



Southeast Tucson Fall 2019 Catalog

Mondays

Outlaws and Lawmen

Subject Area: Arizona History/Culture

Mondays: 3 Sessions 10:00 AM - 11:00 AM **Start:** Mon 9/23/19 **End:** Mon 10/7/19

Location: Vail Chamber Building

Course Description

A refuge for outlaws at the close of the 1800s, the Arizona Territory was a wild, lawless land of greedy feuds, brutal killings, and figures of enduring legend. These gunfighters included heroes as well as killers, and some were considered both. The class will bring to life a real picture of the American West along with the rough-and-tumble characters from the Grand Canyon State's most terrific tales of outlaws and justice. Famous lawmen Jim Roberts, Buckey O'Neill, Perry Owens, and Texas John Slaughter and famous outlaws including Pearl Hart, Climax Jim Lady Godiva, and others will be covered.

Instructor(s): Jerry Howell

Jerry Howell 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.

America Changes Again (1960-1990)

Subject Area: History/Current Events

Mondays: 5 Sessions 11:00 AM - 1:00 PM **Start:** Mon 10/21/19 **End:** Mon 11/18/19

Location: Vail Chamber Building

Course Description

The class will include discussion of Kennedy and the Cold War, Bay of Pigs, Berlin Crisis, Cuban Missile Crisis, Vietnam quagmire, the struggle for Civil Rights, LBJ and the Great Society, the country turns to Nixon in 1968, cultural upheaval in the 1960s (Sex, Drugs, and Rock and Roll), Nixon and Vietnam, Nixon meets with China and the Soviet Union, Watergate Scandal, feminism, desegregation, affirmative action, Jimmy Carter takes over in 1976, energy crisis and inflation, the Iranian Hostage humiliation, the reassurance of conservatism 1980-1982, New Right and Reagan, Mikhail Gorbachev, Ronald Reagan and the thawing of the Cold War, Iran Contra Scandal, the religious right, and the election of George HW Bush in 1988.

Instructor(s): Jerry Howell

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The Gift of the Spiderwoman

Subject Area: Arts/Culture

Mondays: Single Session 1:30 PM - 3:00 PM **Start:** Mon 10/21/19

Location: Medicine Man Gallery - 6872 E. Sunrise Dr. #130 Tucson, AZ 85750

Course Description

The Medicine Man Gallery & Museum has one of the largest private collections of Southwest Native American artifacts in existence. Attendees will get to experience hands-on observations of early pottery, tools, textiles, weapons, and jewelry. We have arranged to have a private docent, Jerry Frend, to tour with us. Jerry is a subject matter expert on Southeast Native history and cultures.

Instructor(s): Suzanne Stewart

Suzanne Stewart is retired from a lengthy career in high tech sales in California and makes her home in Tucson. She is an active member of the OLLI-UA Southeast Tucson Curriculum Committee where her passion for the arts has generated many popular classes and museum tours.

Wine Appreciation of Arizona Produced Premium Wines

Subject Area: Arizona History/Culture

Mondays: 4 Sessions 3:00 PM - 4:30 PM **Start:** Mon 10/14/19 **End:** Mon 11/4/19

Location: Vail Chamber Building

Course Description

Our unofficial title is: "Wine Appreciation - Yes, Arizona Does Produce Premium Wines!" Why make a trip to the wine regions of California when today our Arizona wineries are producing their own premium wines. The mission of this Study Group is to familiarize Southern Arizonans with the growing list of Arizona wineries and the production of premium wines produced in Arizona. We will introduce our students to selected vineyard owners, learn about pioneering the wine industry in Arizona, and possibly taste a sample of premium Arizona Wines. Our course ending field trip includes a tour fee.

Instructor(s): Kevin McDermott

While attending Cal Poly University, Kevin took several elective courses related to the California wine industry. Upon graduating, his career took him Northern California and he moved to the Napa Valley area where his interest wine grew. He and his wife, Tessa, have completed wine trail tours in over 20 states and have toured

wine regions in France, Italy, Portugal, Spain and Canada. Kevin has been actively involved in OLLI since 2014. He and Tessa retired in 2013 and live in Vail.

