

OLLI *Online*

Spring 2022 Course Catalog

March 28 - May 20, 2022

Registration begins February 21, 2022

WEBSITE: portfolio.du.edu/ollionline



**Osher Lifelong Learning Institute
at the
University of Denver**

CONTENTS

About OLLI	3
Message From Interim E.D. and Site Managers	4
OLLI at DU Policies	6
Course Index	7
In-Person Courses	
<i>Columbine United Church</i>	18
<i>First Universalist Church</i>	25
<i>Temple Sinai</i>	28
<i>Park Hill United Meth.</i>	29
<i>Jefferson Unitarian</i>	30
<i>Mississippi Ave Baptist</i>	37
<i>Offsite Courses</i>	42
Online Courses	
<i>Monday</i>	48
<i>Tuesday</i>	60
<i>Wednesday</i>	84
<i>Thursday</i>	112
<i>Friday</i>	136
Curriculum Committees	142
OLLI at DU Locations Map & Websites	144





OLLI at the University of Denver

The Osher Lifelong Learning Institute (OLLI) at the University of Denver is an adult learning membership program designed for people age 50+ who wish to pursue lifelong learning in a relaxed, non-competitive atmosphere. For 25 years OLLI has been providing stimulating classes in the metro Denver area. Members use their talents, experiences and skills creatively in shared intellectual and cultural pursuits — exploring new interests, discovering and developing latent abilities and contributing to the immediate or broader community.

About the Bernard Osher Foundation

Thanks to the generosity of The Bernard Osher Foundation, OLLI at the University of Denver joins a network of 124 Osher Lifelong Learning Institutes in 394 cities and towns across the United States that are meeting the needs of more than 170,000 older learners who want to learn simply for the joy of learning and personal fulfillment.

Welcome to OLLI at DU ...

where curiosity never retires!

To learn more about Osher Lifelong Learning Institute at DU,
Check us out online at: <https://universitycollege.du.edu/olli>
or <http://portfolio.du.edu/ollionline>



A message from the Interim Executive Director and OLLI at DU Managers

Welcome to the OLLI at the University of Denver Spring 2022 term from the entire OLLI at DU staff.

What a line-up we have for you this spring! I am always in awe of the rich and diverse courses that the OLLI DU Curriculum Committees, Facilitators, and Instructors bring together each and every term. What is even more impressive is that they have continued to do such fantastic work regardless of the difficulties technology or global pandemics throw at them!

The OLLI DU staff thanks them—our Curriculum Committees, Facilitators and Instructors. But we also thank you, the OLLI DU membership, for taking on the challenge of online learning these past two years. Never let it be said that with age we lose our ability to be adaptable and to learn. As the OLLI DU moto says, “Curiosity Never Retires!”

As you will see as you browse the catalog, we have scheduled in-person courses for Spring Term. We continue to monitor infection levels in the communities where our partner facilities are located and are optimistically hopeful that our in-person classes will be “a go.”

The in-person and online courses have been clearly marked and listed in their own sections. This also includes the Course Index. You will find the in-person courses listed first by the facility that it is being held at; then you will find the online courses listed by day and time. The full course write-up section is in the same layout as the Course Index. It is clearly marked at the top of each page—that you are in the “online” section and which day you are viewing.

In addition to the return of in-person courses, OLLI DU is also implementing another change—one that was announced last September. We will be making the membership fee increase from \$130 to \$140 this Spring Term. We are still retaining the traditional “fixed-fee” pricing which enables you to take as many courses as are available with this single membership fee.

We hope you take advantage of the fixed-fee pricing and sign up for some of the 150 courses and/or 17 individual webinars you’ll find in this OLLI DU Course Catalog.

The OLLI at DU Staff and our wonderful Facilitators and Instructors look forward to “seeing” you, either in-person or on Zoom, enjoying lifelong learning together!
Welcome to OLLI at DU’s Spring 2022 Term!

Dara Hughes

Dara Hughes

Interim Executive Director –OLLI at DU



John Baumgartner

John Baumgartner

OLLI DU-Central Manager



Barbara Darling

Barbara Darling

OLLI DU-Boulder Manager



Maria Elena Garcia

Maria Elena Garcia

OLLI DU-East Manager



Michele Eckert

Michele Eckert

OLLI DU-West Interim Manager



Darcey VanWagner

Darcey VanWagner

OLLI DU-South Manager



Jacqueline Wyant

Jacqueline Wyant

OLLI DU-On-Campus Manager



OLLI POLICY STATEMENT

In the spirit of fostering understanding, each OLLI member is encouraged to share opinions and ideas. OLLI class participants do not attempt to "convert" others because there is a mutual respect for each member's experiences, ideas, value systems and beliefs. The true focus of an OLLI class is the critical examination of issues and opinions. Each participant's point of view carries equal weight. Consensus is not a goal. We encourage participants with all points of view to attend and become engaged through discussion and civil debate. Comments shared within the class are voiced in a professional manner, without personal attack, to preclude them from being detrimental to the learning environment. In the event an issue arises compromising this premise, OLLI administration has the authority to remove a student or instructor from the class and/or the program.

OLLI PRESENTATION DISCLAIMER

OLLI at DU is delighted to bring you the rich and diverse presentations listed in this catalog for our upcoming term. We feel comfortable that amazing information will be shared during these presentations. The views expressed by our presenters are their own and do not imply the views of OLLI at DU or the University of Denver.

OLLI REFUND POLICY

Per term: Full refund, if requested no later than 5 days after the course has started. If an Online Learner registers for two or more courses at the same time, OLLI will remove that learner from one of the courses and there will be no refund provided.

When you see the terms Senior, Master, Diamond or Platinum Facilitator in the facilitator bios, what does that mean?

- ❖ **A Senior Facilitator has, at a minimum, facilitated 10 OLLI at DU courses.**
- ❖ **A Master Facilitator has, at a minimum, facilitated 15 OLLI at DU courses.**
- ❖ **A Diamond Facilitator has, at a minimum, facilitated 25 OLLI at DU courses.**
- ❖ **A Platinum Facilitator has, at a minimum, facilitated 40 OLLI at DU courses.**

OLLI IN-PERSON COURSE INDEX

COLUMBINE UNITED CHURCH – SOUTH FACILITY

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
WEDNESDAY AM								
f3A3C01b	Great Decisions 2022 #2	Bill Gernert, Chuck Laskey	18	8	3/30 - 5/18	9:30-11:30	Pub. Affairs	South
f3A3C02b	Stephen Sondheim—The Man and His Music	Natalie Conklin, Sue Bramley, Jan Friedlander	19	6	3/30 - 5/4	9:30-11:30	Visual/Perform Arts	South
WEDNESDAY PM								
f3P3C01b	The Industrial Revolution: Science, Technology, and Social Change	Stuart Gentry	20	6	4/6 - 5/11	1:00-3:00	STEM	South
f3P3C02b	Advances in Science and Technology and Implications for Society	Charles Holt	20	6	3/30 - 5/4	1:00-3:00	STEM	South
THURSDAY AM								
f4A3C01b	Potpourri	Jan Friedlander	22	8	3/31 - 5/19	9:30-11:30	Speaker Series	South
f4A3C02b	Is America in Decline? Studies on the Rise and Fall of Civilizations and the Modern State	Richard Passoth	24	8	3/31 - 5/19	9:30-11:30	History	South

FIRST UNIVERSALIST CHURCH – CENTRAL FACILITY

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
WEDNESDAY AM								
f3A1F04b	Current Events #4	Richard Reinish, Sydney Myers	25	8	3/30 - 5/18	9:30-11:30	Pub. Affairs	Central
f3A1F01b	Mysticism -- Caring for the Common Good	Michael Prevedel, Alec Tsoucatos, PhD	25	8	3/30 - 5/18	9:30-11:30	Philos/Religion/Psych/Culture	Central
f3A1F02b	Fascinating Felines	Mary Dudzinski, Carri Holman	26	5	3/30 - 4/27	9:30-11:30	STEM	Central
f3A1F03b	Chemistry: Inside, Outside, All Around You	Tom Giordano	27	8	3/30 - 5/18	9:30-11:30	STEM	Central
WEDNESDAY PM								
f3P1F02b	Documentary Films	Richard Reinish	27	8	3/30 - 5/18	1:00-3:00	Visual/Perform Arts	Central

OLLI IN-PERSON COURSE INDEX

TEMPLE SINAI – CENTRAL FACILITY

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
TUESDAY AM								
f2A1T01b	Major Movements in Jewish History: Challenging the Status Quo	Rabbi Ray Zwerin	28	8	3/29 - 5/17	9:30-11:00	Philos/ Religion/ Psych/ Culture	Central

PARK HILL UNITED METHODIST CHURCH – CENTRAL FACILITY

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
TUESDAY AM								
f2A1H02b	Current Events #2	Christina Bauer	29	8	3/29 - 5/17	9:30-11:30	Pub. Affairs	Central
f2A1H03b	George Eliot's <i>Middlemarch</i>	William West	29	8	3/29 - 5/17	9:30-11:30	Literature/ Writing	Central

JEFFERSON UNITARIAN CHURCH – WEST FACILITY

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
TUESDAY AM								
f2A2J01b	Words and Music of America's Wars	Daniel Grace	30	6	3/29 - 5/3	9:30-11:30	Visual/ Perform Arts	West
f2A2J02b	Modern China	Steve Swenerton	30	6	3/29 - 5/3	9:30-11:30	History	Boulder
f2A2J03b	Gentle Yoga	Vicki Olson	31	7	3/29 - 5/10	9:30-11:00	Health/ Well Being	West
f2A2J04b	Exploring Paranormal Phenomena	Don Krill	32	8	3/29 - 5/17	9:30-11:30	Philos/ Religion/ Psych/ Culture	West
f2A2J05b	Comedy Appreciation	Jim Sieke	33	8	3/29 - 5/17	9:30-Noon	Visual/ Perform Arts	West

WEDNESDAY AM

f3A2J01f	Create *MAGIC* With and For Your Grandchildren!	Don Krill	33	4	3/30 - 4/20	9:30-11:30	Extracurricular	West
----------	---	-----------	--------------------	---	-------------	------------	-----------------	------

WEDNESDAY PM

f3P2J01f	Create a Healthier You	Alan T. Carpenter	34	4	3/30 - 4/20	1:00-3:00	Health/ Well Being	Boulder
f3P2J02b	Journeys: Learning Through Travel	Barbara Werren	35	8	3/30 - 5/18	1:00-3:00	Visual/ Perform Arts	West
f3P2J03b	America as Seen Through the Eyes of Its Filmmakers, Part II	Barry Bley	35	8	3/30 - 5/18	1:00-3:30	Visual/ Perform Arts	West

OLLI IN-PERSON COURSE INDEX

f3P2J04s	Seeing Beauty Everyday - sketching at home and work	Lorraine Niemela	36	3	5/4 - 5/18	1:00-3:00	Visual/ Fine Arts	West
MISSISSIPPI AVENUE BAPTIST CHURCH – EAST FACILITY								
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
TUESDAY AM								
f2A5M01b	Expanding Awareness of Grief	Les McCarroll	37	6	3/29 - 5/3	9:30-11:30	Philos/ Religion/ Psych/ Culture	East
TUESDAY PM								
f2P5M01b	Be Good To Your Gut: The Art and Science of Fermentation	Judie Maurelli, Jeff Glaves MD	38	6	3/29 - 5/3	1:00-3:00	Health/ Well Being	East
f2P5M02b	Great Courses: How Winston Churchill Changed The World - Part One	John Rough	38	6	3/29 - 5/3	1:00-3:00	History	East
f2P5M03b	All About Trees	Joanne Fisher	39	4	4/19 - 5/10	1:00-3:00	STEM	East
WEDNESDAY AM								
f3A5M01s	Binder Set Up for Ducks in a Row (record and document organizing)	Judy Rough	40	4	4/27 - 5/18	9:30-11:30	Extracurricular	East
f3A5M03b	Words and Music of America's Wars	Daniel Grace	40	6	3/30 - 5/4	9:30-11:30	Visual/ Perform Arts	East
OFFSITE								
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	GENRE	OFFERED BY
TUESDAY AM								
f2A3C01f	Trail Walking in the South Metro Area	Jan Friedlander	42	4	3/29 - 4/19	9:30-11:30	Health/ Well Being	South
f2A3C02s	Trail Walking in the South Metro Area	Jan Friedlander	43	4	4/26 - 5/17	9:30-11:30	Health/ Well Being	South
FRIDAY AM								
f5A2J01o	Geology Underfoot: 5/13 Rocky Mountain National Park	David Lindsey, PhD	44	1	5/13	9:00am to 3:00pm	STEM	West
SATURDAY AM								
f6A2J02b	Geology Underfoot: Three Golden Area Walks	David Lindsey, PhD, Donna Anderson, PhD	46	3	4/23 - 5/7	9:00 - Noon	STEM	West
f6A2J01o	Geology Underfoot: 5/14 Rocky Mountain National Park	David Lindsey, PhD	45	1	5/14	9:00am to 3:00pm	STEM	West

OLLI ONLINE COURSE INDEX

MONDAY-ONLINE

AFTERNOON (PM)

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
HISTORY							
f1P7201b	People Honored in the Colorado Capitol: Their Lives and Times	Ellen Stanton	48	6	3/28 – 5/2	1:00-3:00	West
f1P7303f	Active Minds	Various Speakers	48	4	3/28 – 4/18	1:00-2:30	South
LITERATURE, WRITING & LANGUAGE							
f1P7301b	Movie Adaptations of Plays by American Playwrights	Jerry Wischmeyer	49	8	3/28 – 5/16	12:30-3:30	South
f1P7601b	Revisiting <i>Walden</i> : Thinking Like Thoreau in the Twenty-First Century	Linda Tate, PhD	50	8	3/28 – 5/16	1:00-3:00	Boulder
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f1P7604b	Sex and Intimacy in Romantic Relationships	Paul Paiva, MDiv, MA	51	8	3/28 – 5/16	1:00-3:00	Boulder
f1P7101b	The Way of Man	Michael Levin	52	8	3/28 – 5/16	1:00-3:00	Central
PUBLIC AFFAIRS & ECONOMICS							
f1P7603b	Does the Constitution Really Say That?	Terre Rushton	53	6	3/28 – 5/2	1:00-3:00	Boulder
f1P7202s	How Healthy is Our Healthcare and Why Does it Cost So Much?	Vince Markovchick, MD	54	4	4/25 – 5/16	1:00-3:00	West
f1P7203b	Saving Democracy: Does Autocracy Loom in Our Future?	Ralph Hughes, Alec Tsoucatos, PhD	55	8	3/28 – 5/16	1:00-3:00	West
STEM (Science/Tech/Engineering/Math)							
f1P7602b	Understanding the World's Greatest Structures	Marc Rochkind, Al Segal	56	8	3/28 – 5/16	1:00-3:00	Boulder
f1P7102b	Plants: Form and Function	Larry Matten, PhD	57	8	3/28 – 5/16	1:00-3:00	Central
VISUAL, PERFORMING & FINE ARTS							
f1P7501b	Matinee at the Bijou - Alfred Hitchcock Presents	Mac McHugh	57	8	3/28 – 5/16	12:40-3:00	East
f1P7302b	Comedy, Crime, and Cowboys - TV of the 50s	Alan Folkestad	58	8	3/28 – 5/16	1:00-3:00	South
f1P7401b	The Singers/Songwriters of Rock and Roll: The Journey Continues	Robert Joyce	58	5	3/28 – 4/25	1:00-3:00	On Campus
f1P7103b	Classical Music and You: What to Know and How to Listen Like a Pro	Catherine Beeson	59	8	3/28 – 5/16	1:00-3:00	Central

OLLI ONLINE COURSE INDEX

TUESDAY-ONLINE

MORNING (AM)

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
HISTORY							
f2A7301b	The Cold War...What and Why	David Williams	60	8	3/29 - 5/17	9:30-11:30	South
f2A7203b	1950-1975 The Years America Changed Discussion	Don Stanton	60	5	3/29 - 4/26	9:30-11:30	West
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f2A7601s	Voice Dialogue and the Language of Inner Selves	J. Tamar Stone	61	2	5/10 - 5/17	9:30-11:30	Boulder
f2A7202b	A Potpourri of Philosophers	Dan Putman, PhD	61	7	3/29 - 5/10	9:30-11:30	West
PUBLIC AFFAIRS & ECONOMICS							
f2A7101f	Better Ways to Do Good or How to Decide Which Nonprofits Will Best Use Your Donations?	Barbara S. Holme	62	4	3/29 - 4/19	9:30-11:30	Central
f2A7102b	Current Events #3	Richard Reinish, Sydney Myers	63	8	3/29 - 5/17	9:30-11:30	Central
f2A7103b	Great Decisions 2022 #3	Steve Winber	63	8	3/29 - 5/17	9:30-11:30	Central
STEM (Science/Tech/Engineering/Math)							
f2A7204b	There is a Fungus Among Us	Colleen Jorgensen	64	6	3/29 - 5/3	9:30-11:30	West
f2A7602b	Microprocessors are everywhere! Hands-on Intro to Physical Computing using Arduino	Wayne Seltzer	65	8	3/29 - 5/17	9:30-11:30	Boulder
f2A7302f	Extra Life: A Short History of Living Longer	Bill Baird	67	4	3/29 - 4/19	9:30-11:30	South
VISUAL, PERFORMING & FINE ARTS							
f2A7201b	Roots Music Potpourri: From Blues to Rock	Larry Tannenbaum, Wayne Gardner, Sue Bramley, & Glenn Gravlee	67	8	3/29 - 5/17	9:30-11:45	West
WEBINAR SERIES							
f2A7401o	Purposeful Travel: Make it exactly what you want it to be	Bruce Caughey	69	1	3/29	9:30-11:30	On Campus
f2A7402o	Focusing & Expressive Arts Practices for Self-Growth & Self-Awareness	Agnes Windram	69	1	4/5	9:30-11:30	On Campus
f2A7403o	PICTURES IN YOUR POCKET: Using the Cell Phone Camera to Capture Your Travel Adventures!	Mark Payler, PhD	70	1	4/12	9:30-11:30	On Campus
f2A7404o	Classical Music Meets Visual Art: Enriching Your Life through the Arts	Betsy Schwarm	70	1	4/19	9:30-11:30	On Campus
f2A7405o	Unlocking the Mystery of the Indomitable Greeks	Bruce Caughey	71	1	4/26	9:30-11:30	On Campus

OLLI ONLINE COURSE INDEX

f2A7406o	Journey to New Zealand	Bruce Caughey	71	1	5/3	9:30-11:30	On Campus
f2A7407o	Celebrating the meaning of life in ART: Women of India	Mitra Verma	72	1	5/10	9:30-11:30	On Campus
f2A7408o	Unlocking Hidden Colorado	Bruce Caughey	72	1	5/17	9:30-11:30	On Campus
TUESDAY-ONLINE							
AFTERNOON (PM)							
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
EXTRACURRICULAR & MISCELLANEOUS							
f2P7401f	Get Your Kicks on Route 66	Mark Payler, PhD	74	4	3/29 - 4/19	1:00-3:00	On Campus
f2P7404b	Finding Your Jewish Ancestors: An Introduction to Jewish Genealogy	Ellen Kowitt	74	8	3/29 - 5/17	1:00-3:00	On Campus
HISTORY							
f2P7102b	Mrs. Lincoln's Dressmaker	Becky Bennett	75	8	3/29 - 5/17	1:00-3:00	Central
f2P7302f	History's Great Military Blunders and Lessons They Teach Part 2	Alan Folkestad	76	4	3/29 - 4/19	1:00-3:00	South
f2P7602b	Riddles of Food and Culture	Tracy Ehlers	76	6	3/29 - 5/3	1:00-3:00	Boulder
LITERATURE, WRITING & LANGUAGE							
f2P7301b	Understanding the 1619 Project: A New Origin Story	Patricia Paul	77	8	3/29 - 5/17	1:00-3:00	South
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f2P7403b	Beyond Right	Rabbi Yossi Serebryanski	78	6	3/29 - 5/3	1:00-3:00	On Campus
f2P7601s	How the Enneagram Can Help You Get Along with Others	Todd Payne	78	4	4/26 - 5/17	1:00-3:00	Boulder
PUBLIC AFFAIRS & ECONOMICS							
f2P7101b	Hot Topics in Speech & Religion - Is the 1st Amendment Changing? Should It?	Barbara Shecter	79	8	3/29 - 5/17	1:00-3:00	Central
f2P7202b	Has East-Central Europe Turned Right?	John Bowen	80	8	3/29 - 5/17	1:00-3:00	West
STEM (Science/Tech/Engineering/Math)							
f2P7303b	GUI Composer for IBM Quantum Computers	Ronald Knox	80	8	3/29 - 5/17	1:00-3:00	South
VISUAL, PERFORMING & FINE ARTS							
f2P7402s	Capturing Shadows or Altering Reality? Composition, Lighting, Post-Production and You	Mark Payler, PhD	81	4	4/26 - 5/17	1:00-3:00	On Campus
f2P7103b	8 Great Baseball Movies (with Special Discussion Guests)	Greg Petty, Larry Matten, PhD	82	8	3/29 - 5/17	1:00-4:00	Central
f2P7104b	One Passport, One Smart Phone, One In-phone App	Sara Frances	82	4	4/5 - 4/26	1:00-3:00	Central

OLLI ONLINE COURSE INDEX

WEDNESDAY-ONLINE

MORNING (AM)

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
EXTRACURRICULAR & MISCELLANEOUS							
f3A7202b	Bridge Basics III Popular Bridge Conventions	Mike Holmes, EdD	84	8	3/30 - 5/18	9:30-11:30	West
HISTORY							
f3A7601b	Winston's War: Churchill and the Second World War, 1938-1946	Robert Haws	85	6	3/30 - 5/4	9:30-11:30	Boulder
f3A7102b	History of Mexico: From the Pyramids to Pancho Villa (and Beyond)	Robert Siefken	86	5	3/30 - 4/27	9:30-11:30	Central
f3A7103f	Foods of the World: Past, Present and Future	Larry Canepa	86	4	3/30 - 4/20	9:30-11:30	Central
f3A7106b	<i>These Truths</i>	Hilary Carlson & Kathy Stokes	84	8	3/30 - 5/18	9:30-11:30	Central
LITERATURE, WRITING & LANGUAGE							
f3A7301b	NOT Your Mother's Gone with the Wind: <i>Jubilee</i> by Margaret Walker	Becky Stout, Patricia Smilanic	87	6	4/13 - 5/18	9:30-11:30	South
f3A7602s	Write From Your Bones	Howard Zaremba	88	4	4/27 - 5/18	9:30-11:30	Boulder
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f3A7603b	Cosmology for Theists	Wilson Wiedenheft	89	8	3/30 - 5/18	9:30-11:30	Boulder
PUBLIC AFFAIRS & ECONOMICS							
f3A7101b	PARTISANSHIP	Christina Bauer	90	8	3/30 - 5/18	9:30-11:30	Central
STEM (Science/Tech/Engineering/Math)							
f3A7501b	Women in Science: Navigating a Man's World	Barbara Zimmerman, PhD	90	8	3/30 - 5/18	9:30-11:30	East
f3A7302b	The Industrial Revolution: Science, Technology, and Social Change	Stuart Gentry	91	6	4/6 - 5/11	9:30-11:30	South
f3A7201f	You are the Product: Understanding and Managing your Digital Footprint	Cynthia Perry	92	4	3/30 - 4/20	9:30-11:30	West
f3A7104f	Timely Topics About Life and Living	Jane W. Barton, MTS, MASM, CSA	92	4	3/30 - 4/20	9:30-11:30	Central
VISUAL, PERFORMING & FINE ARTS							
f3A7401f	Classical Dance - and Not Just Tchaikovsky	Betsy Schwarm	93	4	3/30 - 4/20	9:30-11:30	On-Campus
f3A7402s	Mozart to Moby Dick: Classical Music and the Written Word	Betsy Schwarm	94	4	4/27 - 5/18	9:30-11:30	On-Campus
f3A7403b	Watercolor Pencils for Beginners	Mitra Verma	94	8	3/30 - 5/18	9:30-11:30	On-Campus

OLLI ONLINE COURSE INDEX

f3A7404f	Viennese Secession, Wiener Werkstätte, and Jugendstil	Linda Susak	95	4	3/30 - 4/20	9:30-11:30	On-Campus
f3A7405s	Egon Schiele, Oskar Kokoschka and Austrian Expressionism	Linda Susak	96	4	4/27 - 5/18	9:30-11:30	On-Campus
WEDNESDAY-ONLINE							
NOON							
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
HEALTH & WELL-BEING							
f3A7105b	Meditation in Motion: The Art and Science of Tai Chi	Joseph Brady, MSTCM & Jacqui Shumway, MA	97	8	3/30 - 5/18	11:45-12:45	Central
WEDNESDAY-ONLINE							
AFTERNOON (PM)							
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
EXTRACURRICULAR & MISCELLANEOUS							
f3P7403f	Finding Your Family History in Census and Land Records	Carol Cooke Darrow	98	4	3/30 - 4/20	1:00-3:00	On Campus
f3P7203b	Bridge: Play of the Hand	Michael Holmes, EdD	98	8	3/30 - 5/18	1:00-3:00	West
HEALTH & WELL-BEING							
f3P7108f	The Oxford Study Lectures: An OLLI at DU Speaker Series	Joseph Brady, MSTCM	101	4	3/30 - 4/20	1:00-3:00	Central
f3P7401f	Understanding and Anticipating the Aging Process- Part Two	Jeannette Guerrasio, MD	99	4	3/30 - 4/20	1:00-3:00	On Campus
f3P7402b	Mindful Self-Care Journaling: The Art of Reconnecting with Yourself Through Compassionate Self-Talk Journaling	Carolyn Varvel	100	6	3/30 - 5/4	1:00-3:00	On Campus
HISTORY							
f3P7102s	London in Twelve Structures: A History	Diana Williams	102	4	4/27 - 5/18	1:00-3:00	Central
f3P7103b	The 1930s in America	David Lippman	103	8	3/30 - 5/18	1:00-3:00	Central
LITERATURE, WRITING & LANGUAGE							
f3P7601b	Great Detectives	Carol Anthony	104	8	3/30 - 5/18	1:00-3:00	Boulder
f3P7105f	Introduction to Joyce's "Ulysses"	Ann Cohen, PhD	105	4	3/30 - 4/20	1:00-3:00	Central
f3P7106s	Reading Albert Camus	Ann Cohen, PhD	105	4	4/27 - 5/18	1:00-3:00	Central
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f3P7301b	Analyzing Harari YouTubes	Terry Ortlieb	106	8	3/30 - 5/18	1:00-3:00	South
PUBLIC AFFAIRS & ECONOMICS							
f3P7602b	Current Economic Issues: Facts and Fallacies	Leonard Sahling, PhD.	103	6	3/30 - 5/4	1:00-3:00	Boulder
f3P7202b	America - Divided We Stand	Steve Nelson	106	8	3/30 - 5/18	1:00-3:00	West

OLI ONLINE COURSE INDEX

f3P7101s	Diversity is our Destiny	Jacqueline Shumway	107	4	4/27 - 5/18	1:00-3:00	Central
STEM (Science/Tech/Engineering/Math)							
f3P7109f	Epilepsy: From Demonic Possession to Brain Surgery	Robert Dodge	108	4	3/30 - 4/20	1:00-3:00	Central
f3P7107s	Get the Most From (and Have Way More Fun With) Your iPhone, iPad, and/or Mac	Maria Arapakis	108	4	4/27 - 5/18	1:00-3:00	Central
VISUAL, PERFORMING & FINE ARTS							
f3P7204b	The Blues: Roots and Branches, Part 2	Larry Tannenbaum	109	8	3/30 - 5/18	1:00-3:15	West
f3P7604f	Exploring Our World Through Documentaries	Charlie Erdrich, Nancy Erdrich, Reva Greenburg, PhD	110	4	3/30 - 4/20	1:00-3:30	Boulder
f3P7605f	Why Would I Ever Write a Play?	Heather Beasley	110	4	3/30 - 4/20	1:00-3:00	Boulder
f3P7201b	Oscar Movies 2 1968-1991	Bob Magnani	111	8	3/30 - 5/18	1:00-3:15	West
THURSDAY-ONLINE							
MORNING (AM)							
#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
EXTRACURRICULAR & MISCELLANEOUS							
f4A7501b	Get Your Ducks in a Row (Personal Record & Document Organizing)	Judy Rough	112	8	3/31 - 5/19	9:30-11:30	East
HEALTH & WELL-BEING							
f4A7603s	Integrative Oncology: Using Evidence-Based Naturopathic Medicine in Cancer Care	David Oster, ND, FABNO	113	4	4/28 - 5/19	9:30-11:30	Boulder
HISTORY							
f4A7504b	On The Home Front	Mac McHugh	113	8	3/31 - 5/19	9:30-11:30	East
f4A7401f	Irish Immigrants in Early Colorado	James Walsh, PhD	114	4	3/31 - 4/21	9:30-11:30	On Campus
f4A7402s	Immigration History in North America	James Walsh, PhD	115	4	4/28 - 5/19	9:30-11:30	On Campus
f4A7601b	The American Revolution; Why Did It Happen and How Did it Succeed	Tom Kleinschmidt	115	6	3/31 - 5/5	9:30-11:30	Boulder
LITERATURE, WRITING & LANGUAGE							
f4A7505b	Mysterious Places - Global Edition	Linda Lange	116	8	3/31 - 5/19	9:30-11:30	East
f4A7404b	Writing the Short Story: The Basis of Storytelling	Carolyn Varvel	117	8	3/31 - 5/19	9:30-11:30	On Campus
f4A7102b	Doc by Mary Doria Russell: A Novel of Doc Holliday	Gracie Batt & Don Batt	117	8	3/31 - 5/19	9:30-11:30	Central
PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE							
f4A7502b	Say It Straight or You'll Show It Crooked – Conflict Resolution	Abe Wagner	118	8	3/31 - 5/19	9:30-11:30	East

OLLI ONLINE COURSE INDEX

f4A7403f	Honoring the Sacred: A Grizzly Bear's Guide to Self-Empowerment	Patty Luckenbach	118	4	3/31 - 4/21	9:30-11:30	On Campus
f4A7602b	Kabbalah in Daily Life	Douglas Sparks, PhD	119	8	3/31 - 5/19	9:30-11:30	Boulder
f4A7101b	Talmud, Talmud, Talmud	Rabbi Sandra Cohen	120	8	3/31 - 5/19	9:30-11:30	Central
f4A7203f	Why Do I Lose My Cool?	Catherine Dockery	120	4	3/31 - 4/21	9:30-11:30	West

PUBLIC AFFAIRS & ECONOMICS

f4A7201b	Great Decisions 2022 #1	Gail Wilson	121	8	3/31 - 5/19	9:30-11:30	West
f4A7301b	Contemporary Educational Challenges	Marcus Pohlmann	122	6	3/31 - 5/5	9:30-11:30	South

STEM (Science/Tech/Engineering/Math)

f4A7202b	Technological Innovation and Societal Transformation	Gary Jorgensen, Colleen Jorgensen	122	6	3/31 - 5/5	9:30-11:30	West
f4A7103b	Exploration and Imaging of the Early American West	Larry Meckel, PhD	123	5	3/31 - 4/28	9:30-11:30	Central

VISUAL, PERFORMING & FINE ARTS

f4A7503b	The British Invasion	Paul Simon, Glenn Gravlee, MD	124	8	3/31 - 5/19	9:30-11:30	East
----------	----------------------	-------------------------------	---------------------	---	-------------	------------	------

THURSDAY-ONLINE

AFTERNOON (PM)

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
---	-------	-------------	------	-------	------------	------	------------

HISTORY

f4P7301b	The Progressive Era: Antidote to Gilded Age Excesses	Anne Christner, PhD	125	8	3/31 - 5/19	1:00-3:00	South
f4P7303b	The Eagle & the Rising Sun: The Decline of the Japanese Empire and the Rise of America, 1936 to 1945	Charles Holt, PhD	126	8	3/31 - 5/19	1:00-3:00	South
f4P7401f	Exploring Oral Tradition: Ancestral Identity Through Storytelling	James Walsh, PhD	127	4	3/31 - 4/21	1:00-3:00	On Campus
f4P7601b	Surprising Trends in War and Peace: Have we learned anything?	Bob Rose, Psy.D.	127	8	3/31 - 5/19	1:00-3:00	Boulder

LITERATURE, WRITING & LANGUAGE

f4P7102b	Kazuo Ishiguro: Two Novels	Kelly Smith	128	8	3/31 - 5/19	1:00-3:00	Central
f4P7302b	Following in the Footsteps of Inspector Morse: The Remorseful Day	Sally Walling	129	8	3/31 - 5/19	1:00-3:00	South
f4P7402b	Polishing the Apple: After Writing Your Short Story but Before Publishing	Carolyn Varvel	130	6	3/31 - 5/5	1:00-3:00	On Campus

OLLI ONLINE COURSE INDEX

PHILOSOPHY, RELIGION, PSYCHOLOGY & CULTURE

f4P7403f	The Culture and Traditions of the Lakota as presented by an Elder	Cecelia Bull Bear	125	4	3/31 - 4/21	1:00-3:00	On Campus
f4P7602b	Emotional Intelligence	Stan Davis	130	8	3/31 - 5/19	1:00-3:00	Boulder
f4P7603f	Beyond Coping: Conversations on Navigating Life with Wisdom and Grace	Paula Staffeldt	131	4	3/31 - 4/21	1:00-3:00	Boulder

PUBLIC AFFAIRS & ECONOMICS

f4P7202b	Current Events #1	Tom Hughes	132	8	3/31 - 5/19	1:00-3:00	West
----------	-------------------	------------	---------------------	---	-------------	-----------	------

STEM (Science/Tech/Engineering/Math)

f4P7203b	Living in the Energy Transition	Phil Nelson, PhD	133	7	3/31 - 5/12	1:00-3:00	West
f4P7101b	The Birth and Death of Stars	Stewart H. Jones	133	8	3/31 - 5/19	1:00-3:00	Central

VISUAL, PERFORMING & FINE ARTS

f4P7404b	Louis Armstrong: The King of Jazz	Robert Joyce	134	5	4/21 - 5/19	1:00-3:00	On Campus
f4P7405b	Warli Art: A Portal to India's Old Cave Dwellings	Mitra Verma	134	8	3/31 - 5/19	1:00-3:00	On Campus
f4P7201b	Beyond Hollywood and the USA - Great Films from Other English Speaking Countries	Dixie Vice, John Lungerhausen	135	8	3/31 - 5/19	1:00-3:30	West

FRIDAY-ONLINE

MORNING (AM)

#	TITLE	FACILITATOR	PAGE	WEEKS	START/ END	TIME	OFFERED BY
---	-------	-------------	------	-------	------------	------	------------

HEALTH & WELL-BEING

f5A7301b	Beginning Birding: Basics and Beyond	Cynthia Kristensen, Curt Frankenfeld	136	6	4/1 - 5/6	9:30-Noon	South
----------	--------------------------------------	--------------------------------------	---------------------	---	-----------	-----------	-------

WEBINAR SERIES

f5A7201o	An American Concentration Camp	Marge Taniwaki	137	1	4/1	9:30-11:00	West
f5A7202o	Women's Sports History in the United States: Where We've Been and Where We're Going	Sarah Fields	137	1	4/8	9:30-11:00	West
f5A7203o	Supply Chains and the Global Economy	Sasha Breger Bush	138	1	4/15	9:30-11:00	West
f5A7204o	How 300-Million-Year-Old Subsurface Salt Deposits Influence Geological Landscapes in Arches & Canyonlands National Parks, Utah	Charles Bartberger	138	1	4/22	9:30-11:00	West
f5A7205o	Current Issues in the Middle East	Andrea Stanton	139	1	4/29	9:30-11:00	West
f5A7206o	The Geology and Mining History of Golden Colorado	Donna Anderson, PhD	139	1	5/6	9:30-11:00	West
f5A7207o	How the U.S. Got into (and Out of) Vietnam	Don Stanton	140	1	5/13	9:30-11:00	West
f5A7208o	Update on the Epidemiology of Covid - 19	Rachel Herlihy	140	1	5/20	9:30-11:00	West

IN-PERSON COURSES

Columbine United Church – South Campus

WEDNESDAY MORNING

1016-f3A3C01b

Great Decisions 2022 #2

Facilitator(s): Bill Gernert, Chuck Laskey (Senior)

8 weeks beginning Wednesday, March 30th

The Foreign Policy Association (FPA) selects the timeliest world issues and has experts write factual and historical background material, which it publishes especially for this class offered nationwide each year. In addition, the FPA puts together a DVD to go along with the book, which will be shown by the facilitators to the classes. A real learning experience.

