasis.
- Resources available to you as you design a project.
- Using the Tucson Audubon Society's Habitat at Home program to help you create your bird-friendly yard and gain certification.

No special gardening knowledge is required, only a willingness to learn.

Instructor: Charlene Westgate

Charlene Westgate has degrees in the humanities with an emphasis on design. Her experience includes 20+ years in design, 40 years in classroom teaching, and 30 years as an avid gardener and nature enthusiast. Charlene regularly does garden-related presentations at area nurseries, clubs, and civic organizations.

## Home Energizer Workshop

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

**Wednesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Wed 2/8/23 **End:** Wed 2/8/23

**Location:** Community Learning Center - Room 203 **Class Size:** 65

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## 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 the 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 lightbulbs, a low-flow shower head, faucet aerators, and more. The workshop is offered for free, courtesy of TEP.

Instructors: Adam Kingery, Jonathan Heras

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.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

## Outdoor Cats and Wildlife

**Subject Area:** Civic

Engagement/Community/Government

**Wednesdays:** Single Session 11:00 AM - 12:30 PM **Start:** Wed 2/15/23 **End:** Wed 2/15/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

## Course Description

There is no doubt that the outdoor cat population is a serious concern for wildlife, so what can we do about it? This program will cover the active steps Southern Arizona is taking to reduce the overpopulation of free-roaming outdoor cats, and how the community can get involved in making a difference in the lives of cats and urban wildlife through Trap Neuter Return. The program will address the history of free-roaming cats, common concerns regarding free-roaming cats, how to best help these cats and the community, what to do when you find kittens outside, and solutions for deterring cats from private properties and gardens.

Instructor: Angeline Fahey

Angeline Fahey is the Humane Society of Southern Arizona's Community Cat Program Manager, whose free community program provides Trap Neuter Return assistance and education to people who care for outdoor cats, with the goal of dramatically reducing the outdoor cat population. Previously, Angeline worked for a wildlife hospital rehabbing baby wildlife and developing their education program to improve the public relationship and understanding of urban wildlife in Southern AZ.

## 15,000 Years of Candles

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

**Wednesdays:** Single Session 11:00 AM - 12:30 PM  
**Start:** Wed 3/1/23 **End:** Wed 3/1/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

Candles - OK, so they will not become a major source of energy. But they have a fascinating 15,000 year history of lighting and lengthening our days, religious and romantic overtones, technological development, etc. There's also a lot of chemistry and physics behind the beauty and light of a candle flame. Individual entrepreneurship has always played a major in the history of candles. A shy Massachusetts high school student melting crayons to make candles in his parent's basement created the \$1.75 billion dollar Yankee Candle Company - which still dominates the market. The major ingredient that sells candles is scent; you have to pick them up and smell them. Also, and not well known, candles are the leading cause of uncontrolled house fires. Join Gerald Geise, a chemical-nuclear engineer who frequently lectures on nuclear power, but also has a 30 year hobby of making candles - for a 15,000 year review of candles. From stones filled with animal fat or burning oily candlefish on a stick, to today's soy wax candles with highly engineered woven and wooden wicks. No burning examples, but some interesting displays and no complicated physics.

**Instructor:** Gerald Geise

Gerald Geise is Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the

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operations manager for the Hanford, Washington nuclear reactors producing plutonium for nuclear weapons and president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He has an extensive public speaking background on the risks and benefits of nuclear power - and a 30-year hobby of making candles.

## Investing in Retirement

**Subject Area:** DIY/Self-Help, Social Sciences

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM  
**Start:** Wed 3/1/23 **End:** Wed 3/15/23

**Location:** Community Learning Center - Room 203 **Class Size:** 20

### Course Description

A three-part class on investing in retirement, designed to help people navigate retirement with their investments. This course will discuss larger topics of investment principles, spending in retirement, and diversification of a portfolio. We will take a deeper dive into retirement-specific concerns such as the income needed to live throughout one's lifespan, including social security, interest, dividends, and capital gains, and how they all tie together. The goal of this class is to give people the confidence and knowledge to expand their income beyond social security, allowing them to live comfortably and continue to earn money at any stage in life.

**Instructor:** Richard Munding, CFA

Richard brings almost four decades of investment management experience to serving clients. He has developed an innovative "total return" investment strategy that may smooth out portfolio volatility and enhance returns. This total return philosophy is the basis behind RMH's approach to investment management. Mr. Munding has earned the right to use the Chartered Financial Analyst (CFA) designation. Richard graduated from the University



of Toronto with a Bachelor of Commerce in Finance and is a Fellow of the Canadian Securities Institute.

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

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

**Wednesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Wed 3/8/23 **End:** Wed 3/8/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

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

In this study group, you will learn the following:

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

**Instructor:** Charlene Westgate

Charlene Westgate has degrees in the humanities with an emphasis on design. Her experience includes 20+ years in design, 40 years in classroom teaching, and 30 years as an avid gardener and

nature enthusiast. Charlene regularly does garden-related presentations at area nurseries, clubs, and civic organizations.

Charlene owns Westgate Garden Design, an ecological landscape design firm in Green Valley that specializes in creating beautiful landscapes in harmony with Nature. Charlene is also certified in Permaculture Design and Rainwater Harvesting and is a Pima County Master Gardener, SmartScape certified, and a partner with Tucson Audubon Society's Habitat at Home.

## Apache Diaspora Under Spanish Colonial Rule, 1739-1820

**Subject Area:** Arizona History/Culture

**Wednesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Wed 3/15/23 **End:** Wed 3/15/23

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

Spain's sixteenth-century imperial aspirations upon the "New World" populations progressed through soldiers of fortune such as Hern n Cortes and his dramatic conquest of the Indian civilizations of central Mexico. Colonization of the indigenous peoples continued northward to the borderlands of what becomes the American Southwest throughout the eighteenth and nineteenth centuries. Of all the Native tribes encountered by Spanish military and colonizers, the most intransigent was no doubt the Apache. These semisedentary peoples became a constant thorn in the side of the Spanish government to the extent that Spain initiated policies of containment as diverse as food ration hand-outs; genocidal raids on Apache encampments; and ultimately forced exile to the islands of Cuba and Puerto Rico. This class explains the process and the practice of subjecting Apache prisoners of war to removal from their homelands

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by way of expatriation into confinement and slavery.

Instructor: John Attardi

John relocated to Green Valley upon retiring from a thirty-year career in business management. With a natural curiosity about his surroundings and their historical significances, John immediately began studies of southern Arizona's Spanish colonial past which led to joining the first graduating class of docents at Canoa Ranch. His essays on Spanish/Mexican land grant procedures and Spain's material assistance in America's War of Independence were published in Tumacácori National Historic Park newsletter and El Presidio Real Museum in Tucson.

## [Elections: 2022 Review and Look Ahead to 2024](#)

**Subject Area:** Civic

Engagement/Community/Government,  
History/Current Events

**Wednesdays:** 3 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 3/15/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room 203 **Class Size:** 55

### Course Description

The results of the 2022 election will be analyzed to understand the impact on the upcoming 2024 presidential election. Changes in the nomination process as well as the calendar will be reviewed, as well as potential candidates from both major parties. Also covered will be developments in voter participation and what this portends for the upcoming election.

Instructor: Ron Michaelson

Ron Michaelson holds a doctorate in political science and is now retired from teaching at the

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University of Illinois - Springfield. He served in Illinois State government for 33 years, including four years as Assistant to the Governor and 29 as Executive Director of the State Board of Elections. He is a winter resident of Green Valley (January through April).

## [Foreign Policy Update](#)

**Subject Area:** History/Current Events

**Wednesdays:** Single Session 11:00 AM - 12:30 PM **Start:** Wed 3/22/23 **End:** Wed 3/22/23

**Location:** Community Learning Center - Room 203 **Class Size:** 55

### Course Description

This class will cover major changes in the global environment and major changes in U.S. foreign policy challenges and institutions over the past year. I expect this will include discussions of the impact of the November 2022 elections on foreign policy as well as developments in U.S. - Russian and U.S. - Chinese relations. Immigration, climate change, and nuclear proliferation are also likely topics.

Instructor: David Dunford

Dave Dunford as the U.S. ambassador to Oman and as the deputy ambassador to Saudi Arabia during the 1990-91 Gulf War. He is a member of the governing board of the University of Arizona's Center for Middle East Studies. He has taught courses on the Arab Israeli conflict and the Middle East business environment at the University of Arizona and has consulted for both the government and the private sector on Middle East issues. He is the author of *From Sadat to Saddam: The Decline of American Diplomacy in the Middle East* (Potomac Books 2019).

## [Buying Peace: Apache Peace Camps at San Agustin del Tucson 1793-1832](#)

**Subject Area:** Arizona History/Culture

**Wednesdays:** Single Session 11:00 AM - 12:30

PM **Start:** Wed 3/29/23 **End:** Wed 3/29/23

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

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

**Instructor:** John Attardi

John relocated to Green Valley upon retiring from a thirty-year career in business management. With a natural curiosity about his surroundings and their historical significance, John immediately began studies of southern Arizona's Spanish colonial past which led to joining the first graduating class of docents at Canoa Ranch. His essays on Spanish/Mexican land grant procedures and Spain's material assistance in America's War of Independence were published in Tumacácori National Historic Park newsletter and El Presidio

Real Museum in Tucson. He's a member of the Tucson Corral of Westerners, Old Pueblo Archaeology Center, and Southwest Mission Research Center.

## Thursdays

### [A Skeptic's View of Climate Change](#)

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

**Thursdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 2/9/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

Perhaps there is no climate crisis. Hurricanes, heat waves, fires, floods, and droughts are part of natural weather phenomena and have been with us throughout recorded history. Hysterical media coverage notwithstanding, deaths from weather events are down over 90%. Damage as a % of GDP is down. Food production is up. Why is media coverage so one-sided?

We'll review natural oscillations, particularly ocean oscillations, and how Atlantic hurricanes, wildland fires, East African droughts, sea and Greenland ice, and the Indian monsoon are driven by cyclical changes in the ocean.

There are historical periods such as the Roman Climatic Optimum and the Medieval Warm period where warming, comparable to what we are seeing today (roughly 1Degree C), was documented. Since this happened long before the current CO2 driven scare, what was behind the warming?

Models and associated scenarios have been shown to exaggerate the rate of warming yet are still used as the basis of crisis predictions. Why?

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## OLLI-UA Spring 2023 – Green Valley Campus

Can solar and wind provide clean energy alternative alternatives? What is the cost in terms of reliability, mineral extraction, and land use? Are there strategic implications for our reliance on China for solar cells, electric vehicle batteries and rare earth minerals?

Instructor: Bob Barry

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

### Opera Introductory for the Really, Really Scared

**Subject Area:** Arts/Culture

**Thursdays:** 6 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 2/9/23 **End:** Thu 3/16/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

#### Course Description

Many people are music lovers and have wondered about Opera, but their memories are from Saturday mornings Met radio with people screeching in a foreign language. Not to worry. Now, all opera venues have close captioned titles so one can understand the subtleties and nuances of the meaning of the lyrics with the absolutely gorgeous music underlying. We will listen to excerpts of glorious singers in all voices - Soprano, Mezzo-Soprano, Tenor, Bass-Baritone/Bass. and Countertenors, and you will have a glossary of all

the terms you may think you need to know. And at the last class, we will enjoy a full opera. Here is the good news. Once you know the voices and terms you will find you don't even need them to enjoy Opera. Just sit back, let your Right Brain take over, and enjoy the wash of music all over you. Be not afraid anymore!

Instructor: Maureen Brooks

Maureen is an autodidact operaphile, and has an occasional column in the Green Valley News as "The Opera Lady." She has been teaching Lifelong Learning classes on Opera, Literature, and Hitchcock for the past 13 years in New York and in Green Valley. She is a retired attorney and taught at Marist College (Poughkeepsie) in their ABA-accredited Paralegal Program until 2012 when she retired and moved to Arizona.

### Lighthouses, Lenses, The People Who Tended Them and Lens Projects

**Subject Area:** History/Current Events

**Thursdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/9/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

#### Course Description

This course is designed to give the novice or veteran a working knowledge of lights and lighthouses. Classes will cover the world of lighthouses, their similarities, differences, and useful definitions; one class is devoted to the development of lighthouse illumination; another will cover how the supporting machinery works. A class is devoted to the people who designed and operated the system of U.S. lights from Alexander Hamilton to the present-day Coast Guard and the final class will expose the student to the complexities of working on

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lighthouse lenses.

Instructor: James Woodward

Mr. Woodward has 55 years of experience working with lighthouses and specifically Fresnel lighthouse lenses. Upon his retirement from 40 years of service to the U. S. Coast Guard he was cited as being "the greatest resource for lighthouse and Fresnel lens preservation in the Coast Guard." He has presented at the University of Michigan, Rutgers University, and many non-university venues and continues to work with lighthouses and lenses through his company "the Lighthouse Consultant." In August 2020 he was awarded the Francis Ross Holland Distinguished Service Award, the lighthouse preservation movement's highest lifetime honor by the American Lighthouse Council.

## Psychology Lecture Series

**Subject Area:** Science/Math/Technology, Social Sciences

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/16/23

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

This is a lecture series provided by graduate students, postdoctoral fellows, faculty, and staff in the Psychology Department at the University of Arizona. Each presenter will provide a lecture in an area they have specific training or expertise.

1. Teodora Stoica - Speaking Well and Feeling Good: How Positive Granularity May Contribute to the Positivity Effect
2. Eric Andrews - Understanding the Interactions between Affect, Emotion, & Behavior
3. Alex Sielaff - Using Psychedelics to Treat Mental Health: An Existential Psychology Perspective
4. Joshua Garren - TBD

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5. Yinqi Huang - Spatial Navigation in Virtual Reality with Conflicting Visual and Body-based Cues

6. Alana Muller - TBD

Instructor: Alana Muller

Alana Muller is a Ph.D. candidate in Psychology at the University of Arizona studying navigation, spatial memory, and aging in the Human Spatial Cognition Lab.

## Nature of Madera Canyon

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

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/2/23

**Location:** Community Learning Center - Room 210 **Class Size:** 20

### Course Description

Natural history of Madera Canyon and surrounding Santa Rita mountains. Includes canyon geology and formation, climate, Sky Island biogeography, life zones and plant communities with associated, interesting plants and animals. PowerPoint presentation format with professional quality photography (recently updated).

Four sessions: Class 1- overview, Class 2- plants, Class 3- animals, Class 4- field trip to Madera Canyon (we'll meet there at our regularly scheduled class time and day).

Instructor: Douglas Moore

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

## Writing the Tradition: Four Essential Women Songwriters in American Folk Music

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

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/2/23

**Location:** Community Learning Center - Room 203 **Class Size:** 55

### Course Description

This class explores the lives and music of four women who made lasting contributions to American cultural history: Elizabeth Cotton, Hazel Dickens, Peggy Seeger, and Lydia Mendoza. Their work spans a variety of genres, from the acoustic country blues of North Carolina, the mountain and union traditions of West Virginia, the urban folk music of the East Coast, and the Tejano canciones of South Texas. All were notable instrumentalists as well as singers and songwriters. In our own OLLI "tradition" of interactive classes in music history, each week we'll sing many of their songs together. You may be surprised to learn that you know some of them already!

**Instructor:** Kevin Gosner

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

## America: Divided We Stand

**Subject Area:** History/Current Events

**Thursdays:** 8 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 203 **Class Size:** 65

### Course Description

At 1:00 PM EST on January 6, 2021, the 117th Congress of the United States of American convened to count the electoral votes from the previous November's Presidential Election.

Before they had completed that task nearly 11 hours later the Capital Building would be stormed and occupied by approximately 2000 of their fellow citizens. Five people would be dead, and hundreds injured.

Two years later polling indicates that somewhere between 35-45 percent of Americans view the incident as a protest by patriots determine to void what they viewed as a fraudulent election.

Over the course of this eight-week class we will exam the issues that have driven (and continue to drive) our divisions and explore options that can bridge the gaps that threaten our democracy.

**Class 1:** The Constitution - A founding based on compromise.

**Class 2:** Voting and Representation - Who decides?

**Class 3:** Racism - Not just about Black and White

**Class 4:** Immigration - A problem and an opportunity

**Class 5:** Foreign Policy - Is America still the 'leader' of the free world?

**Class 6:** Education - Time to teach critical thinking?

**Class 7:** The Economy - How do we promote the general welfare?

Class 8: The Environment - Mother Nature doesn't care - It adjusts

Instructor: Steve Nelson

Steve Nelson was born in Texas but raised in Oregon. Steve graduated from Oregon State University with a degree in Political Science in 1970. He then served for three years as a Marine Corps Officer. He has been a facilitator at the OLLI Denver University West Campus since 2016 and the OLLI University of Arizona Green Valley Campus since 2017. He has facilitated courses in Current Events, America's Wars in the Greater Middle East, The COVID-19 Pandemic and The American Media in both locations.

## Astronomy in the News

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

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 3/9/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

Our knowledge and understanding of the universe have expanded at an unprecedented rate in recent years with new discoveries frequently reported in the news media. In this class, we will discuss the background of some of these developments and their significance for our bigger picture of the universe. Topics will depend on what has been in the news recently but will certainly include the first scientific results from the new James Webb Space Telescope and developments from some of the many missions that are exploring our solar system. Other topics suggested by the students will also be included. No background in science will be assumed. This class has been offered previously but new topics are discussed each time.