Tuesdays

[Civics 101: A Review of the American Bill of Rights](#)

Subject Area: History/Current Events

Tuesdays: 5 Sessions 10:00 AM - 11:30 AM **Start:** Tue 9/24/19 **End:** Tue 10/22/19

Location: Christ Lutheran Vail Church

Course Description

Recent surveys revealed most Americans lack a basic knowledge of what personal rights are protected in the American Bill of Rights. A hint; it does not include "Life, Liberty or the Pursuit of Happiness."

This course will include a non-lawyer's exploration of the six most often cited of the 10 Amendments. It will rely on significant US Supreme Court decisions and on recent news media controversial proclamations and headlines. Where appropriate we will discuss the application of the Bill of Rights by law enforcement. For example, when do the police really need a search warrant? Are police required to advise an arrestee of their Miranda Rights to remain silent?

This course should include a healthy discussion by participants.

Instructor(s): 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 Chairperson and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA.

He has developed and delivered courses for the US State Department, Diplomatic Security Office, and Anti-Terrorism Assistance Program. He taught these classes for law enforcement agencies in numerous foreign countries. Additionally, he developed and taught courses for the FBI National Academy, FLETC, Drugs/Violence Task Forces, the National White-Collar Crime Center plus numerous other government or business agencies.

He holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

[The U.S. Border Patrol: Trapped Between Myth and Reality](#)

Subject Area: History/Current Events

Tuesdays: 4 Sessions 11:00 AM - 12:30 PM **Start:** Tue 10/29/19 **End:** Tue 11/19/19

Location: Christ Lutheran Vail Church

Course Description

The group leader will discuss the disconnect between his experiences patrolling the U.S./Mexico border and the current Border Threat Narrative which paints our borderlands as a violent and dangerous place for citizens, migrants, and law enforcement.

Instructor(s): Christopher Montoya

Born and raised in New Mexico, Christopher is a retired Border Patrol agent who holds a MA in Latin American Studies from the University of Arizona.

[Your Death Checklist: Your Final Gift](#)

Subject Area: DIY/Self-Help

Tuesdays: Single Session 1:00 PM - 2:30 PM **Start:** Tue 10/8/19

Location: Christ Lutheran Vail Church

Course Description

Since we are all going to die, it only makes sense to make plans and to let others know about those plans. The few weeks or months before death can involve dozens of decisions and this discussion will help you make them and communicate them to others.

We'll cover the important documents that will make your death so much easier on your family, how to decide who to name and just what you can control and what you can't.

While Ruth is not an attorney, she has been involved with end of life issues for nearly 20 years and has spoken to hundreds of people about what has worked, and not worked, when someone close dies. She knows that pre-planning is so important and can be the difference between being blessed or being cursed by those you leave behind.

Instructor(s): Ruth Bennett

Ruth Bennett has been accused of putting the FUN back in Funerals! Her informative and entertaining talks about death/dying, cremation, burial and whole-body donation have helped hundreds, maybe thousands of Arizonans make plans, talk to their families and know what options and costs are when they die. She is the Executive Director of the Funeral Consumers Alliance of Arizona and currently serves as the President of the national Funeral Consumers Alliance Board of Trustees. She has been involved with these issues since 2005 and brings a depth of knowledge and a sense of humor to a tough topic, Death, making it a little easier to learn and talk about.

eBay & Craigslist: Cash for Your Closet Treasure

Subject Area: DIY/Self-Help

Tuesdays: 2 Sessions 1:00 PM - 3:00 PM **Start:** Tue 10/15/19 **End:** Tue 10/22/19