Topic 1: Changing Demographics (Bonus topic this year)

Topic 2: Outer Space

Topic 3: Climate Change

Topic 4: Russia and the US

Topic 5: Myanmar and ASEAN

Topic 6: The Quad Alliance

Topic 7: Drug Policy in Latin America

Topic 8: Industrial Policy

Topic 9: Biden's Policies

Course Type:

Discussion, Lecture, Media

Books/Materials:

(Recommended) Annual *Great Decisions Briefing Book* published by the Foreign Policy Association and **may be purchased at <https://www.fpa.org>. This course may be oversubscribed so we highly recommend you not purchase such until after Spring term course confirmations have been emailed (March 7th)**. The books are \$32.00 purchased from Foreign Policy Association.

Bill Gernert completed 22 years as a colonel in the Air Force, including tours in Thailand and Germany. He served in plans and personnel management jobs and as base commander. His three tours in the world's best Pentagon involved policy making and coordination with other services and agencies. He has a Wharton MBA and graduated from the National Defense University.

Chuck Laskey, OLLI Senior Facilitator, has been taking and facilitating Great Decisions for over 50 years. His career has been in non-governmental agencies such as CARE and the Peace Corps, in a variety of overseas locations, and has included line, advisory and management roles. Working at the point of the spear he has watched how Great Decisions are implemented or fail.

IN-PERSON COURSES

Columbine United Church – South Campus

1018-f3A3C02b

Stephen Sondheim—The Man and His Music

Facilitator(s): Natalie Conklin (Master), Sue Bramley (Master), Jan Friedlander

6 weeks beginning Wednesday, March 30th

We recently lost one of the greatest musical composers and lyricists in 20th century musical theater, Stephen Sondheim.

His works in musical theater and film span the decades from *West Side Story* and *Gypsy* in the 1950s, to *A Funny Thing Happened On the Way to the Forum* in the 1960s, to *Company*, *Follies*, *A Little Night Music*, and *Sweeney Todd* in the 1970s, to *Merrily We Roll Along*, *Sunday in the Park With George*, and *Into the Woods* in the 1980s. And this is just a sampling of his work!

He was recognized for his talent with eight Tony Awards, eight Grammy Awards, an Academy Award, a Pulitzer Prize and the Presidential Medal of Freedom.

Come learn about his life, his work, and his collaborations with such greats as Oscar Hammerstein, Leonard Bernstein, Richard Rodgers, Hal Prince, Jonathan Larson and Lin-Manuel Miranda, among others. We lost a great talent, but he left us with so much to sing about. Join us and listen to his wonderful music and beautifully complex lyrics!

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Natalie Conklin (OLLI Master Facilitator), **Sue Bramley** (OLLI Master Facilitator) and **Jan Friedlander** are all OLLI at DU South campus facilitators who have presented numerous classes over the years in the area of Visual and Performing Arts, including opera, Broadway, dance, fine art, and a variety of musical genres.

IN-PERSON COURSES

Columbine United Church – South Campus

WEDNESDAY AFTERNOON

1023-f3P3C01b

The Industrial Revolution: Science, Technology, and Social Change

Facilitator(s): Stuart Gentry (Senior)

6 weeks beginning Wednesday, April 6th

Historians like to point to two seismic changes in the course of mankind's development. The first occurred when prehistoric man discovered that he could cultivate his own food. Man would then wait another 12,000 years before the second radical change came about. This change would happen on a small island in the cold North Atlantic; far away from the balmy Mediterranean and its Cradle of Civilization. This second radical change was, of course, the Industrial Revolution in 18th and 19th century England. The class will look at this revolutionary time in England. Each week we will take an in-depth look at a different key innovation that drove this transition. With each technology we will ask the questions of: Who? What? Why? and How They Work? These inventions and developments will include:

- The transition from water to steam power
- The dramatic transformation of the textile industry
- The industrialization of metal production and its use
- The rapid expansion of new transportation networks
- The rise of the factory-system of manufacturing

Along with this exploration of technology, we will also look at the impact of industrialization on society, both pro and con. Lastly, we will ask the questions of "Why England?" and "Why at this Time?"

This will be a six-week course. The instructor will draw on material from a variety of sources. Class sessions will be a mixture of lecture and videos, with plenty of time left for questions and insights from the class.

Course Type:

Lecture, Media

Books/Materials:

No

Stuart Gentry, OLLI Senior Facilitator, has advanced degrees in chemistry and physics. He spent the first 20 years of his professional life in the chemical industry. He then switched to teaching where he was a professor at La Salle University in Philadelphia. His passion is the linkage between science and practical technology.

1031-f3P3C02b

Advances in Science & Technology and Implications for Society

Facilitator(s): Charles Holt, PhD (Platinum)

6 weeks beginning Wednesday, March 30th

This course offers a commentary on advances in science and technology for a general audience. It is designed for those who are interested in the developments that are likely to have an impact on society now or in the near future,

IN-PERSON COURSES

Columbine United Church – South Campus

including advances that could yield disruptive change with major social and economic benefits. It is intended to serve as a reminder of the importance of technology in every area of modern life. This will be a six week course covering six topics in science and technology and the impact on society. Topics will be selected from current science news magazines and news sources such as Scientific American, Science Daily, MIT Technology Review, the National Aeronautics and Space Administration, the Department of Energy, the National Academy of Sciences, etc. When available, video material relevant to the chosen topics will be offered. We expect to discuss topics similar to and/or including:

1. Selected technological advances in health such as robotic surgery, gene editing, public health, among other topics of current interest.
2. Advances in transportation to include aviation, commercial aviation, automobile technology, including self-driving automobiles, electric vehicles and high-speed rail. We will discuss what the future holds, where the technology is, what the issues are, and how it all impacts society.
3. Smart cities. This will include what's happening in the United States, what a smart city is, why are those issues important to us, and how they impact our future living. More than 70% of the population of the world will be in urban environments in 2040.
4. Current issues in climate change: the debates, responses in the public, the scientists, the policy makers and the technologists. We will discuss the scenarios that are likely to be adopted to guide us through this difficult transition from fossil fuels to renewables. We will discuss how it's impacting people and the likelihood of acceptance in American society.
5. Advances in agriculture. There are emerging technologies that are likely to have a major impact on the way we produce and distribute food. The new technology is focusing on minimizing water usage, wastage, pesticide use, and fertilizer use while maximizing output especially in the urban areas. We will be discussing the urban farm, the high-rise farm, and the work that's going on to make this a reality.
6. The last class will combine issues from all previous classes to examine the impact on society and the role of the citizen in successfully mitigating the problems and maximizing the gains to be had with our scientific and technological advances.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

None

Charles Holt, PhD, OLLI Platinum Facilitator, is a retired engineer, with 35 years in research and R&D management for several international organizations. He is an avid reader with an interest in the impact technology has on culture. Courses facilitated include history, physics, aviation, science & technology, and cosmology. Education: PhD-theoretical and applied mechanics, MS, and BS - aeronautical engineering

IN-PERSON COURSES

Columbine United Church – South Campus

THURSDAY MORNING

1032-f4A3C01b

Potpourri

Facilitator(s): Jan Friedlander

8 weeks beginning Thursday, March 31st

If you like variety, this class is for you! This class was built around the idea of asking various facilitators to “cut the leash” and do a 2-hour class on a topic of their choice. Take a look at the schedule and I think you’ll agree. It’s an impressive line-up that will deliver an interesting and fun 8 weeks!

March 31 (first session)

BIRD BRAINS: Peggy Winn

In this 2-hour class, we will delve into the problem solving, craftiness and quirkiness of some of the world’s more intelligent birds. My goal is for you to be amazed and entertained. Hopefully you will walk away saying “Wow, I had no idea.”

Apr 7

AROUND THE WORLD IN 80 BOOKS: Becky Stout

Becky will choose a few of the books in Harvard comparative literature professor David Damrosch's new book, *Around the World in 80 Books*. See if you agree with his choices. What would you choose? During the pandemic, the author chose to experience the world through books. The entire list will be sent out the week before the class so that participants will be able to view all the books. This will be a lively discussion class as participants will be asked to weigh in on the ones they have read.

Apr 14

THE WHITE HOUSE: It’s History & More: Rae Wiseman

We will look at the history of the construction of the White House, its many renovations, and some of the people involved in its building and in making it function. We will also look at some of the many historic events involving the house and some of its customs and traditions.

Apr 21

1970: THE GREAT DIVIDE – “The Silent Majority”: Pat Paul

In 1970, the exuberance of the sixties ran smack into the backlash of Nixon's “great silent majority.” We will examine 1970s happenings, including politics, film, music, and TV, that epitomize the Great Divide. Does that divergence still drive our politics today?

IN-PERSON COURSES

Columbine United Church – South Campus

Apr 28

DEMOCRACY in AMERICA: Gary Wyngarden

This class will explore the history of democracy in the United States with emphasis on the current day. Is democracy in America in danger? Did you know that George Washington was elected president with just over 1% of the population voting and only 6% of population eligible to vote in 1789? How did the Supreme Court's gutting of the voting rights act in 2013 influence the current picture? Did the Census Bureau's projection that America would be "minority white" by 2042 change the current dynamic? As Isabel Wilkerson asks, "Would America rather be white or have a democracy?" This class will include some lecture with plenty of time for discussion.

May 5

Cartoonists & Illustrators: Natalie Conklin

Cartoonists and comic illustrators work in a variety of formats from political cartoons to advertising to those that simply entertain. Some that we will cover include Pulitzer Prize winning political cartoonist Mike Keefe, formerly of the Denver Post; Charles Schulz, creator of Peanuts; and Rose O'Neill, at one time one of the best known and highest paid commercial illustrators (female) in the U.S. until Walt Disney introduced us to Mickey Mouse.

May 12

THE GREAT RIVER ROAD—Traveling from Mississippi to N'Awlins': Sue Bramley

From Beale to Bourbon: The Blues Highway. A Colorado girl follows the Mighty Mississippi & ends up experiencing the land of the Delta Blue. Part travelogue, part music history, you'll love this rollicking ride down, er, should I say, beside Old Blue!

May 19 (last session)

Emerging Technologies—Their Impact on our Lives: Charlie Holt

This 2-hour class offers a commentary for a general audience on selected advances in science and technology. It is designed for those who are interested in the developments that are likely to have an impact on our lives now or in the near future, including advances that could yield disruptive change with major social and economic benefits. It is intended to serve as a reminder of the importance of technology in every area of modern life. Topics will be selected from current science news magazines and news sources such as Scientific American, Science Daily, MIT Technology Review, the National Aeronautics and Space Administration, the Department of Energy, the National Academy of Sciences, etc. When available, video material relevant to the chosen topics will be offered.

Course Type:

Discussion, Lecture, Media, Unique Speaker Series

Books/Materials:

None

All facilitators presenting are experienced OLLI South facilitators who have been actively involved for the past several years.

IN-PERSON COURSES

Columbine United Church – South Campus

THURSDAY MORNING (CONTINUED)

1034-f4A3C02b

Is America in Decline? Studies on the Rise and Fall of Civilizations and the Modern State

Facilitator(s): Richard Passoth (Master)

8 weeks beginning Thursday, March 31 st

More commentators and journalists are now writing about America's decline. This course will not be reviewing these commentaries. Instead it will look more at scholarly research and writing on the decline of ancient civilizations and modern states. Much of this research is unfamiliar to the general public. The research helps individuals reflect more clearly about our future lives and the state of our nation—and the lives of our children and grandchildren. Beyond what may feel only like doom and gloom, the class will end with a look at how societies do evolve and regenerate themselves. What might happen next?

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

None

Richard Passoth, OLLI Master Facilitator, has two master's degrees and an undergraduate degree in history. He is a retired psychotherapist practicing in Denver. He still reads history as an avocation.

IN-PERSON COURSES

First Universalist Church – Central Campus

WEDNESDAY MORNING

1160-f3A1F04b

Current Events #4

Facilitator(s): Richard Reinish (Platinum), Sydney Myers (Diamond)

8 weeks beginning Wednesday, March 30th

We will discuss the prior weeks' news in the first hour. In the second hour a topic that's current will be determined by the facilitators and articles will be sent out for that discussion.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Articles will be selected and sent by email from the facilitators. There is no charge.

Dick Reinish, OLLI Platinum Facilitator, is a former antitrust attorney. He and his wife Barbara moved from Chicago in 2011.

Sydney Myers, OLLI Diamond Facilitator, is a former retail executive who lived in Mexico for seven years. She returned to Denver in 2006.

1137-f3A1F01b

Mysticism—Caring for the Common Good

Facilitator(s): Michael Prevedel (Senior), Alec Tsoucatos, PhD (Master)

8 weeks beginning Wednesday, March 30th

Mystics and activists are pioneers and adventurers, in that they leave safe, familiar and conventional territories and venture to the edges of personal and social transformation. Quote: "You are not one but a thousand, just light your lantern." ~Rumi

We will explore the following among others:

- The qualities that go into the making of a mystic and an activist, and the qualities that emerge when the two meld.
- The nature of the linkage between mysticism and activism.
- Is the marriage between mysticism and working for the common good a viable and necessary alternative or can we ignore it?

It is our wish as facilitators that the subject matter will invite student participation in the form of dialogue.

IN-PERSON COURSES

First Universalist Church – Central Campus

WEDNESDAY MORNING (CONTINUED)

Course Type: Discussion, Lecture

Books/Materials:

(Required) *The Conscious Activist—Where Activism meets Myticism* by James O'Dea, \$14.95 in paperback. We will also be sending you additional readings for your consideration.

Michael Prevedel, OLLI Senior Facilitator, who has offered a number of OLLI classes in the area of religion. He is a retired high school teacher of 30 years in social studies, and a part time instructor at Metro State University. He has a BA in history and a MA in international relations.

Alec Tsoucatos, PhD, OLLI Master Facilitator, was born to Greek parents in Alexandria, Egypt, a day before Pearl Harbor. He attended a primary school in Alexandria and finished junior and high school in Athens. He has lived in Egypt, Greece, England and America. He received his bachelor's and master's degrees in economics from UC Berkeley and his PhD from CU Boulder under the tutelage of Kenneth Boulding. His main interests are in New Economics, integrative medicine, positive psychology and progressive mystical Christianity.

1144-f3A1F02b

Fascinating Felines

Facilitator(s): Mary Dudzinski, Carri Holman

5 weeks beginning Wednesday, March 30th

Are you curious as a cat? Whether you're a lifetime cat lover, or considering adopting your first cat, join us for an exploration of the fascinating world of felines. Learn things you never knew about cats, share your own cat stories, and of course, watch some great cat videos! We'll pounce on the following topics:

- Identifying cat breeds
- Cats in history and modern culture; myths and legends
- Growth and development; kitty care and health issues
- Tips on making a happy home for cats
- Plus, much more!

Course Type:

Discussion, Lecture, Video

Books/Materials:

None

Mary Dudzinski—After leaving a career in nursing where she cared for newborns, and raised two children, Mary still had a passion for nurturing. So, she turned to kittens. For the past 12 years, Mary has been fostering kittens, often nursing them to good health, always socializing them for adoption into loving homes. Along the way, she has guided nearly a dozen pregnant cats through delivery and fostered more than 250 kittens.

Carri Holman has had cats her entire life and has fostered 13 kittens (including two feral kittens born under her deck).

IN-PERSON COURSES

First Universalist Church – Central Campus

1146-f3A1F03b

Chemistry: Inside, Outside, All Around You

Facilitator(s): Tom Giordano, PhD

8 weeks beginning Wednesday, March 30th

What does chemistry have to do with you? Plenty, considering that chemistry is occurring all around you and within your body. This class will explain the impact of chemistry in your daily life and provide the tools for you to understand chemistry-related issues presented by politicians and in the media every day. The course will present principles of chemistry and their application to: energy sources and uses; air and water pollution; biological systems (including you); and, the chemistry of cooking and nutrition.

Course Type:

Lecture, Discussion

Books/Materials:

The recommended text for this class is: *Chemistry Essentials for Dummies*, by J. T. Moore, Wiley, New York, 2019 or 2010.

Tom Giordano received a PhD in chemistry from The University of Michigan. He worked at Lockheed Martin and CH2M HILL in chemistry and environmental compliance and taught introductory chemistry at a number of venues. In addition to an introductory chemistry class, he has facilitated OLLI classes on U.S. Grant, the Big Three, the Cold War, and Woodrow Wilson.

WEDNESDAY AFTERNOON

1166-f3P1F02b

Documentary Films

Facilitator(s): Richard Reinish (Platinum)

8 weeks beginning Wednesday, March 30th

Each week a different documentary film will be shown in class followed by a discussion. Pertinent readings will be sent out prior to class. None of the films have been previously shown in the facilitator's prior courses.

Course Type:

Discussion, Media

Books/Materials:

None

Dick Reinish, OLLI Platinum Facilitator, is a retired antitrust lawyer which required that he learn acts about various industries from nuclear power to cat litter. His interest in documentary films evolved at the suggestion of his wife. Dick has a daughter who has made four documentary films (one of which he showed in a prior class).

IN-PERSON COURSES

Temple Sinai – Central Campus

TUESDAY MORNING

1164-f2A1T01b

Major Movements in Jewish History: Challenging the Status Quo

Facilitator(s): Rabbi Ray Zwerin

8 weeks beginning Tuesday, March 29th; 9:30 am - 11:00 am

Throughout Jewish history, movements arose that challenged the accepted norms of Jewish life and thought. Some of these movements were successful in replacing what came before and setting new standards that lasted centuries, while others rose like an evening flare, burned bright for a moment or so, then fizzled out. It was the ability to adapt to physical threats from without, to adopt and adapt foreign wisdom to meet current needs, and to meet internal challenges with patience and wisdom that ultimately shaped the evolution of a people.

This course is intended to lend perspective to the origins and development of various movements or historical periods in Jewish history. You just might find it interesting. Topics will include:

- Priests v. Prophets
- Sadducees v. Pharisees
- Rabbis v. Karaites
- Spanish Jewry & Islam
- Spanish Jewry & the Church
- Mysticism v. Legalism
- False Messiahs
- Haskalah v. Zionism

Course Type:

Lecture

Books/Materials:

None

Rabbi Raymond Zwerin was ordained as a Rabbi from the Hebrew Union College-Jewish Institute of Religion in Cincinnati, OH in 1964. In 1989 he received a Doctor of Divinity degree from HUC-JIR. He is the founding Rabbi of Temple Sinai, and has been serving in the Denver community since 1964. Rabbi Zwerin was co-founder and president of A.R.E. Publishing, Inc., a major producer of creative Jewish educational materials for children and adults. He is a past Executive Board member of the Central Conference of American Rabbis, and past president of the Midwest Association of Reform Rabbis, and the Rocky Mountain Rabbinic Council. Rabbi Zwerin is a founder of Theodor Herzl Jewish Day School of Denver, and a founder of Babi Yar Park Memorial to the Holocaust, and was active in the cause of Soviet Jewry. He is the author of over a dozen books for children and teachers and the editor of some 700 titles. One of his latest books contains 98 of his High Holy Day sermons and is entitled *Forty Years of Wondering*. His most recent publication is also his first novel, *Holy Fire*, a biblical mystery intertwined with a Holocaust story of redemption. Together with his wife Rikki, Rabbi Zwerin has two married children, Ron (Julie) and Dina (Darren) and four grandchildren, Noah Asher Boivin, Elizabeth Rose Zwerin, Ethan Reuben Boivin and Bradley Ryan Zwerin. He is an avid Colorado Rockies fan and can be seen at the ball games with several people surrounding him listening to his commentary on the game.

IN-PERSON COURSES

Park Hill United Methodist Church – Central Campus

TUESDAY MORNING

1126-f2A1H02b

Current Events #2

Facilitator(s): Christina Bauer (Senior)

8 weeks beginning Tuesday, March 29th

Participants will discuss the previous week's news at the local, national, and international level for the first hour. Everyone is encouraged to follow the news through their favorite news sources and to share their observations and information with the group. The second hour will be devoted to exploration of one current topic per week selected collaboratively. Two or three articles or references related to the selected topic will be circulated via email at least two days before class time.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

None

Christina Bauer, OLLI Senior Facilitator, is a retired lawyer and lifelong student of politics and government. She has taught immigration law, literature and current events classes for OLLI and is now a Senior Facilitator. She is passionate about life-long learning and has been a happy part of the OLLI community for over five years.

1154-f2A1H03b

George Eliot's *Middlemarch*

Facilitator(s): William West, PhD

8 weeks beginning Tuesday, March 29th

To help celebrate the 150th anniversary of its publication, I'll be offering an eight-week course on George Eliot's novel *Middlemarch*. The Victorian period was a remarkable time for the English novel, and Eliot's novel has long been acknowledged as among the very best of those written during that time. Virginia Woolf even went so far as to declare *Middlemarch* magnificent and "one of the few English novels written for grown-up people." It's very long, but we should be able, in eight weeks, to do it some justice.

Course Type:

Discussion, Lecture

Books/Materials: None

Bill West, PhD, holds a BA from Ohio Wesleyan University, MA from Columbia University, PhD from University of Michigan, Ann Arbor. During his career Bill has been a Professor of English at University of North Carolina, Chapel Hill, and Professor of English at the University of Colorado, Denver. His academic specialization—19th century Victorian literature and the English novel.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

TUESDAY MORNING

1094-f2A2J01b

Words and Music of America's Wars

Facilitator(s): Daniel Grace, PhD

6 weeks beginning Tuesday, March 29th

In six sessions, WORDS AND MUSIC OF AMERICA'S WARS will explore the impact of the words and music that has lived during wars of our country beginning with its War of Independence and ending with its present conflict in the Middle East. We will consider words and music as therapy and as propaganda in the context of American history. The Declaration of Independence and other writings of Thomas Jefferson, the poetry of Walt Whitman, Steven Crane and later poets, and letters to and from the front will be studied. We will hear music and lyrics in a variety of genres that have celebrated and condemned our efforts on the battlefield and at home: music that offers celebration and sorrow, resignation and resolve. Class members will be invited to contribute memories from their own experiences during wartime and relate them to the poems and songs we study.

Course Type:

Lecture

Books/Materials:

None

Daniel Grace, PhD, is a retired high school choral conductor, having served in Jefferson County Public Schools for 29 years. After serving for thirty-five years, he retired as conductor of the Colorado Chorale, a 100 voice adult choral society based in the Denver metro area. For eighteen years he served as director of the Chancel Choir at Bethany Lutheran church in Cherry Hills Village. He has served as clinician, adjudicator and panel moderator throughout the Rocky Mountain region and has acted as a judge for the Metropolitan Opera National Council Auditions for the Rocky Mountain Region. Dan earned his Doctor of Music Arts in Choral Literature and Performance from the University of Colorado. He received his Bachelor of Music Education and Master of Music degrees from the University of Nebraska.

1099-f2A2J02b

Modern China

Facilitator(s): Steve Swenerton

6 weeks beginning Tuesday, March 29th

OLLI DU - Boulder facilitator, Steve Swenerton, will be holding this in-person course at the OLLI DU - West campus.

Course covers the period 1979 to the current day and focuses on the elements which enabled China to develop from being a highly traumatized third world country to a world leader. Emphasis will be placed not only on the most impactful events which have received broad press coverage, but on the underlying factors which drive China's

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

people, leadership, and culture. China's positioning in the world has taken a very different turn under President Xi, and many nations are unsure how to respond. The course will evaluate China's actions in the era of Covid-19, and what the future is likely to bring. Key subjects will include:

- President Xi
- the Chinese Communist Party
- the Belt and Road Initiative
- Taiwan
- military buildup
- minorities
- economic stability

Class time will be apportioned approximately 80% lecture and 20% discussion.

Course Type:

Discussion, Lecture

Books/Materials:

(Recommended) *The World According to China* by Elizabeth C. Economy 2022(available via Amazon)

Steve Swenerton previously facilitated this class in 2019. He has a BA in political science and MBA in international business. He was a Coast Guard officer for three years. He managed sales and marketing organizations for three companies in the residential building products industry for 40 years. From 2010 to 2017 he served as an international sales and marketing consultant in China, SE Asia, Australia, and South America. During that time, he made 40 trips to China. Steve currently is a teacher for Active Minds in Colorado and has delivered over 250 presentations on 50+ subjects since 2017.

1123-f2A2J03b

Gentle Yoga

Facilitator(s): Vicki Olson

7 weeks beginning Tuesday, March 29th; 9:30 am - 11:00 am; \$5 Additional Fee

Yoga is for all ages—you just have to find the right form and intensity level that fits you. This gentle yoga class offers the opportunity to build strength, flexibility and balance through movement and poses that you can adapt to your needs and abilities. Through the use of props (like chairs and yoga blocks), modified poses, and limited to no "going to the floor," yoga becomes more accessible than you may have thought it could be. And yet, gentle yoga is not yoga for wimps. It is yoga that requires you to work muscles, balance, and breath in a way that builds strength and suppleness in your body. Gentle yoga is also not yoga as a competitive sport. It is yoga that gives you room to decide what works for you, how you might adapt poses based on your capacity, and how to honor your body and appreciate what it does for you every day.

In this class, we will follow all necessary Covid precautions, including masking up, ventilating the room, and spacing ourselves apart to the degree that is recommended and necessary.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

TUESDAY MORNING (CONTINUED)

Course Type:

Active

Books/Materials:

None

Additional Fees:

\$5.00 paid directly to the facilitator the first day of class.

Vicki Olson decided, after 44 years of teaching at elementary through university levels in Minnesota, to try something new as a retirement present to herself - yoga teacher training. It proved to be a rewarding endeavor even though she wasn't sure she would ever teach yoga. Since moving to Colorado, Vicki has discovered some wonderful yoga teachers with whom she continues to practice. As luck would have it, she also was presented with the opportunity to offer yoga through OLLI at DU West campus. She truly believes that the best way to learn something deeply is to teach it; she draws heavily from the teaching of her very fine teachers to create accessible yoga classes for all who want a gentle yet challenging practice.

1158-f2A2J04b

Exploring Paranormal Phenomena

Facilitator(s): Don Krill (Master)**8 weeks beginning Tuesday, March 29th**

This course looks at various forms of paranormal phenomena such as telepathy, clairvoyance, mediums, past-life regression, fortune telling, psychometry, and shamanistic hexing and healing. Readings are supplied for the various topics. Research in this field will also be considered. Class members are encouraged to share their personal experiences and are invited to participate in class experiments and homework exercises of a paranormal nature.

Course Type:

Lecture, Discussion, Writing

Books/Materials:

Provided by facilitator

Don Krill, LCSW, OLLI Master Facilitator, is a retired professor from DU, where he taught direct practice of social work and authored three books, *Existential Social Work*, *The Beat Worker*, and *Practice Wisdom*. He is a social work practitioner and consultant and has facilitated the OLLI classes "Exploring Paranormal Phenomena" and "Existential Psychotherapy & Self Awareness" for many years. He is also a practicing magician.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

1167-f2A2J05b

Comedy Appreciation

Facilitator(s): Jim Sieke (Senior)

8 weeks beginning Tuesday, March 29th; 9:30 am - Noon

Comic Appreciation is a 4-week course of classic humorous video clips from stand-up, sitcoms, late night and sketch comedy programs. Most of the material will be from the Comedy class Bob Magnani and I put together which was given a year or so ago at West, Central, South and Boulder. There will also be some new material. Each clip will feature a brief introduction for background, followed by a short video and then some questions/discussion. Most of the clips will be vintage with a few more recent items included and none will feature offensive language if you don't count *All in the Family* or Don Rickles. Let's all take a break from the stress we are all under and enjoy some of the talented people who have made us laugh over the years.

Course Type:

Discussion, Lecture, Media

Books/Materials:

None

Jim Sieke, OLLI Senior Facilitator, was born and raised in the Philadelphia area. He graduated with high honors in Speech-Communications and Broadcasting from the University of Delaware. After working in cable and broadcast television in Philadelphia, New York and Chicago, Jim came to KMGH-TV Channel 7 in Denver in 1979 where he worked for 34 years in various sales and management positions. Jim has always been interested in science and has a son, Scott, who is currently a science instructor for Science Discovery at CU-Boulder.