Instructor: Ed Schmidt

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Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)

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

## The Films of Alfred Hitchcock

**Subject Area:** Arts/Culture

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 3/9/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

Alfred Hitchcock was one of the most influential film directors of the 20th Century. His macabre sense of humor and his flair for the bizarre made most of his films box-office hits. He was once asked what he wanted on his tombstone... his answer: "This is what they do to bad little boys". Beginning in 1925 he became one of the most important film directors in Europe. But his move to the United States in 1940 brought him into the world film spotlight. Films like "Rebecca" and "Strangers on a Train" were instant hits. When Hollywood thought he was all washed up in the 1960's he responded with a little film called "Psycho" which shocked audiences around the world. Explore this most unique man in this four-week retrospective.

Instructor: Philip Wenstrand

Philip Wenstrand spent most of his life in the media. For 30 years he worked in commercial television news and documentary production. He is graduate of Linfield College and the Brooks Institute.

## World War I Trench Art

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

**Thursdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Thu 3/23/23 **End:** Thu 3/23/23

**Location:** Community Learning Center - Room 203 **Class Size:** 20

### Course Description

Trench Art is a by-product of wars past and present. But never was so much produced as during and after World War I. In this single-session class, you will learn what trench art is, who made it, how it was made and why it was made. At the end of the presentation, you will have ample opportunity to personally handle and examine trench art pieces from the battlefields and prison camps of Europe.

Instructor: Leslie Sills

Leslie graduated with honors with a BA in Anthropology from the University of Montana. She later completed a post-graduate program entitled Women in Computer Science at the University of Denver. She lived in different areas across the United States and in the United Kingdom. She and her husband are now retired and reside in Green Valley.

## Arizona End of Life Options:

### MAID 101

**Subject Area:** Civic Engagement/Community/Government, Health/Wellness

**Thursdays:** Single Session 9:00 AM - 10:30 AM

**Start:** Thu 3/30/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 210 **Class Size:** 45

### Course Description

This class can be described as MAID 101. We will take a detailed look at what the medical aid in dying (MAID) law is all about: the qualifications and the safeguards. We'll debunk the misinformation and confirm the facts surrounding this topic, which is often misunderstood by voters and lawmakers alike.

Instructor: Mary Ganapol

Mary Ganapol moved to Tucson in 1996 from San Francisco. She retired after her two Arizona careers: contract investigator for OPM (12 yrs) and franchise owner in Green Valley for a senior care business Seniors Helping Seniors (5 yrs). She became interested in death with dignity after her former spouse died as a quadriplegic due to cancer. She has researched the right-to-die movement extensively and finds it thought-provoking. She serves on the board of Arizona End of Life Options, the League of Women Voters of Greater Tucson, and Secular AZ.

## Death Doula 101

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

**Thursdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Thu 3/30/23 **End:** Thu 3/30/23

**Location:** Community Learning Center - Room 203 **Class Size:** 30

### Course Description

Join us as we learn about and explore the role of a Death Doula.

A Death Doula provides non-medical support to the dying and their loved ones. Learn where to find a Death Doula, what to ask when interviewing them



for compatibility, and how they can best serve at end of life.

Instructor(s): Staci Snyder

Staci has been serving individuals and families of all ages, working as a master's level social worker since 2003. Staci's mission is to provide the community with emotional and practical end-of-life support, education, and advocacy. After working as a hospice social worker, Staci's passion for end of life expanded and she obtained certification as a Death Doula and is a Mentee of Death Doula LA. She is an active member in both local and national Death Doula collectives.

# Southeast Tucson (Vail) Campus: In- Person Tuesdays

## [World War I: The War to End All Wars and Why it Didn't](#)

**Subject Area:** History/Current Events

**Tuesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 2/7/23 **End:** Tue 3/28/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
45

### Course Description

The War began with great optimism, but it did not end all wars or make the world safe for democracy. We will examine the causes of the war, what kind of war it was, and how it ended. The last class will look at the peace treaties of 1919 and the impact that the war had on the futures of Russia, Germany, Britain, Japan, and the USA. All classes will be heavily illustrated with photographic and motion picture material of the period.

**Instructor:** Jerry Sandvick

Jerry Sandvick is History Professor Emeritus in the Minnesota Colleges and University system, a Department Chair and Dean of Liberal Arts. His specialty is 20th Century history, especially WWI and WWII. He spends winters in Vail, Arizona.

## [OLLI Presents...](#)

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

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 2/7/23 **End:** Tue 3/14/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
50

### Course Description

This SG is the return of a Study Group pre-pandemic in which we explore an eclectic array of topics by an equally interesting array of presenters. Think TED Talks about subjects dear and dear to us--Arizona history, art, American history, true crime, and biography. As stated, eclectic and fascinating.

**Instructor:** Gene Bryan

A native of Wyoming, Gene Bryan aspired to be "the world's greatest sportswriter," but found out he likes to eat! He spent nearly two decades in tourism and event marketing, including serving as director of the Wyoming Travel Commission, executive director of the Cheyenne Frontier Days Committee, and General Manager-Promotions for the National Finals Rodeo in Las Vegas. A self-described "history junkie," he is fascinated with everything associated with the Lewis & Clark Expedition.

## [Canceled: Introduction to Law Enforcement Crimes and Agencies](#)

**Subject Area:** History/Current Events

**Tuesdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:**  
Tue 2/7/23 **End:** Tue 3/14/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
30

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## Canceled: How to Live a More Fulfilling Life: The Camino de Santiago

~~**Subject Area:** Arts/Culture, DIY/Self-Help, Philosophy/Spirituality/Religion, Travel/Entertainment~~

~~**Tuesdays:** 1 Session 3:00 PM – 4:30 PM **Start:** Tue 2/21/23 **End:** Tue 2/21/23~~

~~**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 50~~

## iPhone/iPad 101 and Beyond Basics

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

**Tuesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 3/7/23 **End:** Tue 3/28/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 20

### Course Description

It is safe to say that the vast majority of iPhone and iPad users rarely use more than a fraction of the device's features. This series of classes will provide an introduction to the iPhone & iPad, covering the basic functions of the devices. We will cover the physical device with its controls, buttons, and screen displays, as well as the touch system used to tap, pinch, stretch, slide and touch and hold. We will take an in-depth look at general settings, including Wi-Fi, Bluetooth, Cellular, Siri, iCloud backup/storage, and software updates. In addition, specific settings for passwords and accounts, joining personal hotspots, Find My Phone, Privacy, and location services will be discussed. We will look at the most recent operating system features and

try our best to address user-specific questions. As these classes progress, so will our exploration of these two devices. Bring your device, WiFi is available.

Instructor: Robert Salter

Bob retired to Arizona in 2016 after a 23-year career as a law enforcement officer in Minnesota and a 20-year career in the USAF. He started using Apple devices in the mid 1980's. With his knowledge of computer systems, Bob became that 'computer guy' in the Police Department and soon started working on computer and cell phone forensic investigations. Ten years before his retirement, Bob became a member of the Minnesota Task Force for the National Center for Missing and Exploited Children (NCMEC). Bob formed the Del Webb Apple User Group in 2018 - still going strong today.

## Home Energizer Workshop

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

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 3/21/23 **End:** Tue 3/21/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 50

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

Instructors: Adam Kingery, Jonathan Heras

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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.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

## Canceled: Outdoor Cats and Wildlife

~~Subject Area: Civic~~

~~Engagement/Community/Government~~

~~Tuesdays: Single Session 1:00 PM – 2:30 PM~~

~~Start: Tue 3/21/23 End: Tue 3/21/23~~

~~Location: Santa Cruz Room - Pavilion Building -~~

~~Lodge at Del Webb, Rancho Del Lago Class Size:~~

~~50~~

# Thursdays

## New World Beginnings in Colonial America

**Subject Area:** History/Current Events

**Thursdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 2/9/23 **End:** Thu 3/30/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 50

### Course Description

Six thousand years ago the recorded history of the Western world began. Five hundred years ago, European explorers stumbled upon the Americas. This class will cover the facts behind the Gold, God, and Glory Theory, the Columbian Exchange, the start of Capitalism, joint stock companies, the Mayflower Compact, predestination, indentured servants, the Middle Passage, slave codes, triangular trade, the Great Awakening, the founding of the 13 American Colonies, the French and Indian War, Mercantilism, and the crisis between the American patriots and the English throne that led to open conflict, revolution, and the establishment of a new country.

Instructor: Jerry Howell

Jerry Howell has taught OLLI classes for over 5 years. He has 46 years of teaching experience at the high school and college level. He received his B.A. from San Jose State University, M.S. from Cal Poly, San Luis Obispo, and Ph.D. from Oregon State University. His teaching experience has included graduate-level courses and Advanced Placement in U.S. History, Human Geography, and World History.

## Women of the Old Pueblo

**Subject Area:** Arizona History/Culture

**Thursdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/2/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
50

### Course Description

March is Women's History Month. This is when we celebrate the women who have gone before - those who stood up worked hard and made history in the Old Pueblo. While the stories of these women are often unknown and their faces may not be recognized, each woman had a major impact on the Tucson that we know today.

Instructor: Patricia Howell

Patricia Howell has taught OLLI classes and hosted field trips for the Southeast OLLI Campus for three years. She has 40 years of teaching and education administration experience at the high school and college level. Patricia received her B.S. and M.S. from Chadron State College in Nebraska and Ed.D. from Portland State University in Oregon. She has served as a high school assistant principal and principal, assistant superintendent of curriculum and instruction, and superintendent of schools.

## Amazing Astronomy (Without Any Math!)

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

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/2/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
50

### Course Description

Cruising Through the Solar System. A visually stunning tour of the sun, planets, moons, asteroids, and comets in our solar system.

Cruising Through the Cosmos. Mind-boggling views of the awesome beauty of deep space as revealed by the Hubble Space Telescope.

Cruising to the Moon. An examination of our nearest neighbor in space, and how it inspired "One Giant Leap for Mankind."

Cruising to the Red Planet. The mesmerizing story of Humankind's fascination with, and exploration of, the planet Mars.

Instructor: Fred Cink

Fred J. Cink is a former Army Aviator and retired Naval Aviator with thousands of hours of flight time in both rotary wing and fixed-wing aircraft. His lifelong interest in military aviation is matched by a passion for all things related to astronomy and space exploration. In 2018 he was hired by AURA, the Association of Universities for Research in Astronomy in Tucson, Arizona, to share his knowledge of astronomy with visitors at Kitt Peak National Observatory.

## Ken Burns: America's Storyteller

**Subject Area:** History/Current Events

**Thursdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/2/23

**Location:** Santa Cruz Room - Pavilion Building -  
Lodge at Del Webb, Rancho Del Lago **Class Size:**  
50

### Course Description

This class will trace the career (40 years) of Ken Burns . . . "America's Storyteller". Burns is a filmmaker who is best known for documentaries such as 'Brooklyn Bridge' (1981), 'Baseball' (1994),



and 'Prohibition' (2011). His unique signature style is noted for films using archival material, vintage photographs, and periodicals.

Our sessions will include relevant information:

1. How he selects topics for documentaries
2. The roles of support people: directors, producers, narrators, and writers.
3. Definition of what is a documentary.
4. A representative number, of video clips from popular documentaries, films, of television shows.

Burns has won several Emmy Awards for his work and has released more than 20 documentaries, including 'The Civil War' (1990), 'Thomas Jefferson' (1997), 'Jazz' (2010), 'Mark Twain' (2011), 'The National Parks: America's Best Idea' (2009), 'Jackie Robinson' (2016), and 'The Vietnam War' (2017).

Instructors: Arnie Bianco, Susan Williams

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

Susan Williams is an OLLI student, tech host, co-host, co-host trainer and member of the OLLI board.

## [Grand Canyon Women](#)

**Subject Area:** History/Current Events

**Thursdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 3/9/23 **End:** Thu 3/16/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 50

## Course Description

Most people who live in Arizona have visited the Grand Canyon for its beauty and natural wonders. Reading about the Grand Canyon, most of the books and articles are about the men who made a mark on the canyon. But, what about the stories of the women who made history in the canyon?

This class will focus on women whose lives have been deeply touched by the Grand Canyon, and in return, these women have made a difference in the history of the canyon.

Instructor: Patricia Howell

Patricia Howell has taught OLLI classes and hosted field trips for the Southeast OLLI Campus for three years. She has 40 years of teaching and education administration experience at the high school and college level. Patricia received her B.S. and M.S. from Chadron State College in Nebraska and Ed.D. from Portland State University in Oregon. She has served as a high school assistant principal and principal, assistant superintendent of curriculum and instruction, and superintendent of schools.

## [Serial Crimes and Criminals: Murder, Sexual Assaults & Arson](#)

**Subject Area:** History/Current Events

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 3/9/23 **End:** Thu 3/30/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 20

## Course Description

During this 4-session course the participant will be introduced to the classifications of the serial crimes of murder, sexual assaults, and arson. It will further explain how investigators analyze these specific serial crimes by the attributes of time, space,

behavior, and the victim. The course will conclude by examining the development and sections of the criminal profile report of these offenders.

Instructor: David Grabelski

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels. In his first career, he served 21 years with the Los Angeles Police Department including assignments as a Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice / National Drug Intelligence Center. Dave recently retired as the Chair and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. He holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

## Investing in Retirement

**Subject Area:** DIY/Self-Help, Social Sciences

**Thursdays:** 3 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 3/16/23 **End:** Thu 3/30/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 20

### Course Description

A three-part class on investing in retirement, designed to help people navigate retirement with their investments. This course will discuss larger topics of investment principles, spending in retirement, and diversification of a portfolio. We will take a deeper dive into retirement-specific concerns such as the income needed to live throughout one's lifespan, including social security, interest, dividends, and capital gains, and how they all tie together. The goal of this class is to give people the

confidence and knowledge to expand their income beyond social security, allowing them to live comfortably and continue to earn money at any stage in life.

Instructor: Richard Munding, CFA

Richard brings almost four decades of investment management experience to serving clients. He has developed an innovative "total return" investment strategy that may smooth out portfolio volatility and enhance returns. This total return philosophy is the basis behind RMH's approach to investment management. Mr. Munding has earned the right to use the Chartered Financial Analyst (CFA) designation. Richard graduated from the University of Toronto with a Bachelor of Commerce in Finance and is a Fellow of the Canadian Securities Institute.

## Arizona End of Life Options:

### MAID 101

**Subject Area:** Civic

Engagement/Community/Government, Health/Wellness

**Thursdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Thu 3/23/23 **End:** Thu 3/23/23

**Location:** Santa Cruz Room - Pavilion Building - Lodge at Del Webb, Rancho Del Lago **Class Size:** 50

### Course Description

This class can be described as MAID 101. We will take a detailed look at what the medical aid in dying (MAID) law is all about: the qualifications and the safeguards. We'll debunk the misinformation and confirm the facts surrounding this topic, which is often misunderstood by voters and lawmakers alike.

Instructor: Mary Ganapol

Phone: 520.626.9039

Email: [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)

### **OLLI-UA Spring 2023 – Southeast Tucson (Vail) Campus**

Mary Ganapol moved to Tucson in 1996 from San Francisco. She retired after her two Arizona careers: contract investigator for OPM (12 yrs) and franchise owner in Green Valley for a senior care business Seniors Helping Seniors (5 yrs). She became interested in death with dignity after her former spouse died as a quadriplegic due to cancer. She has researched the right-to-die movement extensively and finds it thought-provoking. She serves on the board of Arizona End of Life Options, the League of Women Voters of Greater Tucson, and Secular AZ.

# Field Trips

## Mondays

### [Birding Field Trip: Sweetwater Wetlands Park, Tucson](#)

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

**Mondays:** Single Session 7:30 AM - 9:00 AM

**Start:** Mon 2/6/23 **End:** Mon 2/6/23

**Location:** Sweetwater Wetlands Park **Class Size:** 20

#### Course Description

Tired of being cooped up indoors? Join OLLI friends for some guided birdwatching! This single session outing is at Sweetwater Wetlands Park, an easy-to-find birding "hotspot" in Tucson with free parking, smooth and level walking trails, and a natural environment with ponds that attract a variety of birds. When we're there you'll see many species of waterfowl, shorebirds, sparrows, woodpeckers, blackbirds, and maybe a Northern Harrier or something else unexpected!

Drive your own car, park for free, and meet us at the ramada by the parking lot at 7:30 am sharp (they don't call them early birds for nothing!). Wear sturdy flat shoes and a hat, and plan to walk around slowly. We'll wrap up at 9:00, but you can leave early or stay longer. Prior birding experience is fine but not required, so try something new! Be sure to bring binoculars if you have them (optional but highly recommended).

**Instructors:** Laura Couchman, Bill Couchman

Laura and Bill Couchman are dedicated amateur birders. Laura and Bill go birding locally and wherever they travel, and have lived in Tucson since

2014. Bill's been a birder for 73 years(!), and Laura has been an SGL for previous OLLI classes about birds and birding, including woodpeckers, birds of prey, hummingbirds, and birders' tech tools. Laura is also a volunteer field trip leader with the Tucson Audubon Society.

### [Bird ID With Your Smartphone: Learn and Practice Merlin Bird ID](#)

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

**Mondays:** Single Session 7:30 AM - 9:00 AM

**Start:** Mon 3/27/23 **End:** Mon 3/27/23

**Location:** Fort Lowell Park **Class Size:** 20

#### Course Description

This field trip starts at 7:30 am. Improve your bird ID skills with your smartphone! Apps for birders are like having a well-informed bird guide in your pocket. You'll get an email before our field trip with instructions to set up your iPhone or Android with the FREE Merlin Bird ID app before our outing. No prior experience necessary. We'll learn and practice using the app to help you identify birds by sight and by sound. Fort Lowell Park in Tucson is a great place for Tucson's urban birds. It's an easy walk on flat ground. We'll wrap up about 9:00 am.