Location: Christ Lutheran Vail Church

Course Description

You, too, can cash-in the treasure you have in your closet! Not only do you de-clutter, but you make money -- I have sold over \$18,000 of my cast-off stuff on eBay and Craigslist in the past 15 years, including 60-year old magazines and newspapers, 25-year old Kodachrome cartridges, non-working cell phones, printers, flat-screen TVs, and sports equipment. Most of it was used & in various conditions, but some items were new that I had never opened. This course explains what you can and can't sell; how to pick the selling format (fixed price, auction, Best Offer, Buy-it-Now). How do you search for similar items (your competition) being offered; choose a starting (or final) price; what info to put into an ad; how to take good photos and edit them to your best advantage; how to get paid; which shipping carrier (USPS, FedEx, and UPS) and service to use (Priority, Smart Post, media, etc.); and how much of your time it takes for each ad or sale. I explain the pros and cons of eBay and Craigslist. I cover how to sell by other methods (local and Internet); and what things to re-cycle, trash, or donate to charity. I demonstrate most of this on-line, and I also demo how to pack various sizes and shapes of items using various kinds of packing material. Come and ask questions or share your experiences in this new-fashioned way of making money!

Instructor(s): Bill Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent ("CPA for taxes"). He instructed for H&R Block for 7 years.

Creative Culinary

Subject Area: Crafts/Cooking

Tuesdays: 2 Sessions 2:00 PM - 3:30 PM **Start:** Tue 10/29/19 **End:** Tue 11/12/19

Location: McGraws Cantina – 4110 S Houghton Rd, Tucson, AZ 85730

Course Description

He's back! Executive Chef Justin Stewart has volunteered to host two Creative Culinary sessions on his home turf – the Tucson McGraw's Cantina. Different venue, but same superb chef.

For those who have participated in our previous Creative Culinary sessions, you know they are fast-paced, fun-filled and delicious. If you are a "rookie" in this class, brace yourself for a fun experience. What does Justin have on tap for our Fall term? Only he knows; but, you can take it to the bank that it will be something you add to your own repertoire.

Instructor(s): Justin Stewart, Jeanne Bryan

Justin has spent his entire life in the food industry. He has developed his skills by learning from some of the top chefs in the world. His career has spanned a variety of venues from prominent restaurants to serving as assistant executive chefs of various cruise lines to finally running his own show at Tucson McGraw's Cantina. Justin has volunteered with OLLI for eight previous semesters.

A Wyoming native, Jeanne has had a lifelong passion for photography. She is a terrific sports fan enjoying baseball and football, but especially fond of following the rodeo circuit. She and her husband are season ticket holders for UofA baseball and they frequent the local Tucson live theaters. She cherishes time with her family that includes 7 children, 14 grandchildren and 14 great-grandchildren. Jeanne has been an active member of OLLI since 2014.

Wednesdays

[Sweetwater Birding Tour](#)

Subject Area: Science/Math/Technology

Wednesdays: Single Session 8:00 AM - 10:00 AM **Start:** Wed 11/6/19

Location: Sweetwater Wetlands Park - 2511 W. Sweetwater Dr. Tucson, AZ 85705

Course Description

We will join with Mr. Luke Safford (Audubon guide) on a birding adventure throughout Sweetwater Wetlands Park, here in NW Tucson.

This tour will involve walking on relatively flat paths for possibly up to two hours. Bring your binoculars, water and enjoy a vast selection of water and migrating birds.

Instructor(s): Gail Daly

Gail Daly is a retired Special Education Teacher from the Sunnyside School District in Tucson. A longtime U of A graduate, she enjoys the opportunity to keep learning and being active in this beautiful valley.

[Characters of the Southwest](#)

Subject Area: Arizona History/Culture

Wednesdays: 4 Sessions 9:30 AM - 11:00 AM **Start:** Wed 9/25/19 **End:** Wed 10/16/19

Location: Vail Chamber Building

Course Description

Over the course of 4 weeks, we will study some of the lesser known individuals who impacted the history of Arizona. Each week a different character, mostly from the Old West, will be presented and discussed. This semester's Characters include: Tombstone Sheriff John Beham, gunfighter John Wesley Hardin, the legacy of the Harvey Girls, and a couple key captains of the once famous Arizona Rangers.

Instructor(s): Eugene 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.

OLLI Presents

Subject Area: History/Current Events

Wednesdays: 6 Sessions 11:00 AM - 12:30 PM **Start:** Wed 9/25/19 **End:** Wed 10/30/19

Location: Vail Chamber Building

Course Description

OLLI Presents will bring us some of the most interesting, and sometimes unknown, issues that are affecting or have already affected events in our lives. Over the course of six weeks we will be introduced to such topics as classical art, the history of Vail, political opinions, and other key current events of today.