WEDNESDAY MORNING

1157-f3A2J01f

Create *MAGIC* With and For Your Grandchildren!

Facilitator(s): Don Krill (Master)

4 weeks beginning Wednesday, March 30th

Come join us for some fun and *MAGIC* and take home a few tricks to share with your grandchildren! Most children enjoy being surprised, mystified or puzzled by magic. Simple tricks done by Grandpa, Grandma or Uncle will actually involve the child in a way TV magicians cannot. Plus, teenagers are usually delighted by mental magic tricks. Each of the four sessions of the course will demonstrate specific tricks and have students learn by practice with one another. There will be a sufficient number of tricks so that each student may select those "pet" tricks suiting one's style of presentation as well as the age of the child (or spouse?) one wants to entertain. Sleight-of-hand will be minimal and tailored for our somewhat elderly hands.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

Course Type:

Discussion, Hands-On, Learning Tricks

Books/Materials:

Requirement—For the first class, please bring a deck of cards, some coins (include a penny), and a small pad and pencil.

Don Krill, LCSW, and OLLI Master Facilitator, is a retired DU Professor of social work, as well as a social work practitioner and consultant. In addition, Don has been performing magic at Denver's Mercury Cafe for the past twenty years. Don enjoys using his magic skills to teach others simple tricks and how to perform them. Students easily learn by using ordinary objects, like coins, cards, balls, rubber bands, string, paper and pencil.

WEDNESDAY AFTERNOON

1087-f3P2J01f

Create a Healthier You

Facilitator(s): Alan T. Carpenter

4 weeks beginning Wednesday, March 30th

OLLI DU - Boulder facilitator, Steve Swenerton, will be holding this in-person course at the OLLI DU - West campus.

The purpose of the course is to help each participant be a healthier person. The course is based on research showing that most people have a general understanding of healthy lifestyle choices but typically do not take action to make these choices integral parts of their daily lives. Why is that? Research suggests that most people do not have a mindset that predisposes them to make healthy choices. In addition, many people lack sufficient motivation and/or self-confidence to embark on a lifelong path of vibrant health and well-being.

Class members will perform evidence-based exercises that have been shown to foster a health mindset and to build motivation and self-confidence to make health lifestyle choices. Participants will also identify an attractive, practical, and beneficial healthy lifestyle choice; then prepare a customized action plan to embrace that healthy choice in their daily lives.

Class time will be devoted largely to short paper-and-pencil exercises with follow-up discussion.

Course Type:

Discussion, Lecture, Writing

Books/Materials:

Class materials will be provided gratis to all participants in PDF format prior to the first session.

Alan Carpenter pursued careers in high school science teaching, environmental conservation, and land conservation consulting. He since shifted his emphasis to speaking and writing on the topic of health and well-being and promoting his book, *Choose Better, Live Better – Nine Healthy Lifestyle Choices that Nurture Body, Mind, and Spirit*. Alan has college degrees in chemistry, secondary education, water resources management, and range ecology. Since his 61st birthday, Alan has logged over 20,000 miles of long-distance hiking and cycling adventures, with more to come. His website is alantcarpenter.com.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

1092-f3P2J02b

Journeys: Learning Through Travel

Facilitator(s): Barbara Werren

8 weeks beginning Wednesday, March 30th

We're traveling again! And traveling is Barbara's university, recreation and passion! Creating programs to share with others is a satisfying pursuit that expands her knowledge and appreciation of the world and its wonders. Barbara has explored — and hiked and trekked on — all 7 continents, and visited 100 or so countries. Travel gives us all the opportunity to learn and experience the culture, music, art, religion, geography and especially the beautiful people of the world.

We'll travel to many destinations, most recently to Portugal and Spain, and Africa, and South America and India, and Israel, and Antarctica...and more!

Whether you are eager to travel again and want some ideas about future trips, or an armchair traveler who enjoys seeing the beauty of the world, you'll enjoy this class. Come, travel with us!

Course Type:

Discussion, Lecture, Media

Books/Materials:

None

Barbara Werren was born in New Orleans. She moved to Colorado when she was 14 and rapidly adopted the Colorado lifestyle, becoming an avid skier, hiker, biker, and traveler. She has hiked on all seven continents and traveled to over 95 countries. Barbara has combined a passion for travel with her passion for photography. She is a noted travel journalist, giving many travel presentations to groups throughout Colorado. As much as she has seen of the world's most beautiful and interesting places, she realizes her great fortune to live in the very best place—our beautiful state, Colorado! Also she has the great fortune to have a wonderful traveling companion, her husband, Ernie Werren.

1093-f3P2J03b

America as Seen Through the Eyes of Its Filmmakers, Part I

Facilitator(s): Barry Bley (Senior)

8 weeks beginning Wednesday, March 30th; 1:00 pm - 3:30 pm

America as Seen Through the Eyes of Its Filmmakers is a two semester trip through the history of American film. There will be sixteen films over the course of two semesters (eight each semester).

During this film series, we may learn something about film, our country and ourselves. The course will take us on a voyage through time, from the earliest days of film until relatively modern times. No matter when a film was released, it falls into one of four themes: Person against Themselves, Person against Society, Person against Person, and Person against Nature.

IN-PERSON COURSES

Jefferson Unitarian Church – West Campus

Each film in this course, regardless of release date, reflects the time in which it was produced. Some of the films will be straight films, some will be comedies and some will be musicals. Some will have huge recognition and some will be obscure. Some will make you smile, some will make you weep, and some may make you angry. And some may evoke all these feelings. If any of this happens to you as you view these films, the filmmaker has accomplished his/her task—to create in the viewer what has been called "the willing suspension of disbelief." As indicated by the title of the course, each of the films we will show in this course reflects the view of America from the filmmaker. We may not always agree with the filmmaker's view, but it is hoped the films will evoke comment and discussion about that view, particularly since we each view a film through the eyes of our own experiences in life.

Since the Winter Term offering had to be canceled, I can easily adjust each separate part of the film class to any given semester, as they are independent of each other.

Course Type:

Discussion, Media

Books/Materials:

None

Barry Bley, OLLI Senior Facilitator, has 42 years experience as a high school teacher in the schools of New York and Colorado. He has bachelor's and master's degrees from Columbia University in New York City and, at age 48, a JD degree from Rutgers University in Newark, New Jersey. Barry saw his first movie, a Disney movie, at age four, and was hooked. He has been a movie devotee throughout his life. Barry likes nothing better than discussing movies.

1168-f3P2J04s

Seeing Beauty Everyday—Sketching at Home and Work

Facilitator(s): Lorraine Niemela

3 weeks beginning Wednesday, May 4th

Eyes and hand, pencil and paper—for a few minutes enjoy the richness of your world. Make a daily habit of taking just a couple of minutes to record the everyday things around you. Lines/shapes, lights/darks, space/form, color/texture, movement/rhythm are waiting to be noticed. Whether it is your coffee mug on the desk or a bird perched in a tree, shadows on the wall or clouds gathering over the hogback—taking the time to stop and draw for a moment offers peace of mind and a concrete memory of the day.

Course Type:

Hands-On Activities

Books/Materials:

None

Lorraine Niemela is an artist who has taught workshops and classes for 40 years. Sharing the many ways of approaching drawing, encouraging the development of a personal style and the everyday pleasures of active seeing are passions for her. She has led onsite painting classes in France; taught watercolor, drawing and color theory in NJ at the local community college, The Newark Museum, Peters Valley School of Craft and on the Jersey shore with her firm Artsclapes.

IN-PERSON COURSES

Mississippi Avenue Baptist Church – East Campus

TUESDAY MORNING

1174-f2A5M01b

Expanding Awareness of Grief

Facilitator(s): Les McCarroll, EdD

6 weeks beginning Tuesday, March 29th

Everyone is touched by grief at some time in their life. A common response or reaction is one of uncertainty of what to do or say to help others or to help one's self. This interactive course will offer an understanding of grief and loss as well as things that can be done to support and encourage growth through the process of grief. The facilitator has developed two programs for people who have experienced profound loss and has facilitated loss groups for several years. Topics may include:

- grief stages, steps, tasks, phases, continuum
- the pendulum of grief
- the many faces of grief
- myths and half-truths
- helping others/helping self
- universal truths
- greatest challenges

Course Type:

Lecture, Discussion

Books/Materials: Recommended reading–

1. *When Breath Becomes Air* by Paul Kanathi
2. *Option B* by Sheryl Sandburg
3. *Permission to Mourn* by Tom Zuba
4. *I Wasn't Ready to say Goodbye* by Brook Noel and Pamela Blair

Les McCarroll received both an MA and EdD from UNC, Greeley and retired from the Cherry Creek school district where he now volunteers three days a week at Thunder Ridge Middle School. He is an adjunct instructor at DU and has taught at UCCS and the AFA.

IN-PERSON COURSES

Mississippi Avenue Baptist Church – East Campus

TUESDAY AFTERNOON

1001-f2P5M01b

Be Good To Your Gut: The Art and Science of Fermentation

Facilitator(s): Judie Maurelli

6 weeks beginning Tuesday, March 29th

Class presentation will be about the history, science and benefits of fermented foods. Demonstrations weekly on preparation of krauts, fermenting in brine, fermented drinks (other than wine!), condiments, and Asian ferments. Equipment and techniques will be explored. Due to current health conditions, students will observe processes only.

Guest Speaker for Session One : Jeff Graves, MD – is an accomplished fermenter. He retired from medicine in 2018 after practicing for 27 years. He likes to combine science, cooking, and experimentation.

Course Type:

Lecture, Demonstration

Books/Materials:

None

Judie Maurelli is a self-proclaimed fermentista who has been exploring fermented foods as a healthy addition to the modern diet for 10 years. Spurred on by her own health concerns, she has researched and taken classes from a variety of experts including Sandor Katz! Judie has taught fermentation basics for OLLI several times in the past and has revised the format for our current situation. She holds a BS from the University of Minnesota, School of Home Economics.

1002-f2P5M02b

The Great Courses: How Winston Churchill Changed the World - Part One

Facilitator(s): John Rough

6 weeks beginning Tuesday, March 29th

Few individuals personify the tumultuous story of the 20th century more than Winston Churchill. Great Britain's most celebrated statesman, Churchill didn't just live history—he made it. His was a fascinating journey that would take him from the dawn of the Edwardian Age to the dawn of Beatlemania; from the days when the British Empire ruled the seas to its twilight as the preeminent global power; and from the chaos of two world wars to the equally fraught tensions of the Cold War era. Over the span of 24 lectures (over two OLLI terms) that unfurl like a great story, we will delve into Churchill's military leadership during World War I and World War II; his personal relationships with family and friends; his abiding passion for history, literature, and public speaking; and his political relationships with historical giants like Franklin Delano Roosevelt, Joseph Stalin, and Queen Elizabeth II.

IN-PERSON COURSES

Mississippi Avenue Baptist Church – East Campus

Great Courses catalog Part one will cover Churchill's life from birth to the eve of WWII. The lecture series will be supplemented with material from *Churchill: Walking with Destiny* by Andrew Roberts and other sources.

Course Type:

Discussion, Lecture

Books/Materials:

None

John Rough is a graduate of American University in Washington, DC and spent his career in manufacturing operations and information technology. John has facilitated several OLLI courses on current events and classic films and is the Curriculum Chair for OLLI East.

1008-f2P5M03b

All About Trees

Facilitator(s): Joanne Fisher**4 weeks beginning Tuesday, April 19th**

There are THREE TRILLION trees in the world. How do trees work? Where did they come from? What can we use them for? How have they adapted to last longer than the dinosaurs? What will happen if we keep losing them? What is that tree in my yard called?

This fun informative class will help you identify the trees around you, especially Colorado natives and common trees to our state, but also interesting trees from around the world. We will discuss the science of trees but also the importance of trees in history, culture, and religion. The next time you go to the park you will amaze your friends and family with what you know about the trees around you.

The third week of class (May 3, 2022) will be a field trip to the Denver Botanic Gardens.

Course Type:

Discussion, Lecture, Show and Tell, Field Trip

Books/Materials:

None

Joanne Fisher grew up in a rural area of England surrounded by nature. Since then, she has had 20 years of experience teaching about trees to children and adults at the Denver Botanic Gardens. She has also taught about nature at Chatfield Farms, The Plains Conservancy, and South Platte Park Nature Center. Through a long career as a retail manager and a second career as a non-profit manager and consultant, she has broadened her tree knowledge through reading, study, and travel. She finds the world of trees fascinating and hopes you do too.

Additional Fees:

The third week of class (May 3, 2022) will be a field trip to the Denver Botanic Gardens. Those with memberships will share them to hopefully get all in. The entrance fee for seniors if tickets are not available is **\$11.50**.

IN-PERSON COURSES

Mississippi Avenue Baptist Church – East Campus

WEDNESDAY MORNING

1006-f3A5M01s

Binder Set Up for Ducks in a Row (record & document organizing)

Facilitator(s): Judy Rough

4 weeks beginning Wednesday, April 27th

You will use binders and sheet protectors to create a home for your vital records and documents. You will learn the Ducks in a Row set up process and the creation of a communication method using this system. This course works for a DIY type or for those who have taken the 8-week Ducks in a Row course.

Course Type:

Hands-On, Workshop

Books/Materials:

OPTIONAL - Depending on what registrants choose to use to organize their documents, materials they have on hand or other materials they choose to use to protect documents, the materials cost could range from \$0 to \$100. A sample material list will be provided in the first class.

Judy Rough is newly retired and has an expertise in aging services, professional organizing including records and documents, and vetting professionals and valuable "quality of life" resources. She has given the Ducks in a Row workshop to OLLI members, Senior Planet members, library patrons, and various individuals, private groups, and organizations nationwide.

1012-f3A5M03b

Words and Music of America's Wars

Facilitator(s): Daniel Grace, PhD

6 weeks beginning Wednesday, March 30th

In six sessions, WORDS AND MUSIC OF AMERICA'S WARS will explore the impact of the words and music that has lived during wars of our country beginning with its War of Independence and ending with its present conflict in the Middle East. We will consider words and music as therapy and as propaganda in the context of American history. The Declaration of Independence and other writings of Thomas Jefferson, the poetry of Walt Whitman, Steven Crane and later poets, and letters to and from the front will be studied. We will hear music and lyrics in a variety of genres that have celebrated and condemned our efforts on the battlefield and at home: music that offers celebration and sorrow, resignation and resolve. Class members will be invited to contribute memories from their own experiences during wartime and relate them to the poems and songs we study.

Course Type:

Discussion, Lecture

IN-PERSON COURSES

Mississippi Avenue Baptist Church – East Campus

Books/Materials:

No

Daniel Grace, PhD, is a retired high school choral conductor, having served in Jefferson County Public Schools for 29 years. After serving for thirty-five years, he retired as conductor of the Colorado Chorale, a 100 voice adult choral society based in the Denver metro area. For eighteen years he served as director of the Chancel Choir at Bethany Lutheran church in Cherry Hills Village. He has served as clinician, adjudicator and panel moderator throughout the Rocky Mountain region and has acted as a judge for the Metropolitan Opera National Council Auditions for the Rocky Mountain Region. Dan earned his Doctor of Music Arts in Choral Literature and Performance from the University of Colorado. He received his Bachelor of Music Education and Master of Music degrees from the University of Nebraska.

IN-PERSON COURSES

Offsite Courses

TUESDAY MORNING

1029-f2A3C01f

Trail Walking in the South Metro Area

Facilitator(s): Jan Friedlander

4 weeks beginning Tuesday, March 29th

BE AN OLLI OUTSIDER! Spring is a great time to get out and enjoy Colorado while learning about the history, plants, animals, and environments of some of our local open spaces, parks and protected areas. Put on your walking shoes and join us for one or both 4-week trail walking classes in different parts of the South Metro area, led by knowledgeable, fun guides. Note, the submission date for Spring, 2022 class proposals was Dec., 2021 and specific sites and organizations could not be finalized at that time, but the walks will be in Douglas and perhaps Jefferson and Arapahoe Counties.

Please note, each class is 4 weeks but they are separate classes so you may take one or both and go on a different walk every time! That means if you take both 4-week classes, you will go on 8 different walks. Thank you in advance for keeping in mind that various organizations are committing time, employees or volunteers, and resources to curate walks specifically for OLLI members, so barring unforeseen complications or weather problems, your attendance is expected as with any OLLI class.

All walks are rated "easy" to "moderate" with little or no elevation change. The walks will begin promptly at 9:30 so we will need to arrive at the walk site by at least 9:15. Please note, similar to the "billy goat's gruff", our walking speed will be "not too fast and not too slow" – think walk & talk. We will probably walk about 2 -3 miles per walk. The walks will last about 1.5 to 2 hours. We will be back in the parking lot by 11:30.

Hungry?! After the walk, those who want to go to a local restaurant to share a meal and extend the camaraderie! Lunch is optional and details will be determined on a weekly basis.

The fee is \$30 for each 4-week class, so \$60 for both classes. Again, you may take one or both classes. 100% of our fees (I also pay the same fee) is paid to the various organizations providing our walks. Please make your check to me, Jan Friedlander, and I will distribute the money to the various organizations. If you have questions about this class, please call me - 303.885.9200.

Course Type:

Tour/Field Trip

Books/Materials:

No

Jan Friedlander loves being active, especially in Colorado's great outdoors! Whether walking, hiking, snowshoeing, or biking, she is excited to share walks in some of her favorite places with other OLLI members.

Additional Fees:

The fee is \$30 for each 4-week class, so \$60 for both classes. Again, you may take one or both classes. 100% of our fees (I also pay the same fee) is paid to the various organizations providing our walks. Please make your check to me, Jan Friedlander, and I will distribute the money to the various organizations.

IN-PERSON COURSES

Offsite Courses

1030-f2A3C02s

Trail Walking in the South Metro Area

Facilitator(s): Jan Friedlander

4 weeks beginning Tuesday, April 26th

BE AN OLLI OUTSIDER! Spring is a great time to get out and enjoy Colorado while learning about the history, plants, animals, and environments of some of our local open spaces, parks and protected areas. Put on your walking shoes and join us for one or both 4-week trail walking classes in different parts of the South Metro area, led by knowledgeable, fun guides. Note, the submission date for Spring, 2022 class proposals was Dec., 2021 and specific sites and organizations could not be finalized at that time, but the walks will be in Douglas and perhaps Jefferson and Arapahoe Counties.

Please note, each class is 4 weeks but they are separate classes so you may take one or both and go on a different walk every time! That means if you take both 4-week classes, you will go on 8 different walks. Thank you in advance for keeping in mind that various organizations are committing time, employees or volunteers, and resources to curate walks specifically for OLLI members, so barring unforeseen complications or weather problems, your attendance is expected as with any OLLI class.

All walks are rated "easy" to "moderate" with little or no elevation change. The walks will begin promptly at 9:30 so we will need to arrive at the walk site by at least 9:15. Please note, similar to the "billy goat's gruff", our walking speed will be "not too fast and not too slow" – think walk & talk. We will probably walk about 2 -3 miles per walk. The walks will last about 1.5 to 2 hours. We will be back in the parking lot by 11:30.

Hungry?! After the walk, those who want to go to a local restaurant to share a meal and extend the camaraderie! Lunch is optional and details will be determined on a weekly basis.

The fee is \$30 for each 4-week class, so \$60 for both classes. Again, you may take one or both classes. 100% of our fees (I also pay the same fee) is paid to the various organizations providing our walks. Please make your check to me, Jan Friedlander, and I will distribute the money to the various organizations. If you have questions about this class, please call me - 303.885.9200.

Course Type:

Tour/Field Trip

Books/Materials:

No

Jan Friedlander loves being active, especially in Colorado's great outdoors! Whether walking, hiking, snowshoeing, or biking, she is excited to share walks in some of her favorite places with other OLLI members.

Additional Fees:

The fee is \$30 for each 4-week class, so \$60 for both classes. Again, you may take one or both classes. 100% of our fees (I also pay the same fee) is paid to the various organizations providing our walks. Please make your check to me, Jan Friedlander, and I will distribute the money to the various organizations.

IN-PERSON COURSES

Offsite Courses

FRIDAY MORNING

1108-f5A2J01o

Geology Underfoot: 5/13 Rocky Mountain National Park

Facilitator(s): David Lindsey, PhD

Friday, May 13th, 9:00 am - 3:00 pm

Visit Horseshoe Park to view and discuss erosion features left by the melting Fall River glacier and two alluvial fan floods. Learn how to recognize different types of glacial moraines and their enclosed deposits, large erratics left by the ice, ponds where icebergs melted, and other glacial features. How do valley glaciers work? What are zones of accumulation vs ablation? How do moraines form? How do astronomical cycles, greenhouse gases, feedbacks and other processes affect glaciation?

Explore the alluvial fan where sediment-laden floodwaters from two floods (1982 and 2013) suddenly lost depth, velocity, and power forming the alluvial fan. View the extent of both floods, examine large boulders to assess which ones moved, and then walk down to the Fall River, where the sandy toe of the fan temporarily dammed the river. The fan is a great place to examine pristine samples of the many rock types found in the park. Time will be spent identifying rock types, so you can recognize them in other outcrops.

Eat your packed lunch next to the alluvial fan, followed by a drive up to Trail Ridge Road stopping at overviews of Horseshoe and Moraine Parks and a chance to examine and identify some rock types in outcrops. Stops at the Iron Dike at Hidden Valley and the overlook at Rainbow Curve, with granite outcrops, will complete the trip.

Walk rated easy to moderate, but is over irregular ground. Dress for the weather.

Course Type:

Field-Trip, Tour

Books/Materials:

No

David Lindsey, PhD, is retired from the US Geological Survey. He has a BS (Nebraska) and PhD (Johns Hopkins) in geology and has conducted field mapping and research throughout the Rocky Mountain West. For many years he has led geology classes over Trail Ridge Road for the Rocky Mountain Conservancy. He has facilitated or co-facilitated five geology classes for OLLI.

Additional Fees and Information:

\$25 fee, per car for RMNP. Bring Own Lunch. Will need to sign waiver upon registration.

IN-PERSON COURSES

Offsite Courses

SATURDAY MORNING

1108-f5A2J01o

Geology Underfoot: 5/14 Rocky Mountain National Park

Facilitator(s): David Lindsey, PhD

Saturday, May 14th, 9:00 am - 3:00 pm

Visit Horseshoe Park to view and discuss erosion features left by the melting Fall River glacier and two alluvial fan floods. Learn how to recognize different types of glacial moraines and their enclosed deposits, large erratics left by the ice, ponds where icebergs melted, and other glacial features. How do valley glaciers work? What are zones of accumulation vs ablation? How do moraines form? How do astronomical cycles, greenhouse gases, feedbacks and other processes affect glaciation?

Explore the alluvial fan where sediment-laden floodwaters from two floods (1982 and 2013) suddenly lost depth, velocity, and power forming the alluvial fan. View the extent of both floods, examine large boulders to assess which ones moved, and then walk down to the Fall River, where the sandy toe of the fan temporarily dammed the river. The fan is a great place to examine pristine samples of the many rock types found in the park. Time will be spent identifying rock types, so you can recognize them in other outcrops.

Eat your packed lunch next to the alluvial fan, followed by a drive up to Trail Ridge Road stopping at overviews of Horseshoe and Moraine Parks and a chance to examine and identify some rock types in outcrops. Stops at the Iron Dike at Hidden Valley and the overlook at Rainbow Curve, with granite outcrops, will complete the trip.

Walk rated easy to moderate, but is over irregular ground. Dress for the weather.

Course Type:

Field-Trip, Tour

Books/Materials:

No

David Lindsey, PhD, is retired from the US Geological Survey. He has a BS (Nebraska) and PhD (Johns Hopkins) in geology and has conducted field mapping and research throughout the Rocky Mountain West. For many years he has led geology classes over Trail Ridge Road for the Rocky Mountain Conservancy. He has facilitated or co-facilitated five geology classes for OLLI.

Additional Fees and Information:

\$25 fee, per car for RMNP. Bring Own Lunch. Will need to sign waiver upon registration.

IN-PERSON COURSES

Offsite Courses

SATURDAY MORNING (CONTINUED)

1107-f6A2J02b

Geology Underfoot: Three Golden Area Walks

Facilitator(s): David Lindsey, PhD, Donna Anderson, PhD

3 weeks beginning Saturday, April 23rd; 9:30 am - Noon

Geology is Underfoot everywhere. Three trails give a glimpse of what's "hiding" in plain site where you step.

April 23—Clear Creek Trail from Youngfield Street

After introducing the geology of Clear Creek Valley, we will walk the trail to see how the valley with its terraces formed during the last ice ages. Level surfaces were left, with fertile soil, and aquifers with valuable gravel deposits—gold that men dredged (bring a pan—pan-for-gold)! Finally, we consider the succession of land uses that gives us today's landscape.

April 30—School of Mines Geology Museum and Bob Weimer Geology Trail

This Museum has exquisite rock specimens from Colorado, the world, the moon! Learn about minerals, examine specimens, see the "view out the window." Then hit the Geology Trail to see up-close fossils, review geologic formations in a "rock garden," walk back in time through the rock formations. We may be late for lunch.

May 7—Kinney Run Open Space and Trail—Southwest Golden

This tour reveals Golden's geology and late-1800s mining history through rock exposures and historical sites. The geology is dominated by rock layers tilted to near-vertical during the Laramide Orogeny that "squashed" the west side of Golden around the time of the dinosaur extinction, 66 million years ago (the K-T boundary). More tilted rocks, in turn, range from 318 to 68 million years old, telling a story of transition from land to ocean and land, then back to beaches and swamps, including another, older, mass extinction 252 million years ago. Hear about local limestone, clay, and coal mines, and visit a unique, partially-restored lime kiln.

Course Type:

Field-Trip, Tour

Books/Materials:

No

David Lindsey, PhD, is retired from the US Geological Survey. He has a BS (Nebraska) and PhD (Johns Hopkins) in geology and has conducted field mapping and research throughout the Rocky Mountain West. For many years he has led geology classes over Trail Ridge Road for the Rocky Mountain Conservancy. He has facilitated or co-facilitated five geology classes for OLLI.

Donna Anderson, PhD, is a retired (sort of) geologist, having worked as a geologist since 1974, first in geotechnical engineering and then in the oil and gas industry. She is currently an Affiliate Faculty in Geology at Colorado School of Mines, where she earned her PhD with a specialty in sedimentary geology, and where she has been on the geology faculty part-time for the past 22 years. She has just finished a book with co-author Paul Haseman, titled *Golden Rocks: The geology and mining history of Golden, Colorado* to be published as a free e-book in early 2022. She enjoys peeling back the layers of the geologic landscape for the non-specialist.

THE
FOLLOWING
PAGES
CONTAIN
THE ONLINE
COURSE
OFFERINGS

ONLINE COURSES—MONDAY

MONDAY AFTERNOON

1:00PM — 3:00PM (unless otherwise noted)

1098-f1P7201b

People Honored in the Colorado Capitol: Their Lives and Times

Facilitator(s): Ellen Stanton

6 weeks beginning Monday, March 28th

Have you ever wondered who is honored in the State Capitol, why they were chosen, and the times in which they lived? This class will explore some of the many interesting people who are celebrated in the Capitol and their fascinating stories. For instance, John Routt, Colorado's last territorial governor and first governor of the state, led an interesting life and so, too, did his wife Eliza, the first woman to register to vote in Colorado. The men for whom two important tunnels are named, David Moffat and Edwin Johnson, are both honored in the Capitol's Senate Chamber. And the "Heritage Windows" found in the Old Court provide us an opportunity to explore the contributions to the state of people of different ethnic backgrounds. For the final class we will visit the Capitol for a tour that focuses on these notable people and the art within.

Course Type:

Field-Trip, Tour, Discussion, Lecture

Books/Materials:

None

Ellen Stanton is a volunteer tour guide at the Colorado State Capitol and has facilitated several classes for OLLI. Previous to moving to Denver, Ellen worked as an educator at the US Capitol Visitor Center. For several years she was lead Historic Interpreter at George Washington's home, Mount Vernon. Ellen is a licensed social worker whose passion for history and civic education resulted in her serving in many leadership capacities in Alexandria Virginia.

1171-f1P7303f

Active Minds

Facilitator(s): Active Minds

4 weeks beginning Monday, March 28th; 1:00-2:30 PM

Monday, March 28 - Queen Elizabeth I

Born in 1533, the daughter of Henry VIII and his second (and soon to be executed) wife Anne Boleyn, Elizabeth I was a central figure of the political and religious upheaval that characterized England during the time of her father's reign. She would take the throne in 1558 at the age of 25 and reign as Queen of England for 44 years establishing an era of political stability and strength that would position her country to become a global economic and cultural power. Join Active Minds as we examine the fascinating life of one of the most powerful women in history and the era that would take her name.

ONLINE COURSES—MONDAY

Monday, April 4 - Harriet Tubman

Born a slave in Maryland around 1820, Harriet Tubman escaped to freedom in 1849 and became the most famous “conductor” of the Underground Railroad that led slaves to freedom through a complex system of secret people and places. Nicknamed “Moses” for her efforts, she made over 19 trips and helped free hundreds. Join Active Minds as we review her life and legacy, including her efforts fighting in the Civil War and later fighting for Women’s Suffrage.

Monday, April 11 - Bangladesh

Emerging as a sovereign nation 50 years ago, Bangladesh is a nation that sits at a crossroads of trade, history, culture and religion. With a population of over 160 million people in an area about the size of Iowa, Bangladesh is one of the most densely populated countries in the world. Join Active Minds as we examine the story of this important Southeast Asian country, including the rise of Bangladesh as a major exporter of textiles to the world and its geographic vulnerability to the effects of climate change.

Monday, April 18 - Afghanistan

Two decades after the 9/11 attacks, the U.S. has withdrawn combat troops from Afghanistan. In the immediate aftermath of the 2001 attacks, the U.S. led a coalition invasion of Afghanistan seeking to oust the ruling Taliban and find Al Qaeda leaders, including Osama bin Laden. Join Active Minds for a look at the story of Afghanistan, both before and since 9/11. We will also take a look forward at what the future holds for this war-torn country.

Course Type:

Lecture

Books/Materials:

No

Active Minds is an organization with whom OLLI has had a long and wonderfully aligned relationship. Their mission is to expand lives and minds of learners by providing outstanding educational programs. They believe in lifelong learning and fostering Active Minds for life. They achieve this by combining excellent teaching with thoroughly researched, compelling topics that matter. Their programs are delivered on-site and online, are customized to each audience, and always presented objectively so that all perspectives are honored.

1019-f1P7301b

Movie Adaptations of Plays by American Playwrights

Facilitator(s): Jerry Wischmeyer (Platinum)

8 weeks beginning Monday, March 28th; 12:30 pm - 3:30 pm

There are many acclaimed plays by American playwrights that have been adapted to celebrated films. My selections for this course are a sampling of works by such well-known playwrights as Tennessee Williams, Arthur Miller, Thornton Wilder, Lillian Hellman, Neil Simon and Lorraine Hansberry, plus two lesser-known writers, Meyer Levin and William Gibson, remembered for two dramas that still resonate today.