**Instructor:** Laura Couchman

Laura Couchman is a dedicated amateur birder. She's been identifying birds for 18 years, in Tucson for 8 years, and is an avid user of Merlin Bird ID, eBird, and other Cornell Lab tech tools for birders. She has been an SGL for previous OLLI classes about birds and birding, including woodpeckers, birds of prey, hummingbirds, and birders' tech tools. Laura is a volunteer field trip leader with the Tucson Audubon Society.

# Tuesdays

## [Hidden Treasures on Campus: A Guided Tour of the UA Museum of Art \(February\)](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 2/21/23 **End:** Tue 2/21/23

**Location:** University of Arizona Museum of Art

**Class Size:** 30 **Additional Costs:** Tour members are responsible for museum ticket cost (this tour has a reduced admission rate of \$6) and lunch cost if joining the group for lunch (meal, tax and 20% tip)

### Course Description

Join Chelsea on a tour of the UA Museum of Art exploring their current exhibitions, "Restored: Woman-Ochre" and "Abstract Perspectives in Mid-Century Art." Learn more about the incredible dramatic story of the painting by Willem de Kooning that was stolen from the UAMA in 1985. Chelsea Farrar was there in 2017 when it was recovered in New Mexico! We will also learn more about the time period in which de Kooning painted "Woman-Ochre", a time that produced what many critics say is the first American art style, Abstract Expressionism. As part of the Museum and Lunch series, after the tour join SGLs Ann and Jo for lunch at a nearby restaurant in Main Gate Square (TBD) so you can refuel after your journey through art history. Museum admission is the responsibility of the OLLI member (this tour has a reduced admission rate of \$6). Paid parking is available at the Park Avenue Garage on the north side of Speedway Blvd. Tour members are also responsible for per person lunch cost.

Instructor: Chelsea Farrar

Chelsea Farrar is the Curator of Community Engagement at the University of Arizona Museum of Art. In her role she cultivates strategic partnerships and initiates collaborations from on and off-site activities between the museum, campus, and community. Chelsea has twenty years of experience in teaching in museums, college, and PK-12 classrooms. She holds an MA in Art and Visual Culture Education from the University of Arizona.

## [Hidden Treasures on Campus: A Guided Tour of the UA Museum of Art \(March\)](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 3/14/23 **End:** Tue 3/14/23

**Location:** University of Arizona Museum of Art

**Class Size:** 30 **Additional Costs:** Museum admission is the responsibility of the OLLI member (This tour has a reduced admission rate of \$6).

### Course Description

Join Chelsea on a tour of the UA Museum of Art exploring their current exhibitions, "Restored: Woman-Ochre" and "Abstract Perspectives in Mid-Century Art." Learn more about the incredible dramatic story of the painting by Willem de Kooning that was stolen from the UAMA in 1985. Chelsea Farrar was there in 2017 when it was recovered in New Mexico! We will also learn more about the time period in which de Kooning painted "Woman-Ochre", a time that produced what many critics say is the first American art style, Abstract Expressionism. The UAMA is walking distance to many nearby restaurants and cafes, so you can refuel after your journey through art history.

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## OLLI-UA Spring 2023 – Field Trips

Museum admission is the responsibility of the OLLI member (this tour has a reduced admission rate of \$6). Paid parking is available at the Park Avenue Garage on the north side of Speedway Blvd.

Instructor: Chelsea Farrar

Chelsea Farrar is the Curator of Community Engagement at the University of Arizona Museum of Art. In her role she cultivates strategic partnerships and initiates collaborations from on and off-site activities between the museum, campus, and community. Chelsea has twenty years of experience in teaching in museums, college, and PK-12 classrooms. She holds an MA in Art and Visual Culture Education from the University of Arizona.

### [Fox Tucson Theatre Historical Tour](#)

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

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 3/21/23 **End:** Tue 3/21/23

**Location:** Fox Tucson Theatre Foundation **Class**

**Size:** 30 Additional Costs: The Fox is a non-profit theatre, and we ask for a small (\$5-\$20) donation from each attendee to help support its education and outreach work.

#### Course Description

Get up close and personal with our beautiful and highly unique 1930's Southwestern Art Deco theatre. Whether in lounges or lobbies, the stage or dressing rooms, each space opens an experiential window into history. We'll explore Tucson's past, spectacular feats of construction and restoration, the history of showbiz in the US, and the marvels of a top-notch working theatre. You'll learn about and get to take a look at our newly restored Mighty

Wurlitzer Organ, and you may even meet a resident ghost or two!"

The Fox is a non-profit theatre, and we ask for a small (\$5-\$20) donation from each attendee to help support its education and outreach work.

Also, please note that the Fox is a historic building and unfortunately does not have elevators. This tour will involve traversing a number of stairs.

Instructor: Jordan Wiley-Hill

Jordan Wiley-Hill is a professional storyteller, educator, and program developer. He manages the education and outreach activities for the historic Fox Tucson Theatre. A dynamic presenter, he draws heavily on his background in performance art and education, alongside a deep passion for the topics he shares.

## Wednesdays

### [Introduction to Pickleball](#)

**Subject Area:** Health/Wellness

**Wednesday and Thursday:** 2 Sessions 9:00 AM - 10:30 AM **Start:** Wed 3/8/23 **End:** Thu 3/9/23  
**- Note special Wednesday and Thursday schedule**

**Location:** Veteran's Memorial Park **Class Size:** 10

#### Course Description

Lenny Friedman has been playing pickleball since 2010. Lenny is a USA Pickleball Ambassador, has introduced the sport to hundreds of new pickleball players, and started pickleball in Rogue River, OR and Quail Creek, Green Valley, AZ. Lenny has taught pickleball during Covid-19 as an OLLI online PowerPoint class. He has a strong passion for pickleball and enjoys promoting and teaching the

## OLLI-UA Spring 2023 – Field Trips

sport. Pickleball is the fastest growing sport in the US.

The in-person OLLI pickleball class is for beginners with little or no pickleball experience. The class will be limited to eight players on March 8 and 9 from 9:00-10:30 at Veterans Memorial Park on Old Nogales Highway. Pickleballs and paddles will be available for use. Court shoes are required.

Instructor: Lenny Friedman

Lenny Friedman has worked as an aerospace engineer, started and owned his own business for 25 years, and is a retired middle school math teacher. Lenny was raised in Yonkers, NY and lived most of his life in Southern Oregon. He has a master's degree in Engineering and in Education. Lenny's primary interest is playing and promoting pickleball as a USAPA Ambassador. He is a cyclist, hiker, gourmet cook, bread baker, and plays bridge. Lenny has been building and promoting the use of labyrinths since 2007. He has built numerous labyrinths in Oregon and three in Southern Arizona.

### [The Photography and Legacy of Linda McCartney: Exhibitions and Performance](#)

**Subject Area:** Arts/Culture

**Wednesdays:** Single Session 4:00 PM - 5:30 PM

**Start:** Wed 4/12/23 **End:** Wed 4/12/23

**Location:** Center for Creative Photography

**Class Size:** 30

#### Course Description

The Center for Creative Photography is excited to welcome you to an interactive guided tour of our galleries. We will use the works of "The Linda McCartney Retrospective" to engage in conversation about photography, our community, and the environment. The tour would take approximately 50

minutes. For the last 30 minutes, you can enjoy a performance by one of our seven live performers in the Alice Chaiten Baker Interdisciplinary Gallery. "8 Track" is an installation where performers are commissioned to perform in the museum inspired by the CCP's collection. Gallery will be transformed by live music surrounded by mural-scale digital projections of CCP collection images.

Instructor: Alex Moral

Alejandra Moral is a photographer, artist, and photography educator based in Southern Arizona. She currently serves as Photography Educator, Academic & Community Initiatives at the Center for Creative Photography at the University of Arizona.

Her photographic work has been exhibited across the United States, including Glencoe Museum, Art Museum on Tyler, Black Box Gallery, Praxisphoto Art Center, Photo Place Gallery, Southeast Center for Photography, and more. Moral's photographs have been included in a variety of publications, such as Artist Talk, Artistonish, and From Whispers to Roars.

Alejandra Moral holds an MFA in Studio Art, with a concentration in Photography from Radford University (VA); a MA in Business Communication, Marketing & Advertising from the ESIC Business School in Barcelona (Spain); and a BA/MA in Economics from the University of Alicante (Spain).

## Thursdays

### [Outer Space is Wildcat Country! Field Trip to Flandrau Planetarium](#)

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

**Thursdays:** Single Session 9:00 AM - 10:00 AM

**Start:** Thu 2/2/23 **End:** Thu 2/2/23

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**Location:** Flandrau Science Center and Planetarium **Class Size:** 100 **Additional Costs:** There is a fee of \$5 per person. This price includes the ability to visit our exhibit halls after the planetarium presentation.

### Course Description

Dr. Fleming will use the digital projection system of the Flandrau Planetarium to teach lessons in Astronomy and illustrate how the planetarium is used to instruct our current undergraduate students. Lesson topics will highlight the research done in Astronomy and Space Science by the faculty at the University of Arizona, including imaging the event horizons of supermassive black holes and extracting and returning a sample of matter from an asteroid.

**Instructor:** Thomas Fleming

Dr. Thomas A. Fleming received his A.B. in Physics from Cornell University in 1982 and his Ph.D. in Astronomy from the University of Arizona in 1988. After spending four years on the science team for the ROSAT X-ray telescope at Max-Planck-Institute in Garching (near Munich), Germany, he returned to the University of Arizona in 1993, where he is now an Astronomer and Professor of Practice. In particular, he serves as organizer and host of the Steward Observatory Public Evening Lecture Series, the observatory's major vehicle for disseminating information on astronomy and space science to the general public since 1922.

### Favorite Baking Classics: Gluten-Free and Delicious!

**Subject Area:** Crafts/Cooking

**Thursdays:** Single Session 1:00 PM - 3:00 PM

**Start:** Thu 3/2/23 **End:** Thu 3/2/23

**Location:** Natural Grocers Community Room

**Class Size:** 10 **Additional Costs:** \$10 per person

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to cover the cost of ingredients. \$3 recipe booklet.

### Course Description

I've been baking gluten-free favorites for the past few years, and I've found several recipes that my family really enjoys! In this baking demonstration, we'll bake some cookies, brownies, and an apple pie. Afterwards we all get to sample the finished products!

There is a \$10.00 per person fee to cover ingredients, and an optional fee of \$3.00 for the recipe booklet. (Please be prepared to pay in cash at the start of the class.)

**Instructors:** Judith Rockey, Sidney Engs

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

Sidney is a longtime resident of Tucson. Because of her love of cooking, she has participated in several local cooking events, most recently the inaugural event for the new Africa in the Americas Garden at Mission Garden. In addition, she has been a volunteer at Mission Garden for the past 8 years. She also participated in a YouTube video with the 2020 Tucson Meet Yourself titled Culture Kitchen African Heritage Foodways in Southern Arizona. She also enjoys backyard gardening and cooking.

## Fridays

### Museum and Lunch: DeGrazia Gallery in the Sun

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

**Fridays:** Single Session 10:00 AM - 1:00 PM

**Start:** Fri 1/27/23 **End:** Fri 1/27/23

**Location:** DeGrazia Gallery in the Sun **Class**

**Size:** 30 **Additional Costs:** Tour members are

responsible for museum ticket cost (\$8) and lunch cost (meal, tax and 22 % tip)

### Course Description

Join SGLs Ann Tai and Jo Kelleher as we sample some of Tucson's museums, galleries, and restaurants! This is the first in a series of museum and restaurant tours for the Spring Term 2023. Friday, January 27, 2023. 10:00 am to 1:00 pm. Museum: DeGrazia Gallery In the Sun. 6300 N. Swan Road, Tucson, AZ 85718. Lunch: Trattoria Pina. 5541 N. Swan Road, Tucson, AZ, 85718. Tour members are responsible for museum ticket cost (\$8) and lunch cost (meal, tax and 22% tip). Note: The Gallery docent-led tour involves walking on outdoor, uneven paths.

Instructors: Ann Tai, Jo Kelleher

An OLLI/UA member since 2019, Ann has been a volunteer with the Membership and Outreach Committee and Tech Hosting for On-Line Study Groups. She moved to Tucson from Michigan where before retiring she was Program Coordinator for OLLI at the University of Michigan Ann Arbor.

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a Master of Arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

## Museum and Lunch: Tucson Desert Art Museum

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

**Fridays:** Single Session 10:00 AM - 1:00 PM

**Start:** Fri 2/10/23 **End:** Fri 2/10/23

**Location:** Tucson Desert Art Museum and Four Corners Gallery **Class Size:** 30 **Additional Costs:** Tour and lunch participants are responsible for museum ticket cost (\$15) and per person lunch cost (meal, tax and 20% tip).

### Course Description

Join SGLs Ann Tai and Jo Kelleher as we sample some of Tucson's unique museums and fine restaurants. This is the second in a series of museum and restaurant tours for the Spring Term 2023. February 10, 2023. 10:00 am to 1:00 pm. Tucson Desert Art Museum. 7000 E Tanque Verde Rd., Tucson, 85715. Lunch at Poco and Mom's Cantina, next door to the museum. Tour and lunch participants are responsible for museum ticket cost (\$15) and per person lunch cost (meal, tax and 20% tip).

Instructors: Ann Tai, Jo Kelleher

An OLLI/UA member since 2019, Ann has been a volunteer with the Membership and Outreach Committee and Tech Hosting for On-Line Study Groups. She moved to Tucson from Michigan where before retiring she was Program Coordinator for OLLI at the University of Michigan Ann Arbor.

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts.

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Dr. Kelleher earned a bachelor's degree in science and mathematics education and a Master of Arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

## Field Trip to Tohono Chul Park and Gardens

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

**Fridays:** Single Session 10:15 AM - 1:00 PM

**Start:** Fri 2/24/23 **End:** Fri 2/24/23

**Location:** Tohono Chul **Class Size:** 30 **Additional Costs:** The tour fee is \$15.00 per adult and \$13.00 per senior/student/active military and takes the place of admission.

### Course Description

Tohono Chul is one of Tucson's gems. It features activities and exhibits that have cultural, historical, and scientific significance. We will have a docent-led tour of the park and end with lunch at the Bistro. The tour fee is \$15.00 per adult and \$13.00 per senior/student/active military and takes the place of admission. You can pay the tour fee at the Admission Window with a credit card or by cash. Be sure to dress for the weather and for walking in the desert. Wear closed-toe shoes. Wear sunscreen and a hat to protect yourself from the sun, and don't forget to bring a water bottle. There are water fountains designed to refill water bottles at the entrance and at the Sundial Plaza. Not all paths are wheelchair accessible. After lunch, there is an opportunity to explore the shops (gift shop and nursery) and art exhibit space.

Instructor: Ann Tai

An OLLI-UA member since 2019, Ann has been a volunteer with the Membership and Outreach Committee and Tech Hosting for On-Line Study

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Groups. She moved to Tucson from Michigan where before retiring she was Program Coordinator for OLLI at the University of Michigan Ann Arbor.

## Field Trip to the Empire Ranch

**Subject Area:** Arizona History/Culture, Travel/Entertainment

**Fridays:** Single Session 10:00 AM - 11:30 AM

**Start:** Fri 3/10/23 **End:** Fri 3/10/23

**Location:** Empire Ranch **Class Size:** 20

**Additional Costs:** Recommended \$10-20 voluntary donation

### Course Description

The historic Empire Ranch has been a working cattle ranch for 140 years. Its rich history includes successive ownership by two prominent ranching families, two corporations, and finally by the federal government on behalf of the public. In 1876 the ranch was acquired for \$2,000 by Walter L. Vail, for whom Vail, AZ is named.

This short walking tour will consist of a docent-guided tour of the 22-room adobe and wood frame building starting with an 18-minute video. After the tour visitors will be able to drive throughout the ranch.

Favorite visitor activities include wildlife viewing, picnicking, hiking, mountain biking, horseback riding, historic site touring, hunting, photography, and scenic drives. There are no picnic tables/chairs; visitors may bring their own.

The ranch is on US Route 83 approx. 22 miles south of Vail, AZ.

Instructors: David Grabelski, Ann Buckley

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels. In his first career, he served 21 years with the Los Angeles



## OLLI-UA Spring 2023 – Field Trips

Police Department including assignments as a Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice/National Drug Intelligence Center. Dave recently retired as the Chair and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. He holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

Ann Buckley is a retired 26-year veteran educator, having spent 16 years in Arizona. She worked with students from kindergarten through high school. She was a district Teaching and Learning Coach, facilitating professional development classes for staff and administration. She was also a Student Teacher Mentor for the University of Arizona. She holds a master's degree in Educational Technology from Northern Arizona University and a Bachelor of Science in Education Degree with a minor in Mathematics from the University of Wisconsin.

### Museum and Lunch: Sonoran Glass School

**Subject Area:** Arts/Culture

**Fridays:** Single Session 10:00 AM - 1:00 PM

**Start:** Fri 3/10/23 **End:** Fri 3/10/23

**Location:** Sonoran Glass School **Class Size:** 30

**Additional Costs:** Tour participants are responsible for museum ticket costs (if any) and per person lunch cost.

#### Course Description

Join SGLs Ann Tai and Jo Kelleher as we sample some of Tucson's great museums and fine restaurants! This is the next in a series museum and restaurant tours. Friday, March 10, 10:00 am to 1:00 pm. Art School and Gallery - Sonoran Glass School. Lunch - American Eats Food Hall. 1439 S Fourth

Avenue, Tucson, 85713. Lunch is Counter Service. Tour participants are responsible for museum ticket costs (if any) and per person lunch cost.