Instructor(s): Eugene Bryan

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Shotguns and Stagecoaches: The Men Who Rode for Wells Fargo

Subject Area: History/Current Events

Wednesdays: 2 Sessions 1:30 PM - 2:30 PM **Start:** Wed 10/2/19 **End:** Wed 10/9/19

Location: Vail Chamber Building

Course Description

Through the Gold Rush and the early days of delivery with horses and saddlebags, to the heyday of stagecoaches and huge shipments of gold, and finally to the rise of the railroad and the robbers who looted the trains, Wells Fargo always had courageous men to protect its treasure. This class focuses on a time in American history when the safety and security in the eastern states was not enjoyed by those living in the West. The challenges could not have been met without the efforts of Wells Fargo & Company's Express.

This semester the class will highlight the brave men in the Gold Rush era. These men were pioneer messengers, detectives, and stage drivers, and they often provided twelve-gauge justice.

Instructor(s): Patricia Howell

Patricia Howell, Ed.D., has 40 years of teaching and education administration experience at the high school and college level. She 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.

Levi's and Lace: Arizona Women Who Made History

Subject Area: Arizona History/Culture

Wednesdays: 3 Sessions 1:30 PM - 2:30 PM **Start:** Wed 11/6/19 **End:** Wed 11/20/19

Location: Vail Chamber Building

Course Description

While these women may not be the most famous Arizona women, all made their mark on the early history of Arizona as it became a territory and a young state. The women are recognized for their fortitude in the face of adversity, their confrontation of extraordinary and sometimes dangerous situations, their adventuresome spirit, and their dedication to improving the lives of others.

Class sessions will highlight women of the land, women who healed and saved lives, women entrepreneurs, women who educated, women of the arts, or women of the law.

Instructor(s): Patricia Howell

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Thursdays

Memoir Writing II

Subject Area: Literature/Writing/Language

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

Location: Christ Lutheran Vail Church

Course Description

This class is designed for both beginning and more experienced writers - the class will be a workshop format experimenting with a variety of writing techniques in an encouraging and supporting group. Each class will include a writing activity and the opportunity to share drafts. At the end of five weeks, participants will have a grasp of memoir's tools and be on their way to having a story emerging onto the page.

Instructor(s): Jane Newton

Jane Newton taught high school English for over twenty years. She holds both a B.A. and M.A. in English. She has been involved in a number of local writing groups.

10 Warning Signs of Alzheimer's

Subject Area: Health/Wellness

Thursdays: Single Session 9:30 AM - 11:30 AM **Start:** Thu 9/26/19

Location: Christ Lutheran Vail Church

Course Description

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior.

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

The first hour of the program covers:

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

During the second hour learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.

Instructor(s): Emerald Welch, Morgen Hartford

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

Morgen Hartford is the Southern Arizona Regional Director for the Alzheimer's Association Desert Southwest Chapter where he provides dementia education throughout Southern Arizona; coordinates over 25 support groups across five counties; and implements unique family programs for care partners and people with dementia. Morgen received his Master's of Social Work from the University of Montana and has done wide-ranging work on issues of homelessness and housing, child welfare, positive youth development, food security,

and sustainable agriculture. He is former farmer and avid outdoors-man who has fallen in love with the Southwest.

Arizona Project

Subject Area: Arizona History/Culture

Thursdays: 3 Sessions 9:30 AM - 11:00 AM **Start:** Thu 10/3/19 **End:** Thu 10/17/19

Location: Christ Lutheran Vail Church

Course Description

This is a general survey class about our great state of Arizona. Some of the topics covered are the state symbols, places of interest, a history timeline, indigenous people (Ancient and modern), and more. This class is a fun-filled interactive course filled with active participation. Be prepared to learn new things and share what you already know with your fellow participants. You will walk away with a folder filled with interesting information about our fabulous state.

Instructor(s): Ann Buckley

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.