The plays I have chosen are an eclectic mix of literary genres, including Southern Gothic, Historical Events, Comedy, Americana, Social Relevance and the American Dream. Weekly, I will send electronic handouts that feature play and movie reviews and author biographies. Class time may include informative documentaries or class member presentations. It will be a three-hour class beginning each week at 12:30. I will be interested to learn how many class members have seen live performances of one or more of the plays. There is one play most of us have seen more than once, and possibly acted in if you were a high school or college thespian. Many of the plays have had numerous

ONLINE COURSES—MONDAY

revivals. A question for discussion each week will be: Are the movie adaptations cinema or merely filmed theater? The eight plays, their authors and film adaptations are:

1. *The Little Foxes* (1939)-author, Lillian Hellman-turn of the century Southern Gothic melodrama-a chronicle of greed and hate in a ruthless family-Movie (1941)-Bette Davis at her best-conniving, brutal, vain, imperious and grasping.
2. *All My Sons* (1947)-author, Arthur Miller-moral dilemmas, capitalism, and the American Dream as wartime tragedy-Movie (1948)-young Burt Lancaster and the great Edward G. Robinson.
3. *Cat on a Hot Tin Roof* (1955)-author, Tennessee Williams-Southern Gothic drama at mid-century dealing with death, mendacity (my favorite word), relationships, loneliness, homosexuality and alcoholism-Movie (1958)-stellar cast: Paul Newman, Elizabeth Taylor, Burl Ives, Judith Anderson and Jack Carson.
4. *Compulsion* (1957)-author, Meyer Levin-historical crime drama that closely depicts the facts of the famous Leopold and Loeb case and trial-Movie (1959)-actors include the recently deceased Dean Stockwell, Bradford Dillman and Orson Wells as the spellbinding defense attorney.
5. *The Miracle Worker* (1957 Playhouse 90 teleplay)-author, William Gibson-historical drama based on Helen Keller's 1903 autobiography-Movie (1962)-with Anne Bancroft and Patty Duke.
6. *A Raisin in the Sun* (1959)-author, Lorraine Hansberry-social relevance-a psychological study of a working-class black family on the south-side of Chicago in the late 1940s-Movie (1961)-starring Sydney Poitier, Ruby Dee and Claudia McNeil.
7. *Barefoot in the Park* (1963)-author, Neil Simon-a comedy about love, sex and marriage before the Sexual Revolution-Movie (1967)-starring Robert Redford and Jane Fonda-dated, or a fond, nostalgic look at the way we were in the late fifties and early sixties?
8. *Our Town* (1938)-author, Thornton Wilder-Americana-small town life and death in the early years of the Twentieth Century-Movie (2003)-videotaped live performance featuring Paul Newman as the Stage Manager, just five years before his death at age 83.

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Jerry Wischmeyer, OLLI Platinum Facilitator, has facilitated many OLLI courses over the past twelve years. With the intention of both entertaining and informing class members, he enjoys presenting themed classes featuring history, literature and classic movies.

1066-f1P7601b

Revisiting Walden: Thinking Like Thoreau in the Twenty-First Century

Facilitator(s): Linda Tate, PhD

8 weeks beginning Monday, March 28th

This course will engage participants in reading Henry David Thoreau's 1854 book, *Walden: or, Life in the Woods*, and applying Thoreau's approach to observing the world to their own lives. Over the course of eight weeks, we will read *Walden* (about 35 to 40 pages per week). We will also read Thoreau's essay "Walking." Participants will have the option to read one or more selected short essays by contemporary nature and environmental authors to

ONLINE COURSES—MONDAY

reflect on how Thoreau's influence is felt today. In addition to reading *Walden* and "Walking," each participant will keep a journal in which to write and/or draw (and/or otherwise create!) observations of the world around them. Participants will be encouraged to "think like a Transcendentalist" – whether that is based on rambling in Boulder County Open Space, walking around their neighborhood, or watching the world from their deck or window. Class time will be devoted to interactive discussion of Thoreau's work and sharing of participants' journals in small groups. As desired, a limited amount of class time will include short volunteer reports from participants who read the optional contemporary writings.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Hands-On

Books/Materials:

Required: any edition of Henry David Thoreau, *Walden*

Recommended: *The Portable Thoreau*, ed. Jeffrey S. Cramer (we will use this book to refer to page numbers when discussing *Walden*, so this is the preferred version)

Recommended: *Now Comes Good Sailing: Writers Reflect on Henry David Thoreau*, ed. Andrew Blaine

Linda Tate, PhD, was a professor of English at Shepherd University in West Virginia, where she was named the state's "Professor of the Year." She was also on the writing faculty at the University of Denver. The author of two books and editor of a third, Linda now runs a writing, editing, and project management business, Tate Communications. Linda's memoir, *Power in the Blood: A Family Narrative* (Ohio UP), was a finalist for the Colorado Book Award. Learn more about Linda at www.tatecommunications.com.

1085-f1P7604b

Sex and Intimacy in Romantic Relationships

Facilitator(s): Paul Paiva, MDiv, MA**8 weeks beginning Monday, March 28th**

Are you satisfied or ecstatic regarding your intimate life? Do you think your intimate styles are mis-matched? Whether you are married, single, in a committed relationship, dating casually, or even celibate, this course will give you new insights as to what is possible to create deep intimacy. Curriculum is based on psychology, the Enneagram, the Erotic Blueprints™, and even lesser-known principles of Christian theology. It will be shown that pursuit of the sometime-elusive orgasm is not being selfish; rather, orgasm and intimacy can be tools for becoming a more evolved human being. Special attention will be given to intimacy challenges that couples experience, offering real-world suggestions to increase both quality and frequency of sexual relations.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Lecture, Writing

Books/Materials:

No

ONLINE COURSES—MONDAY

Paul Paiva, MDiv, MA, works with couples to harmonize differences in communication and intimacy styles. He is a sex educator and certified intimacy and sexuality coach who teaches the Erotic Blueprints™ to singles and couples who want to ignite their passion. He uses the Enneagram, somatic testing for intimacy style, and a trauma-informed style of counseling and coaching. His clients range from having atheist, spiritual, or Christian beliefs. Yet they all struggle with intimacy.

Paul is the president of Enneagram Colorado. A former Roman Catholic priest, he is a vocal feminist who espouses and blogs about an egalitarian, LGBTQ-embracing, and sex-positive Christianity.

<https://CoCreativeIntimacy.com>

<https://CoCreativeEnneagram.com>

<https://CoCreativeJourneys.com>

<https://EnneagramColorado.org>

1138-f1P7101b

The Way of Man

Facilitator(s): Michael Levin

8 weeks beginning Monday, March 28th

Hasidic Rebbe (Rabbi) Bunim is credited with the following advice:

Everyone must have two pockets, with a note in each pocket, so that he or she can reach into the one or the other, depending on the need.

When feeling lowly and depressed, discouraged or disconsolate, one should reach into the right pocket, and, there, find the words: **"For my sake was the world created."**

But when feeling high and mighty one should reach into the left pocket, and find the words: **"I am but dust and ashes."**

Rebbe Bunim's advice may help you avoid emotional extremes. But does that help you lead a meaningful life?

Martin Buber's *The Way of Man* according to the teachings of Hasidism addresses living a meaningful life. In this course we will carefully read and discuss his essay. Is Buber's advice useful even if you do not adhere to its theological basis?

A PDF version (1950) of Buber's essay will be provided.

Optional new or used book: (A newer, easier to read, and gender neutral version is also available for purchase online.) *The Way of Man: According to Hasidic Teaching* by Martin Buber, Bernard H Mehlman (Translator), Gabriel E Padawer (Translator)

Synopsis of *The Way of Man*:

This short and remarkable book presents the essential teachings of Hasidism, the mystical Jewish movement which swept through Eastern Europe in the eighteenth and nineteenth centuries, and their relevance to our lives. Told through six legendary tales of the Hasidic masters, together with Buber's own unique insights, *The Way of Man* offers us a way of understanding ourselves and our place in a spiritual world.

About the Author:

Martin Buber (1878–1965), is among the foremost twentieth-century philosophers of human relations and Jewish thought. He is best known for his revival of popular interest in Hasidism and his philosophy of dialogue, a form

ONLINE COURSES—MONDAY

of existentialism centered on the distinction between **I-Thou** and **I-It** relationships. His work on Hasidic thought, Zionism, and religious philosophy continues to influence both the academic study of Judaism and religious thinking more broadly. He also inspired the trend toward neo-Hasidism among modern Jews. His books include *I and Thou*, *Tales of the Hasidim*, *On Judaism* and many others.

Course Type:

Discussion, Lecture

Books/Materials:

PDF of Buber's essay will be provided (emailed).

Michael Levin is a Denver native with a BA from Grinnell College and an MA from University of Colorado, both in math. He retired from Raytheon in 2006 as a Senior Principal System Engineer. Michael has been engaged in Great Books and adult Jewish education since the mid 1980's. He inherited leadership of a South East Denver Great Books group in 2008. His group features in-depth examinations of short stories and essays.

1076-f1P7603b

Does the Constitution Really Say That?

Facilitator(s): Terre Rushton**6 weeks beginning Monday, March 28th**

This class will feature a look at the American Constitution, why it was enacted, and the Executive, Judicial and Legislative institutions created by it. We will cover a bit of the Federalist Papers, the courts, congressional and executive powers, elections and the electoral college. This is not intended to be a scholarly review, but more of a political look at the Constitution, our government, voting, and democratic principles with presentations and interactive discussions.

Guest Lecturers:

Prof. Harold Bruff is the former Dean of the University of Colorado School of Law and a recognized expert and author in Constitutional Law.

Grant Sullivan, JD. is the Assistant Solicitor General for Colorado, specializing in election law.

Prof. Richard Collins is a faculty member at CU Law teaching and writing on Constitutional Law topics. He has had several arguments in the U.S. Supreme Court.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

A copy of the constitution, even a free online copy, is strongly suggested but not required.

Terre Rushton received her JD from the University of California. She worked for a Colorado Assistant Attorney General, on general litigation and election law matters, and was a partner in Kelly/Haglund/Garnsey & Kahn in Denver for 20 years, trying cases and appeals before state, federal and appellate courts. She successfully argued a case before the United States Supreme Court.

Ms. Rushton has been on the faculty of the National Institute of Trial Advocacy since 1982, designing and teaching over 240 post-graduate trial skills training programs.

How Healthy is Our Healthcare and Why Does it Cost So Much?

Facilitator(s): Vince Markovchick, MD

4 weeks beginning Monday, April 25th

This four-week course will cover the following subjects:

- Where does US healthcare stand? Is it the best in the world?
- Why do we pay so much more for pharmaceuticals than other countries?
- Why are Colorado insurance premiums so high?
- What is the root cause of our health care dilemma?
- What are our current options?
- What can we do to achieve an ideal affordable health care system?
- How much of our money goes to waste, fraud and abuse?
- What does "single payer" mean?
- How do insurance companies control whom they insure?
- How much of the cost goes to administration?

The goal of the course is to inform the participants on the facts so that each can then educate their friends and family on an issue that impacts all of us.

Course Type:

Lecture, Discussion, Media

Books/Materials:

Recommended - *Medicare for All: A Citizen's Guide* by Abdul El-Sayed and Micah Johnson. Handouts will also be emailed by the facilitator.

Vince Markovchick, MD, is a graduate of the Temple University School of Medicine, 1970. He then completed a rotating internship at Presbyterian Medical Center, Denver, followed by serving as a USAF Flight Surgeon in Southeast Asia. Vince completed his residency at the University of Chicago in 1976. He is a former Director of Emergency Medical Services at Denver Health where he practiced for 32 years; was past President of the American Board of Emergency Medicine; is currently a Professor Emeritus of Emergency Medicine in CU's Dept of Emergency Medicine; Co-President of the Health Care for All Colorado Foundation; and a member of Physicians for a National Health Program. Vince's interest in access to affordable, quality health care comes from the myriad of patient encounters he has had in the Denver Health Emergency Department where many, who had serious illnesses and injuries, had no health insurance. He has been lecturing on this topic locally and nationally for 25 years. His current focus is on the unsustainable, absurdly high cost of healthcare, much of it due to waste, fraud and abuse on the part of private health insurers, drug companies, hospitals and healthcare providers.

Saving Democracy: Does Autocracy Loom in Our Future?

Facilitator(s): Ralph Hughes, Alec Tsoucatos, PhD (Master)

8 weeks beginning Monday, March 28th

Polarization in America is intensifying unabated, to the point where many commentators fear we will have a right-wing political coup and even a civil war in the foreseeable future. Who and what forces are driving us in this direction and what can we do about it?

This discussion class will use recent media articles to examine the connection between polarization and the authoritarian insurgency that many warn is already underway. Why are some people comfortable with this movement and others appalled? What social and economic factors are driving ordinary Americans toward abandoning many of our long-cherished democratic and egalitarian institutions? We will survey some Practical American Reform Ideas (PARI) to address these issues.

1. Who are we? Can WE Save Democracy: Does Autocracy Loom in Our Future?
2. Who is Driving Us in Which Direction? Precariat? Disaffected? Fascists? Socialists?
3. Changing Role of Media in Democracy
4. How to Survive the Unsustainable Economy
5. How do we Return to Consent of the Governed?
6. "Make Me Do IT"—transmitting the voice of the people to our politicians
7. Big Government? No Government? How about "Smart Government?"
8. How to Achieve Alternative Futures

Course Type:

Discussion

Books/Materials:

No

Ralph Hughes served as a Business Intelligence Systems Architect, leading data application development programs and teams for Fortune 500 companies in aerospace, telecommunications, and pharmaceuticals. He holds bachelor's and master's degrees from Stanford University in economics and econometric forecasting. He serves on the board of the Jefferson County chapter of the American Humanists Association, an organization dedicated to improving our society through evidence-based thinking and policies, and campaigns for political reform by educating citizens on the American Anti-Corruption Act (www.anticorruptionact.org). He can be reached at ralph.hughes@yahoo.com or (720) 951-2100.

Alec Tsoucatos, PhD, OLLI Master Facilitator, was born of Greek parents in Alexandria, Egypt, a day before Pearl Harbor in 1941. He attended primary school at a British institution in Alexandria and finished Junior High and High School in Athens, Greece. He has lived in Egypt, Greece, England and America. He received his bachelor's and master's degrees in economics from UC Berkeley and his PhD from CU Boulder under the tutelage of Kenneth Boulding. His main interests are in New Economics, integrative medicine, positive psychology and progressive mystical Christianity.

Understanding the World's Greatest Structures

Facilitator(s): Marc Rochkind, Al Segal

8 weeks beginning Monday, March 28th

Pyramids, arches, domes, bridges, skyscrapers, and concrete shells have shaped our cities and monuments for millennia, but there's so much we don't know about them. Why do they look the way they do? What holds them up? What causes them to fall down? Who built them and why? You'll learn the answers to these questions and more, and you'll be able to understand structures you come upon even if you've never seen anything like them before. The bulk of the course comes from The Great Courses course "Understanding the World's Greatest Structures," but it will be supplemented with additional material, and discussions will take up about a third of class time. Students will be encouraged to bring in photos of structures they've visited and to explain them in terms of the structures we'll be studying directly.

There will be eight classes, covering these subjects: Pyramids, Arches and Vaults, Gothic Cathedrals, Domes, Arch Bridges, Suspension Bridges, Iron/Steel-Framed Buildings, Modern Concrete, Thin Shells, Roof Systems, and Tension Structures.

You don't need any particular background to enjoy this course. Certainly, you don't have to be an engineer or scientist. And there's no homework or mandatory reading.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

None

Marc Rochkind is a retired software developer and entrepreneur; he worked at Bell Labs starting in 1970, and since then as an entrepreneur, consultant, and author. He has five published computer books and two self-published novels. He has taught professional seminars, computer science courses at CU Boulder, and three OLLI courses (How Computers Work, Issues in Technology, and Introduction to 3D Printing).

Al Segal has degrees in computer science from the University of Michigan. He has 38 years of experience in computer science and telecommunications software engineering at: Cray Research, NBI, AT&T Bell Laboratories, Lucent Technologies, Intrado, Avaya, and Polycom. During his career, he frequently developed and delivered technical training on many topics. Since retiring, he now teaches pottery at the Studio Arts Boulder Pottery Lab, and has facilitated and co-facilitated classes (Artificial Intelligence for Beginners; Introduction to Arduino Programming and Physical Computing).

Plants: Form and Function

Facilitator(s): Larry Matten, PhD (Platinum)

8 weeks beginning Monday, March 28th

For those of you who missed taking a beginning botany course at college, you now have a second chance. We will consider the unique organization of a plant and how it goes about the activities of life. Because of the limited time for the course, we will, of necessity, eliminate some important topics such as evolution, cell division, genetics, and ecology. Instead we will look at the structure of a plant (cells, tissues, organs) and the processes that keep the plant alive: growth, respiration, photosynthesis, hormones and their effects, reproduction, flower, fruit, seed. The course will consist of a series of lectures on the above selected topics. As a science, botany depends on a foundation of physics and chemistry, so be prepared to learn more about biochemistry than you would expect. Larry will send each student his lecture notes and PowerPoint slides after each class.

Course Type:

Discussion, Lecture

Books/Materials:

Recommend a General Botany text (NOT REQUIRED)

Larry Matten, PhD, OLLI Platinum Facilitator, received his PhD in botany/paleobotany with a minor in geology/paleontology from Cornell University. He was a Professor and Chair of Department at Southern Illinois University. He taught General Biology and General Botany for 35 years in addition to his graduate and research courses. After his wife's death in 1995, Larry retired and went to Law School. He moved to Colorado in 2000 and practiced Elder Law in Englewood. He began teaching adult education with the Academy in 2008 and OLLI in 2011. He married his wife Susan in 2005 and between them they have six children, 14 grandchildren and four great grandchildren.

1010-f1P7501b

Matinee at the Bijou - Alfred Hitchcock Presents

Facilitator(s): Mac McHugh (Diamond)

8 weeks beginning Monday, March 28th, starting at 12:40 p.m.

Alfred Hitchcock, just the name alone brings up thoughts of mystery, suspense, horror, and comedy (?). This quarter we delve into the mind of the "Master of Suspense" with eight of his greatest mysteries. Hitchcock had the ability to take normal people and put them in terrifying situations. We will meet some of these people. We have war factory workers, a reformed thief, a scientist's daughter, a psychiatrist, a wife, a man with a broken leg, and others. Any one of these would be just a normal person on the street but Hitchcock changes them forever. These characters are now etched in our memories. How did Hitchcock do it? What was his style? How did his style evolve through the years? We just hear the opening few bars of the Funeral March of a Marionette and suddenly we think of Hitchcock. His droll greeting "Good Evening" of "Alfred Hitchcock Presents" guarantees that we will have an evening of suspense, mystery, and perhaps, horror. We will dispense with his horror movies and concentrate on his mysteries in this course. Join us as we look into our English import and his movies. Again, we will have a short discussion before and after the movie to discuss the stars, the plot, and why the movie was successful. Due to the length of the movies the class will start at 12:40 p.m. and there will not be an intermission during the movie.

ONLINE COURSES—MONDAY

Course Type:

Discussion, Media

Books/Materials:

No

Mac McHugh, OLLI Diamond Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a World War II history buff and has facilitated numerous courses on technology, film, and history at OLLI.

1025-f1P7302b

Comedy, Crime, and Cowboys TV of the 50s

Facilitator(s): Alan Folkestad (Diamond)

8 weeks beginning Monday, March 28th

Do you remember your favorite TV program of the fifties? Perhaps it was the *Twilight Zone*, *Lassie*, *Leave it to Beaver*, or another. Here is a chance to view them again and share with OLLI friends your thoughts and memories. Each week we will review three programs from what is often described as the Golden Age of Television. Other material we will review are fashions and fads of the period. Please join in an amusing two hours each week.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Alan Folkestad, OLLI Diamond Facilitator, and a movie fan all his life, is keen on delving below the surface of film to discover deeper implications. At the University of Minnesota, he majored in political science and earned a MPA degree from Texas Christian University.

1035-f1P7401b

Singers/Songwriters of Rock and Roll: The Journey Continues

Facilitator(s): Robert Joyce

5 weeks beginning Monday, March 28th

In the early 1970's, rock fans were drawn to artists who wrote and performed their own material. This course is a continuation of the exploration of additional singers/songwriters from the 1970's when rock became a major industry. The dynamic careers, music and of very extraordinary talents of Billy Joel, Janis Ian, Cat Stevens, Jim Croce and Neil Young will be explored during this presentation.

Course Type:

Lecture

ONLINE COURSES—MONDAY

Books/Materials:

No

Robert Joyce is a popular lecturer for the Osher Lifelong Learning Institute and has provided online courses for OLLI members at over fifteen universities throughout the last year. He has a rich history of over ten years of presenting to OLLI members in areas of Music Appreciation and History in Jazz, Blues, and Rock and Roll. Popular for his courses "Pioneers of Rock and Roll" and "Women of Rock and Roll" last spring, Joyce returns with another favorite OLLI class from his catalogue. Rob is also an accomplished composer, producer, author, and educator. He has over 30 years of teaching at Augustana University and at the University of South Dakota, Sioux Falls campus.

1151-f1P7103b

Classical Music and You: What to Know and How to Listen Like a Pro

Facilitator(s): Catherine Beeson

8 weeks beginning Monday, March 28th

Explore and learn about the history and development of classical music, from small ensemble to the symphony orchestra, with a Colorado Symphony musician-educator. Discover, explore, and compare music-making techniques of master composers from every major era (Haydn, Mozart, Brahms, Copland, and more). We will listen to, discuss, and make observations about different instruments and compositions. This class will enhance the understanding and appreciation of classical music. OLLI students will learn the basic history of classical music, listen to and compare/contrast examples of music from all major historical periods, and learn about composers from each of those periods. Whether you're a novice or a classical music aficionado, get ready to expand your knowledge and experience all sorts of new cool information from a professional musician and educator!

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Listening

Books/Materials:

No

Catherine Beeson holds a master's degree from Manhattan School of Music, is Executive Director of the Longmont Symphony and has been a Colorado Symphony violist for over 20 years. She has extensive professional experience as a performer and educator, and a warm, friendly delivery style. Catherine is excited to bring her insider knowledge of classical music to curious adult learners.

ONLINE COURSES—TUESDAY

TUESDAY MORNING

9:30AM — 11:30AM (unless noted otherwise)

1020-f2A7301b

The Cold War....What and Why

Facilitator(s): David Williams (Diamond)

8 weeks beginning Tuesday, March 29th

Most of us grew up and lived our lives during the forty-five years of the Cold War, so in many ways and many times it touched all of us. What do you remember about the Cold War? Will you share with us? Could it have been averted? What lasting legacies must we now contend with?

We will read and discuss *The Cold War, a New History*, by John Lewis Gaddis, acknowledged as the leading historian on the subject.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Reading, Discussion

Books/Materials:

Required: *The Cold War, A New History* by John Lewis Gaddis, 2005, Penguin Press

David Williams, OLLI Diamond Facilitator, has facilitated thirty different courses at OLLI Denver, and almost half have been in history. He majored in Twentieth Century European History in graduate school.

1097-f2A7203b

1950-1975 The Years America Changed Discussion

Facilitator(s): Don Stanton

5 weeks beginning Tuesday, March 29th

This class will be five lectures/discussions about the events and our memories from the dynamic years of 1950-1975. Domestic life changed rapidly with new innovations in TV, transistors, aerospace, cars, and music. Americans lived in two worlds: the domestic modernizing world of suburban baby boomers, and international superpower confrontations which increasingly intruded into American lives. The country reeled from the Korean and Vietnam wars and many shifted from supporting national leadership to questioning authority. The threats of nuclear war, segregation, the Draft, and Vietnam made many activists, and some chose to protest and oppose the government. Many Americans who lived through these years became committed to social and political change. Bring your memories and comments for engaging discussions!

Course Type:

Discussion, Lecture

ONLINE COURSES—TUESDAY

Books/Materials:

No

Don Stanton was commissioned through Cornell University Navy ROTC and holds an MA in National Security Studies from Georgetown University. He served off Vietnam aboard a destroyer and aircraft carrier, and later flew as a P-3C anti-submarine patrol pilot. Afterwards, Don flew for three airlines companies. Don was a Deputy Assistant Secretary of Defense and currently represents Jefferson County on the Colorado Transportation Commission. He has taught OLLI courses on the Cold War, Vietnam, and Aviation Trailblazers and self-published *Looking Back at the Cold War: 30 Veterans and a Patrol Plane Commander Remember*.

1077-f2A7601s

Voice Dialogue and the Language of Inner Selves

Facilitator(s): J. Tamar Stone

2 weeks beginning Tuesday, May 10th

Do you know that part of you that looks through your eyes in the mirror when you wake up in the morning (Inner Critic)? Or how about the aspect of yourself that makes to-do-lists at your kitchen table as you're pouring your second cup of coffee (Inner Pusher)? These are called Inner Selves and everybody has them. Primary selves tend to be more dominant, familiar, and a driving force in our lives. Disowned Selves tend to be more hidden, less accessible or even untapped. Primary Selves want to jump into the driver's seat of our own inner car, driving us in their own direction. What's possible is a shift from the Selves running the show (Operating Ego) to a true sense of choice called the Aware Ego Process. We will apply these insights to your relationship with yourself and others.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Experiential

Books/Materials:

No

Tamar Stone is a Psychotherapist and Senior Voice Dialogue instructor with an international client base. She helps her clients find meaning, purpose, fulfillment, and a sense of belonging. Her specialty is giving voice to Inner Selves. She believes that by honoring the roles of the primary selves and integrating the disowned selves, her clients experience a greater sense of wholeness. In addition to working one on one she teaches ongoing Trainings in Voice Dialogue, Body Dialogue, and Selves in a Box. She also offers Dream Groups, Couples Retreats and Tutorials.

1095-f2A7202b

A Potpourri of Philosophers

Facilitator(s): Dan Putman, PhD (Senior)

7 weeks beginning Tuesday, March 29th

There are a number of philosophers and philosophical issues that I do not cover (or just mention) in my other courses for OLLI. This course gives me a chance to develop and explain these philosophers in some detail. Unlike my other OLLI courses, this course will not focus the whole term on a particular area like ethics, religion, or knowledge. Each

ONLINE COURSES—TUESDAY

class will be on one or more distinct issues and we will cover a broad range of topics from important religious and ethical questions to the relationship of language to the world we live in. I will have a handout for you for each class.

Course Type:

Discussion, Lecture

Books/Materials:

No

Dan Putman, PhD, OLLI Senior Facilitator, is Professor Emeritus of Philosophy. He received his BA from Marquette University, his MA from the University of Wisconsin – Madison, and his PhD from the University of Southern California. Dan taught philosophy for 37 years at the University of Wisconsin – Fox Valley, a freshman-sophomore branch of the UW. He has published over 40 articles in philosophy, most of them concerning virtue ethics. He and his wife Elaine have two children, one in New York City and the other in Boulder. Dan taught OLLI courses for three years in Green Valley, Arizona before moving to Colorado to be near the grandchildren.

1152-f2A7101f

Better Ways to Do Good or How to Decide Which Nonprofits Will Best Use Your Donations?

Facilitator(s): Barbara S. Holme (Senior)

4 weeks beginning Tuesday, March 29th

Many of us donate to nonprofits but which nonprofits will best use our money? About 10 years ago 'Effective Altruists' began researching this question and posting their results online. Some of them also started charities that claim to make the most efficient use of donations.

A few of the questions we will discuss in class are:

- What is your favorite charity? Why?
- How do you judge whether it is effective? How well does it accomplish its goals?
- Do you know or care:
- What the CEO is paid?
- How much money goes into programs and how much into administration and fundraising?
- Whether other nonprofits are working on the same problem and have better results?
- What are the three most important problems that could be solved by nonprofits?

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Recommended - *Doing Good Better: How Effective Altruism Can Help You help Others, Do Work That Matters, and Make Smarter Choices About Giving Back* by William Macaskill, cofounder founder of the Effective Altruism movement (199 pages). If you want more information, go to <https://www.effectivealtruism.org>

Barbara Holme, OLLI Senior Facilitator, graduated from Stanford. She was a CO State Senator for 10 years (1974-84), representing East Central Denver. Barbara was appointed by the Governor to the Supreme Court Nominating Committee and to the Metro Air Quality Control Commission.

ONLINE COURSES—TUESDAY

Barbara worked for 12 years at Apartment Investment and Management Company (AIMCO) that is headquartered in Denver but owns apartments all over the US.

She led successful parent efforts for 15 years to lobby Denver Public Schools to establish and maintain the Highly Gifted Education program. She also served on the Summer Scholars Board (now called Scholars Unlimited) as President of the Denver Association of Gifted and Talented, member of Common Cause Board, Planned Parenthood Advisory Committee, and numerous other volunteer positions. She has facilitated several OLLI courses, including Current Events and Great Decisions.

1159-f2A7102b

Current Events #3

Facilitator(s): Richard Reinish, Sydney Myers (Platinum)

8 weeks beginning Tuesday, March 29th

We will discuss the prior weeks' news in the first hour. In the second hour a topic that's current will be determined by the facilitators and articles will be sent out for that discussion.

Course Type:

Discussion

Books/Materials:

Articles will be selected and sent by email from the facilitators. There is no charge.

Dick Reinish, OLLI Platinum Facilitator, is a former antitrust attorney. He and his wife Barbara moved from Chicago in 2011.

Sydney Myers, OLLI Diamond Facilitator, is a former retail executive who lived in Mexico for seven years. She returned to Denver in 2006.

1175-f2A7103b

Great Decisions 2022 #3

Facilitator(s): Steve Winber

8 weeks beginning Tuesday, March 29th

The Foreign Policy Association (FPA) selects the timeliest world issues and has experts write factual & historical background material, which it publishes especially for this class offered nationwide each year. In addition, the FPA puts together a DVD to go along with the book, which will be shown by the facilitators to the classes. A real learning experience.

Topic 1: Changing Demographics (Bonus topic this year)

Topic 2: Outer Space

Topic 3: Climate Change

Topic 4: Russia and the US

Topic 5: Myanmar and ASEAN

Topic 6: The Quad Alliance

ONLINE COURSES—TUESDAY

Topic 7: Drug Policy in Latin America

Topic 8: Industrial Policy

Topic 9: Biden's Policies

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

(Recommended) Annual *Great Decisions Briefing Book* published by the Foreign Policy Association and **may be purchased at <https://www.fpa.org>. This course may be oversubscribed so we highly recommend you not purchase such until after Spring term course confirmations have been emailed (March 7th).** The books are \$32.00 purchased from Foreign Policy Association.

Steve Winber, OLLI Master Facilitator, is a retired Denver dentist, has had a long-standing interest in political and military history, especially that of the Middle East. He has facilitated several OLLI courses in economics and current events.

1111-f2A7204b

There is a Fungus Among Us

Facilitator(s): Colleen Jorgensen (Senior)

6 weeks beginning Tuesday, March 29th

Gordon Wasson describes the secrets of "Divine Mushrooms" in a 1957 Life magazine article. The mycologist, Paul Stamets claims that mushrooms can save the world. After a summer rain, a fairy ring of mushrooms appears in your yard. This course will explore these ideas, occurrences, and more as we examine the hidden world of fungi.

Topics and Schedule:

Week 1: Introduction: Kingdom of Fungi.

Week 2: Bigger than Life: Mushroom Tales and Folklore from Ancient Times to the Present.

Week 3: Mushroom Identification.

Week 4: Colorado Mushrooms.

Week 5: The Good, the Bad, and the Ugly: Yeasts, Lichens, and Molds.

Week 6: Importance of Fungi, its role in Forests, Medicine, and Bioremediation.

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Colleen Jorgensen, OLLI Senior Facilitator, is a retired college faculty member turned administrator who has never met a field of science she didn't love. She enjoys attending and facilitating OLLI classes.

Microprocessors are everywhere! Hands-on Intro to Physical Computing using Arduino

Facilitator(s): Wayne Seltzer

8 weeks beginning Tuesday, March 29th

Microprocessors have become an essential part of so many of the products and services we use, sensing and controlling our environment, hopefully to improve the quality of our lives. But, what do they actually do? It's not as complex as you might have imagined!

This hands-on, interactive class is an introduction to physical computing [https://en.wikipedia.org/wiki/Physical_computing] using the popular Arduino [<https://www.arduino.cc/>] microcontroller platform. Learn how to put together simple electronic circuits and write programs (Arduino "sketches") to create projects that light up, move, and make sound.

We'll be using the Seeed Studio Grove Beginner Kit for Arduino [<https://www.seeedstudio.com/Grove-Beginner-Kit-for-Arduino-p-4549.html>] which is very easy to use while also being expandable and flexible for future projects.

The curriculum will be something like this: [<https://sites.google.com/view/arduino-codecraft>].

Important: Participants must obtain materials and complete the setup prior to the first class. See "Before the class begins" below.

No programming experience necessary. However, participants should be very comfortable with installing software, using a browser, and connecting a USB cable to their computer.

Students must have a computer running Windows, MacOS, or Linux, with a good camera, microphone and reliable Internet connection.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Hands-On

Books/Materials:

Before the class begins:

Please Note: Need Windows 10 or newer, MacOS 10.10 or newer, or Linux.