**Instructors:** Ann Tai, Jo Kelleher

An OLLI/UA member since 2019, Ann has been a volunteer with the Membership and Outreach Committee and Tech Hosting for On-Line Study Groups. She moved to Tucson from Michigan where before retiring she was Program Coordinator for OLLI at the University of Michigan Ann Arbor.

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a Master of Arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

### Turquoise Trail Walking Tour

**Subject Area:** Arizona History/Culture

**Fridays:** Single Session 3:00 PM - 5:30 PM

**Start:** Fri 4/7/23 **End:** Fri 4/7/23

**Location:** Presidio San Agustín del Tucson Museum **Class Size:** 20

#### Course Description

Learn about Tucson's history in a 2-mile walking tour through downtown Tucson. Starting at the Tucson Presidio Museum, this tour and talk takes you through some of the most historically significant sites in Tucson's history. Tour lasts approximately 2.5 hours. Admission to the Presidio Museum is included with the class, but donations are welcome.

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Instructor: Mauro Trejo

Mauro Trejo is a Board Member of the Tucson Presidio Trust, and a docent of the Tucson Presidio Museum. He is also proud to be a 7th generation Tucsonan, with family roots going back as far as Tucson's Royal Spanish Presidio circa 1780. From a young age, Mauro's grandfather would spend countless hours telling him about the people, places, daily life, and rich history of early Tucson. This led to a lifelong fascination with every aspect of this city's history, a persistent drive to learn more, and a passion for sharing it with others.

# OLLI-UA Dines Out



## OLLI-UA Dines Out

OLLI-UA dines out events are always being added. They are a great way to meet and socialize with fellow members and you can generally bring a guest. Maybe bring a friend you want to invite to join OLLI-UA (hint, hint, nudge, nudge).

[See Upcoming Dines Out Events Here](#)

# Online Classes

## Monday

### How Current Events in the Middle East Affect Us in the USA

**Subject Area:** History/Current Events

**Mondays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 1/23/23 **End:** Mon 3/13/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

Since the 'apparent defeat' of ISIS and especially with the Ukrainian Crisis, the US public (hence the US media) has lost interest in what is happening in the Middle East. That does not mean that the situation in the Middle East is not likely to flare up at any moment and therefore affect us again. This program will not only capture the current events that risk evolving into a 'crisis' but, most importantly, will shed the light on the root causes and the enduring reasons why, unless dealt with, these events can get out of hand and spill over to likely affect us and harm our NATO allies, our European friends, and the rest of the free world. After a general overview of the situation in the Middle East, we will consider each of the principal players, mainly Iran, Israel, Turkey, and the oil-rich countries as well as the weakest links such as Syria, Yemen, and Libya.

**Instructor:** Samih Baalbaki

Born and raised in Lebanon (18 different religious and ethnic legally recognized communities), Samih retired as a lawyer after spending his last 17 years based in Dubai and traveling extensively on professional assignments to over 20 Muslim

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countries in the Middle East, North Africa, and Southeast Asia. For the last 8 years, with OLLI@CCU as well as other educational institutions, Samih has taught courses on Islam, Middle Eastern politics, and current affairs. Samih is a native Arabic speaker. Passionate about teaching, Samih has taught two weekly Zoom classes throughout the Covid-19 confinement.

### Introduction to Forensic Science

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

**Mondays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 1/23/23 **End:** Mon 1/30/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

This class will cover many topics in forensic science and how they are used to solve crimes. Current and famous cases solved with forensic science will also be covered.

**Instructor:** Christian Wilson

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

### TMA Docents Art Talks Spring 2023

**Subject Area:** Arts/Culture

**Mondays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Mon 1/23/23 **End:** Mon 2/06/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

The Docents of Tucson Museum of Art will present these beautiful and enlightening presentations on a wide variety of visual arts. This continuing program

is always anticipated and enjoyed.

Instructor: Dick Woodward

Dick is a frequent study group leader who has many previous versions of this class as well literature and drama classes.

## [With a Little Help from My Friends: A Poetry Workshop](#)

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

**Mondays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Mon 1/23/23 **End:** Mon 4/10/23

**Location:** Online Zoom Offering 2 **Class Size:** 16

### Course Description

A twelve-week intensive workshop in which participants will learn and practice the art of how to offer and receive constructive feedback of poems in progress. Our objective is to make our poems all that they can be before submitting them for publication.

The class requirement is the first draft of at least one complete poem and the willingness to offer and receive helpful criticism. Each week, participants will be emailed three poems from the list of submitted poems prior to the next class and be prepared to offer suggestions on how the work might be improved. If time permits, participants may submit additional poems for critique. In addition, possible publishing options and suggestions for future reading will be discussed.

Class Size: Limited to 16

Instructor: Gene Twaronite

Gene Twaronite is the author of four poetry collections. His poems have appeared widely in literary journals and anthologies. His first poetry book *Trash Picker on Mars*, published by Kelsay Books, was the winner of the 2017 New Mexico-Arizona Book Award for Arizona poetry. His latest

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poetry collection is *Shopping Cart Dreams*. A former teacher, horticulturist, and UA Instructional Specialist, Gene has an MA in Education, and has been writing and publishing in a variety of genres for over fifty years. He is an active member of the Tucson Poetry Society. Follow more of Gene's writing at his website: [genetwaronitepoet.com](http://genetwaronitepoet.com)

## [Smarter Charitable Giving](#)

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

**Mondays:** Single Session 9:00 AM - 10:30 AM

**Start:** Mon 2/6/23 **End:** Mon 2/6/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

We will explore ways to be sure that you're choosing the charities that spend your money in the most effective ways and that meet your personal objectives. Not all "charities" are. How do you know?

In 2018 the personal exemption was combined with the standard deduction, raising the standard deduction for 2023 to \$27,700 on a joint return, and \$13,850 on a single return. This meant that most taxpayers were no longer able to deduct their charitable donations because the new standard deduction was greater than their itemized deductions. This loss of deductibility had a considerable impact on many charitable donations. We will review several strategies that can save the tax benefits of charitable contributions.

Instructor: Loring Green

Loring is a retired stockbroker who was fortunate enough to advise some of his clients who had considerable charitable intent. The objective was always to maximize the benefit to the charity at the minimum cost to the client. He has also advised several small charities on their fundraising efforts,

especially in the area of planned giving. He served as the Chair of the Planned Giving Committee for Carondelet Healthcare for 6 years.

## Wisdom: What Is It and Why Do We Need It?

**Subject Area:** Health/Wellness, Philosophy/Spirituality/Religion, Social Sciences

**Mondays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Mon 2/6/23 **End:** Mon 2/27/23

**Location:** Online Zoom Offering 1 **Class Size:** 60

### Course Description

Is wisdom related to aging? How do our life experiences develop into wisdom?

Everyone has their own idea of what "wisdom" is and what it means. We know it is an important construct for a healthy society (wise leaders) and is of value to maintain a well-lived life. It is an ancient abstraction with concrete outcomes. We can express the concept of wisdom, but what is it really? Do we even know? In this four-part series, we will investigate the following topics of wisdom, and explore ways in which we can incorporate wise thinking and behaviors into everyday life. Each topic will be presented in such a way to illicit discussion and insights and will include occasional class activities (activities will include specific prompts and small group discussions in breakout rooms over Zoom).

Session 1:

Introduction to wisdom: From the ancients to the modern era. Psychological theories of wisdom: What the research tells us

Session 2:

Identity, self-reflection, and purpose: Foundations of wisdom (+ class activity)

Session 3:

Cultural and folk conceptions of wisdom (+ class activity)

Why we need grandparents

Session 4:

What about creativity, intelligence, morality, and ethics?

Final discussions

Instructor: Trish Chilton

Trish Chilton is a graduate student in the Psychology Department at the University of Arizona. She has a background in Gerontology, and specifically is part of the Social Psychology track with a minor in Neuropsychology. Trish's research interests include aging and wellbeing, wisdom, and intergenerational relationships. She is originally from North Carolina and is the mother of four children ages 16-28.

## Wildlife of North America

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

**Mondays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 3/6/23 **End:** Mon 3/13/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This class will cover the animals and plants living in North America as well as ecology and evolution.

Instructor: Christian Wilson

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



## Canceled: CRISPR and the Gene Editing Revolution

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

**Mondays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Mon 3/6/23 **End:** Mon 4/10/23

**Location:** Online Zoom Offering 1 **Class Size:** 60

## Investigating Police Custodial Deaths: Fact from Fiction

**Subject Area:** History/Current Events

**Mondays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 3/20/23 **End:** Mon 4/10/23

**Location:** Online Zoom Offering 2 **Class Size:** 20

### Course Description

This 4-week course will be a review the facts and fiction within the public debate regarding police officer-involved fatal custodial deaths. My primary goal is to describe the process and the adjudicating factors involved in investigating custodial deaths. The class will include an explanation of the prevailing US Supreme Court rulings. It will conclude with an examination the facts and fiction behind several of the more recent controversial shootings. I will not be showing images or videos of any incidents.

The class is designed to be informative and not a forum for debating related social issues unless time permits at the end of each session.

**Instructor:** David Grabelski

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels. In his first career, he served 21 years with the Los Angeles Police Department including assignments as a

Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice / National Drug Intelligence Center. Dave recently retired as the Chair and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. He holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

## Biotechnology - Past, Present, and Future

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

**Mondays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 4/3/23 **End:** Mon 4/10/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This class will cover past innovations, what is happening now, and what the future may bring in biology and medicine.

**Instructor:** Christian Wilson

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

## Tuesdays

## Mindfulness and Meditation

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

**Tuesdays:** 5 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 1/24/23 **End:** Tue 2/21/23

**Location:** Online Zoom Offering 2 **Class Size:** 300 Additional Costs: Purchase of the text (\$20) and accompanying app (\$4) are strongly

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recommended. Students can do this independent of the course.

### Course Description

Why Mindfulness? Mindfulness and Meditation are popular because they help people manage life's challenges big and small, and get the most from life's joyful moments. They don't require special equipment and you can take them anywhere you go! Anyone can learn to meditate and become more mindful. In these uncertain, ever-changing times, a little mindfulness can create some ease and enhance a sense of well-being. Mindfulness is known to improve health, build resilience, support learning, and foster compassion. The benefits are supported by neuroscience. Meditation can physically change the brain and help people develop the ability to be less reactive, more present and able to appreciate each moment.

If you have wondered how to start your own meditation habit and/or how to become more mindful, this is the course for you! "Mindfulness and Meditation" meets for 5 weeks in 90-minute, online sessions. Each week, students learn new strategies for meditation and being mindful through demonstration and discussion.

Between classes, students practice each day, read from the text, check in with the instructor and begin to experience the benefits of daily mindfulness.

There is a supplementary text (\$20) and an app (\$4) that support learning and keeping track of progress. The Center for Koru Mindfulness at Duke University created this course for teaching mindfulness, meditation, and stress management to young adults. It is the leading evidence-based curriculum taught in more than 200 universities in 11 countries. While originally designed for "twenty-somethings," the curriculum is suitable for adults of any age!

Instructor: Holly Cluff

Holly's interest in teaching mindfulness and meditation to others has been inspired by her work as a teacher in public schools along with her personal experience in becoming a meditator. She's discovered that mindfulness and meditation provide great insight into understanding how to help with stress and anxiety, and increase a sense of well-being. Since 2017, she has been teaching mindfulness and meditation as an exciting and satisfying way to engage with her community and share life skills with people of all (5-100!) ages. Holly is a certified Koru Mindfulness Instructor.

### The Framed Woman: Film Discussion

**Subject Area:** Arts/Culture

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This course examines films in which a "framed" painted portrait of a woman is central to the story and to the historical representation of women in films. We'll look at ways that women are stereotypically portrayed in film as gendered objects framed first by the camera, and then within the frame of an artist's painted portrait. Within those frames, we want to explore how the painted portrait is intended to manipulate the spectator's gaze and response. We'll start with a few notable examples, i.e., "Laura" (1944) and "Woman in the Window" (1944) and look at a variety of films up to the present, including Celine Sciamma's controversial "Portrait of a Lady on Fire" (2019). This is a discussion class not a lecture. Participants must watch the films before class.

Instructors: Leslye Friedberg, Jane Holschuh

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## OLLI-UA Spring 2023 – Online Zoom Classes

Leslye L. Friedberg, Professor Emeritus, taught writing, literature, and humanities at Community College of Philadelphia and The University of Cincinnati. Her main areas of interest are interdisciplinary connections among film, literature, and art. For OLLI, she has taught film courses on The Holocaust in Film; The Screwball Comedy; and Film Noir.

Jane Holschuh, Professor Emerita, taught courses on clinical social work, mental health services and policy, homelessness, and research methods at the University of Wisconsin-Madison, Arizona State University, and Cal Poly Humboldt. Her academic areas of interest are serious mental illness, first person accounts/narratives, homelessness, and stigma. She focuses on the individual in social and societal contexts and has a long-standing interest in film.

### Psychology Lecture Series

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

**Tuesdays:** 7 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 1/24/23 **End:** Tue 3/7/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

This is a lecture series provided by graduate students, postdoctoral fellows, faculty, and staff in the Psychology Department at the University of Arizona. Each presenter will provide a lecture in an area they have specific training or expertise.

1. Janet Nicol - TBD
2. Justin Palmer - The Impacts of COVID-19 on Cognitive Function
3. Leanne Nieforth - The Psychology of the Human-Animal Bond
4. Quentin Raffaelli - The Mystery of Drugs

5. Abhilasha Vishwanath - Brain Oscillations and Possible Therapeutic Effects of Ketamine on Levodopa-Induced Dyskinesias

6. Veronica Kraft - TBD

7. Arne Ekstrom - TBD

Instructor: Alana Muller

Alana Muller is a Ph.D. candidate in Psychology at the University of Arizona studying navigation, spatial memory, and aging in the Human Spatial Cognition Lab.

### Separation of Church and State: Vital in 1787, Vital Now

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events

**Tuesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Tue 1/24/23 **End:** Tue 1/24/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

American presidents like Washington, Jefferson, and JFK believed the wall of separation between church and state must be absolute. This concept is enshrined in our Constitution's First Amendment. The class will review the origins and history of this foundational principle and why the wall of separation is as vitally important to protecting Americans' freedom today as ever. The presenters represent Congregation Beth Adam's Social Justice committee (Cincinnati, OH) which has been studying and presenting on this issue for two years. Our hope is to educate others about its current significance.

Instructors: Jay Avner, Michael Goldman

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Jay Avner has a degree in Mechanical Engineering and an MBA. He is a retired healthcare executive where he negotiated provider contracts. He is active in the leadership of Congregation Beth Adam, a humanistic Jewish congregation in Cincinnati. Jay's interests include history, politics, religion, and culture.

Michael Goldman is the Chair of the Social Justice Committee at Congregation Beth Adam (Cincinnati, OH). He has an MFA in playwriting and worked as a writer in New York and Los Angeles. Mr. Goldman has run and consulted many local political campaigns, as well as having served, or led several Cincinnati civic organizations.

## Beginning Spanish

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

**Tuesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

This class is for students who have had little to no exposure to Spanish. Class members who completed the fall 2022 class should not enroll.

**Instructor:** Josephine Kelleher

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a Master of Arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

## Great Decisions 2023 Via Zoom

**Subject Area:** Civic

Engagement/Community/Government,  
History/Current Events

**Tuesdays:** 9 Sessions 1:00 PM - 2:30 PM **Start:**

Tue 1/24/23 **End:** Tue 3/21/23

**Location:** Online Zoom Offering 2 **Class Size:**  
300

### Course Description

Great Decisions is America's largest discussion program on world affairs. It is organized by the Foreign Policy Association (FPA). The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. The FPA publishes a Great Decisions Briefing Book and DVD each year. Purchase of Briefing Book highly recommended. It can be ordered online from the Tucson Great Decision's Association (TGDA.org) for \$30.50. An electronic version may be available from Amazon in January of 2023.

The topics for 2023 include:

- Global Famine - Lack of food worldwide
- Climate Migration - The human impact of climate change
- Energy Geopolitics - The oil and gas industries in flux
- Economic Warfare - The power of sanctions
- War Crimes - A history of crimes against humanity
- Elections in Latin America - The rise of left-wing governments in Latin America
- China's Foreign Policy - China's push for global dominance

- Iran and the Gulf States - Iran's status in the world

The format for each week involves:

1. Reading the designated chapter in the Great Decisions Briefing Book;
2. A presentation by a participant that has studied the topic and provides additional pertinent information and/or watching a DVD for 30 minutes;
3. Convening a Question-Answer-Discussion session.

Instructors: Art Quinn, Lynn Underhill

Art Quinn has a Ph.D. in Plant Breeding and Genetics and worked thirty years for an international seed company based in Germany. He has traveled extensively in Europe and has witnessed the results of foreign policy decisions in numerous eastern European countries. Art is a Vietnam veteran. Art has been a discussion leader for OLLI Great Decisions for a number of years, and also organizes a Great Decision course in a Minnesota retirement community during May and June of each year.

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

## Curious Conversations, Inspired by Taiko at the Fox Theatre

**Subject Area:** Arizona History/Culture, Arts/Culture, Travel/Entertainment

**Tuesdays:** Single Session 1:00 PM - 2:00 PM

**Start:** Tue 1/24/23 **End:** Tue 1/24/23

**Location:** Online Zoom Offering 3 **Class Size:** 300

## Course Description

Anyone who has seen a Taiko performance knows what a powerful, visceral experience it is. It is for good reason that this form of Japanese ensemble drumming has become popular across the world, even carving out a home for itself in Southern Arizona for the past two decades! Taiko groups have played on the Fox Theatre's stage for years now, including the upcoming performance by hugely influential San Jose Taiko. Join us for a fascinating conversation about Taiko and how it came to Arizona, with someone who has consistently been at the heart of Taiko in Tucson.