Morocco: Crossroads of Cultures and Continents

Subject Area: History/Current Events

Thursdays: 2 Sessions 11:00 AM - 12:30 PM **Start:** Thu 10/24/19 **End:** Thu 10/31/19

Location: Vail Chamber Building

Course Description

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

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

Further, Morocco is the key to migration between Africa, the Middle East, and Europe. In the time of medieval Spain, Muslims and Jews moved from south to north, a direction that was reversed when Spain expelled both

groups in 1492. Later, European colonists moved to North Africa; later still, Jews migrated from Morocco to Israel. Today, Morocco is the key to controlling migration from Africa to the European Union.

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

Instructor(s): Lisa Adeli

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

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

Subject Area: Science/Math/Technology

Thursdays: Single Session 1:00 PM - 3:00 PM **Start:** Thu 10/3/19

Location: Christ Lutheran Vail Church

Course Description

Learn how Tucson Wildlife Center aids ill, injured, and orphaned wildlife in Southern Arizona. Angeline Fahey, Educational Program Coordinator at Tucson Wildlife Center, will guide you through the steps they take when encountering such wildlife including rescue, emergency medical care, rehabilitation, and release. Angeline will teach you the importance of wildlife rehabilitation and how to live in peaceful coexistence with wildlife.

Tucson Wildlife Center is dedicated to the rescue, emergency medical care and rehabilitation of injured, ill and orphaned wildlife before return to the wild, while promoting education, habitat protection and peaceful coexistence with wildlife. Open 24/7 - 365 days a year, Tucson Wildlife Center is the only full-service wildlife rescue hospital in Southern Arizona.

Instructor(s): Angeline Fahey

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

First Things First and Healthy Brain Development, Prenatal to 5 years

Subject Area: Social Sciences

Thursdays: Single Session 1:00 PM - 2:30 PM **Start:** Thu 10/10/19

Location: Christ Lutheran Vail Church

Course Description

This presentation will focus on critical aspects of early brain development, and identify ways that individuals, communities and systems can support the healthy brain development that is required for optimal school and life success. Keys include protection from prenatal teratogens and post-natal toxic stress, and generous first-year offerings of touch, holding and engaging "serve and return" and in-person verbal communication. Well-supported parents, an ample supply of books and accessible high quality early child centers and preschools are important to the growing toddler and preschooler.

An important resource for Arizona is First Things First (FTF), the product of a 2006 voter initiative. FTF partners with families and communities under the guidance of 28 Regional Partnership Councils, funding evidence-based strategies "to help our state's infants and young children be ready for success in kindergarten and beyond."

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

Instructor(s): Dorothy Johnson

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

Everyday Self-Defense - Habits of Awareness & Physical Defense Options

Subject Area: Health/Wellness

Thursdays: 2 Sessions 1:00 PM - 3:00 PM **Start:** Thu 10/24/19 **End:** Thu 10/31/19

Location: Christ Lutheran Vail Church

Course Description

What if you could increase awareness, reduce fear, live safer and feel more empowered? This seminar covers specific ways to increase personal and situational awareness as well as how to use basic physical defense options. Explore a variety of effective strategies to help you recognize and prevent violence before it happens, including:

- Identifying risky people and situations early and often
- Preparing responses for potential dangers (rather than reacting when it's too late)

- Everyday Habits of Awareness & safety
- Methods for discouraging an attack

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

- Using the natural weapons you already have at all times
- Targeting the best parts of the body to disable and discourage an attacker
- Understanding ranges of combat, stances and blocking techniques
- Putting it all together in real-life scenarios with opportunity for hands-on practice in a controlled, safe environment

You will leave this seminar with the knowledge you need to navigate risky situations, and the skills you need to escape if things go wrong.