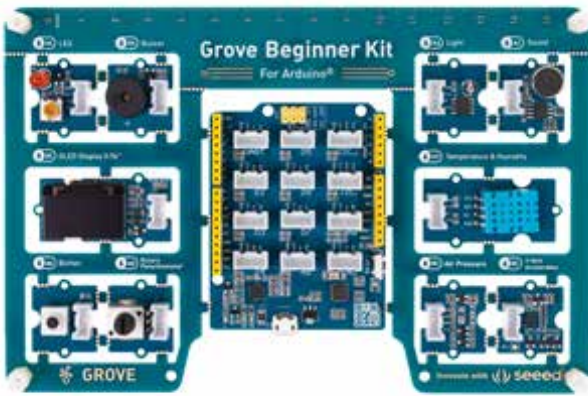
(See requirements on <https://www.arduino.cc/en/Main/Software>)

(Note: iPads, Android tablets, Chromebooks will not work for this class.)

1. Purchase required materials: Be sure to order early with fast shipping to be sure your kit will arrive well before the first day of class!

ONLINE COURSES—TUESDAY

a. Grove Beginner Kit for Arduino (~\$33):



- Amazon [<https://smile.amazon.com/Beginner-Arduino-Starter-Compatible-Projects/dp/B0874GGVJ/>]
- Seeed Studio [<https://www.seeedstudio.com/Grove-Beginner-Kit-for-Arduino-p-4549.html>]
- digikey [<https://www.digikey.com/en/products/detail/seeed-technology-co.,-ltd/110061162/12093286>]
- or another vendor

b. Micro USB cable (3 ft or longer), if you don't already have one. These are available everywhere. Example: (\$5.26) [<https://www.amazon.com/AmazonBasics-Male-Micro-Cable-Black/dp/B0711PVX6Z>] The Grove Beginner Kit includes a very short USB cable; you'll find it easier to use with a longer one.

c. If your computer only has USB C ports, you'll need a USB C adapter or USB C hub to connect the USB cable to your computer. USB C ports look like this: (new notebooks and MacBooks use these)



Example USB C adapter: (there are many products like this available on Amazon, BestBuy, Target, etc. Syntech USB C to USB Adapter (\$8.99) [<https://www.amazon.com/Syntech-Adapter-Thunderbolt-Compatible-MacBook/dp/B07CVX3516>] 2. Create a free login on Codecraft [<https://ide.tinkergen.com/>], which is the software we will be using for developing Arduino programs.

3. Install the Zoom Client for Meetings software [<https://zoom.us/download>] on the computer the student will be using for the class. Test audio and video.

Wayne Seltzer teaches robotics engineering camps at CU Science Discovery and is a technologist in residence at the ATLAS Institute, at the University of Colorado, Boulder. Wayne founded and manages the Boulder U-Fix-It Clinic, where participants learn to repair broken appliances, toys and electronics with help from volunteer "fix-it" coaches. Previously, Wayne was a product manager and software engineering manager at Oracle and Sun Microsystems, responsible for service automation technologies and operating systems development. He holds MS and BS degrees in electrical engineering and computer science from the Massachusetts Institute of Technology (M.I.T.).

Extra Life: A Short History of Living Longer

Facilitator(s): Bill Baird

4 weeks beginning Tuesday, March 29th

Only 100 years ago global life expectancy was around 40 years. Now it is approaching 80 years. This class will examine some of the astonishing reasons for this change in life expectancy and some of the side effects of living an extra 20,000 days.

Most of us remember that when we were growing up, vaccines were required before we could attend school. So we got vaccinated for measles, mumps, rubella, polio, smallpox, and other scary viruses that no one wanted to spread or take home from school. Now that we are older, most of us get flu shots, shingles vaccinations, and other protectives that derive from medical research on disease prevention. And we live longer. A LOT longer than our grandparents could have imagined. A global pandemic caused by the SARS-CoV-2 virus has altered our lives, but not actually shortened the global average life expectancy by much. And we now have tools to create vaccines on a much shorter timeline than before.

But did you ever consider what happened during the last global pandemic in 1918-1919? As many as 100 million people died worldwide from that H1N1 virus. And medical researchers didn't even know what viruses were back then. Since this is my first pandemic, I am having to learn as I go, but I surely am hoping that vaccines help protect me from COVID-19. Other things that have helped us extend life expectancy include seat belts, better sanitation, milk pasteurization, the Green Revolution, antibiotics, randomized control trials, and the Human Genome Project. Let's get to know how these breakthroughs have given us longer life.

The curve for life expectancy is heading straight up. There is even talk of treating aging like a disease and finding a way to "cure" it so we could live another hundred years. Would that appeal to you? Let's find out more and talk about all this together.

Course Type:

Discussion, TED Talks, Lectures (not much), Class Participation

Books/Materials:

Extra Life: A Short History of Living Longer by Steven Johnson © 2021

Bill Baird, OLLI Master Facilitator, is an experienced OLLI South facilitator, Professor Emeritus, and former Peace Corps Volunteer. He has facilitated OLLI classes since 2010. He is a Master OLLI Facilitator who has led 17 other courses. He believes that discussion is the best way to learn more about OLLI topics.

1088-f2A7201b

Roots Music Potpourri: From Blues to Rock

Facilitator(s): Larry Tannenbaum, Wayne Gardner, Sue Bramley, Glenn Gravlee

8 weeks beginning Tuesday, March 29th; 9:30 am - 11:45 am

Roots Music Potpourri: From Blues to Rock contains eight separate and independent classes, united in their exploration of diverse components, artists, personalities and music essential to American Roots Music. This mélange of classes includes visits to early American Roots Music with Bessie Smith and The Blues Queens; the songwriting

ONLINE COURSES—TUESDAY

and music publishing genius of Tin Pan Alley and some individuals who were a part of it; an examination of the understructure of Jazz, with solo and ensemble improv; and an examination of the importance and influence of Muddy Waters and Howlin' Wolf.

We will also explore the huge impact on American Popular Music of Motown; the birth of American folk-rock in Laurel Canyon; and, closer to home, the History of Folk and Rock Music in Denver. This musical journey will also investigate the invention of the solid-body electric guitar and the multiple ways in which this earth-shattering event shook popular music to its core and changed its direction forever.

Throughout the course, the class will have the opportunity to see and hear a considerable sampling of musicians and other influential people, visit a variety of musical venues (virtually); and listen to or view a substantial amount of music.

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Larry Tannenbaum, OLLI Senior Facilitator, was a practicing attorney in Colorado for 43 years. He spent 27 years as a Senior Assistant Attorney General in the Colorado Attorney General's Office. In the latter portion of his career, Larry specialized in real estate litigation, especially eminent domain. Upon retiring, Larry gravitated towards one of his lifelong interests - music. Larry spends a considerable amount of his time reading music-related books, articles and electronic media, as well as listening to and viewing music. Larry's most recent focus has been on the origins and evolution of the Blues and its special relationship with Rock 'n' Roll, Country Music, R & B, Soul, American Folk Music, and popular music. Larry has facilitated a two-semester course, *The Blues: Roots and Branches* at several OLLI campuses. He has also co-facilitated a course entitled *The King: The Life and Music of Elvis Presley* at OLLI Online.

Glenn Gravlee, MD, is a retired Professor of Anesthesiology from CU Anschutz campus who has co-facilitated about a dozen classes. Several classes have incorporated mid-century popular music themes. Others have ranged from American car culture to British Royal Navy to The Berlin Wall. Most have been co-facilitated with Paul Simon, but two have been with Larry Tannenbaum.

Sue Bramley, OLLI Master Facilitator, has a love of music. She knows enough to get into trouble and loves sharing that with OLLI members! Sue co-facilitates most of the music classes at OLLI South. An avid rock & roller, she is also fascinated with both the history of and current trends in both jazz and blues. Join her on an adventure into the roots of jazz into the 1960s.

Wayne Gardner is a lifelong music lover who grew up in a musical family. His father was a singer and accomplished musician who performed in USO shows during WWII and had his own radio show during the late 1940s in Los Angeles. An accomplished musician himself, Wayne has been facilitating music related OLLI classes for the past five years.

ONLINE COURSES—TUESDAY

OLLI-on-Campus Weekly Webinar Presentations

Each weekly webinar features a different guest speaker presenting on a unique topic.

Included with your Spring \$140 Membership fee.

Register in advance separately for each individual webinar.

Non-Members/Guests must register and pay \$15 per session.

1058-f2A7401o

Purposeful Travel: Make it exactly what you want it to be

Facilitator(s): Bruce Caughey

Tuesday, March 29th

Imagine for a moment that you can travel for something you love. What would it be? Perhaps bird watching, nature hikes, art museums, medieval castles, gastronomic delights, music venues or baseball diamonds. Let's figure out how to accomplish it. I will bring ideas, strategies, and resources for anyone seeking to delve deeper into whatever realm excites and motivates. We will find ways to move you along the road to making your plans match your dreams, even with COVID uncertainty. It is my wish to help you adopt a mindset and approach that emphasizes connection and memorable experiences.

Bruce Caughey has a compelling interest in travel, especially in his lifelong home of Colorado. He co-authored *The Colorado Guide*, a bestseller with 700-pages, five editions and more than 250,000 copies in print. His most recent travels included a long-planned sojourn with his wife Tanya to New Zealand. Bruce also co-authored *Colorado's Best and Crete: Off the Beaten Track* as well as dozens of freelance projects in magazines and newspapers, including *Frontier Inflight Magazine*, *AAA Magazine*, and *National Geographic Traveler*. He retired as the executive director of CASE (Colorado Association of School Executives) in July 2016 after more than a decade of service. Prior to joining CASE, Bruce spent 16 years in Douglas County School District, serving as Director of Communications and Legislative Liaison as the district grew from 13,000 to 50,000 students. He remains involved in board service, interim leadership roles, writing, consulting and public speaking. But his favorite role these days is as an OLLI instructor.

1059-f2A7402o

Focusing & Expressive Arts Practices for Self-Growth & Self-Awareness

Facilitator(s): Agnes Windram

Tuesday, April 5th

Focusing-Oriented Expressive Arts (FOAT®) is a self-empowering method that teaches how to access and trust our own inner knowing, access our creativity, and find our own way toward self-growth, authenticity, healing, and transformation. When we keep attention on the bodily "felt sense", we can feel safer, more grounded, and with more self-agency.

In this webinar, we will learn more about this approach. We will have time as well for practicing FOAT. It will allow us to explore our "felt sense". Often a word, image, gesture, or sound will resonate with our inner experience and can be expressed creatively. It will give us the opportunity for self-exploration through creative arts: poem, text, drawing, painting, creative movement, dance, or sound exploration.

ONLINE COURSES—TUESDAY

Agnes Windram is a bi-lingual, Spanish-English speaking Psychologist, Counselor and Educator. She is specialized in body-mind psychotherapy, trauma recovery, self-image, and self-worth. She has had the opportunity to facilitate the path toward resiliency of individuals with eating disorders, low self-esteem, and self-harming behavior for more than two decades. She worked in Colorado and California as a counselor at the Denver Advocacy Children Center, Florence Crittenton Services, and the COVIA-Well Connected Organization. Lecturer in Body-Mind Psychotherapy, Trauma and Recovery (Master of Psychology, Naropa University), she is also a member of the Virginia Satir and the International Focusing Institutes.

1060-f2A7403o

PICTURES IN YOUR POCKET: Using the Cell Phone Camera to Capture Your Travel Adventures!

Facilitator(s): Mark Payler, PhD

Tuesday, April 12th

The “best” camera is the one that’s always with you and in today’s world you have a very powerful photography tool in your pocket – your cell phone! This webinar will teach you how to get the photos you want from your phone’s camera by demonstrating how to use that camera by applying some custom settings to your phone camera. The webinar will also demonstrate apps to help you identify the best time of the day to shoot your photos as well as how to tweak your results by applying creative filters. IMPORTANT NOTE: The speaker will demonstrate through the use of his iPhone although many of the same apps and techniques will apply to all cell phone cameras.

Mark A. Payler, PhD, is a practicing Colorado professional landscape, street, and travel photographer. With over three decades of photography teaching experience, Mr. Payler has an extensive list of commercial photography clients including the Bank of Colorado, Tournament Players Club (TPC-PGA resorts) as well as numerous hotels, restaurants, and regional hospitals. Mark’s work has been highlighted in the landmark book *A Day in the Life of America*, and he also had a featured double-spread photograph in the 50th anniversary issue of *Popular Photography* magazine as well as (summer 2020 issue) of *Route* magazine.

1061-f2A7404o

Classical Music Meets Visual Art: Enriching Your Life through the Arts

Facilitator(s): Betsy Schwarm

Tuesday, April 19th

Great music and great art often reflect shared creative ideals of a particular time in history. Being contemporaries, Debussy and Monet reacted to similar influences; in earlier years, so had Beethoven and Delacroix. Other composers look back on earlier styles, struck by some element of the visual expression. Current composer Michael Daugherty created a musical impression of Grant Wood’s *American Gothic*, depicting a stern couple, the man grasping a pitchfork. How would it sound? To find out, join Betsy Schwarm for this webinar, featuring both audio recordings and visual images.

Betsy Schwarm, Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music, has been part of the Denver area arts community for some years. She frequently teaches classical music appreciation classes around the Metro area, including the DU University College Enrichment programs, and has taught for OLLI since the fall of 2019. She takes a user-friendly approach to her music classes; no music reading required, just an active interest in how great music came to be and how we, as listeners, can get the most out of our listening experiences.

Unlocking the Mystery of the Indomitable Greeks

Facilitator(s): Bruce Caughey

Tuesday, April 26th

How can we fully appreciate the depth of Greek culture that became the cradle of western civilization? Consider the massive accomplishments that have had lasting impacts on humanity, including art and architecture, philosophy, the sciences, language, and government. We will learn about the places, the people, and the history of this fascinating and complex country. And along this journey, we will gain an appreciation of Greek people in their day-to-day lives with a focus on Greek culture, food, wine, music, and dance. Come away with a better understanding of the strength of Greek spirit, culture and ideas that have survived and flourished despite so many challenges and, at times, occupying forces.

Bruce Caughey has a compelling interest in travel, especially in his lifelong home of Colorado. He co-authored *The Colorado Guide*, a bestseller with 700-pages, five editions and more than 250,000 copies in print. His most recent travels included a long-planned sojourn with his wife Tanya to New Zealand. Bruce also co-authored *Colorado's Best and Crete: Off the Beaten Track* as well as dozens of freelance projects in magazines and newspapers, including *Frontier Inflight Magazine*, *AAA Magazine*, and *National Geographic Traveler*. He retired as the executive director of CASE (Colorado Association of School Executives) in July 2016 after more than a decade of service. Prior to joining CASE, Bruce spent 16 years in Douglas County School District, serving as Director of Communications and Legislative Liaison as the district grew from 13,000 to 50,000 students. He remains involved in board service, interim leadership roles, writing, consulting and public speaking. But his favorite role these days is as an OLLI instructor.

1063-f2A7406o

Journey to New Zealand

Facilitator(s): Bruce Caughey

Tuesday, May 3rd

With local New Zealand contacts, Bruce and his wife Tanya embarked on 7-weeks of exploring on foot, by bike, plane, boat, horseback, kayak, ATV, and car. The trip involved driving 3,100 miles on the left side of the road, hiking for ten days, and enjoying a wide range of accommodations and camping. Even if you have no immediate plans to travel there, this travelogue and slide show works from an "armchair travel" vantage.

The class includes elements you should consider:

- Polynesian history and present-day Kiwi culture. How did the Māori get here? What is a Haka? How are the Māori connected to far flung islands of the Polynesian triangle?
- Practicalities and planning. Considerations for your itinerary. Cover what you want in the time you have; North Island, South Island, or both? How do I get around and where do I land?
- Accommodations. We stayed on remote working farms (yes, we sheared a sheep), in campgrounds and a diverse mix of vacation rentals, most with water views.
- Great walks and day hikes. Ideas for hiking trails and backcountry excursions, whether one day or five.
- What to do when you get there. Fill your days with a wide array of activities, but most will relate to the incredible nature you will encounter. It's also a great place for birding, biking, kayaking, bungee jumping, wine tasting and fishing.

New Zealand is a stunning place that offers every traveler a chance to feel like an explorer.

ONLINE COURSES—TUESDAY

Bruce Caughey has a compelling interest in travel, especially in his lifelong home of Colorado. He co-authored *The Colorado Guide*, a bestseller with 700-pages, five editions and more than 250,000 copies in print. His most recent travels included a long-planned sojourn with his wife Tanya to New Zealand. Bruce also co-authored *Colorado's Best and Crete: Off the Beaten Track* as well as dozens of freelance projects in magazines and newspapers, including *Frontier Inflight Magazine*, *AAA Magazine*, and *National Geographic Traveler*. He retired as the executive director of CASE (Colorado Association of School Executives) in July 2016 after more than a decade of service. Prior to joining CASE, Bruce spent 16 years in Douglas County School District, serving as Director of Communications and Legislative Liaison as the district grew from 13,000 to 50,000 students. He remains involved in board service, interim leadership roles, writing, consulting and public speaking. But his favorite role these days is as an OLLI instructor.

1064-f2A7407o

Celebrating the meaning of life in ART: Women of India

Facilitator(s): Mitra Verma

Tuesday, May 10th

To capture the flavor of Creative expressions in the daily life of women in India, one must experience the richness of the culture and folk traditions. Art is embedded deeply into the very fabric of Indian women's lives and has been an ancient medium to explore and express their inner selves. Despite a physically hard existence, amidst mundane daily household chores and routine jobs, there are various sorts of creative rituals, ceremonies of the human life cycle, and festivals throughout the year that make life diverse and colorful and raise spirits. Art created by women for the family and for exchange as gifts cementing social relationships also serves as an expression of their dreams, their longings, and their anguish. This presentation will focus on some of the traditional art forms (HEENA, WARLI ART, MADHUBANI ART, FLOOR ART, GODHADI) done by the women in India which enriches their life and are an integral part of their life. These women have been artists for generations. It's a part of their daily aesthetics, they live it, and it's an art in itself.

Mitra Verma is an art educator, an artist, and a craft designer. She studied Bachelor's in Fine Arts (BFA) and completed her master's from a distinctive handicraft design institute in India. She creates because she loves and wants to feel colors, forms, and nature in her creations. Working in various mediums, her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns, she is a self-motivated, conscientious, passionate artist and for the past 12 years she held classes and workshops in painting and crafts. She is eager to share her love of art with students who want to venture into new areas.

1065-f2A7408o

Unlocking Hidden Colorado

Facilitator(s): Bruce Caughey

Tuesday, May 17th

Join in a discussion, slide show, and exploration of what makes Colorado such a great place to live. I guarantee you will learn about places you never considered visiting and will give you reasons to get to every region of Colorado in every season. Here are a few of the many ideas we will be discussing:

- Visit Four Corners dwellings built by the Ancient Ones (often called Anasazi) that lie just beyond Mesa Verde. Several isolated places beckon us to fully imagine the past, but be ready for remote, sometimes challenging terrain;

ONLINE COURSES—TUESDAY

- View 25,000 Sandhill cranes feasting on barley stubble in the San Luis Valley and take a \$5 tour with a wildlife biologist;
- Learn about Colorado's many compelling hot springs opportunities beyond the famous Glenwood Springs Pool;
- Check out nearby state parks and open spaces for hiking, biking, picnicking and sightseeing;
- Find out where to take grandkids for simple fun times, such as a free playground with an interactive sculpture park or a new splash pad;
- Take your friends to a speakeasy where you need to pass through a walk-in freezer to get to a secret room or sip a drink at the most artistic, funkiest, jazz fueled dives in Denver;
- Cross country ski to a gourmet dining experience with visitors from around the globe;
- Best places for fly fishing, skiing, mountain biking, historic trains, ghost towns and more...

Bruce Caughey has a compelling interest in travel, especially in his lifelong home of Colorado. He co-authored *The Colorado Guide*, a bestseller with 700-pages, five editions and more than 250,000 copies in print. His most recent travels included a long-planned sojourn with his wife Tanya to New Zealand. Bruce also co-authored *Colorado's Best and Crete: Off the Beaten Track* as well as dozens of freelance projects in magazines and newspapers, including *Frontier Inflight Magazine*, *AAA Magazine*, and *National Geographic Traveler*. He retired as the executive director of CASE (Colorado Association of School Executives) in July 2016 after more than a decade of service. Prior to joining CASE, Bruce spent 16 years in Douglas County School District, serving as Director of Communications and Legislative Liaison as the district grew from 13,000 to 50,000 students. He remains involved in board service, interim leadership roles, writing, consulting and public speaking. But his favorite role these days is as an OLLI instructor.

Registration for any or all webinars is **free** to OLLI participants who have purchased a \$140 Spring Term 2022 membership; however, you must register for EACH session you would like to attend.

Non-OLLI members or guests who would like to attend must register and pay \$15 per session.

Register at: <https://reg134.imperisoft.com/OLLIatDU/search/registration.aspx> (Sort by genre and you will find "webinars" as an option)

Questions? Please contact Jacqueline Wyant, OLLI-On-Campus Site Manager at jacqueline.wyant@du.edu or (610) 248-7962

ONLINE COURSES—TUESDAY

TUESDAY AFTERNOON

1:00PM — 3:00PM (unless otherwise noted)

1036-f2P7401f

Get Your Kicks on Route 66

Facilitator(s): Mark Payler, PhD

4 weeks beginning Tuesday, March 29th

This course is geared to the adventurer in all of us. Why travel to some far-off exotic location when a true life-changing journey is within reach of Colorado? The sessions will be geared for travelers, photographers, and anyone that has day-dreamed of exploring this Bucket List journey. A brief history of the Mother Road will be provided, and then we will collectively “hit the highway” and explore the route famous for kitschy attractions, colorful characters, home-cooked meals and accommodations from the past with an eye for today’s travelers. More than just Instagram photo-ops, Mr. Payler will share stories from the famous personalities he met on the road and provide tips on how you can do the same. Whether you plan to travel the actual road or prefer to be an armchair explorer – and if you want to know about this famous blast-from-the past and see America at its best – this once-in-a-lifetime course experience is for you.

Course Type:

Discussion

Books/Materials:

RECOMMENDED: *Route 66 – The Mother Road* by Michael Wallis (History)

The Best Hits on Route 66 by Amy Bizzari (Travel)

The Route 66 Photo Road Trip by Rick & Susan Sammon (Route 66 Photo Highlights)

REQUIRED: Personal note-taking materials

Mark A. Payler, PhD, is a practicing Colorado professional landscape, street, and travel photographer who recently completed, and captured in both analog and digital formats, the entire 2,448-mile length of Route 66. With more than a decade of photography teaching experience, Mr. Payler will provide helpful, and at times funny, insight to both traveling the Mother Road as well as offering practical travel photography tips. The recent Route 66 road trip resulted in a personal photographic diary of the journey and book entitled *Polaroids & Pixels: A Visual & Interactive Journey Down Route 66*.

1039-f2P7404b

Finding Your Jewish Ancestors: An Introduction to Jewish Genealogy

Facilitator(s): Ellen Kowitt

8 weeks beginning Tuesday, March 29th

Explore strategies and resources for tracing Jewish families in the U.S. and abroad where hints can be found in lifecycle events, naming patterns, archival collections, newspapers, and websites including JewishGen.org. Navigate

ONLINE COURSES—TUESDAY

challenges with multiple languages, geographic border changes, and religious traditions. Focus your research on building a family tree, documenting victims or survivors of the Holocaust, linking into rabbinic dynasties, or uncovering an original surname or place of origin.

Course Type:

Lecture

Books/Materials:

No

Ellen Kowitt is Director of JewishGen's United States Research Division and National Vice Chair of the DAR (Daughters of the American Revolution) Jewish Task Force. She is past president of JGS Colorado and JGS Greater Washington DC, and has served on the IAJGS board of directors. Ellen publishes articles in *Avotaynu: The International Journal on Jewish Genealogy* and *Family Tree Magazine*. She is a member of the Colorado Chapter Association of Professional Genealogists.

1134-f2P7102b

Mrs. Lincoln's Dressmaker

Facilitator(s): Becky Bennett**8 weeks beginning Tuesday, March 29th**

In this compelling novel of historical fiction author Jennifer Chiaverini unveils the private lives of Abraham and Mary Lincoln through the perspective of the First Lady's most trusted confidante and friend, Elizabeth Hobbs Keckley. Elizabeth was born into slavery, earned her freedom through her skill as a gifted seamstress and won the friendship of Mary Todd Lincoln by her devotion. *Mrs. Lincoln's Dressmaker* illuminates the extraordinary relationship of these two women beginning in the hallowed halls of the White House during the trials of the Civil War and enduring almost to the end of Mrs. Lincoln's life. In this class we will take an historical approach in exploring the friendship of Mary and Elizabeth as we strive to gain a better understanding of the period in our country's history before, during and after the Civil War.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

Mrs. Lincoln's Dressmaker by Jennifer Chiaverini

Becky Bennett joined OLLI in 2011 upon retiring from 32+ years of government service. After participating in classes on literature, art and history she found herself gravitating more and more toward history. Becky started facilitating classes in 2017. She lives in Centennial with her husband (also an OLLI facilitator), two dogs and one cat.

History's Great Military Blunders and Lessons They Teach Part 2

Facilitator(s): Alan Folkestad (Diamond)

4 weeks beginning Tuesday, March 29th

Overconfidence, communication breakdowns, misjudgment of the opponent, poor planning, misinformation, stubbornness, misuse of technology, arrogance, incompetence, failure to adjust to change, and just plain bad luck—all too often, such factors have played a central role in determining the outcome of military conflicts. Although it might seem odd to focus a course on the theme of failure, it is only by understanding why plans or strategies have gone wrong in the past that we can gain knowledge of how to potentially avoid such mistakes today. This investigation becomes especially urgent in the arena of warfare. There is no field of human endeavor in which the stakes are higher or the long-term consequences greater than war. Errors committed on the battlefield are paid in the most precious commodity of all: human lives. The premise of this course is to examine some of the most notable military blunders in history to ascertain what we can learn from these instances of spectacular failure.

Please note—This course is based on, and uses, video from The Great Courses.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Alan Folkestad, OLLI Diamond Facilitator, and a history student practically all his life, is keen on unintended consequences to discover deeper implications of actions. At the University of Minnesota, he majored in political science and earned a master's degree from Texas Christian University.

1078-f2P7602b

Riddles of Food and Culture

Facilitator(s): Tracy Ehlers

6 weeks beginning Tuesday, March 29th

This six-week class will grapple with the diversity of bizarre food traditions throughout the world. We will examine such culinary customs as Hindu meat avoidance, Aztec cannibalism, the Kosher laws, Irish potatoes, foragers and the Paleo diet, and the American hamburger. In each case, we will endeavor to understand the practical reasons for why people eat or refuse to eat certain foods. Food aversions and preferences will be described, examined, and hopefully, explained.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

ONLINE COURSES—TUESDAY

Course Type:

Discussion, Lecture

Books/Materials:

READINGS ARE OPTIONAL—Readings will be available online every week.

Tracy Ehlers is Associate Professor Emerita of Anthropology at the University of Denver specializing in the study of underdevelopment, women, women's work, and gender relations in Latin America and urban, inner-city America.

1015-f2P7301b

Understanding the 1619 Project: A New Origin Story

Facilitator(s): Patricia Paul (Master)

8 weeks beginning Tuesday, March 29th

On August 25th, 1619, the first enslaved Africans stepped ashore in the British colony of Virginia. Four hundred years later, the NYTimes Magazine published *The 1619 Project* asking readers to think about "what it would mean to regard 1619 as our nation's birth year."

Project author Nikole Hannah-Jones won the Pulitzer Prize for *Commentary*, and people lined up on the streets to get copies necessitating a reprint of hundreds of thousands more. Yet *The 1619 Project* and the *1619 Project Curriculum*, supplementary lessons for schools, has aroused controversy and criticism from both the right and the left and from some historians.

Now the Times has published an expanded book version, *The 1619 Project: The New Origin Story*, containing 18 essays exploring the legacy of slavery in contemporary America plus 36 poems and works of fiction. The Project explains: "The essays show how the inheritance of 1619 reaches into every part of contemporary American society, from politics, music, diet, traffic, and citizenship to capitalism, religion, and our democracy itself."

We'll spend the first day becoming familiar with the project, its authors and its critics. Then each of the following weeks, we'll experience a lesson from the book for ourselves by reading and discussing a chapter including its title essay, creative works, and historical events.

Class participants need to come prepared to learn from diverse perspectives as we investigate the materials. Our purpose is to explore and understand. Agreement is not required, but mutual respect and consideration are.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Media, Reading

Books/Materials:

REQUIRED BOOK: *The 1619 Project: A New Origin Story* ISBN Number: 978-0593230572 The essays are well-written but not light, and the assignments, a chapter per week, range from 18-38 pages.

Patricia Ann Paul is a retired American Studies teacher. Her passion is for cultural investigations combining literature and history. She was on the original organizing committee for OLLI South, so this is her 12th year of teaching OLLI classes. She is the author of *Curse of Interesting Times: A Vietnam-Era Memoir*.

Beyond Right

Facilitator(s): Rabbi Yossi Serebryanski

6 weeks beginning Tuesday, March 29th; \$25 Materials Fee

These are the things you are to do: speak truth to each other and render true and peaceful judgment in your courts. —Zechariah 8:16

It is not surprising to find the Jewish bookshelf stocked with tomes on the laws of Shabbat observance or Jewish dietary requirements. By contrast, many are astonished to discover the attention Jewish law devotes to disputes between neighbors, ethical dilemmas involving the workplace, and a vast corpus of civil legislation. Each legal system reflects the values to which its formulators adhere. This is profoundly true of Jewish law, which views its mandate—beyond protecting individual rights and maintaining social order—as shaping a righteous society.

Jewish civil law is not simply a system historically developed by Jews, but an inherently Jewish institution that reflects and promotes a set of values that is uniquely Jewish—and historically remarkable and revolutionary. Study of Jewish civil law clarifies the meaning of core Jewish values, for it is the station at which ideals convert into concrete practice, in the form of instruction and guidance for daily life and its myriad experiences.

To this end, the Rohr Jewish Learning Institute (JLI) is pleased to present *Beyond Right*, a groundbreaking course that pursues six primary Jewish values from their conception in Hebrew Scripture through their development in the teachings of our ancient sages, and on through subsequent generations of classic works of Jewish philosophy and mysticism. Then, following an in-depth slice of Talmudic study, these values come alive in the practical application of Jewish civil legislation, translating abstract principles into detailed guidance on common real-life scenarios.

We are confident that this study will clarify the uniqueness of several of Judaism's values and generate an appreciation for Jewish law as a uniquely Jewish system that Jews should approach for guidance and clarity when faced with professional or personal dilemmas.

Course Type:

Lecture, Participation

Books/Materials:

REQUIRED: *Beyond Right*

Materials Fee:

\$25 materials fee includes mailing of book to class member

Rabbi Yossi Serebryanski, with his wife, is the co-director of Chabad at DU, a Jewish campus ministry. Rabbi Yossi is a popular teacher of adult education in the wider Jewish community and is excited to be joining the OLLI team of lifelong learners.

1069-f2P7601s

How the Enneagram Can Help You Get Along with Others

Facilitator(s): Todd Payne

4 weeks beginning Tuesday, April 26th

Have you ever felt you and a friend or loved one simply aren't connecting? Or wonder why you reacted to something as strongly as you did? The Enneagram is a powerful personality system for understanding ourselves and

ONLINE COURSES—TUESDAY

others and improving relationships. It forgoes traditional "external" behavior categories and explores the fears, hopes and needs of nine distinct Types. In this beginner's course, we'll consider each Type, including yours, and how your Type propels your habitual thoughts, feelings and actions. With greater self-awareness comes greater empathy and fluency in communicating with others. No Enneagram experience necessary.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Todd Payne is a Life Coach with more than twenty years' experience facilitating intentional transformation for individuals and organizations. Todd specializes in teaching and applying the ancient-and-modern Enneagram to increase awareness and empower positive change. Informed by the latest in neuroscience, behavioral science, and the science of coaching, and with the Enneagram as a roadmap, Todd empowers his clients to clarify direction, expand empathy and communication skills, deepen relationships, and grow happier.

1129-f2P7101b

Hot Topics in Speech and Religion: Is the 1st Amendment changing? Should it?

Facilitator(s): Barbara Shecter

8 weeks beginning Tuesday, March 29th

We'll take a look at actual Supreme Court cases interpreting three of the six protections provided by the First Amendment to the Constitution. Have notions of free speech and freedom of religion changed since the Bill of Rights was adopted? For example, are there protections of privacy and what does that mean in the age of the Internet? Can you utter "hate speech" or ban extreme speakers? What is political speech and is campaign funding protected speech? What protects religion and religious institutions? Can they be exempt from requirements that affect secular institutions, like not allowing gay couples to adopt? Can the government put Muslim men on the no-fly list? Can religious schools ignore federal nondiscrimination laws? And why are there so many 1st Amendment cases going to the Supreme Court these days?