Instructors: Jordan Wiley-Hill, Karen Falkenstrom

Jordan Wiley-Hill is a professional storyteller, educator, and program developer. He manages the education and outreach activities for the historic Fox Tucson Theatre. A dynamic presenter, he draws heavily on his background in performance art and education, alongside a deep passion for the topics he shares.

Karen Falkenstrom is co-founder and Director of Odaiko Sonora. She has studied with numerous taiko masters, including Fox artists Shidara and San Jose Taiko. Karen is a member of Jodaiko and the North American Kasuga Onigumi international groups. A 37-year veteran of nonprofit arts, Karen's honors include YWCA Woman on the Move (2008), Pan Asian Community Alliance Woman of the Year, the prestigious Arizona Arts Award (2009), Tucson Pima Arts and Business "Lumie," (2014), and a 2015 ACA Artist Research and Development Grant. Karen is Odaiko Sonora's lead drum builder, honored this year through a Southwest Folklife Alliance Master/Apprentice Fellowship.



## Documentaries to Make You Think

**Subject Area:** Social Sciences

**Tuesdays:** 12 Sessions 3:00 PM - 5:00 PM

**Start:** Tue 1/24/23 **End:** Tue 4/11/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

The documentaries shown in this class are diverse, thought-provoking, educational, and informational. I attempt to get documentaries with English subtitles. Some of the documentaries will last 2 hours plus time for some discussion. Generally, the classes will run longer to allow for discussion, but please feel free to sign off whenever necessary.

NOTE: Please do not expect a 4G, surround-sound experience, rather it may have more of a "Drive-In Theater" feel to it. It is also helpful to shut down all programs besides Zoom on your computer, iPad, or iPhone to help minimize any lag.

**Instructors:** Mallory Riegger, Maureen Metcalfe

Mallory Riegger has a BS in Accounting from University of Arizona and is a CPA. Mallory has handled various jobs over the years, including webmaster, treasurer, secretary, newsletter editor, among many other positions. Since joining OLLI-UA, Mallory has worked with Beverly Jordon in the Documentaries to Make You Think, been the librarian for the DVD library, served as Curriculum Committee member and CT Council member, and was elected to the OLLI-UA Board in 2019.

Maureen Metcalfe is a retired RN who worked primarily in areas of behavioral health/substance abuse. She grew up in western Pennsylvania, land of coal furnaces, steel mills and great ethnic diversity. Prior to moving to Tucson in 1979, she completed training as a Physician Assistant (a job that had no

future in southern AZ at the time). She knows a little bit about a lot of things and is happy to share!

## Classic Hatha Yoga

**Subject Area:** Health/Wellness, Philosophy/Spirituality/Religion

**Tuesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 2/7/23 **End:** Tue 3/28/23

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

Join Helen Boyd in this classic floor yoga class to strengthen, add a range of motion, and build awareness of yourself inside and out to add balance to your life, not just physically, but mentally and spiritually as well. We will use classic yoga reclined, seated, and standing postures to attain these goals. All levels are welcome as long as you can get onto and off the floor. The equipment needed is a yoga-specific mat (not Pilates), yoga blocks, and a Mexican blanket for support of certain positions. You're welcome to bring anything else like a pillow or bolster.

**Instructors:** Helen Boyd, Matthew Boyd

Helen has been teaching Hatha yoga, the form of yoga that includes concentrating, breathing exercises, and postures, for 25 years, and has been certified with Yoga Alliance since its inception. Other styles of yoga she also offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, gyms, community college, and workshop settings to all age groups.

Matthew Boyd has been doing yoga for 50 years and practices regularly. While he has taken teacher training, he hasn't taught primarily and currently has chosen to co-teach.

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## A Skeptic's View of Climate Change

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

**Tuesdays:** 9 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 2/7/23 **End:** Tue 4/4/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Perhaps there is no climate crisis. Hurricanes, heat waves, fires, floods and droughts are part of natural weather phenomena and have been with us through recorded history. Hysterical media coverage notwithstanding, deaths from weather events are down over 90%. Damage as a % of GDP is down. Food production is up. Why is media coverage so one-sided?

We'll review natural oscillations, particularly ocean oscillations and how Atlantic hurricanes, wildland fires, East African droughts, sea and Greenland ice and the Indian monsoon are driven by cyclical changes in the ocean.

There are historical periods such as the Roman Climatic Optimum and the Medieval Warm period where warming, comparable to what we are seeing today (roughly 1Degree C), was documented. Since this happened long before the current CO2 driven scare, what was behind the warming?

Models and associated scenarios have been shown to exaggerate rate of warming yet are still used as the basis of crisis predictions. Why?

Can solar and wind provide clean energy alternative alternatives? What is the cost in terms reliability, mineral extraction and land use. Are there strategic implications for our reliance on China for solar cells, electric vehicle batteries and rare earth minerals?

Instructor: Bob Barry

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

## Home Energizer Workshop

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

**Tuesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Tue 2/21/23 **End:** Tue 2/21/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### 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 the 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 lightbulbs, a low-flow showerhead, faucet aerators, and more. The workshop is offered for free, courtesy of TEP.

Instructors: Adam Kingery, Jonathan Heras

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

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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.

Jonathan Heras has been presenting energy-related education courses for the Environmental Education Exchange for over 3 years, to elementary, middle, and high school-aged students, as well as to adults throughout Arizona! He also acts and helps develop programming at Borderlands Theater and the Gaslight Theater in Tucson.

## All The Federal Government's Law Enforcement Entities

**Subject Area:** Social Sciences

**Tuesdays:** 3 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 2/28/23 **End:** Tue 3/14/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

The result of nearly 2 years of research, US Federal Agency Law Enforcement authorities are exercised by a surprising number and variety of entities, from the well-known FBI, US Secret Service, US Marshals, and the DHS Transportation Security Agency; to the small and obscure such as the Treasury Mint Police, Department of Labor Employee Benefits Security Administration (EBSA) and Office of Labor-Management Standards (OLMS), Department of Interior Bureau of Reclamation (BOR), and the TVA Police. Mike will frame his research in a way that will provide an appreciation for the breadth and complexity of the Federal Law Enforcement domain. He will also sprinkle the presentations with cases derived from Federal Agency press releases.

Instructor: Michael Stewart

A returning instructor with facilitation experience with Osher Lifelong Learning Institute (OLLI) at the University of Arizona (Tucson AZ), Mike is a 28-year Veteran of the US Army and an experienced Intelligence Officer, Leader, Manager, and Industry Veteran (SAIC, LEIDOS, MJS Consulting, LLC; Advanced Onion, Inc., Powder River Industries LLC, and Battlespace Flight Services) with 50+ years of observing human behavior. Mike has taught a variety of classes on decision-making in everyday life, as well as the phenomena of Daylight Saving Time (DST). His latest study covers the array of Law Enforcement Agencies in the US Federal Government.

## Poetry Reading Discussion Group

**Subject Area:** Arts/Culture

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 3/7/23 **End:** Tue 4/11/23

**Location:** Online Zoom Offering 3 **Class Size:** 50

### Course Description

We'll meet weekly for six weeks. Each week either a guest poet will lead the group or a selection of poems will be presented by the SGLs. The guest poets may present their own work, a favorite poet's work, poetry around a theme or something else that we haven't thought of. Participants will receive a description and copies of the poems about a week before the group meets. SGL presenters will ask for volunteers to read the poems. This is an option for guest poets. Following the presentation, the group will discuss the poem or poems presented. New to poetry or avid fans can join us to share and appreciate the power of the poem.

Instructors: Trudy Hill, David Van Houten

## OLLI-UA Spring 2023 – Online Zoom Classes

Trudy Hill has an MS degree in Art Education from UW Madison and has taught art and reading to elementary, junior high, and adult students. She was a co-SGL for Science Fiction and Poetry Classes and SGL for Calligraphy Class. She is an SGL for Film and Poetry Discussion classes. Her background includes working for Visa International as an architect of computer chips on payment cards and Visa systems that support them. Since she was a young girl, she has loved reading everything, watching films and making art (still does)!

David is a retired educator from Michigan and moved to Tucson with his husband, Steve Horn, in 2010. His investment in poetry was cultivated in OLLI poetry discussion and writing classes led by Dan Gilmore. His continued interest in discussing shared poems comes from the personal enrichment he gained from each class conversation. Currently David is a docent at the UA Poetry Center and participates in their "Free Time" workshop corresponding with writers who are incarcerated. He recently had a poem published in *The PATH to KINDNESS: Poems of Connection and Joy*, edited by James Crews, 2022.

### Because Every Body Dies: Funeral Planning Rights and Options

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

**Tuesdays:** Single Session 9:00 AM - 10:30 AM

**Start:** Tue 3/21/23 **End:** Tue 3/21/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

The death of a loved one is never easy. Arranging affordable, dignified, meaningful care for someone who has died shouldn't add to the difficulties. After this study group session, you will be prepared to make well-informed financially sound decisions for

yourself or a loved one.

**Instructor:** Martha Lundgren

Martha Lundgren comes to us from the Funeral Consumers Alliance of Arizona. FCAAZ is a non-profit independent consumer advocacy organization, dedicated to providing objective information about the requirements and options in making after-death arrangements. Martha first became acquainted with FCAAZ when she was looking for a speaker for a death education series she was organizing. She was so impressed that she joined the board of directors in 2017 and has served as president of the board of FCAAZ since 2018.

### Debunking Henry Ford: Anti-Semite and Accomplice in Holocaust Denial

**Subject Area:** History/Current Events

**Tuesdays:** Single Session 9:00 AM - 10:30 AM

**Start:** Tue 3/28/23 **End:** Tue 3/28/23

**Location:** Online Zoom Offering 2 **Class Size:** 60

#### Course Description

Henry Ford was a major anti-Semite who escalated the scale of modern anti-Semitic propaganda through his Dearborn Independent newspaper in the 1920's. Then, in 1944, he became one of the earliest financiers of what would eventually be called Holocaust denial. In 1944, at Dearborn, Ford financed an attempted cover-up of the Nazi crimes in progress. Ford hired Harry Elmer Barnes to write this denial, and they were brought together by Charles Lindbergh -- three guilty men, attempting to obscure their guilt.

Since part of what I am asserting here is my original research, what were my sources? And how do I cut the stress of such difficult material? My writing

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Haiku to help tell the story is a good stress cutter.

Instructor: Evyn Rubin

Evyn Rubin is a versatile writer whose work includes her non-fiction project "Debunking Henry Ford." She began this by doing in-depth original research using primary sources, uncovering Ford's treacheries both obscure and well-known -- then continued with broad secondary sources. Evyn has shared her research and writing on the grassroots level, in the Jewish community and the general community, through workshops and classes, on panels, at tabling events, at open mics, in person, and more recently online.

## Canceled: Strategies in the Ukraine Conflict: Personal Thoughts

**Subject Area:** History/Current Events

~~**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 3/28/23 **End:** Tue 4/4/23~~

~~**Location:** Online Zoom Offering 2 **Class Size:** 300~~

## Wednesdays

### The U.S. Constitution: Is It Good for Our Democracy?

**Subject Area:** History/Current Events

**Wednesdays:** 5 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 1/25/23 **End:** Wed 2/22/23

**Location:** Online Zoom Offering 1 **Class Size:** 45

#### Course Description

Our Constitution was written 235 years ago and is the oldest written constitution still in practice in the world. Recently many important questions have been raised:

- Can the federal government legally enforce health and safety measures in response to pandemics when they are opposed by state and local governments, as well as many citizens?
- Does the Constitution adequately protect voting rights?
- Is the Electoral College obsolete, and if so, what would be required to eliminate it?
- Do the Judicial and Executive Branches of the federal government exercise much more power than granted to them in the Constitution?
- The Constitution says nothing about important issues such as abortion, immigration, electronic media, pandemics, etc. We rely instead on what nine unelected justices think the framers meant. Should it be revised to address those issues?
- Are some branches of government, such as the U.S. Senate and the Supreme Court, fundamentally undemocratic?

This course will focus on these issues, as well as the pros/cons of rewriting, abolishing, or keeping the Constitution. Louis Michael Seidman, a law professor at Georgetown University, in his book "On Constitutional Disobedience", argues that modern America should not be bound by a constitution written in 1787, no matter how good it was at that time. A number of other prominent lawyers and scholars have also argued that we should either abolish or greatly amend the Constitution. We will also examine the experience of other pluralistic democracies, some of whom have no written constitutions.

Instructor: Stephen Berardo

Stephen Berardo has been teaching at OLLI at the University of Rhode Island since 2018. He has a master's degree in public administration and is a student of history and political systems. He has a long career as a planning consultant and has also been an adjunct and full-time college faculty

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member teaching courses in business administration and aviation. He has also worked for many years with local, state, and federal government agencies on a variety of land use and infrastructure development issues.

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

**Subject Area:** History/Current Events

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

Join us to read and think about the news as reported in the world's most influential weekly news magazine with wide appeal. The Economist magazine is written for the general public, not specialists. The Economist has an international perspective, examining countries and current developments on a wide range of topics. The magazine has something for everyone - reportage, commentary, analysis, profiles, criticism, statistics and even cartoons. Articles are typically 1-2 pages.

A background in economics is definitely not necessary. Each week, 3 or 4 class members volunteer to take a different article from the current issue and prepare a short summary and commentary for the class the following week. In addition, the entire class will read a major article for group discussion. Access to a print or digital subscription is required - a low-priced deal for both for 12 weeks is usually offered by The Economist. Access to the magazine is usually available through the Libby App of the Pima County Library System. Join us for spirited discussion of interesting topics.

**Instructor:** Charles Wright

Charles is a retired Architect. During his career he was involved in a number of projects for

International Organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

## [Credit Where Credit Is Due](#)

**Subject Area:** History/Current Events

**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 1/25/23 **End:** Wed 2/1/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

An American invention during our lifetimes, credit cards and revolving credit have become pervasive worldwide. We'll take a look at the history of credit card systems and their impact on our lives and economy.

**Instructor:** Buzz Olson

Buzz Olson is a writer, photographer, and editor over a 30-year journalism career at several newspapers, including the Arizona Republic and the Denver Post. He was a contributor to the Pulitzer Prize-winning coverage of the 1999 Columbine high school massacre.

## [Intermediate and Conversational Spanish](#)

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

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 1/25/23 **End:** Wed 4/12/23

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

This class will help us improve our Spanish skills through reading, listening, speaking, and writing in Spanish.

**Instructor:** Josephine Kelleher

Phone: 520.626.9039

Email: [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)

## OLLI-UA Spring 2023 – Online Zoom Classes

Dr. Josephine Kelleher is a retired educator who has been studying Spanish for the past year at OLLI. In addition to teaching at the university level, Dr. Kelleher has been a science and mathematics teacher at the middle school level, a high school assistant principal and principal, and superintendent of schools in three school districts. Dr. Kelleher earned a bachelor's degree in science and mathematics education and a master of arts in teaching in biological sciences from Rhode Island College, and a doctorate in educational leadership from the University of Connecticut.

### Writing for Self-Discovery

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

**Wednesdays:** 6 Sessions 3:00 PM - 5:00 PM

**Start:** Wed 1/25/23 **End:** Wed 3/8/23 - **No Class Feb 22**

**Location:** Online Zoom Offering 1 **Class Size:** 10

#### Course Description

Have you ever thought about some of the important things that have happened in your life? These things can range from early childhood experiences, to adventures you've had on the pathway from childhood to today, to events or decisions that have changed your life-course, to things you have dealt with recently or are dealing with now. The premise of this course is that thinking about life-experiences is just the first step towards really understanding them. The second step, which we will pursue in this course, is to create five essays (maximum length = 900 words) based on these experiences. The goal is to both deepen your understanding of yourself, and to help you write in a way that will be interesting and meaningful to others. We will do some writing exercises in class, but the main activity will be to provide feedback about how each person's essay is written. What typically happens in this class is that as people share their experiences and talk about

their writing, they gain a deep appreciation for each other. Register only if you are committed to attending at least 5 of the 6 classes, to writing weekly essays, and to being open to receiving constructive feedback about your writing. You will also need to be able to email your essays to the other students in the class.

**Instructor:** Bruce Goldstein

Bruce Goldstein received the Chancellor's Distinguished Teaching Award from the University of Pittsburgh for his classroom teaching and textbook writing. He has written two widely used college textbooks, *Sensation and Perception* 11th edition (Cengage, 2021), and *Cognitive Psychology: Connecting Mind, Research and Everyday Experience*, 5th edition (Cengage, 2019). A recent book, *The Mind: Consciousness, Prediction and the Brain* (MIT Press, 2020), is written for a general audience. Courses he teaches for OLLI are *Cognition and Aging*, *The Social and Emotional Mind*, *The Mystery, Science and Art of Shadows*, and *Writing for Self-Discovery*.