Instructor(s): Dawn Armstrong

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

[Night of The Marvelous Moon](#)

Subject Area: Science/Math/Technology

Thursdays: Single Session 2:00 PM - 11:00 PM **Start:** Thu 11/7/19

Location: Kitt Peak Observatory

cost per student is \$75

Course Description

This field trip to Kitt Peak will run into the night. The students will drive to the observatory and get a close up viewing of Earth's nearest celestial neighbor, the Moon. Students will have the opportunity to view our moon through as many as three of the large telescopes on site. This is a special program emphasizing the moon and the work the observatory has done to further its exploration. The small group size allows for everyone to use each of the available telescopes to view various areas of the moon. Our docent will be providing an intimate lecture on the moon during our observations. The class will begin an hour before sunset and will last 4 hours. Because of the travel time (About 90 minutes) this session will run from about 2pm to 11pm on 11-07-19. The cost per student is \$75 and is limited to 10 people. A light dinner will be provided and is included with the fee for the tour.

Instructor(s): James De Lapp

Jim DeLapp is a retired Sheriff's Sergeant from the San Bernardino County Sheriff's Department (1976 - 2005). His career included years of varied experiences in corrections, patrol duties, general investigations and specialized investigations. Jim last served in supervision as a Sergeant assigned to patrol. Jim holds an Associates Degree in Police Science.

Southwest Pots 1

Subject Area: Arts/Culture

Thursdays: Single Session 2:00 PM - 4:00 PM **Start:** Thu 11/7/19

Location: HippoArt Studio - 10547 E Cerulean Way Tucson, AZ 85747 (in Civano)

\$22, and materials are included

Course Description

This is a watercolor painting class. Participants will use different papers to practice watercolor techniques. **Yupo** is a smooth paper over which paint slides and flows; water and paint are not absorbed. Cold-pressed watercolor paper will provide a very different painting experience. Participants will complete painting of Southwest Pots using each of these papers.

Each class is limited to 4 students and the cost for each participant is \$22, and materials are included.

Instructor(s): Sheila Hamann

Sheila is a Wisconsin native who graduated from Goddard College in Vermont. Sheila uses watercolors, acrylic paints, and other media such as charcoal and pastels in her studio. She exhibits her original paintings in Tubac and Tucson. Her studio is located in Civano.

Southwest Pots 2

Subject Area: Arts/Culture

Thursdays: Single Session 2:00 PM - 4:00 PM **Start:** Thu 11/14/19

Location: HippoArt Studio - 10547 E Cerulean Way Tucson, AZ 85747 (in Civano)

\$22, and materials are included

Course Description

This is a watercolor painting class. Participants will use different papers to practice watercolor techniques. **Yupo** is a smooth paper over which paint slides and flows; water and paint are not absorbed. Cold-pressed watercolor paper will provide a very different painting experience. Participants will complete painting of Southwest Pots using each of these papers.

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Southwest Pots 3

Subject Area: Arts/Culture

Thursdays: Single Session 2:00 PM - 4:00 PM **Start:** Thu 11/21/19

Location: HippoArt Studio - 10547 E Cerulean Way Tucson, AZ 85747 (in Civano)

\$22, and materials are included

Course Description

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Fridays

Paton Center for Hummingbirds Field Trip

Subject Area: Science/Math/Technology

Fridays: Single Session 8:00 AM - 11:00 AM **Start:** Fri 10/11/19

Location: Patton Center for Hummingbirds - 477 Pennsylvania Ave, Patagonia, AZ

Course Description

Come listen and learn about the unique world of hummingbirds with Keith Camper. While not limited to hummingbirds, you will find numerous other bird species there.

Optional walk to visit the Nature Conservancy adjoining the Paton Center is available. This involves a one mile trail throughout this lush habitat to see the area, and other wildlife. A fee of \$8 may be needed to visit this conservation area.

Instructor(s): Gail Daly

Gail Daly is a retired Special Education Teacher from the Sunnyside School District in Tucson. A longtime U of A graduate, she enjoys the opportunity to keep learning and being active in this beautiful valley.

CPR Training

Subject Area: DIY/Self-Help

Fridays: Single Session 9:00 AM - 12:00 PM **Start:** Fri 11/8/19

Location: Christ Lutheran Vail Church

There is no additional cost for the class, however, participants will need to pay \$22 to be certified and receive their AHA Certification Card.

Course Description

CPR2U will provide a CPR/AED course that will include CPR training based on adults/infants, the correct steps to take in case of cardiac arrest or collapse, proper application for chest compression depth and rate, proper ventilation techniques, safe application of AEDs, and choking in adults/infants. Participants will practice all of these applications.