We'll discover how justices have interpreted the language of the 1st Amendment, how that has changed over time, what are the causes and effects of those changes, and look at the current speech and religion issues facing us, by working together, with me presenting scenarios of actual cases and you sharing ideas and thoughts about all of the materials.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Presentation

Books/Materials:

No

Barbara Shecter is a lawyer, a former Associate Dean and Professor at the University of Denver College of Law, and a 1st Amendment junkie, who has facilitated this course for a number of years.

Has East-Central Europe Turned Right?

Facilitator(s): John Bowen

8 weeks beginning Tuesday, March 29th

In recent years there has been much consternation at the apparent turn Right in East Central European politics. What has triggered this turn? Was there a turn at all? This course will look at the political forces driving current policy in Poland, Hungary, the Czech Republic, Slovakia, and Ukraine that so concern the liberal western democracies. Despite the surface differences there are many common circumstances beyond their statuses as former Soviet satellites.

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

John Bowen is a long-time student of history and current events. After an extended stay in higher education, John worked as a lawyer for thirty years. With his retirement in 2016, he has been able to focus on his personal interests with new vigor. He has a particular interest in the events of the mid and late Twentieth Century and the Nuclear Age. While John likes to focus on the motives of policymakers before the execution of the decisions, the events are what make the "story." All participants in the world we live in need to understand the past. John hopes his observations about the past will help people to put the modern world into clearer perspective.

1027-f2P7303b

GUI Composer for IBM Quantum Computers

Facilitator(s): Ronald Knox

8 weeks beginning Tuesday, March 29th

Quantum computer technology is different from classical digital computers. We Americans and people of all nations are using the Internet that depends on digital computers. Digital computers enable Amazon, Google, Yahoo, IBM, Apple, etc. to assist us with our daily activities. However, digital computers, even the super digital computers, are not able to find solutions to all problems. Quantum computers will improve in availability and functional capabilities in the years to come. Quantum computer projects are ongoing at many companies like IBM, Google, Honeywell, D-Wave Systems, Toshiba, Intel, Alibaba, Microsoft and Lockheed Martin, to name a few.

We will explore the GUI open source tool used for executing quantum circuit programs on an IBM Quantum computer. The Class participants should have experience working with a computer programming language and/or GUI tools. You will need a personal computer or laptop (Apple MacBook, Windows or Unix operating systems). Participants will be installing applications as needed. The facilitator will be using an Apple MacBook Pro to demonstrate with and present the course material. The class is expected to require eight sessions.

Course Type:

Discussion, Lecture, Media

ONLINE COURSES—TUESDAY

Books/Materials:

No

Ron Knox, OLLI Senior Facilitator, has had a 40-year career leading teams in the development of computer software and data systems for the banking, telecommunications, military aerospace contractors, government, electronics, computer and utilities industries. He has completed systems for Arrow Electronics, AT&T Telecommunications, Citicorp Diners Club, Honeywell Test Instruments Division, Information Handling Services and McDonnell Douglas Systems. The computing systems used were mainframe, mini, PC and internet distributed computers.

1037-f2P7402s

Capturing Shadows or Altering Reality? Composition, Lighting, Post-Production and You

Facilitator(s): Mark Payler, PhD

4 weeks beginning Tuesday, April 26th

Calling all photographers! This course will not be technology dependent but will serve as a springboard for ideas to improve your photography no matter what camera you use – cell phone, DSLR, or otherwise! The focus of the class will be the discussion (and refresher talks) related to composition, lighting and post-production demonstrations using Adobe Lightroom as an example of how reality may be altered. Members will be expected to submit topic photographs on a weekly basis for constructive critique and review by the instructor and class as a whole. In addition, with weather and health considerations to be considered at all times, the members will meet outdoors in Denver for a field trip so as to practice shooting techniques covered during the course.

Additional Fees:

Any transportation to Denver for the field trip will be provided by the individual member and is the only “fee” necessary for the course

Course Type:

Screen sharing photos and software

Books/Materials:

No

Mark A. Payler, PhD, is a practicing Colorado professional landscape, street, and travel photographer. With over three decades of photography teaching experience, Mr. Payler has an extensive list of commercial photography clients including the Bank of Colorado, Tournament Players Club (TPC-PGA resorts) as well as numerous hotels, restaurants, and regional hospitals. Mark’s work has been highlighted in the landmark book *A Day in the Life of America*, and he also had a featured double-spread photograph in the 50th anniversary issue of *Popular Photography* magazine as well as (summer 2020 issue) of *Route* magazine.

8 Great Baseball Movies (with Special Discussion Guests)

Facilitator(s): Greg Petty (Senior), Larry Matten, PhD (Platinum)

8 weeks beginning Tuesday, March 29th; 1:00 - 4:00 pm

Baseball has been the subject of some of the most iconic movies ever made. In this class we will not only watch and discuss these great movies, but we will have guests with special insights contributing to our discussions for at the majority of our movies. Our movie schedule is still uncertain, but we will update our Syllabus as more information becomes available.

Movies that we have special guests for are: *Field of Dreams*, *A League of Their Own*, *Sugar* and one or two of *The Natural*, *Bull Durham* and *Major League*.

Movies we have modest hopes for getting guests for *Battered Bastards of Baseball* and *Fear Strikes Out*.

And we expect to show *The Bad News Bears* and *Trouble With the Curve*. We will involve the class with choosing one or two movies.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Media

Books/Materials:

No

Greg Petty, OLLI Master Facilitator, will have facilitated nine baseball courses with this course, four of those were co-facilitated with Larry Matten. This will also be Greg's ninth movie course, all co-facilitated with Larry. Greg is a passionate baseball fan, not only for his beloved Cubs but also for all of baseball. He is happily a Board member of Rocky Mountain SABR (Society for American Baseball Research). Greg's career was spent as an administrator for a not-for-profit, colleges and universities in Illinois and Colorado.

Larry Matten, PhD, OLLI Platinum Facilitator, has facilitated fourteen film courses. He is an enthusiastic movie buff and baseball fan and wants to share his enthusiasm with other OLLI members. Larry and Greg have co-facilitated four baseball courses, including this and one other baseball movie course. Larry's career was spent as a Professor of Botany at Southern Illinois University and as an Elder Law Attorney in Englewood, Colorado.

One Passport, One Smart Phone, One In-phone App

Facilitator(s): Sara Frances

4 weeks beginning Tuesday, April 5th

Without the weight or security concerns of cameras, here's how to travel again and still make photos that will become great memories of the trip or even a fine text and image printed book. I'll be taking participants through use of their smartphones: what to photograph, how to make notes, and the bulk of the workshop tells in detail how to prepare images for a slideshow, social media, or printed book with a single, in dwelling photo application on your smart

ONLINE COURSES—TUESDAY

phone. My techniques will remove stress, allow you to photograph quickly in the moment to capture the emotion and encounters of place and people, feel secure, edit very professionally, including fixing faults and details, and finally go to print for a stunning result.

Week 1 – Introductions, trip plans, concept of creating an exciting book or slide show, showcase of book styles.

Week 2 – Working with SnapSeed App (participants must have this app installed, currently free for iPhone or Android) part 1 with specific details of each setting. Participants should follow the demo along with an image of their own.

Week 3 – Working with SnapSeed App part 2.

Week 4 – Writing text and using ubiquitous one-off book print company (centered on Shutterfly primarily) to create the personal coffee table book.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Lecture, Discussion, Hands-On

Books/Materials:

smart phone (iPhone or Android) and Snap Seed app installed; suggest relatively late models. Note I can show examples only on iPhone.

Sara Frances is a Master Photographic Craftsman, and member of the American Society of Photographers, where she is mentor and presenter. Her book, *Fragments of Spirit, A Photographer's Recollections of Taos Pueblo, the Region and its Arts*, was published in 2021 and won two EVVY awards for content and design. Sara and her husband Karl travel frequently with authors, artists and Friendship Force International. Time and weight are of the essence; the new phones are the surprising answer for most everything when traveling, excepting in depth photojournalism and large format landscapes. Combining text with images is Sara's forte: she is a graduate of the Lighthouse Writers Poetry Collective, a member of SouthWest Writers, and a board member of Colorado Independent Publishers Assoc. Find her on line at photomirage.com and also at <https://millicentrogers.org/pages/millicent-unplugged-a-virtual-panel-discussion-series> where she is the panel moderator for the Millicent Rogers Museum in Taos, NM.

ONLINE COURSES—WEDNESDAY

WEDNESDAY MORNING

9:30 AM – 11:30 AM (unless otherwise noted)

1113-f3A7202b

Bridge Basics III Popular Bridge Conventions

Facilitator(s): Michael Holmes, EdD (Senior)

8 weeks beginning Wednesday, March 30th; \$15 Additional Fee

This is the third course in a three course series designed to give students a basic understanding of the game of bridge. In this course students will learn the Stayman convention, the Jacoby Transfer convention, the strong two-club bid and responses, the 2NT bid and responses, Slam bidding including the Blackwood and Gerber conventions. The first part of this class is theory based and the second part is supervised play of bridge hands related to the topics covered.

Course Type:

Discussion, Lecture, Hands-On Activities

Books/Materials:

(Recommended) *Basic Bidding in the 21st Century*, Audrey Grant. If you have not taken a class from Mike already, you will get a free textbook for the course from the American Contract Bridge League (ACBL). Please notify Mike if you do not have the book already. An additional \$5 fee will be needed to cover shipping.

Additional Fees:

There is a \$15.00 fee for this course which covers costs associated with the app used for bridge play. Students who enroll should send a check to Mike Holmes, 313 Clisby Austin Rd, Tunnel Hill, GA 30755. DO NOT send check until you have received confirmation from OLLI that you are registered in the course. Only students who have paid the course fee will receive a Zoom invite to the class.

Mike Holmes, EdD, OLLI Senior Facilitator, has worked as a teacher and school administrator for 37 years. Upon retirement he came back to one of his other passions — the game of bridge. Mike has been helping students learn and improve their bridge skills for over 15 years. He is a Certified ACBL & Audrey Grant Bridge Teacher, Certified ACBL On-line Bridge Teacher, Gold Life Master, ACBL Certified Club Director, ACBL Certified Tournament Assistant Director and member of the American Bridge Teacher's Association (ATBA).

1131-f3A7106b

These Truths

Facilitator(s): Hilary Carlson, Kathleen Stokes

8 weeks beginning Wednesday, March 30th

While reading *These Truths* by Jill Lepore, a friend asked, "Has American history changed since I took it in high school?" The answer is "yes." Decidedly yes.

"The course of history is unpredictable, as irregular as the weather, as errant as affection; nations rising and falling by whim and chance, battered by violence, corrupted by greed, seized by tyrants, raided by rogues, addled by

ONLINE COURSES—WEDNESDAY

demagogues.” (xi) The first sentence of Lepore’s glorious prose demonstrates that this is no stale or ordinary history of the United States. Dr. Lepore asks, “What, then, of the American past? There is, to be sure, a great deal of anguish in American history and more hypocrisy. But there is also, in the American past, an extraordinary amount of decency and hope, of prosperity and ambition, and much, especially, of invention and beauty. Some American history books fail to criticize the United States; others do nothing but. This book is neither kind.” (xix)

In her introduction Lepore describes this work as a “political history” that pays very “little attention to military and diplomatic history or to social and cultural history. But it does include episodes in the history of American law and religion, journalism and technology, chiefly because these are places where what is true, and what’s not have sometimes gotten sorted out. Aside from being a brief history of the United States and a civics primer, this book aims to be something else, too: it’s an explanation of the nature of the past.” (xix)

In spring 2022, participants in this OLLI course will read and discuss together Part Four, “The Machine (1946-2016)”. The lifetime of many of us! The course will rely on discussion of the text, understanding Lepore’s point of view and comparing her version of the past to the one you may already know. Participants will want a copy of *These Truths* that can be marked and dog-eared. The book is available in all formats and has about 900 pages including notes, index and bibliography. We suggest reading this tome at a table; bedtime reading may lead to a broken nose.

Course Type:

Discussion, Lecture

Books/Materials:

Required - Jill Lepore, *THESE TRUTHS, a History of the United States*

OLLI Master Facilitators, **Hilary Carlson** and **Kathy Stokes** have led OLLI classes in literature, contemporary politics and history. Before retiring, each taught history to adolescents.

1071-f3A7601b

Winston’s War: Churchill and the Second World War, 1938-1946

Facilitator(s): Robert Haws

6 weeks beginning Wednesday, March 30th

Winston Churchill is one of the most compelling figures of the Second World War Era. This course will focus on his enormous strengths and profound shortcomings as a leader. The course will be divided into three parts: 1). His finest hour, November 1938 to December 1940; his efforts to control strategy on the Western Front, 1941-1944; and, finally, his determination to define the peace, October 1944-March 1946. His wartime career provides a measure of what greatness really means.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

Readings for each class period will be drawn from: Max Hastings, *Winston’s War: Churchill, 1939-1945*. (2009). Recommended readings will be limited to approximately fifty pages per week.

Robert Haws taught history at the University of Mississippi for forty-two years. He studied history at the University of Nebraska and law at Yale Law School.

History of Mexico: From the Pyramids to Pancho Villa (and Beyond)

Facilitator(s): Robert Siefken

5 weeks beginning Wednesday, March 30th

Around 1200 BC, civilizations in Mexico started cropping up. Over time came social and economic classes (including powerful, wealthy elites), gods (many, many of them), sports and recreation, militaries, writing, mathematics, astronomy, calendars, pyramids and temples, bloodletting, schools, song, theater, dance, street lighting, and (most importantly) the discovery of chocolate!

Spanish conquistadors showed up in the early 1500s AD and that pretty much changed everything in Mexico for the next 300 years. Europeans brought with them horses and beasts of burden, a variety of foods, Catholicism (regular and secular clergy), the Spanish language, diseases (to which the indigenous were not immune), guns, the wheel, candles, pulleys, nails, and (for many years) methods of forced labor.

By 1810, certain locals in Mexico were fed up with Spanish domination and decided to do something about it. And so began an 11-year bloody and brutal War for Independence. The end result? Independence for Mexico in 1821 and a seriously chaotic and unstable first century. Anywhere from four to nine constitutions later, one after another coup d'état, a Black president, a full-blooded indigenous president, an imposed Austrian Emperor, a 35-year dictatorship, and several Civil Wars, the amazingly resilient people of Mexico today still find a way to stay hopeful for a better future. This is the story of... the Republic of Mexico.

Course Type:

Lecture

Books/Materials:

No

Robert Siefken has a degree in Spanish, a minor in Mexican-American studies, and has lived, traveled, and studied in Mexico. He belongs to numerous History of Mexico Facebook groups and Twitter sources, subscribes to half a dozen Mexican news outlets, and continues to add to his personal stock of books about this subject. He's taught this course material previously and uses a variety of PowerPoint slides and short YouTube videos.

1132-f3A7103f

Foods of the World: Past, Present and Future

Facilitator(s): Larry Canepa

4 weeks beginning Wednesday, March 30th

From Raw to Cooked: Every human culture includes cooking – this is how it began. Cooking makes food more digestible and kills off bacteria, and every human society in the world does it. But where and when it started is hotly debated. Cooking is ubiquitous in humans. All cultures, from the Inuit of the frozen Arctic to the hunter-gatherers of sub-Saharan Africa, are sustained by food that has been chemically and physically transformed by heat. It was an incredible invention. You might call it a food fight.

Spice Trade and the Age of Exploration: Although the origins of spices were known throughout Europe by the Middle Ages, no ruler proved capable of breaking the Venetian hold on the trade routes. Near the end of the 15th century,

ONLINE COURSES—WEDNESDAY

however, explorers began to build ships and venture abroad in search of new ways to reach the spice-producing regions. So began the famed voyages of discovery. Rediscover your favorite spices and enjoy some new flavors, too.

Foods that Changed the World: Food is exciting, and there's no doubt it's a huge part of our lives. That's why we love making it, sharing it. This presentation explores the foods that changed the world in profound and delicious social, political, and economic ways. Our hunger for survival, as well as new and tastier fare, had unexpected side effects that molded history. Whether it be the fuel for revolution, or the bread broken between adversaries, food has always been something taken seriously throughout history. It might be something we tend to take for granted, but some foods were so remarkable that when they were introduced, they changed the course of history for entire countries, continents, and civilizations. These foods have an even bigger story to tell. Some foods made such a big impact, they actually changed the world.

Passport on a Plate: Take a culinary adventure and discover the historical, social, political, religious, and economic foodways that shaped our world. No passport needed for this food adventure as we sample international favorites from Asia, Mediterranean and Europe. Discover Asian stir fry, Mediterranean stuffed grape leaves and hummus, polenta from Italy, Spanish gazpacho, and French crepes.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Chef Larry P Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian and lecturer of culinary topics. With over 40 years of food and beverage experience and 20 years of teaching expertise in cooking, food and culture, and STEAM-focused classes to every age of student from K-8 to post-secondary and beyond, Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education, and "food-tainment" into every class and event.

1013-f3A7301b

NOT Your Mother's Gone with the Wind: *Jubilee* by Margaret Walker

Facilitator(s): Becky Stout, Patricia Smilanic

6 weeks beginning Wednesday, April 13th

Note: Please be advised, as this is a slave narrative, the use of the N word is frequent.

In this six-week course, we will analyze and explore Margaret Walker's *Jubilee*, using an interdisciplinary format. Over the course of 30 years, Walker researched and developed the story of Vyry, the child of a white plantation owner and his black mistress. This fictionalized version of Walker's great-grandmother's harrowing yet fulfilling journey from slavery to emancipation was hailed by Washington Post contributor Crispin J. Campbell as "the first truly historical Black America novel."

We will use the novel's three sections—the Ante Bellum years, the Civil War years, the Reconstruction years—to examine and discuss the novel within the political, historical, social, legal, and cultural milieu of the times. *Jubilee* (502 pages) is required reading for this course. In addition to class discussions, participants will be asked to prepare brief reports on various relevant topics such as Negro spirituals, the emergence of Black

ONLINE COURSES—WEDNESDAY

theology, Jim Crow laws, the rise of the Ku Klux Klan, the economic impact of slavery, the 3/5 rule, Daughters of the Confederacy, segregation, integration, or your own relevant topic. Class discussions will also be supplemented by guest speakers and videos.

In the novel's Foreword, Poet Nikki Giovanni says "...the black woman gave birth to a new people.....She will say: We are Jubilation and we will be the future. She will sing For My People stories that keep hope in our hearts. She knows that the true Jubilee will be the day that Earth embraces this universe granting love and freedom to all. And so we celebrate *Jubilee*."

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media, Guest Speakers

Books/Materials:

Required: *Jubilee* by Margaret Walker

Becky Stout, having been introduced to Margaret Walker in another OLLI at DU facilitators' class (Sally Walling), Becky and her co-facilitator thought this might be a great course to take on in the interest of diversity. A lover of literature of all kinds, Becky hopes to bring the era, history, and the harrowing journey of Vry to life.

Patty Smilanic, having studied so many dead white writers (mostly male as well), welcomed the opportunity to explore and analyze African American literature. She is grateful for OLLI and to Sally Walling for introducing her to African American artists and writers. She hopes that participants will appreciate and learn from Margaret Walker's *Jubilee*.

1072-f3A7602s

Write From Your Bones

Facilitator(s): Howard Zaremba

4 weeks beginning Wednesday, April 27th

Write From Your Bones is a participatory, immersive, creative writing program. Each session is thematically based, for example: Leadership, Courage, Faith, Money, Shadows and more. Writing exercises are initiated with prompts such as: What does courage mean and how did you come by that explanation? Select an incident or experience in your life: Why did it require courage and how did you respond? How does hindsight impact this memory? Or, select an animal or a vegetable and discuss how this represents in some way your relationship with courage and leadership. A class might begin with quotes or a passage on the weekly theme. "Courage," might present a passage or quote from Shakespeare or Mark Twain, or Maya Angelou. Participants are encouraged to bring their favorite selections for reading and discussion.

Participants are encouraged to write for ten to fifteen minutes, and each member is free to share what they wrote and to accept comments. Zoom breakout rooms will be used, if desired.

PRIVACY: It is stated at the beginning of each class that this is a safe inclusive space for diverse voices and lifestyles. Any comments or discussion are considered private.

Let's have some fun and exercise our writing muscle!

ONLINE COURSES—WEDNESDAY

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Workshop

Books/Materials:

(Recommended) *Writing Down The Bones*, by Natalie Goldberg

Howard Zaremba is a long-time media executive; a production manager for WNET, NY; a founding member of the A&E Network launch team; a Vice president of Special Markets, NYC; Senior Manager of EXPTV, Washington, DC; Executive Director of Boulder County Channel 22, award winning local programming; Board member of the Firehouse Arts Center, Longmont, CO.; Associate Producer of the Ruddy Duck Theatre, Denver; and a published author of short fiction and a produced playwright. Howard has lived in Colorado since 2008.

1086-f3A7603b

Cosmology for Theists

Facilitator(s): Wilson Wiedenheft (Master)**8 weeks beginning Wednesday, March 30th**

This course is for Judeo-Christian theists, those who believe there is a God that intervenes in the universe but wonder how such intervention relates to what science has discovered. We will explore what science has discovered about the finely balanced physical laws whose mathematical exactness underpin all matter and energy. We will tour the cosmos to learn these principles, the constants of nature, which govern not only our existence on Earth, but also the formation of galaxies, stars, and black holes that fill the heavens. We will explore the question “what impact would it have if these fundamental constants were different?” But no matter how much science can explain, we are always left with the question, “where did it all come from?” And while science proposes some intriguing answers, such as the multiverse, many find them wanting. For the theist, we see the exquisite physical laws of the cosmos as confirmation of an awe-inspiring design that has resulted in the universe that we inhabit and explore today.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Lecture

Books/Materials:

No

Wilson Wiedenheft, OLLI Diamond Facilitator, after spending most of his career directing software and hardware development programs at Motorola, retired in 2012, with plans to enter a different field: science. In December 2014, he completed a master’s degree in geology at Northern Illinois University (NIU) in DeKalb, IL, and began teaching adult education courses in science. In addition to his interest in geology, Wilson has a passion for and teaches classes in physics, cosmology, and the history of science.

PARTISANSHIP

Facilitator(s): Christina Bauer

8 weeks beginning Wednesday, March 30th

This course will examine partisanship today in the United States from an analytical perspective. We will start with readings from the book *The Righteous Mind: Why Good People Are Divided by Politics and Religion* by Jonathan Haidt (Vintage Books, 2012), ISBN: 978-0-307-45577-2. We will follow that by examining selected readings from the right, left and center of current American politics, attempting an objective analysis of the author's argument, the validity of any facts cited, and the underlying assumptions made. The goal will be a clearer understanding of the spectrum of opinions current in U.S. politics today.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Reading

Books/Materials:

The Righteous Mind: Why Good People Are Divided by Politics and Religion by Jonathan Haidt (Vintage Books, 2012), ISBN: 978-0-307-45577-2. The book is recommended; not required. Additional readings will be provided a couple of days before class.

Christina Bauer, OLLI Senior Facilitator, is a retired lawyer and lifelong student of politics and government. She has taught immigration law, literature and current events classes for OLLI and is now a Senior Facilitator. She is passionate about life-long learning and has been a happy part of the OLLI community for over five years.

1009-f3A7501b

Women in Science: Navigating a Man's World

Facilitator(s): Barbara Zimmerman, PhD

8 weeks beginning Wednesday, March 30th

Women scientists have often been stereotyped as "geeks" or "nerds" who may be brilliant but not really feminine according to the standards of the dominant males of their generation. They have also been told that they are not capable of achieving to the same level a male counterpart. In this class, I will introduce participants to some famous women in science and highlight their accomplishments as well as unique obstacles and challenges they faced in becoming scientists. In addition to the necessary rigorous education, training and skills one must obtain to excel in a highly competitive profession, women still face gender and racial discrimination in many scientific fields. Many women scientists drop out, and I will mention the alternative careers that are attracting them. I will illustrate some of the issues by my own experiences as a PhD level biomedical research scientist who later chose to switch her career to medical writing and communication.

The class is scheduled for 8 weeks, 2 hours per week beginning the week of March 28, 2022. Class participation will enhance the learning experience.

ONLINE COURSES—WEDNESDAY

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

No

Barbara Zimmerman earned her PhD in pathology from the University of Colorado Health Sciences Center. She did postdoctoral-level research, then switched her career to medical writing and communication. Through her freelance company, Biomedical Communication and Consulting, she has written successful multi-million-dollar grants, and a book, *Understanding Breast Cancer Genetics*, University Press of Mississippi, 2004. She enjoys translating biomedical science concepts to lay audiences. Barbara is an active member of the American Medical Writers Association and American Women in Science.

1022-f3A7302b

The Industrial Revolution: Science, Technology, and Social Change

Facilitator(s): Stuart Gentry (Senior)

6 weeks beginning Wednesday, April 6th

Historians like to point to two seismic changes in the course of mankind's development. The first occurred when prehistoric man discovered that he could cultivate his own food. Man would then wait another 12,000 years before the second radical change came about. This change would happen on a small island in the cold North Atlantic; far away from the balmy Mediterranean and its Cradle of Civilization. This second radical change was, of course, the Industrial Revolution in 18th and 19th century England. The class will look at this revolutionary time in England. Each week we will take an in-depth look at a different key innovation that drove this transition. With each technology we will ask the questions of: Who? What? Why? and How They Work? These inventions and developments will include:

- The transition from water to steam power
- The dramatic transformation of the textile industry
- The industrialization of metal production and its use
- The rapid expansion of new transportation networks
- The rise of the factory-system of manufacturing

Along with this exploration of technology, we will also look at the impact of industrialization on society, both pro and con. Lastly, we will ask the questions of "Why England?" and "Why at this time?"

This will be a six-week course. The instructor will draw on material from a variety of sources. Class sessions will be a mixture of lecture and videos, with plenty of time left for questions and insights from the class.

Course Type:

Lecture, Media

Books/Materials:

No

Stuart Gentry, OLLI Senior Facilitator, has advanced degrees in chemistry and physics. He spent the first 20 years of his professional life in the chemical industry. He then switched to teaching where he was a professor at La Salle University in Philadelphia. His passion is the linkage between science and practical technology.

You are the Product: Understanding and Managing your Digital Footprint

Facilitator(s): Cynthia Perry (Senior)

4 weeks beginning Wednesday, March 30th

It's been said that if you aren't paying for a product, you are the product. In the digital world we get free internet search (Google search), free directions (Google maps), free storage (Google photos), and free Facebook services. But what are we giving up in return—are these services really “free?” Cynthia Perry will share her insights on these topics, and more, based on her extensive career in marketing analytics.

The class starts with an exploration of the history of databases. Then we move on to the types of data various organizations have about you, how this data is collected, and how it's organized and used, particularly in advertising. Each week we will also discuss ways to protect your identity online—starting in the first week with easy security steps recommended for everyone, and wrapping in the final week with discussions about going “off the grid.”

There will be plenty of time for lively discussions as we explore the world of consumer data and learn what the future holds for this fascinating field!

TENTATIVE SYLLABUS

- WEEK 1: Databases, Consumer Data, Password Protections, Email Protections
- WEEK 2: Big Data, Data Aggregators, Browser Safety, Encryption
- WEEK 3: Predictive Analytics, Consumer Segmentation, Online Shopping Security, Social Media Safety, Facebook settings
- WEEK 4: Online Ads, Privacy Laws, Google Photos, Camera and Microphone Settings, Virtual Private Networks, Going off the Grid

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Cynthia Perry has a BS in applied math, an MBA, and numerous certificates in specialized marketing research and analytic techniques. She has worked in marketing analytics, competitive intelligence, and strategic planning in a variety of industries. Looking for ways to continue to use her research and presentation skills in retirement, Cynthia facilitates classes at OLLI exploring topics such as political polling, “big data,” the US healthcare system, and Quaker history.

1148-f3A7104f

Timely Topics About Life and Living

Facilitator(s): Jane W. Barton, MTS, MASM, CSA

4 weeks beginning Wednesday, March 30th

Over the past two years, we were challenged in ways previously unimagined by most. Consequently, we perceive and experience life differently today due to transformed priorities, values, goals, and dreams — a transformation that invites us to live more intentionally. We learned to focus on what truly matters in life — to consider thought-provoking

ONLINE COURSES—WEDNESDAY

questions. What is required to be well and to live well? How does adversity reveal who we are and what we are about? How can we courageously companion each other as the world grieves? And finally, how do we want this journey of life to end? Questions worthy of our time and attention.

Course Type:

Discussion, Lecture

Books/Materials:

No

Jane W. Barton, author of *Caregiving for the GENIUS*, is a passionate national speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, videos, podcasts, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. She presents innovative, transformational programs to community members, healthcare providers, pastoral caregivers, clergy, funeral service providers, and national audiences. As a Local Aging Expert collaborating with AARP Colorado, Jane offers educational programs throughout the state of Colorado (2014 - 2022).

Previously, Jane served as Director of Education for a hospice and palliative care educational institution in Denver, Colorado. She has also served as a chaplain and bereavement facilitator in hospice and palliative care. Jane is a certified Spiritual Director as well as a Certified Senior Advisor. In a former life, she worked as a financial services representative and an exploration petroleum geologist and manager.

1048-f3A7401f

Classical Dance - and Not Just Tchaikovsky

Facilitator(s): Betsy Schwarm

4 weeks beginning Wednesday, March 30th

From pirouettes to polkas, graceful ballroom motions to angular modern dance: all of it needs music, and some of the greatest composers have written music for or about dancing. Why write dance music, rather than symphonies? Are different skills required, or just different intentions? We shall find out together! Frequent OLLI instructor, author and music historian Betsy Schwarm leads the exploration of waltzes of Johann Strauss Jr., folk dances of Dvořák (though also Copland), story ballets of Tchaikovsky, dramatic contortions of Stravinsky, and more. None of those men invented the dance steps, but they certainly wrote the music to accompany those steps, whether on the dance floor or in the village square. Let great music for the dance put a spring in your step as we discover what these masterful composers achieved with music for the dance.

Course Type:

Lecture, Question and Answer

Books/Materials:

No

Betsy Schwarm, Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music, has been part of the Denver area arts community for some years. She frequently teaches classical music appreciation classes around the Metro area, including the DU University College Enrichment programs, and has taught for OLLI since the fall of 2019. She takes a user-friendly approach to her music classes; no music reading required, just an active interest in how great music came to be and how we, as listeners, can get the most out of our listening experiences.

Mozart to Moby Dick: Classical Music and the Written Word

Facilitator(s): Betsy Schwarm

4 weeks beginning Wednesday, April 27th

Great literary works combined with great music: the result can be powerful indeed! In this course, frequent OLLI instructor, author and music historian Betsy Schwarm explores classical music with literary roots, from songs to plays, instrumental works to operas. Featured writers will include many of the following: Shakespeare, Cervantes, Beaumarchais, Goethe, ETA Hoffmann, Victor Hugo, Stéphane Mallarmé, Nathaniel Hawthorne, Louisa May Alcott, Walt Whitman, Henrik Ibsen, Oscar Wilde, Thornton Wilder, Robert Frost, Garcia Lorca, Ernest Hemingway, John Steinbeck, F. Scott Fitzgerald, and Langston Hughes. Featured composers will range from Mozart to Rossini, Verdi to Debussy, and Copland to today! Authors sought to guide their readers' imagination; composers can draw one further along that path of discovery. Romeo, William Tell, Jay Gatsby, Carmen, a brave little apprentice, and more: great literature can soar even higher with the right musical support.

Course Type:

Lecture, Question and Answer

Books/Materials:

No

Betsy Schwarm, Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music, has been part of the Denver area arts community for some years. She frequently teaches classical music appreciation classes around the Metro area, including the DU University College Enrichment programs, and has taught for OLLI since the fall of 2019. She takes a user-friendly approach to her music classes; no music reading required, just an active interest in how great music came to be and how we, as listeners, can get the most out of our listening experiences.