### Birding the Spring Migration in Northwest Ohio

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

**Wednesdays:** Single Session 11:00 AM - 12:30 PM

**Start:** Wed 2/1/23 **End:** Wed 2/1/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

This 90-minute presentation will take you to northwest Ohio in May of 2022, for "the Biggest Week in American Birding." Every May thousands of warblers migrate north from the Caribbean and from Central and South America, flying at night and

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navigating by the stars toward Canada. Their flight path takes them over NW Ohio and Lake Erie. Each morning as the sun rises, they look for a place to land for food and rest. The flat farmland of NW Ohio provides little comfort until they spot the restored marshes on Lake Erie, and touch down for the day. Walk along the famous Magee Marsh Boardwalk on the shores of Lake Erie to see Magnolia, Chestnut sided, Blackburnian, Bay-breasted and Prothonotary Warblers, as well as the American Restart, all in breeding plumage. Visit Maumee Bay, Ottawa national Wildlife Refuge, and unique wildland restoration projects including Oak Openings, Pearson Metropark and Metzger Marsh. See a pair of stunning Pileated Woodpeckers at sunset, as well as Downy, Hairy, Red-bellied, and Red-headed Woodpeckers. See Eastern Screech Owls, as well as a Barred Owl fledgling stretching his wings for the first time. Visit the bird banding station at the Cleveland Museum of Natural History Jones Preserve which is on Kelley's Island in Lake Erie. Visit Winous Point Marsh and learn the vital role hunting clubs have played in preserving the marsh environment along Lake Erie and providing habitat for migrating and resident birds. This presentation is 95% photographs of birds with narrative.

Instructor: Henry Johnson

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

## [Gentle Energizing Movement, Deep Relaxation and Meditation](#)

**Subject Area:** Health/Wellness

**Wednesdays:** 7 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 2/8/23 **End:** Wed 3/22/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

## **Course Description**

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation, and meditation. In this Study Group (SG) you will learn foundational practices from the Himalayan Yoga Tradition. Each session of this SG will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed. Please note that the movements taught in this SG are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too strenuous or otherwise challenging, this SG is for you.

Instructor: Randall Krause

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

## [Social Science Fiction: How It Relates to Current Culture](#)

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

**Wednesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/1/23

**Location:** Online Zoom Offering 2 **Class Size:** 10

### Course Description

Each week the group will discuss a short work of science fiction that has been posted the week before. We will discuss the work in traditional terms of literary analysis: plot, character development, theme, etc. We will also focus on how the vision of the author relates to contemporary culture.

**Instructor:** Katherine Conover

Katherine Conover is a retiree who has lived in Tucson for 8 years. She is a former teacher of English, including courses in Science Fiction, American Literature, Media Studies and Minority Literature.

## Outdoor Cats and Wildlife

**Subject Area:** Civic

Engagement/Community/Government

**Wednesdays:** Single Session 1:00 PM - 2:30 PM

**Start:** Wed 2/8/23 **End:** Wed 2/8/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

There is no doubt that the outdoor cat population is a serious concern for wildlife, so what can we do about it? This program will cover the active steps Southern Arizona is taking to reduce the overpopulation of free-roaming outdoor cats, and how the community can get involved in making a difference in the lives of cats and urban wildlife through Trap Neuter Return. The program will address the history of free-roaming cats, common concerns regarding free-roaming cats, how to best help these cats and the community, what to do when you find kittens outside, and solutions for deterring cats from private properties and gardens

**Instructor:** Angeline Fahey

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Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)

Angeline Fahey is the Humane Society of Southern Arizona's Community Cat Program Manager, whose free community program provides Trap Neuter Return assistance and education to people who care for outdoor cats, with the goal of dramatically reducing the outdoor cat population. Previously, Angeline worked for a wildlife hospital rehabbing baby wildlife and developing their education program to improve the public relationship and understanding of urban wildlife in Southern AZ.

## Spring Cleaning: Declutter and Maximize Your Storage

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

**Wednesdays:** Single Session 1:00 PM - 2:30 PM

**Start:** Wed 2/15/23 **End:** Wed 2/15/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Learn tips to maximize your storage space, no matter the size of your home. Get help figuring out what to store where and how much to keep. Solutions for the most common storage challenges for everyday items like paper will be covered. Plus, you will be guided through a tiny, live tidy-up during class!

**Instructor:** Jamie Novak

An expert professional organizer, Novak has been helping busy people declutter for 25+ years. You may have seen her on morning TV or read her newest book, Keep This, Toss That. If you are ready to live simply, Novak can show you how, even if you feel overwhelmed or are attached to sentimental things.

## Carl Jung on Spirit, Soul and Psyche

**Subject Area:** Philosophy/Spirituality/Religion

**Wednesdays:** Single Session 1:00 PM - 2:30 PM

**Start:** Wed 2/22/23 **End:** Wed 2/22/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Among other accomplishments, Jung was a pioneer in exploring the basic structure of the human psyche and what gives its unfolding direction. He approached his psychiatric practice in the style of an archeologist, unraveling layer by layer what gives form to the psyche. Struggling with questions about the religion of his pastor father, he came to the conclusion that organized Christianity hindered the true experience of God. From his patients, he found the majority consisted not of believers but those who had lost their faith. His interest in the operation of spirit or religion in the organization of the psyche isolated him from the psychiatric views of his time. In explaining his understanding of how the psyche works, he chose his words carefully because he knew his views on religion and spirit would not have broad acceptance. Jungians who came after him have elaborated Jung's perspective on the relationship between spirit and psyche. This one-session class will be a presentation of Jung's vision as it has evolved.

**Instructor:** Diane Farone

Diane Farone's career as a licensed clinical social worker and a social work educator led her to focus on depth psychology as understood by Jung and Jungians. She served several years on the Board of the C.G. Jung Society of Nashville. Her knowledge of Jungian thought comes from extensive reading and attendance at many presentations, conferences and

webinars, as well as some personal work with Jungian analysts. Her master's and doctoral degrees in social work are from Columbia University.

## Best Maintenance Strategies for Desert Landscapes

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

**Wednesdays:** Single Session 3:00 PM - 4:30 PM

**Start:** Wed 2/22/23 **End:** Wed 2/22/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

If you're confused about landscape care, or tired of a drab-looking landscape, then this study group is for you. Most landscapes are over-maintained-pruned and irrigated in ways that are wasteful, expensive, and create unhealthy plants. Pruning is one landscape task that, when done right, can save you time and money and keep your plants healthier, more beautiful, and more resilient. When properly irrigated, plants have a stronger root system and appear lusher, while requiring less water.

This presentation will cover the following:

- How NOT to prune
- How to avoid having to prune
- Why prune
- Pruning tools
- Pruning methods
- When to prune
- How long to irrigate
- How often to irrigate

Whether you maintain your landscape yourself or hire someone to assist you, knowing the proper techniques will help you do it correctly or find someone who can. No special gardening knowledge is required, only a willingness to learn.



Instructor: Charlene Westgate

Charlene Westgate has degrees in the humanities with an emphasis on design. Her experience includes 20+ years in design, 40 years in classroom teaching, and 30 years as an avid gardener and nature enthusiast. Charlene regularly does garden-related presentations at area nurseries, clubs, and civic organizations.

## [Astronomy, Mathematics and Physics: How They Interact](#)

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

**Wednesdays:** Single Session 9:00 AM - 10:30

AM **Start:** Wed 3/1/23 **End:** Wed 3/1/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

We will look at examples of how math and physics enable us to solve some problems in astronomy. The formulas and equations needed will be presented, but their meaning will be explained in detail. No prior knowledge of these subjects is needed, but the class is aimed at people who have an interest in science.

Instructor: Carl DeVito

Carl DeVito is an emeritus professor at the University of Arizona. Lately, he has been active in the conceptual aspects of astro-biology and participated in conferences on these matters over the past few years.

## [Salon de Poésie](#)

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

**Wednesdays:** 5 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 3/1/23 **End:** Wed 3/29/23

**Location:** Online Zoom Offering 2 **Class Size:** 10

### Course Description

High intermediate and advanced French speakers with a weakness for poetry are invited to join this group.

Nothing is mandatory, but different options will be available: one can just come and listen, or one may select a couple of favorite French poems and read them to the group. I will talk about my fascination with Prevert.

In the end, I wish many of us will feel inspired to write something in French and possibly share it with the group.

Instructor: Sylvie Robertshaw

A native French speaker, Sylvie Robertshaw, M. Ed, has been teaching all levels of standard French in Green Valley since 2009 with an emphasis on daily conversation, culture, and poetry, and creative writing. She expects students to expand their curiosity about everything French outside of the classroom and to share their French adventures with each other. A former journalist in Paris, Sylvie also lived twenty years in Italy and views speaking a foreign language as an essential pleasure in life.

## [Birds and their Habitats in Southeastern Arizona](#)

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

**Wednesdays:** 6 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 3/8/23 **End:** Wed 4/12/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

What makes Southeastern Arizona such a special place for birds? Why, it's the habitat! Variations of geology, terrain, weather, and altitude create a variety of biomes in our region: Sonoran Desert, Sky

Islands, grasslands, riparian areas, human-influenced habitats (think agricultural and urban areas), and more. As the seasons change, these varied habitats attract a wide variety of resident and migrating bird species. Learn about the different habitats and the birds that choose and use them for food, shelter, and a place to raise their young. We'll discuss where and when to visit some of the birds' favorite places, and how to use habitat clues to help you find birds and identify bird species. Plenty of photos, videos, and maps!

Instructor: Laura Couchman

Laura Couchman is a dedicated amateur birder. She's been identifying birds for 18 years, in Tucson for 8 years, and is an avid user of Merlin Bird ID, eBird, and other Cornell Lab tech tools for birders. She has been an SGL for previous OLLI classes about birds and birding, including woodpeckers, birds of prey, hummingbirds, and birders' tech tools. Laura is a volunteer field trip leader with the Tucson Audubon Society.

## [OLLI-UA's Greatest American Movies of All Time](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 3:00 PM - 5:00 PM

**Start:** Wed 3/8/23 **End:** Wed 4/12/23

**Location:** Online Zoom Offering 2 **Class Size:** 35

### **Course Description**

OLLI-UA's Greatest American Movies of All Time is a celebration of the last 100 years of cinema. Watching and discussing the best films ever made-what's not to love? Using the American Film Institute's 100 YEARS...100 MOVIES list, participants will reassess each film's historical impact and see if they stand the test of time. Even if you have seen these films before, it's always fun to revisit the classics with a fresh perspective.

Instructor: John Biggers

After working on Amazon TV's *Transparent*, which won an Emmy Award for Best New Comedy, John Biggers has taught everyone from emerging readers to high school and college students the art of storytelling and filmmaking. He is also obsessed with terriers.

## [Religion in Ancient Egypt](#)

**Subject Area:** History/Current Events

**Wednesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 3/15/23 **End:** Wed 4/5/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### **Course Description**

Re, Osiris, Hathor"| The names are so familiar, but what did religion mean in Ancient Egypt? Their religion was a complex polytheistic system that included hundreds of gods and goddesses that lasted for over 3,000 years. However, while it included a belief in a higher power and life after death, it was much more than that. Egyptian religion combined beliefs and practices that, in present times, we would consider to be mythology, science, medicine, magic, herbology and more. Religion played a part in every aspect of the lives of the Ancient Egyptians and directly connected to the Pharaoh, who was viewed as the intermediary between the people and the gods. During this four-week class, we will explore religion in Ancient Egypt, including their religious texts, mythology, rituals and temples. We will examine what religion meant to the Ancient Egyptians and how it shaped their lives.

Instructor: Nic Richmond

Nicola Richmond is the Assistant Vice Chancellor of Institutional Research, Planning and Effectiveness at

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

## [Only Hope: My Mother and the Holocaust Brought to Light](#)

**Subject Area:** History/Current Events, Literature/Writing/Language

**Wednesdays:** Single Session 3:00 PM - 5:00 PM  
**Start:** Wed 3/22/23 **End:** Wed 3/22/23

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her life in Nazi-occupied Poland during the Holocaust, including her internment in ghettos and two concentration camps, Auschwitz and Gross-Rosen. Her powerful stories have been published by her son, Irv Lubliner, who also contributed the foreword and afterword to "Only Hope: A Survivor's Stories of the Holocaust." He will share excerpts from the book, shedding light on his mother's experiences and indomitable spirit, as well as his own experience as a child of

Holocaust survivors and his process in bringing the book to fruition. He will pause during and after his presentation to invite questions and discussion.

**Instructor:** Irving Lubliner

Irv Lubliner teaches math, music, and literature classes for the OLLI program at Southern Oregon University, where he also serves on the Council of Directors. An emeritus professor specializing in mathematics education, he taught for 40 years and led seminars for math teachers in 39 states. In 2019, he created Felabra Press and published his mother's writing about her experiences during the Holocaust, the book that will serve as the theme for this presentation.

## Thursdays

### [Advanced Spanish](#)

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

**Thursdays:** 12 Sessions 9:00 AM - 10:30 AM  
**Start:** Thu 1/26/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 1 **Class Size:** 20

### Course Description

This class is for students who are familiar with all the indicative tenses and the present subjunctive. The class is given in Spanish. This will be a challenging class. We will go as fast as the slowest dedicated learner. Our reading materials will be provided by the SGL. These include a short story by the Spanish author Ana MarÃ-a Matute and the continued reading of chapters from the Mexican author Juan Rulfo's novel, "El llano en llamas". This novel is composed of linked chapters each of which can stand alone. We will also be reading essays by well-recognized opinion commentators from Hispanic America.

We will study grammar by analyzing sentences and paragraphs from the readings. It is recommended

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that you have a grammar reference text like "E-Z Spanish Grammar" by Boris Corredor (ISBN 13: 978-0-7641-4249-9). A Spanish/English dictionary and "501 Spanish Verbs" are also recommended resources.

Instructor: Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at OLLI Central Tucson since 2015.

## Chronic Inflammation: Win the War Within

**Subject Area:** Health/Wellness

**Thursdays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 1/26/23 **End:** Thu 2/9/23

**Location:** Online Zoom Offering 2 **Class Size:** 60

### Course Description

According to the World Health Organization, chronic inflammatory diseases are the most significant cause of death in the world, ranking these diseases as the greatest threat to human health.

Inflammation is fundamentally meant to be a helpful body process but sustained can wreak havoc on the body risking the development of diseases and premature aging thus being labeled

"Inflammaging". It progresses silently and if untreated can carry a poor prognosis.

We know our health is not determined by genes alone. You will discover the main causes of chronic inflammation and gain an understanding of interventions necessary for positive health outcomes.

The class will be in 3 sessions. Part 1 will focus on the science and pathophysiology of Chronic Inflammation to include exploration of our very complicated but fascinating immune system. We will also look at how inflammation affects the body, to include symptoms, diagnosis, and treatment. Part 2 will focus on risk factors, associated complications and diseases. We will also look at lifestyle interventions to combat chronic inflammation.

Part 3 will focus on nutrition to reduce the production of inflammatory compounds with an understanding of the worst offenders and the most powerful anti-inflammatory foods.

Instructor: Rinda Moore

Due to topic popularity, Rinda is offering the Fall class again this Spring for all those who waited patiently on the waiting list and welcomes any new members. Rinda is a Geriatric Nurse Practitioner who recently retired from her practice and now provides classes for OLLI related to healthy aging.

## Reading and Discussing The New Yorker

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

**Thursdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 1/26/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 1 **Class Size:** 45

### Course Description

The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an article for next week's group discussion, then four different class members volunteer to provide an introduction into other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the base for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructors: Ron Peterson, Cindy Graff Cohen, John "Nemo" Nemerovski

John Nemo is a member of our tech host and presentation team here in Reading and Discussing the Yorker.

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

Cindy Graff Cohen recently retired from a 40-year career in writing, editing, teaching, and marketing. She moved from El Paso to beautiful Tucson in late 2020 and says she still feels like a kid in a candy shop.

## Europe 1945-1969

**Subject Area:** History/Current Events

**Thursdays:** 10 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 1/26/23 **End:** Thu 3/30/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

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## Course Description

A quick overview of European history from the end of WWII to a major pivot point - 1969.

Instructor: Stephen Stillwell

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

## Online Film Discussion Group

**Subject Area:** Arts/Culture

**Thursdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 1/26/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

## Course Description

We will meet weekly to discuss a selection. I will choose the first film and present it. In each class, the next film will be chosen by the group. After the first class, a class member will be asked to introduce the film. This class has been ongoing for several years and generates lively and controversial discussions as members consider and compare the chosen films. Participants call upon their knowledge and experience to provide insight into all aspects of the films. Prior to the class, we will watch films chosen from Netflix, Kanopy, and Amazon. Some films will include a fee to view. A film may rarely be chosen from other viewing services.

Instructor: Trudy Hill

Trudy Hill has an MS degree in Art Education from UW Madison and has taught art and reading to elementary, junior high, and adult students. She was a co-SGL for Science Fiction and Poetry Classes and SGL for Calligraphy Class. She is an SGL for Film



and Poetry Discussion classes. Her background includes working for Visa International as an architect of computer chips on payment cards and Visa systems that support them. Since she was a young girl, she has loved reading everything, watching films, and making art (still does)!

## Two Novels of New Mexico

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

**Thursdays:** 6 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 1/26/23 **End:** Thu 3/2/23

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

We will read and discuss *Death Comes for the Archbishop* by Willa Cather, set in 19th Century Santa Fe. *Bless Me Ultima* by Rudolfo Anaya, set in a rural New Mexican village and considered a classic in Chicano Literature. No other novel written by a Chicano has had such wide and varied acclaim. The backgrounds of both authors will be explored as well as some of the folk art of the region.

Instructor: Jeri Aldridge

After teaching English, Speech, Debate and History for 32 years in Evergreen, Colorado, Jeri retired and moved to Tucson. She collects folk art (Mata Ortiz Pottery, Wood carvings and Fabric Art) has a B.A. in Speech Communications from the University of Denver and an M.A. in Education from Colorado University. Jeri has traveled widely to Europe, China, Guatemala, England and Scotland and has an interest in politics and micro finance.