CPR2U is an American Heart Association Training partner. There is no additional cost for the class, however, participants will need to pay \$22 to be certified and receive their AHA Certification Card.

Instructor(s): Kevin McDermott

Kevin was employed in New York City during the attacks of 9/11 and saw first hand the need to have CPR training and to be CPR certified.

Kitt Peak Observatory Day Tour

Subject Area: Science/Math/Technology

Fridays: Single Session 9:00 AM - 12:00 PM **Start:** Fri 10/25/19

Location: Kitt Peak Observatory

cost per student is \$13

Course Description

The students will drive themselves to the Kitt Peak Observatory and experience a guided tour of three telescopes on site. An informative lecture and demonstrations will be provided by the observatory staff. The tour and travel time to and from the site will take about 9hrs. and the students must bring their own lunch as only snacks are sold on site. The tour is limited to 20 people and the cost per student is \$13.

Instructor(s): James De Lapp

Jim DeLapp is a retired Sheriff's Sergeant from the San Bernardino County Sheriff's Department (1976 - 2005). His career included years of varied experiences in corrections, patrol duties, general investigations and specialized investigations. Jim last served in supervision as a Sergeant assigned to patrol. Jim holds an Associates Degree in Police Science.

Franklin Auto Museum Tour

Subject Area: Science/Math/Technology

Fridays: Single Session 10:00 AM - 11:30 AM **Start:** Fri 10/18/19

Location: Franklin Auto Museum - 1405 E. Kleindale Rd Tucson, AZ 85719

\$8 for seniors (62 & above) or \$10

Course Description

This is an opportunity to observe and learn about the classic Franklin automobiles at a local Tucson Museum. The tour is limited to ten people and the cost to the student is \$8 for seniors (62 & above) or \$10.

Instructor(s): James De Lapp

Jim DeLapp is a retired Sheriff's Sergeant from the San Bernardino County Sheriff's Department (1976 - 2005). His career included years of varied experiences in corrections, patrol duties, general investigations and specialized investigations. Jim last served in supervision as a Sergeant assigned to patrol. Jim holds an Associates Degree in Police Science.

Tree Ring Laboratory Field Trip

Subject Area: Science/Math/Technology

Fridays: Single Session 10:00 AM - 12:00 PM **Start:** Fri 11/1/19

Location: Laboratory of Tree Ring Research, 1215 E. Lowell Street, Tucson AZ 85721

Course Description

The Laboratory of Tree-Ring Research offers docent-led tours. During your tour, you will be introduced to the basic tenets of dendrochronology (the science of dating events with the use of tree-rings), view a variety of tree-ring samples, and visit the work areas and laboratory spaces of our researchers.

Instructor(s): Jim De Lapp

I am a retired Sheriff's Sergeant from the San Bernardino County Sheriff's Department (1976 - 2005). My career included years of varied experiences in corrections, patrol duties, general investigations and specialized investigations. I last served in supervision as a Sergeant assigned to patrol. I hold an Associate's Degree in Police Science.

Gammons Gulch Field Trip

Subject Area: Arizona History/Culture

Fridays: Single Session 10:30 AM - 12:30 PM **Start:** Fri 11/15/19

Location: Gammon's Gulch Movie Set - 331 W. Rockspring Ln. Benson, AZ 85602

\$10 admission fee

Course Description

A little known tourist attraction in Benson, Arizona, Gammon's Gulch is a combination movie set location, an Old West town, a mining camp, and a museum. Many of us have seen the old west town as the background for a number of main street gunfights. Join us on this field trip by taking a step back in time at Gammon's Gulch. There will be a \$10 admission fee .

Instructor(s): Tessa McDermott

Retired in Arizona after serving 30 years as an education administrator for a large school district in southeast Pennsylvania. Graduated from Cal Poly, Pomona with a BS in Business. Am married and have 3 sons and 5 granddaughters. I enjoy travelling, gardening, cooking and spending time with my grandchildren. Have been a member of OLLI since 2014.