1050-f3A7403b

Watercolor Pencils for Beginners

Facilitator(s): Mitra Verma

8 weeks beginning Wednesday, March 30th

Watercolor Pencils are a unique medium combining drawing with painting in such a manner that no other medium can replicate. They are versatile, fun, and perfect for those who want to create watercolor art with pencils. This course gives you an overview of this medium and will guide you to the right steps for creating quality and stunning art that you will be proud of. Instruction will include drawing techniques and transferring of images, color layering, and color mixing to determine the lights and darks, and mood of the art piece. You will have eight sessions to create seven pieces of art and learn techniques that can be used to enliven existing paintings. This class is very much for beginners and those unfamiliar with watercolor.

Course Type:

Hands-On

Books/Materials:

Watercolor pencils, Watercolor paper 100% cotton, Brushes #2 #4 #8 #12

ONLINE COURSES—WEDNESDAY

Mitra Verma is an art educator, an artist, and a craft designer. She studied Bachelor's in Fine Arts (BFA) and completed her master's from a distinctive handicraft design institute in India. She creates because she loves and wants to feel colors, forms, and nature in her creations. Working in various mediums, her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns, she is a self-motivated, conscientious, passionate artist and for the past 12 years she held classes and workshops in painting and crafts. She is eager to share her love of art with students who want to venture into new areas.

1051-f3A7404f

Viennese Secession, Wiener Werkstätte, and Jugendstil

Facilitator(s): Linda Susak

4 weeks beginning Wednesday, March 30th

(This course is an updated course from Fall 2020, with some repetition but much additional material and a special field trip).

The first class will be held at the Kirkland Museum of Fine and Decorative Arts at 1201 Bannock Street, Denver, Colorado, 80204 **and will be held from 11 am-1 pm, instead of the usual time, due to the hours of operation of the Museum.**

Students should meet there on their own at 11 am on March 30 to see the special exhibition on Josef Hoffman's Vienna (which ends on April 3, 2022).

This course will begin by exploring Vienna around 1900, describing its sense of being a world cultural capital of sophistication, cultural and elegance, also as the seat of the Habsburg emperors—how this influenced the mentality and development of the city.

Artistically, in 1897, a group of Austrian painters, graphic artists, sculptors, and architects, including Josef Hoffman, Koloman Moser, Otto Wagner, and Gustav Klimt, formed an art movement called *The Vienna Secession* (also referred to as the *Union of Austrian Artists*, or *Vereinigung Bildender Künstler Österreichs*), which was closely related to *Jugendstil* (*Art Nouveau*). These artists resigned from the Association of Austrian Artists in protest against its support for more traditional artistic styles. To exhibit their own artwork, Joseph Maria Olbrich designed their most influential architectural work, the *Secession Building*, which was reconstructed after World War II and is still a museum in Vienna today.

The career of Gustav Klimt, as one of the founding members of the Secession, will be followed, showing his most important pieces using gold leaf, (such as his *Portrait of Adele Bloch-Bauer*).

Course Type:

Discussion, Lecture

Books/Materials:

RECOMMENDED: 1. *The Viennese Secession*, Victoria Charles & Klaus H. Carl, (Art of Century Collection, 2014) ISBN: 978-1-64699-324-6

2. *Vienna Around 1900*, Rainer Metzger et al, (Taschen, 2018), ISBN: 3836567059

Readings:

The "readings" I have cited here are, rather, websites for you to explore, dealing with the topic of the week. You will also learn about major museums which exhibit works by the artists we are discussing. Enjoy!

ONLINE COURSES—WEDNESDAY

Linda Susak has a MA in German language and studies and a BFA in painting. She taught German on the high school level and, since 2018, on the college level, both at the main University of Denver campus and at University College. As of Winter, Quarter 2020, she has started teaching German Art History courses through OLLI.

1052-f3A7405s

Egon Schiele, Oskar Kokoschka and Austrian Expressionism

Facilitator(s): Linda Susak

4 weeks beginning Wednesday, April 27th

This course is a more in-depth look at the Austrian Expressionists (also an updated and expanded version of the course from Fall 2020).

First, we will look at German Expressionism as the forerunner for the Austrian version, and how Expressionism fits into the art of the period and how it changed what had gone before.

Specific artists we will look at include the latest works of Gustav Klimt, which can be considered expressionistic, Richard Gerstl, Arnold Schönberg, Albert Paris Gütersloh, Max Oppenheimer and Alfred Kubin.

The second class will be an in-depth look at the life and works of Oskar Kokoschka and his strange love affair with Alma Mahler. The third and fourth classes will focus only on Egon Schiele: on his own biography, nude paintings and sketches, imprisonment for seduction of minor girls, portraits, landscapes, and finally, on his relationships with Wally Neuzil and marriage to Edith Harms.

Because of the legal action of his Portrait of Wally, we will also discuss the robbing of art by the Nazis and the legal proceedings of several paintings to restore them to their rightful owners.

Despite his untimely young death (in 1918 of the Spanish Flu), we will also look in-depth at his influence on future generations of artists.

Course Type:

Discussion, Lecture

Books/Materials:

RECOMMENDED: 1. *Austrian Expressionism: The Formative Years*, Patrick Werkner, translated by Nicholas T. Parsons, (The Society for the Promotion of Science and Scholarship, Inc., Palo Alto, 1993), ISBN: 0-930664-11-6
If you read German: 2. *Ich ewiges Kind. Das Leben von Egon Schiele*, Gregor Mayer (Residenz Verlag, 2018).

Linda Susak has a MA in German language and studies and a BFA in painting. She taught German on the high school level and, since 2018, on the college level, both at the main University of Denver campus and at University College. As of Winter, Quarter 2020, she has started teaching German Art History courses through OLLI.

ONLINE COURSES—WEDNESDAY

WEDNESDAY NOON

11:45 AM – 12:45 PM

1150-f3A7105b

Meditation in Motion: the Art and Science of Tai Chi

Facilitator(s): Joseph Brady, Jacqui Shumway

8 weeks beginning Wednesday, March 30th

Experience for yourself the accumulated wisdom of centuries with the timeless exercise of T'ai Chi. According to the Harvard Medical Health Publication "Tai chi is often described as meditation in motion, but it might well be called medication in motion". Designed to be a hands on learning experience, this class will explore the principles and basic exercises in T'ai chi and the growing body of evidence of its value in treating or preventing many health problems. This introduction to T'ai Chi Ch'uan is both practical and participative; the course introduces you to the basics of T'ai Chi Ch'uan, the skills and principles involved. These exercises can be a powerful complement to medical intervention. Modern studies have reported positive effects of Tai Chi on balance and falls reduction, hypertension, diabetes, arthritis, osteoporosis, cancer, COPD, heart disease, depression and even schizophrenia. Many more studies are underway to explore the medical benefits of this mind/body exercise. Topics for discussion will include the global health care implications of Tai Chi as well as applications in daily life.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Participation

Books/Materials:

No

Joseph Brady, MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught classes on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years, also teaching classes in Tai Chi, Qigong and Traditional Chinese Medicine at the University of Colorado Health Sciences Center, Metropolitan State College of Denver and currently teaches Tai Chi and Qigong at the Colorado School of Traditional Chinese Medicine. Joe wrote many articles on healthy aging for the Rocky Mountain News, and has presented at many scientific conferences and has lectured and presented research at Harvard Medical School's Osher Institute for Integrative Medicine and at the Oxford Union Debating Hall and Harris Manchester College, Oxford University U.K.

Jacqui Shumway, MA, Therapeutic Kinesiologist/Living Younger Longer Institute, has been researching and teaching T'ai Chi Chuan and Medical Qigong for over 25 years. Jacqui is dedicated to the joy of active living. She combines western therapeutic kinesiology (preventive physical therapy) with Medical Qigong healing exercises from China and the meditational martial art of T'ai Chi. An old Chinese saying is that "The greatest healer is a teacher" and Jacqui is a master teacher... who also loves to have fun! Dedicated to providing students with compelling information on health issues coupled with ancient wisdom, Jacqui inspires students to have fun taking control of their own health through her compassionate attention to mindful healing through physical movement.

ONLINE COURSES—WEDNESDAY

WEDNESDAY AFTERNOON

1:00 PM – 3:00 PM (unless otherwise noted)

1042-f3P7403f

Finding Your Family History in Census and Land Records

Facilitator(s): Carol Cooke Darrow

4 weeks beginning Wednesday, March 30th

Census records 1850-1940 give us a picture of our ancestors, their locations, and their families. The 1950 U.S. census will be released on April 1, 2022 but will offer many twists and turns. Land records and DNA test results may help to clarify some of the mysteries.

Course Type:

Lecture

Books/Materials:

No

Carol Cooke Darrow has been a professional genealogist for more than 20 years. She teaches all levels of genealogy classes and facilitates a genealogy writing group. Her goal is to help people trace their ancestors and understand their lives and the times they lived in.

1114-f3P7203b

Bridge: Play of the Hand

Facilitator(s): Michael Holmes, EdD (Senior)

8 weeks beginning Wednesday, March 30th; \$20 Additional Fee

This course is for individuals who are coming back to bridge or have finished the three Basic Bridge courses. Students will learn how to make a plan as declarer. Students will learn how to use the tools of promotion, developing long suits, the finesse, and ruffing losers in dummy. Students will practice the tools learned and learn to combine tools when necessary. The first part of each class is theory based with second part of the class is guided practice related to topics covered. The ACBL will provide each student a textbook *Play of the Hand in the 21st Century*.

Course Type:

Discussion, Lecture, Hands-On Activities

Books/Materials:

(Recommended) *Play of the Hand*, Audrey Grant. The students will get a free textbook for the course from the American Contract Bridge League (ACBL).

Additional Fees:

There is a \$20.00 fee for this course which covers costs associated with the app used for bridge play and a textbook. Students who enroll should send a check to Mike Holmes, 313 Clisby Austin

ONLINE COURSES—WEDNESDAY

Rd, Tunnel Hill, GA 30755. DO NOT send check until you have received confirmation from OLLI that you are registered in the course. Only students who have paid the course fee will receive a Zoom invite to the class.

Mike Holmes, EdD, OLLI Senior Facilitator, has worked as a teacher and school administrator for 37 years. Upon retirement he came back to one of his other passions — the game of bridge. Mike has been helping students learn and improve their bridge skills for over 15 years. He is a Certified ACBL & Audrey Grant Bridge Teacher, Certified ACBL On-line Bridge Teacher, Gold Life Master, ACBL Certified Club Director, ACBL Certified Tournament Assistant Director and member of the American Bridge Teacher's Association (ATBA).

1040-f3P7401f

Understanding and Anticipating the Aging Process- Part Two

Facilitator(s): Dr. Jeannette Guerrasio

4 weeks beginning Wednesday, March 30th

Understanding and Anticipating the Aging Process Part I was designed to empower the participants with knowledge about how their bodies, including the minds, age so that they can anticipate and prepare for the future. The most common topics were chosen. However, it quickly became apparent that there were many topics of interest that we did not have time to cover.

Part II will follow a similar format and style, exploring additional topics not covered in the first course. Each session will be dedicated to different change that occurs with aging and will include a combination of brief lecturettes followed by discussion. Participants are welcome to just listen or to fully participate in the discussions, depending on their own personal comfort level. We will discuss the ways the body physically changes with time, what to expect and how to slow down some of the less desirable changes or else how to make adaptations to manage these changes.

The discussions will provide time for questions, help dispel myths, and include a wide array of treatment options with a large focus on prevention. We will cover current practice guidelines, step gently into the worlds of genetics, exercise, nutrition, supplements and briefly mention options under investigation as they pertain to each session. With tools for prevention and skills to preserve physical and mental functioning, the future can be filled with hope and optimism. My goal is always to maximize independence in all spheres of life for every individual for as long as possible.

Course Type:

Discussion, Lecture

Books/Materials:

No

Jeannette Guerrasio, MD is currently a practicing primary care internal medicine physician in Denver, author and internationally recognized medical educator. She graduated from Albany Medical College and completed her residency at the University of Connecticut. While at the University of Colorado in the Department of Medicine for almost 13 years, she became a Professor of Medicine. She is now in private practice with David L Mellman, MD. Dr. Guerrasio has dedicated her career to teaching patients, medical students, residents, peers, and colleagues of many disciplines. With expertise in both adult medicine and geriatrics, she is committed to the clinical care of patients, with emphasis on disease prevention and preserving independence and function through education.

Mindful Self-Care Journaling: The Art of Reconnecting with Yourself Through Compassionate Self-Talk Journaling

Facilitator(s): Carolyn Varvel

6 weeks beginning Wednesday, March 30th

Journal Ranting is helpful. But once the anger or fear is in the air and on the paper, what you do next helps define whether or not you grow as a person or stay mired in the depths of despair and anger. Are you ready to make a difference in your life? Are you ready to discover and practice self-care and compassion for yourself?

Being able to identify our thoughts and feelings through journaling gives us the opportunity to start changing our life; it empowers us. By discovering what kind of language we are using to describe ourselves, we take responsibility for ourselves and take control of our lives. Journaling helps us discover our dreams and goals and helps us decide what is worthwhile to explore and what we need to let go of; it can also be used to set boundaries.

Through the journaling process we discover the story we tell ourselves about our lives. We can use this information to help us write a new and better story; to create a better life for ourselves.

Using Journaling techniques like “Yet,” “What is the Essence of What I Want,” “Gifts, Talents Skills ... So What?”; this course will help you:

- Empower yourself
- Go beyond your current life story and help you write a new better life story
- Discover the story you’ve been telling yourself
- Identify your thoughts and feelings and what is keeping you from achieving your dreams
- Analyze the words, the language, and the feelings associated with those words to better understand how you see yourself in relation to the rest of the world.

Course Type:

Lecture, Experiential

Books/Materials:

No

Carolyn Varvel is a retired Associate Professor of English. She has written a variety of books on education and is the editor in chief for Wormhole Digital Publishing. She has recently edited a number of books including: *Story and Art of Yoga* by Lily Kessler; *I Only Dance on Water When It Rains* by Dr. Patty Luckenbach; *Inka Wisdom: Return to Joy* by Jorge Delgado; and three books by Ward Barcafer on Life After Death. Carolyn has also taught workshops for adults on journaling, how to lead a workshop, and has written a number of adult mini courses for private clients. Her current activities include quilting, editing, and working with senior members of her community.

The Oxford Study Lectures: AN OLLI AT DU LECTURE SERIES

Facilitator(s): Joseph Brady, MSTCM

4 weeks beginning Wednesday, March 30th

The Oxford study lectures are part of a long-term study in integrative medicine and lifelong learning. Students will learn about important research of interest to the University of Denver's Osher Lifelong Learning Institute, the Oxford International Round Table, Harris Manchester College in the University of Oxford and Harvard Medical School's, Osher Institute on Integrative Medicine. These lectures will introduce students to the latest findings in research into lifelong learning and health promotion that may help determine future directions for lifelong learning here at OLLI and around the world.

Genetics, Epigenetics and Lifestyle

Epigenetics is the study of what turns genes on or off. As technology advances in the field of genetic engineering the idea of "personalized" medicine in which treatments can be tailored to individual patients' genes.

Research is also showing that genes can be modified by lifestyle factors. Exciting new research is suggesting that self-awareness, meditation, yoga, Tai Chi, Qigong, exercise, lifelong learning, and other health behavior changes can improve gene expression patterns and lead to healthier outcomes.

Phenotypic Plasticity

If you "feel" like the stress in your life is aging you faster, it is. Stress can accelerate the rate of aging itself. Phenotypic plasticity is the term for the changes in genetic expression that increase our ability to handle the stress of daily life. In fact, our fitness to deal with stress is part of the very definition of aging. Aging is "...the decline over time in the fitness of a person to withstand the stresses of day-to-day living." Studies have shown that the genes that have been implicated in aging, appear to be stress response genes. By increasing our fitness to deal with stress, we are actually altering the very genetic expression that defines how we age. We are either growing stronger or we are just growing older.

Artificial Intelligence and the Study of Salutogenesis

Vast resources and efforts are invested towards understanding the pathogenesis of disease. In contrast, salutogenesis, the process by which individuals move from a less healthy to a healthier state, is understudied and poorly understood. Salutogenesis may occur via "pathogenesis in reverse", and/or may engage other yet-to-be-defined pathways in the process of restoring health. In either case, the process of salutogenesis is likely to involve multiple physiological systems (e.g., cardiovascular, digestive, metabolic, immune), domains (bio-psycho-social) and spatiotemporal scales. Unlike pharmacological treatments that target specific molecular pathways, health restoration may incorporate behavioral and homeostatic physiological mechanisms, as well as complex endogenous cellular processes such as repair, resolution, and regeneration. The unprecedented "grand challenge" of understanding salutogenesis will require innovative analytical tools using AI/ML modeling to develop multiscale computational models that explain how physiological and biopsychosocial networks dynamically change over time during the process of human health restoration.

Mindfulness: An Introduction to Meditation

Meditation offers deep and lasting benefits for both mind and body. A wide range of different styles of meditation are available, find the right one for you. From improving memory to stress reduction, from depression and anxiety to a wide range of pain relief techniques, meditation releases the power of your own mind. Learn the principles and

ONLINE COURSES—WEDNESDAY

techniques that people have used for thousands of years. This course will guide you in bringing the deep and lasting benefits of meditation into your own life.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Joseph Brady was the director of the Gerontology Certificate Program at DU for 15 years and specialized in healthy aging. Joe is currently an Associate Professor at the University of Denver and The Colorado School of Traditional Chinese Medicine, and a nationally board-certified practitioner of Oriental Medicine and an internationally recognized expert on healthy aging. A faculty member at the DU's University College, Joe has spent over 25 years teaching at the CU Health Sciences Center, the DU Institute of Gerontology, and Metropolitan State University. A former columnist on healthy aging for the Rocky Mountain News, Joe has presented at many scientific and medical conferences and twice been a featured presenter at the Oxford Roundtable at Oxford University in England. Joe currently runs his own clinic in the Denver area and serves as Director of the Living Younger Longer Institute.

1133-f3P7102s

London in Twelve Structures: A History

Facilitator(s): Diana Williams**4 weeks beginning Wednesday, April 27th**

A look at the History of London using twelve iconic buildings as the jumping off point.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

Recommended (Not Required) - *The Stones of London* by Leo Hollis

Diana Williams has taught History and Art History at the college level and has lived in Italy three times. She has spent time in London doing research and has made several trips to London, and will be there this Spring. She will share her images of the buildings and the history of this world-class city.

The 1930s in America

Facilitator(s): David Lippman

8 weeks beginning Wednesday, March 30th

On September 3, 1929, the stock market reached an all-time high before descending into its catastrophic crash the next month. On September 3, 1939, precisely 10 years later, England and France declared war on Germany. This course covers the decade between these two events. Few periods in American history saw so much political, economic, and social change.

Unique among the many periods in our history, we can readily identify the significant events of the 1930s: the Great Depression, the New Deal, the Dust Bowl, the end of prohibition, and the prelude to a new world war. But this decade also saw significant changes in social attitudes, morals, art, music, and literature. We'll examine many of these changes in addition to the more familiar events of the period.

The class will use Frederick Lewis Allen's book, *Since Yesterday: The 1930s in America*, as the text for the class. Published in 1940, it provides an almost contemporary view of the period. The book might suffer from viewing history from such a short time perspective, but it is enriched by its ability to convey how the people of the thirties perceived and felt about the world around them.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Presentation

Books/Materials:

Frederick Lewis Allen, *Since Yesterday: The 1930s in America*

David Lippman earned degrees in the social sciences from the University of Southern California and the University of Chicago. He began his career doing social science research in legal areas for the American Bar Foundation. David spent most of his career in school textbook publishing, where he directed the development of texts in many subjects including science, literature, government, and history.

1074-f3P7602b

Current Economic Issues: Facts and Fallacies

Facilitator(s): Leonard Sahling, PhD

6 weeks beginning Wednesday, March 30th

This course will examine several of the key economic topics currently in the news including economic growth, immigration, the economic impact of the Covid-19 pandemic, the government deficit, the risk of accelerating inflation, economic inequality, and the U.S. healthcare system.

Here are some of the issues we will address: How fast can our economy grow? Is faster growth an unmitigated good thing? Will the Covid-19 pandemic impair the U.S.'s long-term economic prospects? How will the Biden Administration's new economic programs affect the U.S.'s long-term productivity and competitiveness? How does immigration affect the US economy? Will the U.S.'s increased reliance on deficit spending lead to accelerating

ONLINE COURSES—WEDNESDAY

inflation? If the Medicare Part A Trust Fund does become insolvent in the next five years, how will Medicare's beneficiaries be affected? Is the "American dream" now just a pipe dream for all but the richest Americans and their children? Have the big tax cuts passed in 2017 for business and the well-to-do trickled down and raised working class wages and middle class salaries?

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

Prior to each session, I'll send selected articles, and I encourage class participants to read them as the readings will provide context and useful perspectives on the key issues.

Leonard Sahling, PhD, holds a PhD in economics from the University of Michigan. His work experience includes the Federal Reserve Bank of New York, Fannie Mae, Merrill Lynch, ProLogis, and CoBank.

1073-f3P7601b

Great Detectives

Facilitator(s): Carol Anthony (Diamond)**8 weeks beginning Wednesday, March 30th**

The mystery story genre was created by Poe, in America, and Wilkie Collins and Arthur Conan Doyle in England. But those initial masters led to an explosion of great mystery writers in the 20th Century. We are going to bypass those early masters to look at the great detectives (for they are of course the central characters of this genre!) that were inspired by them in the following years. Dorothy Sayers, Agatha Christie, Dashiell Hammett, Ellery Queen, Ruth Rendell, and more! We will examine how the genre plays out its plots and creates the detectives! We will read two stories each week by two different authors and examine their similarities and the unique characteristics created by each author for their detective, and their methodology. We will place them in the approximately eight "types" of mystery fiction stories. You will be surprised at some of the authors, and delighted by all!

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Required: *Great Detectives: A Century of the Best Mysteries from England and America*. Ed.: David Willis McCullough. Pantheon Books: New York, 1984. Available in Paperback at Amazon

Carol Anthony received her BS in English Education and MA in English Literature at Southern Illinois University in Carbondale, IL. She migrated to Denver and taught English at Westminster High School for 32 years. She has pursued post graduate studies in Old and Medieval English at CU, and, being a big believer in the adage "one can never know too much," has developed an extensive background in Classical and Norse-Germanic mythology, Middle Eastern civilization and culture, the history of language, and evolutionary biology. For fun, she also sings and dances with a performing show choir, the Northland Chorale (no kidding!).

Reading Albert Camus

Facilitator(s): Ann Cohen, PhD (Master)

4 weeks beginning Wednesday, April 27th

In this class we will read *The Myth of Sisyphus* and *The Stranger*, and we will discuss how the central character of *The Stranger* faces and overcomes the randomness of life.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

The Myth of Sisyphus -- can be found online. *The Stranger* by Camus -- any edition.

Ann Cohen, PhD, has a BA from Smith College, and both a BS (in teaching) and a PhD (in literature). She is interested in the many kinds of literature and is eager to share her interests with OLLI students and to learn with the class.

1142-f3P7105f

Introduction to Joyce's *Ulysses*

Facilitator(s): Ann Cohen, PhD (Master)

4 weeks beginning Wednesday, March 30th

This will be an overview of *Ulysses*, seen as a difficult book, but this course should make it accessible through listening to parts being read by approved professional Irish readers, and with the help of specific books or online help to guide you through. We will of course not read the entire book, but this class should lessen your fear and make you want to read more. It is a human story told with compassion and humor—this book is worth the try!

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Highly recommended - Gabler edition of *Ulysses*, available on ebook as well as used copies.

Ann Cohen, PhD, has a BA in literature from Smith College, a BS in teaching and a PhD in literature from the University of Minnesota. Her doctorate was on *Ulysses*, and she is delighted to have the chance to share her insight and enthusiasm about this book.

Analyzing Harari YouTubes

Facilitator(s): Terry Ortlieb (Platinum)

8 weeks beginning Wednesday, March 30th

We will look at newer YouTube videos that demonstrate some potential solutions that Harari discusses with a number of contemporary thinkers. This will include Harari and business thinkers like Zuckerberg and academics like Pinker.

Course Type:

Discussion, Lecture

Books/Materials:

No

Terry Ortlieb, OLLI Platinum Facilitator, is a retired entrepreneur. He started with technology in high school, then studied and mastered in Philosophy in college. Terry has facilitated over 15 classes on Harari at OLLI.

1101-f3P7202b

America - Divided We Stand

Facilitator(s): Steve Nelson

8 weeks beginning Wednesday, March 30th

On January 6, 2021 as the 117th Congress of the United States of American convened to count the electoral votes as determined by the 50 States and the District of Columbia from the previous November's Presidential Election.

The events of that day and the months that followed exposed wider divisions in America that are greater than any point subsequent to the Civil Rights Movement of the 1950's and 60's, and perhaps more than at any point since the Civil War.

Over the course of this eight week class we will exam the issues that have fueled our divisions and explore options that can bridge the gaps in our culture in a manner that preserves the intent of the founders "to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity."

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

Course Type:

Discussion, Lecture

ONLINE COURSES—WEDNESDAY

Books/Materials:

Emailed articles for reading and discussion

Steve Nelson, OLLI Senior Facilitator, 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 before joining Electronic Data Systems in 1973. He spent the next 41 years developing and maintaining computer systems to support Health Insurance, Social Services Eligibility and Financial Information Systems in the United States and the Asia-Pacific region. He has been a facilitator at the OLLI Denver University West Campus since 2016 and the OLLI of 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.

1128-f3P7101s

Diversity is our Destiny

Facilitator(s): Jacqueline Shumway

4 weeks beginning Wednesday, April 27th

This course will be in a guest speakers format with lively interaction from participants.

Funny thing about melting pots, the final result is not always what you would predict. From the founding of our democracy, The United States of America has been a refuge for people from all over the world—of every race, color, and creed. The 21st century forces of diversity are changing the face of our nation again. That diversity has always driven our creativity and ultimately ensures a healthy gene pool for future generations to build upon. Come explore the wonderful diversity that is the state of Colorado. Instead of fostering the divisions between people, this class will discuss the positive impact that each wave of newcomers to Colorado have brought. From Native Americans to the Spanish conquistadors, to cowboys and World War II; to Japanese internees and the KKK, and the age of Jazz, we can learn to celebrate our diversity. Or will it always be a bone of contention.

These four sessions will feature a variety of guest speakers moderated by Jacqui (assisted by Paul Hoskins.)

Invited Speakers: Tamara Banks, Colorado Senator James Coleman, Carlotta Lanier, Denver Clerk and Recorder Paul Lopez, Tesia Chen, Mimi Luong Dennis Gallagher, and James Mejia.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Jacqui Shumway MA, BBA, OLLI's Park Hill Site Coordinator since 2018, and facilitator for several OLLI classes dealing with cultural and behavioral change, Jacqui has been involved with the Dr. MLK, Jr. Commission since 2003. She is also former Western Region Director for the National Association of Health and Fitness and Vice President of the Colorado Governor's Council for Physical Fitness. Jacqui has over 30 years' experience in developing, teaching, and coordinating numerous community education programs at the University of Colorado Health Sciences Center, St Joseph & Lutheran Hospitals, Metropolitan State College of Denver, Red Rocks Community College, and Colorado School of Traditional Chinese Medicine. Jacqui is cultural outreach director of the TCM College of Sports Medicine and serves the Denver educational and neighborhood communities on boards and event committees that promote stress release through Art, Music, & Physical Fitness (to "AMP the Brain!" ... and the human spirit!)

Epilepsy: From Demonic Possession to Brain Surgery

Facilitator(s): Robert Dodge

4 weeks beginning Wednesday, March 30th

The objective of this course is that participants will emerge with a better awareness of a misunderstood, common condition. Robert Dodge will discuss developing epilepsy as an adult, and experiencing seizures and seeing specialists on five continents. The course begins with an overview of this misunderstood neurological disorder, still attributed to demonic possession in some parts of the world. He will recount his struggle as his seizures became life-threatening. Dodge will discuss his treatments, medications and side effects, other difficulties, four surgeries that removed an eighth of his brain, and the challenges of social stigma.

Course Type:

Discussion, Presentation, Guest Speakers

Books/Materials:

None required. Recommended book: Robert V. Dodge, *Grand Mal: A Life with Late Onset Epilepsy*, either paperback or kindle/e-book

Robert Dodge was a history teacher for 37 years and an expat for 35. He has graduate degrees from North Dakota State University and the Kennedy School of Government at Harvard, and is author of eight nonfiction books with eight publishers. His most recent book on living with epilepsy won awards this past year in Colorado and New York City.

1147-f3P7107s

Get the Most From (and Have Way More Fun With) Your iPhone, iPad, and/or Mac

Facilitator(s): Maria Arapakis

4 weeks beginning Wednesday, April 27th

In this 4-session course, you'll discover amazing ways to make better use of your Apple Tools & Toys! It will have you ready and eager to bring into your life, with the help of these Apple devices, endless empowerment, enrichment, entertainment, education, and enjoyment.

Unfortunately much of the time these mind-blowing 21st century miracles are woefully misunderstood and pathetically underutilized. In this exciting new OLLI course, Maria Arapakis, will show you a variety of easy ways to tap into their extraordinary powers—powers that can make your life a whole lot better.

You'll get a clear understanding of "The Cloud" and "Smart Streaming" where you can find and enjoy exceptional movies, shows, YouTube videos, digital books, podcasts and more—anywhere, anytime.

You'll learn how your iPhone, iPad, and Mac can bring into your life gratifying new projects, a satisfying sense of purpose, and a super-simple self-management system.

And you'll see how they can help you stay easily in close touch with friends, family, and colleagues using audio visits, video visits, texting, and Zoom get-togethers, where you can share files, photos, articles, links, learning, and laughs—lots of laughs!

ONLINE COURSES—WEDNESDAY

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Maria Arapakis is a psychologist, international trainer, and author with over 35 years of experience with “All Things Apple.” For the last eleven years in her retirement, she has been committed as an Apple Mentor to helping other seniors become more comfortable and adept at making better use of the astounding powers of today’s technologies.

Maria’s classes, both via Zoom and in-person, are fun, eye-opening, and highly motivating—even for those who feel a wee bit less than enthusiastic with the ever-changing landscape of 21st Century technology. You can find out lots more about her background, areas of expertise, and teaching style at www.AppleMentor.com.

1091-f3P7204b

The Blues: Roots and Branches, Part 2

Facilitator(s): Larry Tannenbaum (Senior)**8 weeks beginning Wednesday, March 30th; 1:00 pm - 3:15 pm**

Part 2 of The Blues: Roots and Branches continues to explore The Blues and its origins, as well as its evolution and expansion into other musical genres, particularly Rock 'n' Roll and American Folk Music. The class includes lectures, music, music videos, documentaries and class discussion.

In Part 2 of The Blues: Roots and Branches, the class will focus upon important and influential musicians of The Blues and its "branches," beyond and in supplementation of what was covered in Part 1. We will also consider others such as Sam Phillips, whose contributions enabled The Blues to grow and evolve. The course will explore the diverse geographical expansion of the Blues to such locales as Memphis, The Mid-West and Northeast, The West Coast, England, and Europe. We will discuss and listen to such musicians as Muddy Waters, Howlin' Wolf, Sister Rosetta Tharpe, Elvis Presley, Jerry Lee Lewis, The Rolling Stones, The Beatles, Eric Clapton, Led Zeppelin, Mike Bloomfield, Janis Joplin, Jimi Hendrix, Stevie Ray Vaughn, Bonnie Raitt, Taj Mahal, Keb' Mo' and many others. We will conclude the course with a sampling of and concert footage of current Blues performers, such as Joe Bonamassa, Kenny Wayne Shepherd and others, demonstrating the worldwide appeal of The Blues today.

There is no required reading for the course, but there exists a Portfolio site that covers Parts 1 and 2 of the course. The use of Portfolio is entirely supplementary to the class. The Portfolio site contains an outline of the content of each week's class, as well as photos, materials, articles, music and a variety of video relating to the subject matter of each week's class.

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Larry Tannenbaum, OLLI Senior Facilitator, was a practicing trial attorney in Colorado for 43 years, 27 of which were spent in the Colorado Attorney General's Office. In the latter portion of his career, Larry specialized

ONLINE COURSES—WEDNESDAY

in real estate litigation. Upon retiring, Larry gravitated towards one of his lifelong interests - music. Larry spends considerable time currently reading music-related books and viewing/listening to music. Larry has spent the past several years focusing upon the origins and evolution of The Blues and its relationship with other musical genres, including Rock 'n' Roll, Country, Jazz, Folk, R & B and gospel.