## Dream Group

**Subject Area:** Social Sciences

**Thursdays:** 12 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 1/26/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

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

Instructor: Helen Landerman

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

## Mayhem Most British - Part 25

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

**Thursdays:** 8 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 1/26/23 **End:** Thu 4/6/23 - **No Class Feb 9, March 2, March 23**

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

For this semester's British Mayhem, we will read the 7 books by Gyles Brandreth starring Oscar Wilde as the detective. We will read them in publication order.

Instructor: Stephen Stillwell

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

## Chair Yoga

**Subject Area:** Health/Wellness,  
Philosophy/Spirituality/Religion

**Thursdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 2/9/23 **End:** Thu 3/30/23

**Location:** Online Zoom Offering 2 **Class Size:**  
300

### Course Description

Join Helen Boyd in a yoga class formatted to a chair for those unable to join a more standard style on the floor. We will perform the classic poses using the chair to support us both sitting and standing to work on a range of motion and strength while focusing on awareness of ourselves both inside and out. All of these will culminate in building our balance, not just physically but mentally and spiritually as well to lead us to become fully expressed humans. The equipment for this class is a sturdy kitchen chair without arms. I look forward to seeing returning students and welcoming new ones!

Instructor: Helen Boyd

Helen has been teaching Hatha yoga, the form of yoga that includes concentrating, breathing exercises, and postures, for 25 years, and has been certified with Yoga Alliance since its inception. Other styles of yoga she also offers are Yin, Vinyasa, and Restorative. She has taught in classrooms, in gyms, community college, and workshop settings to all age groups.

## Exploring The Counterintuitive Wisdom of the Twelve Steps

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

**Thursdays:** 8 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 2/9/23 **End:** Thu 3/30/23

**Location:** Online Zoom Offering 3 **Class Size:** 45

### Course Description

In his book Breathing Underwater: Spirituality and the Twelve Steps, Richard Rohr argues that we are all addicts trapped by our dualistic, conventional ways of thinking and our shared cultural and institutional codependency. Rohr contends that the only way to free ourselves and our society from these personal and communal addictions is to identify and embrace an alternative consciousness which is contradictory to the mindset of Western society. In Breathing Underwater, he writes that this counterintuitive wisdom of Twelve Step Programs helps us to recognize that:

We suffer to get well.

We surrender to win.

We die to live.

We give it away to keep it.

Utilizing both Rohr's book and the Twelve Steps as springboards for discussion, this class will explore how this intentional awareness can transform us as individuals and help us to create wise and compassionate communities. While reading the book is not required for the discussion, it could be helpful in furthering participants' understandings of these concepts. Both new and used copies are available from most major booksellers. Both those new to the Twelve Step process as well as seasoned veterans of the program are invited to attend. Please bring your insights, wisdom, and Twelve Step experiences and join us to share in this challenging

and compassionate discussion.

Instructor: Mary Ellen Klawiter

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

## [China's Rightful Rise? A Discussion](#)

**Subject Area:** History/Current Events

**Thursdays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 2/16/23 **End:** Thu 3/2/23

**Location:** Online Zoom Offering 2 **Class Size:** 60

### Course Description

Chinese Government officials often complain that the West is trying thwart "China's Rightful Rise". Is a benign interpretation of this phrase possible? What is the endpoint of "China's Rightful Rise"? Is it a zero-sum situation? What is the basis of China's "entitlement"? What Western actions have given rise to accusations of attempted "thwarting"? What is the impetus for those actions? Following China's earlier Belt and Road Initiative, China has recently announced a Global Development Initiative and a Global Security Initiative. We should have a lively discussion.

Instructor: Charles Wright

Charles is a retired Architect. During his career, he was involved in a number of projects for International Organizations in Europe, Africa, Asia,

South America and the Caribbean. Join us for some interesting discussions.

## [This is Sinatra! Celebrating the Man, His Music, and Cultural Impact](#)

**Subject Area:** Arts/Culture

**Thursdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 3/9/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

What made Frank Sinatra the most popular singer and entertainer of the 20th century is a fascinating study of grit and determination that begs to be told. The many difficulties in his personal and professional life over his six-decade career constantly forced him to reinvent himself multiple times and stay relevant. It has been said that if his career ended in the late 1940s when he was known as The Voice, he would be remembered as a first-class singer, but not as a legend. It was only after his career hit rock bottom in 1952, that he climbed back from near obscurity and found his soul to become the cultural icon known as the Chairman of the Board and Ol' Blue Eyes.

If you are a Sinatra fan or want to know the backstories on what made Sinatra Sinatra, this multimedia presentation will highlight his incredible singing on records, movies, television, Las Vegas and in concert halls. We will also focus on lesser-known career facts about how he impacted our culture and managed to stay on top of the entertainment world in the 70s, 80s, 90s and beyond. Click here for a one-minute video intro to the class: <https://youtu.be/LjlvIMmwWAQ>

Instructor: Michael Agron

Phone: 520.626.9039

Email: [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)

Growing up in Los Angeles, the heart of the recording, TV and film industry, this baby boomers' love of music and entertainment started at a very young age. Mike thought about becoming a recording engineer but ended up enjoying a long career in high technology sales for such companies as Apple and Oracle. He also launched a few startups of his own. In 2017 he joined the Renaissance Society of Sacramento State University as a seminar leader. He has delivered over ten extremely popular seminars: This is Sinatra, Celebrating Perfect Vocal Harmony Groups, Celebrating the Composers and Singers of the Great American Songbook, The Intersection Between Entertainment, Politics, Patriotism and Social Justice, Celebrating Late Night Talk Shows and his most recent seminar, Celebrating the Great Vocal Jazz, and Pop Albums - Part I & II. He is also a frequent guest speaker for other local organizations and is excited to be working with this OLLI campus. He lives with his wife Peggy in a Sacramento suburb called Carmichael. When he is not conducting his classes, he spends time riding his bike on the American River Bike Trail or taking long walks with his wife Peggy. One of his favorite activities is FaceTime calls with his family in England and New York.

## [Dying Young as Late in Life as Possible: Rewriting the Script](#)

**Subject Area:** Health/Wellness

**Thursdays:** Single Session 9:00 AM - 10:30 AM

**Start:** Thu 4/13/23 **End:** Thu 4/13/23

**Location:** Online Zoom Offering 2 **Class Size:** 50

### Course Description

Most of us believe the script for aging that was handed down from family, clergy, teachers, doctors and/or society. We can shift our perspective on

aging by reframing what it means to grow old. It may simply require detaching from family patterns, committing to mindfulness practice, and by simplifying our lives.

All humans carry the key to healing within the incomparable power of the mind. We will look at means to better support our health and well-being by simply changing habits thus rewriting our script. This will include the importance of engaging the brain's plasticity, good relationships, joy through simplicity and humor, pursuing a passion, physical movement to prevent physical and mental stagnation, and nutritionally nurturing our bodies.

**Instructor:** Rinda Moore

Rinda is a Geriatric Nurse Practitioner recently retired from her practice and now provides classes for OLLI related to healthy aging.

## Fridays

### [Intellectual History of the West](#) [Part 2 – Middle Ages](#)

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

**Fridays:** 12 Sessions 9:00 AM - 10:30 PM

**Start:** Fri 1/27/23 **End:** Fri 4/14/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This is the second in a 4-part course, intellectual and cultural history of the west. The first dealt with the Greeks and the two parts after this with early modern and modern intellectual history. This part covers the 1000-year stretch from the end of the Roman Empire to the Reformation and includes the Middle Ages, the Renaissance, and the religious wars. We will discuss how the philosophy inherited

from the Greeks and the Arab influence were synthesized with Christianity in the high Middle Ages and how this “synthesis” crashed leading to the early modern period.

Instructor: Robert MacArthur

Robert Macarthur worked for 32 years at UA in the College of Agriculture as an IT guy. He has a Ph.D. in Cultural and Intellectual History from UA.

## Capitalism in China: The Rise of a Global Giant

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

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 1/20/23 **End:** Fri 2/24/23

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Many Americans are only dimly aware that 'communist' China is now an overwhelmingly capitalist country and emerging as a formidable rival to the US. How is China doing it? How did their economy become so large and successful in such a short time? How do the US and Chinese models of capitalism compare? What are the key strengths and weaknesses of each? Which country will be stronger over the long run? Which will be more stable? Which will be more influential in the world? Our aim is to explore the critical factors that will determine the long-term future of each country.

Instructor: Mark Yourek

Mark Yourek is a business professional who has spent his career working with dozens of the largest corporations in the world, both in the US and abroad, in the fields of consulting, strategy, and project management. His primary research interests include economics, government, and history. He

holds a BA degree in International Relations from USC, and an MBA from UCLA.

## News and Views with Sherry and Doug

**Subject Area:** Civic Engagement/Community/Government, History/Current Events

**Fridays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Fri 1/27/23 **End:** Fri 4/14/23

**Location:** Online Zoom Offering 1 **Class Size:** 70

### Course Description

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

News and Views Guidelines:

- 1 - We begin the class by soliciting topics from the students for possible discussion. Sometimes topics can be combined.
- 2 - A list of all of the topics is created in order of suggestion.
- 3 - A vote is taken for each suggested topic. Students can vote for as many topics as they wish to discuss.
- 4 - The voting results will be immediately shown.
- 5 - Topics are discussed by vote total (most to least) and in the event of a tie, either in order of suggestion or by SGL or group decision.
- 6 - The person who suggested a topic will be given 1-2 minutes to present their topic, either in advance of the vote if the topic is not clear, or when the topic is up for discussion.
- 7 - Important: We ask that everyone please keep your comments succinct - less than three minutes. Don't ramble and please refrain from repeating yourself or others. We want everyone to be able to speak.

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8 - Everyone will get a chance to speak before someone is called on again for a given topic.

Instructors: Sherry Goncharsky, Doug Syme

Sherry Goncharsky worked at IBM as a programmer and systems engineer after studying computer science at the University of Illinois. As a retirement job, she spent time "teaching computers to behave for their owners." Soon after joining OLLI, the pandemic hit, and she became an active part of the tech hosting community and is also part of the AV Committee. Her hobbies include reading and crocheting.

Doug Syme was born and raised in Dublin. He graduated 1972 in Mechanical Engineering from Trinity College, Dublin University. He was recruited in 1983 to establish manufacturing of a Weighing and Batching System in New Jersey after the system was bought from the company for which he was working in Ireland. He is a Naturalized Citizen of the United States. Doug lived and worked in NJ for 8 years and lived in PA for 25 years. He worked in small firm providing Equipment and Services to Commercial Swimming Pools. Doug retired in 2016 and moved to Green Valley. He has served on the board of Esperanza Estates HOA. He is a World Rugby Licensed Educator and teaches Rugby Refereeing. He volunteers with Sahuarita Food Bank. He also enjoys Choral Singing and participates in a number of Choirs in the area. He is an active student and Tech Host with OLLI.

## [Electric Vehicle Discussion Forum](#)

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

**Fridays:** 10 Sessions 1:00 PM - 2:30 PM **Start:** Fri 1/27/23 **End:** Fri 3/31/23

**Location:** Online Zoom Offering 1 **Class Size:** 30

### **Course Description**

The discussion forum will be a place that potential EV owners can come to find out about things they would like to know/need to know about owning and operating an EV here in Tucson/desert Southwest. This is done by talking with those who own or have researched and tested EVs. There are 7 class sessions. Each class will focus on a specific topic. The topics are: EV Terminology, Charging -At Home/On The Road, Driving Range Estimation or How Far Can I Go On A Charge?, Long Distance Trip Planning, What It's Like Driving an EV, Buying An EV, and a final open discussion session

Instructor: Damond Osterhus

Damond is retired US Air Force Officer. He has an undergraduate degree in Mechanical Engineering and a Masters in Acquisition Logistics Management. Three years ago, he started his research, analysis, and test driving of Electric Vehicles (EV). He published 5 articles in his local car association magazine relating to Can I Get There From Here. He has personally test driven 3 EVs: a Porsche Taycan 4S, a Tesla Model 3, and a Ford Mustang Mach-E.

## [Writing a 'Legacy Letter'](#)

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

**Fridays:** Single Session 1:00 PM - 2:30 PM

**Start:** Fri 1/27/23 **End:** Fri 1/27/23

**Location:** Online Zoom Offering 2 **Class Size:** 30

### **Course Description**

A legacy letter (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This one-

## OLLI-UA Spring 2023 – Online Zoom Classes

session online workshop includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement, and a model structure to help you draft and complete your own legacy letter.

**Instructor:** Jay Sherwin

Jay Sherwin created the Life Reflections Project to educate people about legacy letters, ethical wills, and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant, and served as a hospital chaplain. He has extensive experience teaching and facilitating online learning programs, including recent presentations of this workshop for more than a dozen other Osher Lifelong Learning programs nationwide. More information is at [www.jaysherwin.com](http://www.jaysherwin.com).

### [Astronomy/Geosciences](#)

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

**Fridays:** 5 Sessions 3:00 PM - 4:30 PM   **Start:** Fri 1/27/23 **End:** Fri 2/24/23

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

Our exploration of the Earth, Solar System, and Universe continues. This semester our emphasis will be planetary science in the Solar System, as well as stellar evolution and odd stars of the Universe. Each class we will have 'Constellation Concentration' with an in-depth look at one of the 88 constellations, and the cosmic treasures found in that 'area' of the sky. As always we will discuss on-going discoveries in Astronomy, Planetary Sciences, and Earth Sciences. Information will be conveyed using short videos, awesome photos, understandable/fun graphics, and class discussions. We will have several guest speakers from the University of Arizona's

Astronomy, Planetary Sciences, and Geosciences Departments. Science Fiction Theatre continues, with short clips highlighting a century of Sci Fi movies and TV shows.

Please join us for this continuing journey of discovery and adventure. Being in an earlier Astronomy/Geosciences class that I have hosted is neither a prerequisite nor necessary to understand and enjoy this class.

**Instructor:** Guy Jette

Guy retired from the U.S. Air Force after 37 years working in Research and Development in both the aeronautical and space fields. He holds MBA and MS degrees and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He has worked in astronomy outreach for the past ten years as a docent at Kitt Peak National Observatory. He has also been a frequent guest speaker at the University of Hawaii Institute for Astronomy on Maui.

### [US Healthcare System: Threats and Solutions](#)

**Subject Area:** Health/Wellness

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM   **Start:** Fri 2/10/23 **End:** Fri 2/17/23

**Location:** Online Zoom Offering 2 **Class Size:** 55

#### Course Description

We will present the structure and costs of health care systems in developed countries around the world and in the US and how that structure affects health care outcomes. We will include an in depth discussion of our current private insurance and Medicare systems and current efforts to modify that system. We will look at the impact of lobbying from the pharmaceutical and insurance companies on our legislative decisions. Our session will close with a discussion on options to improve quality of care

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and access to care at a reasonable cost.

Instructors: Eve Shapiro, Marlene Bluestein

Dr. Eve Shapiro is a Tucson pediatrician and health care advocate. She worked on a ballot initiative to extend health care to thousands of Arizonans and is currently on the board of Physicians for a National Health Program.

Dr. Marlene Bluestein is a retired geriatrician and former medical director of an ALTCS plan in Arizona. She is a member of PNHP and leads efforts to educate Arizonans on current issues through The Arizona Ground Game.

## [Eight Essential Practices for Deepening Inner \(Spiritual\) Awareness](#)

**Subject Area:** Philosophy/Spirituality/Religion

**Fridays:** 8 Sessions 9:00 AM - 10:30 AM **Start:** Fri 2/17/23 **End:** Fri 4/14/23 - **No Class March 31**

**Location:** Online Zoom Offering 1 **Class Size:** 50

### Course Description

Most of us are keenly aware of the world around us. But all too often, we are exclusively aware of the outer world and have no idea there is an inner world-where our soul may be found-and so we are missing half of life. Discovering and integrating our inner awareness into our lives is one of the key tasks of those of us who want be Sages, rather than just aging.

In this workshop, you will be introduced to eight simple practices accessible to anyone that will open a portal for you to become aware of the inner world. Although these practices are derived from the world's great contemplative traditions, you don't have to be a monk or live in a monastery or cave to derive benefit from them.

In this eight-session study group, each week we will focus on a different practice. The eight practices are as follows:

- 1 - Letting go of hurry
- 2 - Attending to one thing at a time
- 3 - Deep diaphragmatic breathing
- 4 - Deep relaxation
- 5 - Developing moment-by-moment witness awareness
- 6 - Contemplative practice
- 7 - Spiritual Reading
- 8 - Spiritual Fellowship

This will not be primarily a lecture but an opportunity to dialogue, experience and learn. One does not need any previous spiritual training or practice to benefit from the study group.

Instructors: Randall Krause, Sandra Uytterhoeven

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

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.

## Social Security Benefits: What You Need To Know

**Subject Area:** Civic

Engagement/Community/Government,  
DIY/Self-Help, Health/Wellness

**Fridays:** Single Session 3:00 PM - 4:30 PM

**Start:** Fri 3/3/23 **End:** Fri 3/3/23

**Location:** Online Zoom Offering 1 **Class Size:**  
300

### Course Description

This live session discusses what you need to know about your Social Security Retirement and other related benefits, answers the common questions people have, and includes a question-and-answer session as well.

**Instructor:** Jack Burns

Jack Burns is a Public Affairs Specialist in Arizona for the Social Security Administration. He has worked with The Social Security Administration for over 20 years. Prior to working as a Public Affairs Specialist, he worked training and supervising benefit services staff in Social Security offices in Phoenix and Mesa, AZ. Jack has a B.A. from The University of Connecticut and a M.Ed. from ASU.

## Saying Yes to Life After Retirement - Making a Difference

**Subject Area:** Civic

Engagement/Community/Government,  
Health/Wellness,  
Philosophy/Spirituality/Religion

**Fridays:** 3 Sessions 1:00 PM - 2:30 PM **Start:**

Fri 3/17/23 **End:** Fri 3/31/23

**Location:** Online Zoom Offering 2 **Class Size:**  
300

### Course Description

Did you wonder what you should do after retirement? I knew I wanted to make a difference of some kind. But I never would have guessed that I would end up being a mediator and volunteering at refugee camps and asylum seekers' shelters. I have a story to tell, and I'm sure you do too. What happened on your "yes" journey? What did you learn? How are you different now? Let's share our stories.

**Instructor:** Linda Myers

Linda Myers retired from a career in IT and then became a certified mediator in Washington State. By chance, she volunteered at a refugee camp in Greece in 2015 and returned four more times over the next two years. As a snowbird, she now volunteers at The Inn of Southern Arizona and is currently vice president of the Inn's board of directors. She has learned that saying yes to doing something different after retirement has changed her life in ways she never expected.

## Artifacts of the Southwest's Mogollon Archaeological Culture

**Subject Area:** Arizona History/Culture

**Fridays:** 3 Sessions 3:00 PM - 4:30 PM **Start:**  
Fri 3/17/23 **End:** Fri 3/31/23

**Location:** Online Zoom Offering 1 **Class Size:**  
300

### Course Description

The Mogollon Native American culture flourished in southeastern Arizona, southwestern New Mexico, western Texas, and northern areas of Chihuahua and Sonora, Mexico, from about the third through

fifteenth centuries. Mogollon artifacts provide archaeologists with clues for interpreting how the people of this culture adapted to varied southwestern environments for centuries. In this presentation archaeologist Allen Dart illustrates the material culture of the Mogollon and discusses what it can tell us about this culture's relationships to the natural world, their time reckoning, religious practices, beliefs, and deities. The presentation includes abundant illustrations of Mogollon pottery and other kinds of artifacts.

Instructor: Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. He is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in 1993 to provide educational and scientific programs in archaeology, history, and cultures. Al has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor's Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.



# Online Classes: Shared Osher

## Wednesdays

### [Art Nouveau, Arts and Crafts, Symbolism, and Related Movements](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 5 Sessions 2:00 PM - 3:30 PM

**Start:** Wed 2/8/23 **End:** Wed 3/8/23

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

#### Course Description

##### Shared From OLLI at Chico State CA

Featured artists include Toulouse Lautrec, Gustav Klimt, Alphonse Mucha, Camille Claudel, Paula Modersohn Becker, Antoni Gaudi, and others. We'll look at inspiration from poetry, music, and psychological theories. Classes will have lectures, discussions, activities, and videos.

**Instructor:** Dolores Mitchell

Dolores Mitchell received a BA in studio art and PhD in art history from UCLA in 1970 and taught "Renaissance to 20th Century Art History" at Chico State for 30 years. She co-founded Chico's Avenue 9 Gallery, where she exhibited her art until the gallery closed in 2015. Dolores now focuses her energies on painting.

### [Arts of Zen Buddhism](#)

**Subject Area:** Arts/Culture, History/Current Events, Philosophy/Spirituality/Religion, Social Sciences

**Wednesdays:** 1 Single Session 4:00 PM - 5:30 PM

**Start:** Wed 2/8/23 **End:** Wed 4/19/23

**Note:** Daylight Savings Time begins on Sunday, March 12. After that date, this class will begin at 3:00 PM

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

#### Course Description

##### Shared From OLLI at Chico State CA

This class examines the precepts of Buddhism in general and of the Chan/Zen branch of Buddhism specifically. We will explore major examples of art and architecture related to Zen. A primary goal of the class is to examine the historical context for the development of the Zen arts; therefore, an examination of the social, religious, political, and cultural influences on the production of art and architecture will be important. In addition, we will consider the fundamental teachings of Buddhism and meditation as a means for developing thoughtful and humane interactions in contemporary life.

**Instructor:** Katherine Harper (she/her)

Katherine Harper has a PhD in the art history of India from UCLA. She retired from Loyola Marymount University in Los Angeles after 37 years. She has lived and traveled extensively throughout Asia.

# Saturdays

## [Let's Get Cooking!](#)

**Subject Area:** Crafts/Cooking

**Saturdays:** 4 Sessions 12:00 PM – 2:00 PM

**Start:** Sat 2/11/23 **End:** Sat 3/25/23

Note: Class meets every other week

**Daylight Savings Time begins on Sunday, March**

**12. After that date, this class will begin at 11:00 AM**

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

### Course Description

**Shared From OLLI at Chico State CA**

Learn to make new recipes and cook along with Andy and Lisa in this four-part cooking series. We will share our cooking knowledge and favorite recipes.

Instructors: Lisa Friefeld (she/her) and Andy Friefeld (he/him)

Lisa received her bachelor's degree in sociology and elementary certification at University of Colorado at Boulder. She then owned and operated three large preschools in Tucson, Arizona. It was there that she met her husband, Andy, who was studying at University of Arizona. They both enjoy busy lives, working hard, mountain biking, hiking, camping, wine tasting, and going to fantastic restaurants. When they first began dating, they decided to try cooking challenging and interesting recipes together. Andy and Lisa have been together 25 years now and are still cooking!

Andy earned his master's degree in electrical engineering (EE) at Chico State in 1993. He later moved to Tucson, Arizona, where he earned his PhD from University of Arizona in EE with a minor in applied mathematics. While studying in Tucson, he

met his wife, Lisa. They both enjoy busy lives, working hard, mountain biking, hiking, camping, wine tasting, and going to fantastic restaurants. When they first began dating, they decided to try cooking challenging and interesting recipes together. Andy and Lisa have been together 25 years now and are still cooking!

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# Online Speaker Series and Special Events



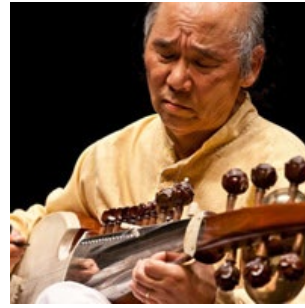
## [OLLI-UA Speaker Series: An Introduction to Classical Indian Music](#)

**Tuesday, January 17, 1:00 PM AZ/Mountain Time  
Live Online Zoom Webinar**

### Description

Classical music of India is a deeply rich, intricately faceted, and emotionally passionate tradition. The music has its roots in the ancient Vedic scriptures and yet, has enjoyed an almost undisturbed evolution into our modern world. In this session, we will share the two main elements within the music, Raga (melody) and Tala (rhythm) as well as give demonstrations of both the sarode (25 stringed lute) and the tabla (hand drums). We welcome everyone's questions and look forward to our time together. This event precedes a live concert at OLLI-UA on Feb 25th by these two premier musicians. Watch for more details.

Presenters: Steve Oda & Ty Burhoe



Steve Oda began his musical education at the age of seven, learning to play slide guitar and then jazz guitar. His love of creativity through musical expression led him to the classical music of North India and the sarode.

In 1973 he became a disciple of Maestro Ali Akbar Khan, one of India's treasures. Since then Steve has dedicated himself to fully learning this complex art form and to carry on the teachings of his illustrious guru. In 1996, he received a prestigious Canada Council Artist's Grant to pursue intensive studies at an advanced level with Ali Akbar Khan. [www.SteveOda.com](http://www.SteveOda.com)



Ty Burhoe has been a disciple of the legendary Ustad Zakir Hussain since 1990. From that time forward, Ty dedicated his life to music as a career and as a spiritual path. He is internationally recognized for

being instrumental in creating unique collaborations that weave tabla with other world traditions. He has become well known not only for his talents as a tabla player/composer, but also for his extensive experience as a recording engineer and live concert producer. Ty has performed in prestigious halls all around the world including Carnegie Hall, Sydney Opera House, and Royal Festival Hall in London, and many many more.

[www.TyBurhoe.com](http://www.TyBurhoe.com)

## [Classical Music of India Concert with Steve Oda and Ty Burhoe](#)

**Date:** Saturday, February 25

**Time:** 2:30 PM (doors open at 2 PM)

**Place:** Central Tucson Campus

**Tickets:** \$20 each for OLLI-UA members and their guests / \$25 for the public - **Member discount is applied once logged in to purchase.**

### Description

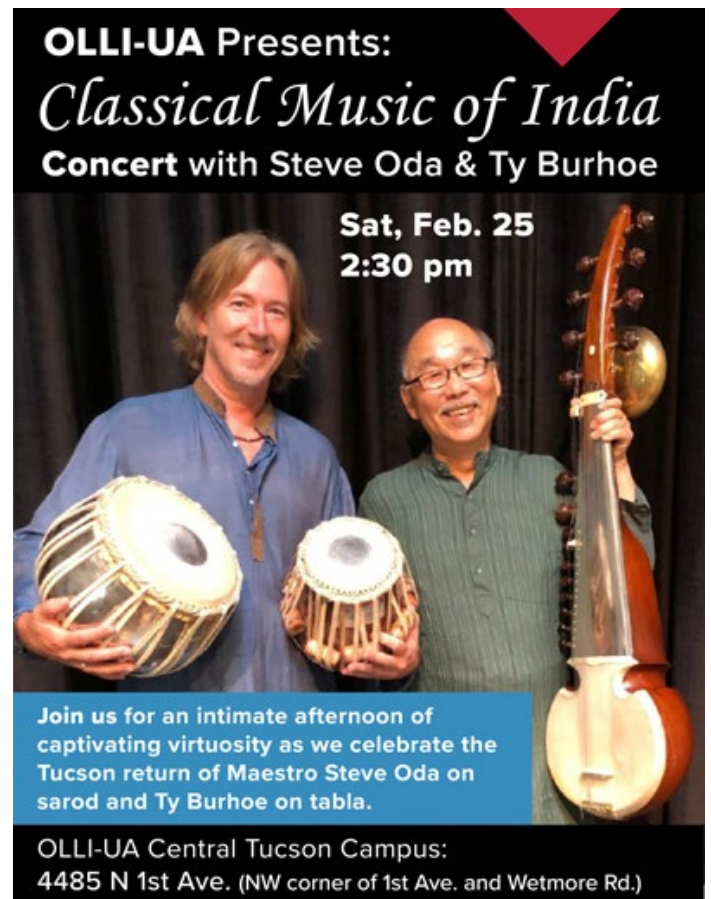
**Purchase tickets soon: This is an anticipated sell-out performance with limited seating.** Tickets are open to all members first through Dec 31 and then to the general public.

Steve Oda plays the sarod, a 25-stringed fretless lute, and Ty Burhoe plays the tabla, the melodic pair of drums of North India. Both are internationally renowned performers of classical Indian music in the traditions of their teachers: the sarod virtuoso Ali Akbar Khan and tabla maestro Zakir Hussain.

Advance Purchase only. Seating is open and limited to 65 attendees. Please advise us of any wheelchair accommodation needs. Please note tickets are non-refundable.

### Looking for More on India:

Watch for details on an OLLI-UA Dines Out Indian food event to complement this show and don't miss David Shawver's Class [Understanding India](#) at Central Tucson.





# Special Interest Groups (SIGs)

## What are Special Interest Groups?

Special Interest Groups (SIGs) are ongoing groups that meet and socialize regularly around a topic. It's easy to join, and you can do so at any time. You register just like you do for a class. There is a menu for special interest groups on the [Browse Classes](#) menu of the website, or you can register on the links below. Want to start a special interest group at OLLI? It can be online or in-person. Let us know your ideas: email us at [ollimail@arizona.edu](mailto:ollimail@arizona.edu)



## [Community Service](#)

**Location:** Varies  
**Volunteer in the Community**

**Group Lead:** Connie Lowy

### SIG Description

Requires OLLI-UA Membership. This is an ongoing, self-managed offering; join at any time.

OLLI Programs have a long tradition of giving back to the communities they serve. Join this group if you are interested in being part of a team dedicated to various community service initiatives. It is a great way to meet fellow members and give back to the community we live in. If you're interested in volunteering, join this SIG today! New volunteer opportunities will be added as they become available.

**The Tucson Festival of Books: Saturday and Sunday  
March 4-5**

At the University of Arizona Campus. One of the largest book festivals in the country! They have many volunteer positions and training will be available a couple weeks before the festival. A typical assignment could be 3 hours either day as a line monitor scanning tickets, or helping people be seated in the larger venues. It's fun! Volunteer registration opens in January, and we will provide the link for more information.

**The Tucson Community Food Bank: Saturday, March 18**

Be part of a group that works an assembly line at 3003 South Country Club Road in Tucson, filling boxes and bags with non-perishable food items for emergency distribution. Shift is 9-11:30am or 12pm, depending on when we finish!



## [Science News](#)

**Mondays:** 11:00 AM – 12:30 PM  
**Location:** Central Tucson Campus  
**Mondays starting January 23.**

**Group Leads:** Glenn Bacon, Chuck Buchanan, Gerald Fleischner, Juan Gallardo, Marilyn Halonen, and David Shawver.

### SIG Description

Requires Annual "All-OLLI Central Tucson Campus" Membership. This is an ongoing offering, and you can join at any time.

Phone: 520.626.9039

Email: [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)



## OLLI-UA Spring 2023 – Special Interest Groups

The Science News SIG provides a platform for OLLI members to share, hear and discuss information about what is new and exciting about science.

This group is being offered by a few members who had careers in fast-growing fields, including areas from physical, biological, information, medical and social sciences.

OLLI-UA members with backgrounds or strong interests in these (or other related) fields are encouraged to join and participate.

It is requested, but not required, that within the first 2 sessions, members submit a topic that has roused their interest. The Science News coordinating committee will respond to your submission with a suggested date for you to confirm.

It is suggested that you prepare a 5-10 minute presentation on your chosen topic with a visual or two that best illustrates your main point(s) and include at least one reference that would give other members a means to further follow up on the topic of particular interest to them.

A time for discussion of each topic will be allotted. We will repeat this process periodically for subsequent sessions.



### Photography

**Mondays:** 11:00 AM – 12:30 PM

**Location:** Central Tucson Campus

**Every other Monday starting January 30.**

**Group Lead:** Jae Strohn

### **SIG Description**

Requires Annual "All-OLLI Central Tucson Campus" Membership. This is an ongoing offering, and you can join at any time. This OLLI-UA Photography Group will meet every other Monday, alternating classroom sessions with photo walks.

Whether you shoot with a phone, a digital/mirrorless camera, a newly popular "old" film camera, or are curious to learn about photography, this SIG is for you.

Once a month we'll meet in the classroom to discuss our photos, practical techniques such as composition, rules to make or break, and how to edit and share your photos online and in print.

Once a month we will meet for a group photo walk. We'll begin with walks near the Campus and then select from scenes around Tucson.

Photography Special Interest Group session dates:

Jan. 30 - classroom

Feb. 13 - photography

Feb. 27 - classroom

Mar. 13 - photography

Mar. 27 - classroom

Apr. 10 - photography

Apr. 24 – classroom

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Website: [www.lli.arizona.edu](http://www.lli.arizona.edu)



## Let's Talk!

**Mondays:** 3:00 PM – 4:00 PM

**Location:** Online Zoom Offering

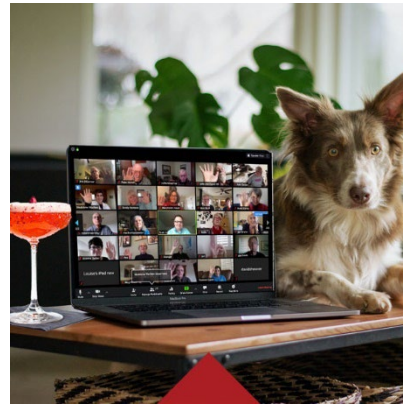
**Every Monday from January 9 to June 26.**

**Hosts:** Frankie Harris, Susan Williams

### **SIG Description**

Welcome to Let's Talk, inspired by a fellow OLLI member! In another class she asked, "Why do we have to have a topic to discuss? Why can't we just get together and talk?"

This group will do JUST THAT! Please join Susan & Frankie for an hour of talking and/or listening. We hope to see you!



## Virtual Happy Hour

**Every Friday:** 5:00 PM – 7:00 PM

**Location:** Online Zoom Offering

**Hosts:** Trudy Hill, Sherry Goncharsky

### **SIG Description**

Join your OLLI friends online for lively conversation!



## Fun with Games!

**Sundays:** 3:00 PM – 4:00 PM

**Location:** Online Zoom Offering

**Every Sunday from January 8 to June 25.**

**Hosts:** Frankie Harris, Susan Williams

### **SIG Description**

Spend an hour in the virtual lounge playing popular board games that have been adapted to online. Two games will be played each session: one with teams competing and one with individual scoring. Just show up: we provide the online games! This is a friendly competition with lots of fun and laughter to be shared!

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# Community Partner Offerings

From our friends at the Fox Tucson Theatre. –

Upcoming National Geographic LIVE program featuring convenient 3 PM Sunday afternoon times. Look for the package price for all three programs.

<https://foxtucson.com/event/nat-geo-maureen/>

**NATIONAL GEOGRAPHIC LIVE**

**FOX TUCSON THEATRE**

**Improbable Ascent with Maureen Beck**  
Jan 29, 2023

Subscription pricing is available, select all 3 shows and package the perks!

**Wild Hope with Ami Vitale**  
Feb 26, 2023

**Adaptation with Alizé Carrère**  
Mar 26, 2023

Tickets & info at [foxtucson.com](https://foxtucson.com)  
17 W. Congress Street  
520-547-3040

**HOLUALOA COMPANIES** **COX** **Sabbagh Tax & Accounting**

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