1080-f3P7604f

Exploring Our World Through Documentaries

Facilitator(s): Charlie Erdrich, Nancy Erdrich, Reva Greenburg, PhD (Master)

4 weeks beginning Wednesday, March 30th; 1:00 pm - 3:30 pm

During this four-week course, we will view and discuss four critically-acclaimed documentary films that consider and explore different aspects of the diverse world in which we live. Discussion questions will be provided before each class. Subject matter experts may be utilized to lead and support our post-film discussions and we will use Zoom break-out rooms when appropriate. Readings and web links will be provided every week to augment participants' understanding of the subject matter.

The films to be screened and discussed are listed on the syllabus to be found under the Syllabus link.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Video

Books/Materials:

No

Charles Erdrich, Reva Greenburg, and **Nancy Erdrich** have facilitated highly successful and well-attended OLLI documentary film classes, both in-person and online. They have previewed more than 160 films and screened and discussed documentaries with audiences since 2014. With backgrounds in technology, history, and education, they bring a diverse perspective and practiced eye to film selection and presentation.

1081-f3P7605f

Why Would I Ever Write a Play?

Facilitator(s): Heather Beasley

4 weeks beginning Wednesday, March 30th

You may not think of yourself as a "theatre person." Perhaps you prefer to read or create work in genres like memoir, history, science writing, self-improvement, romance, poetry, or science fiction. Maybe you love movies, or television shows, or stories that appear on any size of screen.

In this four-week course, we'll read and discuss plays from several genres, try our hands at drafting a monologue and a short dramatic scene, and really dig into the elements that make storytelling for the stage unique compared to writing for other media. If you've ever wondered why anyone would want to write a play, this class will help you find an answer.

ONLINE COURSES—WEDNESDAY

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Writing

Books/Materials:

Please check syllabus for required reading. Participants will be asked to purchase one play; other readings will be available online.

Heather Beasley is Associate Artistic Director at Butterfly Effect Theatre of Colorado (BETC), where she is a playwright, dramaturg, director, and grant writer. She leads the BETC Writers Group, the Science Shorts program, the Generations new play competition, and the (inter)Generations playwriting program. She teaches for the University of Denver's Creative Writing and Arts and Cultural Management programs. Her plays *Bone Records* and *The Gentle Life Changing Magic of Burning It All Down to the Ground* will receive 2022 productions. She has worked with Imagination Makers Theatre Company, Seattle Public Theatre, CU Boulder's Eklund Opera, and Nebraska and Colorado Shakespeare Festivals.

1090-f3P7201b

Oscar Movies 2 1968-1991

Facilitator(s): Bob Magnani (Platinum)

8 weeks beginning Wednesday, March 30th; 1:00 pm - 3:15 pm

Ah, movies!! We are going to explore together some of the greatest films of our lifetime, 24 years of academy award winners, spanning 1968 to 1991, when we were adults. We will do three films a week, using "clip notes" (approximately 20 minute versions of each film). This course pulls together videos of important scenes and the full plot line. Our intent is to evoke, in you, the feelings you had about these major films and to share those thoughts with each other. What makes a great film? Was this the best of its year? Has it survived the test of time? Why was it made and what does it mean?

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Bob Magnani, OLLI Platinum Facilitator, grew up in Brooklyn, went to Brooklyn Tech, then Columbia, getting an AB, BSEE and MSEE, and did all the coursework toward a PhD at NYU. He joined Bell Laboratories in systems engineering, designing 911 service, cellular telephone, and other civilian and military switching projects. He moved to product management at AT&T (ultimately running an \$850 million/year product line) then into data processing systems. Bob took a voluntary retirement plan in 1990 and moved to Colorado, into information systems development at US West, where his group engineered data communications for the new DIA airport. When US West dissolved its R&D unit, Bob formed his own company and consulted in telecom engineering and product management with clients in Walnut Creek, Dallas, Albuquerque, Chicago, Helsinki, and Moscow.

Bob and his wife Kathy (both widowed and remarried) have a combined family of 6 children and 10 grandchildren.

Bob is an OLLI Platinum facilitator of over 40 OLLI classes in Chess, Acting, Oscar Movies, Art of Making Films, and Comedy both on-line and at four OLLI locations.

ONLINE COURSES—THURSDAY

THURSDAY MORNING

9:30 AM – 11:30 AM (unless otherwise noted)

1005-f4A7501b

Get Your Ducks in a Row (Personal Record & Document Organizing)

Facilitator(s): Judy Rough

8 weeks beginning Thursday, March 31 st

Do you think you have your **Life's Papers and Plans** in order? Do you have nothing together? Or are you somewhere in the middle? This system of vital record and document organization and management (both physical and electronic) covers the following areas over 8-weeks and can help you fill in or create your own system from scratch. Take the burden of your incapacity or end-of-life off those you care about when you get your ducks in a row.

Week 1 - System Introduction - Security – physical & electronic - Storage – physical & electronic - Binder set up or folder system

Week 2 - My IDs – identification records and documents - My Contacts – address book, in case of emergency (ICE) information

Week 3 - My Health – health, medical and wellness records

Week 4 - My Insurance – policies, identification cards, and more - My Taxes – receipts, current and past tax returns

Week 5 - My Finances – finance and property documentation

Week 6 - My Estate – estate planning and documentation - My Things – home inventory

Week 7 - My Plans – preparedness for every day and in the event of an emergency - My Memories – memorabilia

Week 8 - My Roadmap & converting entire system into a communication device - Additional questions

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

OPTIONAL - No fee to be paid to facilitator but a materials list will be supplied if the participants choose to purchase the items

Judy Rough is newly retired and has an expertise in aging services, professional organizing including records and documents, and vetting professionals and valuable “quality of life” resources. She has given the Ducks in a Row workshop to OLLI members, Senior Planet members, library patrons, and various individuals, private groups, and organizations nationwide.

Integrative Oncology: Using Evidence-Based Naturopathic Medicine in Cancer Care

Facilitator(s): David Oster, ND, FABNO

4 weeks beginning Thursday, April 28th

Attendees will learn about evidence-based integrative oncology, and how this approach can dovetail with conventional therapies in the various clinical scenarios of cancer prevention, treatment, and after-treatment care. The class will show how naturopathic medicine can complement standard cancer therapies, and assist the patient with treatment tolerance and safety, while avoiding unfounded "alternative" therapies.

A 4-session course focusing on: Session ONE) Guidelines and best-practice standards in Integrative Oncology. Session TWO) Prevention strategies. Session THREE) Support of patients during "active treatment". Session FOUR) Recommendations to decrease risk of recurrence for those who are "cancer-free" and have completed their definitive treatments.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

David Oster, ND, FABNO, is a Doctor of Naturopathic Medicine and founder of Oster Oncology, which provides integrative oncology for individuals facing a cancer diagnosis, and guidance for those interested in prevention and after-treatment care. Dr. Oster is highly experienced in the integrative cancer hospital setting.

Dr. Oster was certified as a Fellow of the American Board of Naturopathic Oncology (FABNO) in 2014. He is a frequent public speaker on the topic of evidence-based integrative oncology and standards of best practice in this discipline. Website: www.osteroncology.com

Website bio section: www.osteroncology.com/about

LinkedIn: www.linkedin.com/in/davidkarloster-nd-fabno

1003-f4A7504b

On The Home Front

Facilitator(s): Mac McHugh (Diamond)

8 weeks beginning Thursday, March 31st

The "Arsenal for Democracy" President Roosevelt urged America to become. But wait...what was required to make this change? Unemployment in America was still at 4 million workers right before Pearl Harbor. Suddenly with Pearl Harbor everything changed in America. Some of these changes lasted well after the war. We will look at these changes. We start with America's reaction to the attack. Long lines of volunteers for the military existed. On the west coast, fear of invasion scared the population and caused a mass internment of people. Shortages of goods sprang up and rationing was instituted. Whole industries retooled to win the war. Suddenly the cry for more workers was heard throughout the nation. "Rosie the Riveters" left their homes to work in the factories. Hollywood jumped into the

ONLINE COURSES—THURSDAY

war and organized entertainment for the troops both stateside and in the combat zones. Going 'on tour' overseas became a standard duty. We wrap up the class with a look at the returning GIs. How had they changed during their time overseas? How had America changed? The War Department went to the movies again to put the word out about what the returning veterans wanted on their return. Join us as we look back at America during the war and discuss what was going on "On the Home Front."

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Mac McHugh, OLLI Diamond Facilitator, joined OLLI Denver in 2011. Mac spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a World War II history buff and has facilitated numerous courses on technology, film, and history at OLLI.

1054-f4A7401f

Irish Immigrants in Early Colorado

Facilitator(s): James Walsh, PhD

4 weeks beginning Thursday, March 31 st

This course will center around the story of the Irish immigrant community in 19th century Leadville during the silver rush. This was the largest Irish community in the history of Colorado and one of the most heavily-concentrated Irish places in North America in the 1880s. We will also explore other Irish immigrant communities in places such as Silver Plume, Nevadaville, Cripple Creek/Victor, and Gunnison, along with a focus on early Irish railroad gangs, soldiers, and domestic servants. We will also look at Leadville's sister Irish city, Butte, Montana, comparing their Irish communities, both of which were rooted in the West Cork and the Beara Peninsula copper mines. The class may include a trip to Leadville, walking tour of the east side (Irish side) of town and visit to the "Old Catholic" section of Leadville's Evergreen Cemetery.

Course Type:

Discussion, Lecture, Field-Trip

Books/Materials:

RECOMMENDED: James P. Walsh, *Michael Mooney and the Leadville Irish* (not yet published but will be made available electronically)

David Emmons, *The Butte Irish*

Mark Bulik, *The Sons of Molly Maguire*

Kevin Kenny, *Making Sense of the Molly Maguires*

James Walsh, PhD, is an Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-two years. He specializes in Irish Diasporic Studies, as well as Labor and Immigration History and Politics. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer "organic" community theater that uses the stage to preserve the history of human rights struggles.

Immigration History in North America

Facilitator(s): James Walsh, PhD

4 weeks beginning Thursday, April 28th

This course will explore nearly four centuries of human migration to North America from all parts of the world. We'll examine several waves of immigration, including the cultural contributions, languages, rituals, practices of resistance, religious traditions, and labor that migrants brought with them to North America. We'll also study Nativism and the role the xenophobia has played in U.S. society, looking together at the strategies and tactics that were used to overcome anti-immigrant sentiment. Finally, this course will end by looking at the present-day immigrant rights movement including Immigrant Detention Centers, the church sanctuary movement, and the larger political struggle to reform our immigration system.

Course Type:

Discussion, Lecture, and possible Field-Trip

Books/Materials:

RECOMMENDED: Tomas Rivera, *And the Earth Did Not Devour Him*

Alia Malek, *Patriot Acts*

Cesar Cuauhtemoc Garcia Hernandez, *Migrating to Prison: America's Obsession with Locking Up Immigrants*

Shoba Sivaprasad Wadhia, *Banned: Immigration Enforcement in the Time of Trump*

Presente: Latin@ Immigrant Voices and the Struggle for Racial Justice

Hasia Diner, *Erin's Daughters in America*

Mark Bulik, *The Sons of Molly Maquies*

Iris Chang, *The Chinese in America*

Irving Howe, *World of Our Fathers*

James Walsh, PhD, is an Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-two years. He specializes in Irish Diasporic Studies, as well as Labor and Immigration History and Politics. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer "organic" community theater that uses the stage to preserve the history of human rights struggles.

1068-f4A7601b

The American Revolution; Why Did It Happen and How Did it Succeed

Facilitator(s): Tom Kleinschmidt

6 weeks beginning Thursday, March 31st

In a thirteen year period, from 1763 (at the end of the French and Indian War) to 1776, the thirteen American colonies of Great Britain, went from being loyal colonies to declaring their independence from Great Britain. This class will look at the events and trends that led the colonies to declare their independence. These trends would include such things as demographics, economics, politics, and communication. The perspective from both the American and British side changed over this thirteen year period and this change will also be explored. When the Revolutionary War broke out, many thought that a successful revolution against the world's most powerful empire would be impossible. In retrospect, the British had little chance of successfully keeping the thirteen colonies in the

ONLINE COURSES—THURSDAY

empire, as long as the thirteen colonies did not give up the fight. This class will look at the resources, strategies and events of this war to better understand how the revolution became successful.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Tom Kleinschmidt earned a BS degree from Kearney (Nebraska) State College, which is now called the University of Nebraska-Kearney. Then, while working, he earned an MBA from the University of Alaska Fairbanks. During his working career, he worked for Caterpillar, Inc and its dealers for over 35 years arranging financing for equipment and projects. The last 15 years was arranging financing for power generation projects in the United States and eleven other countries. For his entire life, Tom has read extensively about history, with an emphasis on American History in the eighteenth and nineteenth century.

1004-f4A7505b

Mysterious Places - Global Edition

Facilitator(s): Linda Lange

8 weeks beginning Thursday, March 31st

"Place" is sometimes described as an additional character in novels, especially when an author develops a collection of characters in a specific location throughout a continuing series. We will do some armchair travel while exploring various mystery series set in locations around the world—but primarily focused in England, France, Italy, and Africa. From Louise Penny's fictional *Three Pines* to Donna Leon's *Venice* and Cara Black's gritty *Paris*, we'll delve into the mysterious doings in marvelous locations across the globe.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

No

Linda S Lange, voracious reader of mystery and science fiction, enthusiastic gardener, and amateur Tai chi practitioner, is retired from teaching finance and accounting at Regis University. This is an update of the first Mysterious Places class created in 2019, the start of a popular series of mystery "book club-travel-club" classes.

Writing the Short Story: The Basis of Storytelling

Facilitator(s): Carolyn Varvel

8 weeks beginning Thursday, March 31st

You've decided to write that story or that memory that's been bugging you but you have no idea where to start – you Google how to write and get overwhelmed with all the possibilities and advice and the touted "Do This!" Maybe you just want to get your feet wet in the writing process before you write your book and you want a nudge to get started. Join me. I've done the research for you. I've got handouts and examples just waiting you. Come and join me on the adventure of unfolding your idea into a short story – the basis of all storytelling. This 8-week course is designed to help you write the idea that has been hanging around on the fringes of your thoughts. Learn how to expand your idea and people it with characters, how to insert the conflict and how to structure resolution. Most importantly – this course will help you decide where and how to begin.

Course Type:

Lecture, Experiential

Books/Materials:

No

Carolyn Varvel is a retired Associate Professor of English. She has written a variety of books on education and is the editor in chief for Wormhole Digital Publishing. She has recently edited a number of books including: *Story and Art of Yoga* by Lily Kessler; *I Only Dance on Water When It Rains* by Dr. Patty Luckenbach; *Inka Wisdom: Return to Joy* by Jorge Delgado; and three books by Ward Barcafer on Life After Death. Carolyn has also taught workshops for adults on journaling, how to lead a workshop, and has written a number of adult mini courses for private clients. Her current activities include quilting, editing, and working with senior members of her community.

1140-f4A7102b

Doc by Mary Doria Russell: A Novel of Doc Holliday

Facilitator(s): Gracie Batt (Senior), Don Batt (Senior)

8 weeks beginning Thursday, March 31st

Doc tells the story of Doc Holliday, from his beginnings in an elegant Southern household up until he and the Earp brothers go to Tombstone, Arizona. Ron Charles of the Washington Post explains, ". . . [Mary Doria Russell] picked up the old conventions of the Wild West and brought these dusty myths back to life in a deeply sympathetic, aggressively researched, and wonderfully entertaining story."

We approach reading as discovery in a reading community; therefore, some of the reading is done in class so that, together, we encounter the text as a group. We encourage all class members to mark their books to aid in discussion. Also, class size will be limited.

Course Type:

Discussion

Books/Materials:

Please purchase the book in advance of the class. We will use the Ballantine Books; Reprint edition (March 6, 2012),

ONLINE COURSES—THURSDAY

ISBN-13 : 978-0812980004, available on Amazon and other booksellers. It is important that everyone has the same edition so that referenced page numbers will be consistent.

Don and Gracie Batt, OLLI Senior Facilitators and retired high school English and Theatre teachers in Cherry Creek Schools, have facilitated literature of the American West courses for several years with OLLI.

1007-f4A7502b

Say It Straight or You'll Show It Crooked – Conflict Resolution

Facilitator(s): Abe Wagner

8 weeks beginning Thursday, March 31 st

This course focuses on fourteen communication and life principles which are applicable in any people-to-people setting. A few are: Live in the here and now; Speak with the purpose of resolving issues rather than proving that you are right; In a conflict, communicate only with those people who can help you resolve it; Ask for what you want and invite others to do the same. These life principles invite lots of discussion. Plan to laugh while you learn.

Course Type:

Discussion, Lecture

Books/Materials:

No

Abe Wagner has been an executive, a psychotherapist (MSW, TSTA in Transactional Analysis, Master Practitioner in NLP) and for the last 45 years an organizational trainer/facilitator. He has given seminars and been a convention speaker in over thirty-five countries and fifty states. He has trained roughly 1,000 CEO and Key Executive groups worldwide. He is a published author in eight countries of *Say It Straight or You'll Show It Crooked* and *The Transactional Manager*. Plan to laugh while you learn.

1056-f4A7403f

Honoring the Sacred: A Grizzly Bear's Guide to Self-Empowerment

Facilitator(s): Patty Luckenbach

4 weeks beginning Thursday, March 31 st

We will utilize the great symbol of the bear to enter into our inner wisdom, the wellspring of our Spirit nature. We will have the opportunity to discover the totem that sits at our heart space just waiting to be discovered and for its wisdom to be shared. Through the wisdom of natural law, we will deepen our intuition. The qualities of love, balance, curiosity, lightness, spontaneity, and simplicity will be applied to develop a more expanded relationship with the guidance of our inner wisdom.

We will utilize the organic laws of nature and practice an internal approach, therefore revealing a realization of the powerful natural laws of nature. This will give to us a realization of the powerful nature of our spiritual beings. The seven guidelines to self-empowerment will be experienced through the sacred universal medicine wheel.

Course Type:

Discussion, Lecture

ONLINE COURSES—THURSDAY

Books/Materials:

RECOMMENDED: *I Only Walk on Water When It Rains*, by Patty L. Luckenbach

Rev Patty Luckenbach, PhD, has been gifted with having been accepted as family of the Lakota Sioux community. A Sun Dancer for many years, she displays and lives from the place of a shaman's soul. "All of life is a sacred ritual of remembering our holy oneness with all of life." Patty conducts workshops in realizing the sacred. She and her husband Luke participate fully in Native American ceremonies. Rev. Luckenbach is a minister at Mile Hi Church in Lakewood.

1075-f4A7602b

Kabbalah in Daily Life

Facilitator(s): Douglas Sparks, PhD

8 weeks beginning Thursday, March 31st

The focus of the class will be how theoretical Kabbalah (metaphysical structure) is thought to apply to daily life – how to think and act in accordance with the Tree of Life, and how the Kabbalistic concept of the Soul is believed to provide an entry to better understanding of oneself and connecting with the Divine.

This class centers on Kabbalistic understandings of:

- '... made in the image of the Divine',
- ethical behavior as illuminated by the ten Sefirot,
- the Soul as a 'door' to one's 'true' self and beyond,
- and, if there is interest, meditation in Hasidism as a means for '...releasing oneself from the bonds of one's physical nature.'

It does assume prior reading or study of Kabbalah and is not intended as an introduction. However, if you have interest and background in mysticism and religion, then the reading and discussion will hopefully be accessible.

We will read and discuss two books (required): *The Palm Tree of Devorah*, by Rabbi Moshe Cordovero, and *The Soul*, by Rabbi Adin Steinsaltz

I will also bring in selections from other Rabbi Steinsaltz sources, Arthur Green, a prominent contemporary scholar and practitioner of Kabbalah, and Rabbi Aryeh Kaplan, a prominent Kabbalist of the 20th Century.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Reading, Discussion, Lecture

Books/Materials:

Required:

- Rabbi Moshe Cordovero, *The Palm Tree of Devorah*. There are multiple translations of this 16th Century manuscript by a leading Kabbalist; the one I have is published by Targum/Feldheim, 1993. This classic teaches how to emulate the Divine in our thoughts and deeds utilizing the ten Sefirot of the Tree of Life.
- Rabbi Adin Even-Israel Steinsaltz, *The Soul*. Maggid Books (Koren Publishers), First English Edition, 2018. A renowned contemporary Kabbalist, Talmudist and Chasidic, Rabbi Adin Steinsaltz, died in 2020. This short volume, of Kabbalah rather than about Kabbalah, argues the soul exists and is connected to the Divine, and

ONLINE COURSES—THURSDAY

explains what one can achieve in seeking and "understanding" one's soul.

I'll also provide selections, depending on the interests of participants, from:

- Arthur Green, *Ehyeh, A Kabbalah for Tomorrow*. Jewish Lights Publishing, 2003.

Douglas Sparks, PhD, focused on traditional Chinese religious practice during his PhD research in Cultural Anthropology. He has taken Judaism and Kabbalah classes for the past 15 years in various settings. These included CU courses in the history of Judaism, development of early Christian theology, comparative religion, and Sufism. Other classes taken were taught by Rabbis and knowledgeable Kabbalah teachers. Although he has studied intensively, he is not an expert.

He has extensive teaching and presentation experience, including anthropology courses in graduate school, five years teaching in an MBA program, and many presentations in an international business career in Francophone Africa, China, Canada and France. He has taught an introductory Kabbalah class for OLLI DU a number of times.

1136-f4A7101b

Talmud, Talmud, Talmud

Facilitator(s): Rabbi Sandra Cohen (Master)

8 weeks beginning Thursday, March 31st; \$10 Materials Fee

Join Rabbi Cohen and other learners in exploring the ins and outs of Talmud. We learn about relevant issues such as the problem of theodicy (why bad things happen), to unusual stories of demons. No prior experience needed. Bring your questions and a sense of humor.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Paper Text

Materials Fee: \$10 paid to Rabbi Cohen

Rabbi Sandra Cohen loves to teach and learn Jewish texts, especially Talmud and other rabbinic literature. She also works in mental health outreach in the Jewish (and other religious) community, as well as offering pastoral care.

1170-f4A7203f

Why Do I Lose My Cool?

Facilitator(s): Catherine Dockery

4 weeks beginning Thursday, March 31st

How often are you amazed at the intensity of your reactions to certain types of interactions? You may feel out of control, unable to remain present, that results in unintended behavior. The intensity may seem out of place given the situation. It may be due to habitual reactions established in your early years. The good news is that these powerful reactions can be easily resolved to leave room for new, more satisfying behavior to emerge. Learn how to transform

ONLINE COURSES—THURSDAY

feelings of fear, anger, anxiety, guilt and shame and understand the beautiful needs behind these reactions.

Course Type:

Lecture, Discussion, Media

Books/Materials:

No

Catherine Dockery, MA, is a trained facilitator, practitioner and ordained nonsectarian minister. In 2013, she started the Center for Conscious Aging, a holistic personal growth center helping older adults understand their developmental changes and transform their lives. Catherine's programs are designed to offer mature adults (and those who provide services to them) the tools and resources to cope with the stresses of aging – while inspiring growth in wisdom, depth and understanding.

Catherine presents on aging topics at events/locations that have included the Staenberg-Loup Jewish Community Center, Evanston Center for Spiritual Wholeness and Healing, Encore/Boomers Leading Change Conference, Denver and Douglas County Libraries, L'Chaim2Life Conference, Heart of the Rockies Women's Health Day, Chafee County Engaged Aging Conference, and Denver Housing Authority.

1102-f4A7201b

Great Decisions 2022 #1

Facilitator(s): Gail Wilson**8 weeks beginning Thursday, March 31st**

The Foreign Policy Association (FPA) selects the timeliest world issues and has experts write factual and historical background material, which it publishes especially for this class offered nationwide each year. In addition, the FPA puts together a DVD to go along with the book, which will be shown by the facilitators to the classes. A real learning experience.

Topic 1: Changing Demographics (Bonus topic this year)

Topic 2: Outer Space

Topic 3: Climate Change

Topic 4: Russia and the US

Topic 5: Myanmar and ASEAN

Topic 6: The Quad Alliance

Topic 7: Drug Policy in Latin America

Topic 8: Industrial Policy

Topic 9: Biden's Policies

Course Type:

Discussion, Lecture, Media

Books/Materials:

(Recommended) Annual *Great Decisions Briefing Book* published by the Foreign Policy Association and **may be purchased at <https://www.fpa.org>. This course may be oversubscribed so we highly recommend you not purchase such until after Spring term course confirmations have been emailed (March 7th).** The books are \$32.00 purchased from Foreign Policy Association.

ONLINE COURSES—THURSDAY

Gail Wilson holds a master's degree in nonprofit management from Regis University. She was a classroom teacher before becoming and executive director of a statewide nonprofit addressing child care and early childhood education. She has always had an interest in history and public policy and is pursuing that interest in retirement.

1014-f4A7301b

Contemporary Educational Challenges

Facilitator(s): Marcus Pohlmann

6 weeks beginning Thursday, March 31 st

The course explores the special challenges of designing effective education policy for today's large cities. After framing the policy dilemmas in light of political, social, economic and educational history, the course critically examines a variety of contemporary policy-related issues, including standardized testing, tracking, charter schools, school vouchers, teacher unions, disciplinary techniques, and common core. The primary purpose is to encourage participants to develop more factually sound and logically coherent positions on key educational dilemmas.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Marcus Pohlmann has done undergraduate work at Cornell College and graduate work at Columbia University. He taught at Bates College, College of Wooster, Arkansas State, Rhodes College, Denver University, and Colorado State. Marcus currently teaches an undergraduate course on Urban Education Policy. Books and articles include *Opportunity Lost: Race and Poverty in the Memphis City Schools*. He also served as a consultant for the Memphis City School Board.

1110-f4A7202b

Technological Innovation and Societal Transformation

Facilitator(s): Gary Jorgensen, Colleen Jorgensen (Senior)

6 weeks beginning Thursday, March 31 st

Since the start of the industrial revolution, technological strides have been increasing at an exponential rate. Throughout this timeframe, the resulting innovations have spurred many beneficial societal changes. The accelerated pace of technological advancement has brought the world to a juncture where even more far-reaching and profound societal consequences are on the horizon. Awareness of and preparation for such changes are important. Shortly before his death, Steven Hawking envisioned the world as being on the edge of a "vast transformative change". But he also warned of entering the future blindly because the efforts of humanity in using advances in technology for good intentions has not always been beneficial. This course will survey cutting edge technologies and discuss their impact on society's needs and on humanity. Topics include: Robotics, Artificial Intelligence, Genetic Biomedical Engineering, Nanotechnology, Internet of Things, and Plastics: Problems and Solutions.

ONLINE COURSES—THURSDAY

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Gary Jorgensen received a MS degree in astrophysics from CU Boulder and has had a lifelong interest in astronomy and cosmology. His professional career spanned over 35 years as a materials scientist at the National Renewable Research Laboratory and elsewhere within the renewable energy R&D community.

Colleen Jorgensen, OLLI Senior Facilitator, is a retired college faculty member turned administrator who has never met a field of science she didn't love. She enjoys attending and facilitating OLLI classes.

1165-f4A7103b

Exploration and Imaging of the Early American West

Facilitator(s): Larry Meckel, PhD (Senior)

5 weeks beginning Thursday, March 31st

This 4-week course will chronicle those early explorations of the American West from 1540 to 1879. It will be divided into four parts:

1. Early Spanish and French explorations of the remote North American lands that will eventually become the Mountain West,
2. The five huge land grabs that created the American West as we know it today,
3. Those Early American explorations (all military) of that new frontier, starting with the famous Lewis and Clark Expedition,
4. Ending with the Four Great Surveys (now largely civilian) of the West: the famous King, Hayden, Wheeler, and Powell Surveys.

It was toward the end of this period, the early to mid-1800s, that professional artists and photographers were part of these explorations to document the landscapes, the indigenous peoples, and the ancient ruins. These images will excite the American imagination as to what was really out there and prompt the federal government to create our first National Parks. We will look at many of those amazing and beautiful 'first images' and the people who made them.

The many hundreds of formal maps and reports from these explorations are our legacies, were critical as to how the West was settled, and are still available and used by us today.

In 1879, all remaining surveys were combined into the United States Geological Survey, and with that the era of exciting independent explorations of the American West came to an end.

Course Type:

Lecture

Books/Materials:

No

Larry Meckel, PhD, OLLI Senior Facilitator, has a BA from Rice University and a PhD from Johns Hopkins University. He has been in oil and gas exploration most of his career, first with Shell Oil and Development Companies and then as an exploration consultant working worldwide. He was an Adjunct Professor at the Colorado

ONLINE COURSES—THURSDAY

School of Mines from 2004-16 where he taught various graduate level courses in geology. In those capacities, he has taught several hundred courses for the oil industry, university students, professional societies, and now adults via the OLLI continuing education program at the University of Denver. In 2011, he was awarded the Distinguished Educator Award by the American Association of Petroleum Geologists for teaching excellence and then in 2017 their highest professional award, the Sydney Power Memorial Award, for his contributions to petroleum geology. He was a summer resident in Ouray starting in 1970 and became a full-time resident in 1999. He and his wife Barbara enjoy hiking, jeeping, and photography in the San Juan Mountains.

1011-f4A7503b

The British Invasion

Facilitator(s): Glenn Gravlee, MD (Senior), Paul Simon (Senior)

8 weeks beginning Thursday, March 31 st

When the Beatles breached Manhattan's shores in 1964, they initiated the biggest musical revolution since Elvis Presley in 1956. Although they were well armed, the Beatles couldn't sustain an invasion without reinforcements. The Rolling Stones followed closely on their heels, causing American musicians to retreat to New Jersey and beyond. Led by the Beach Boys, the Supremes, and the Four Seasons, The Yanks fought bravely, but were soon overwhelmed by a rapid-fire onslaught that brought the Dave Clark Five, Herman's Hermits, The Animals, The Hollies, Tom Jones, The Zombies, The Who, and other Redcoats into the fray.

Thanks to a burgeoning Women's Liberation movement, Dusty Springfield and Petula Clark led strong charges as well. Caught by surprise, American musicians laid down their Fender guitars to avoid bloodshed and buy time to regroup. Not even Paul Revere and his Raiders could save them.

This course will explore the British Musical Invasion in depth, including factors leading up to the 1964 invasion and its evolution through the end of the decade. There will be many video clips, including live performances when available.

Course Type:

Discussion, Lecture

Books/Materials:

No

Glenn Gravlee, MD, OLLI Senior Facilitator, is Professor Emeritus of Anesthesiology at C.U. Anschutz School of Medicine.

Paul Simon, OLLI Senior Facilitator, is a retired journalist and media consultant who also initiated and managed OLLI East for several years.

Glenn and Paul have co-facilitated over a dozen OLLI courses, most of them about 20th Century popular music and culture, but some have been about history (British Royal Navy, Berlin Wall).

ONLINE COURSES—THURSDAY

THURSDAY AFTERNOON

1:00 PM – 3:00 PM (unless otherwise noted)

1045-f4P7403f

The Culture and Traditions of the Lakota as presented by an Elder

Facilitator(s): Cecelia Bull Bear

4 weeks beginning Thursday, March 31 st

Through a combination of lectures, readings, conversation, and storytelling this course explores some of the central ideas, values, customs, and histories of the Oglala Sioux people. The course instructor is a Lakota elder and artist who teaches from her own life experience as well as from the work of other scholars. Among the primary themes of the class are Lakota Women, Indigenous Spirituality, Kinship Traditions, and the power of Lakota stories.

Course Type:

Discussion, Lecture

Books/Materials:

RECOMMENDED: -Marla N. Powers, *Oglala Women: Myth, Ritual and Reality*

-Doug Good Feather, *Think Indigenous: Native American Spirituality for a Modern World*

Cecelia Bernice Bull Bear is an artist, storyteller, and respected elder of the Teton Oglala Lakota Nation. Her honored name, "Ta Chumpa Luta Wakan Wi," is interpreted in English to mean "Sacred Red Pipe Woman" – a name inherited from her great grandmother. On maternal and paternal sides of her lineage, Ms. Bull Bear descends from venerated Lakota leaders, including Chief Bull Bear, Chief Ben American Horse and the Crazy Horse Band. Her relatives fought to keep their families intact, their traditions alive and their connections to ancestral lands strong in spite of persecution, land theft, relocation and genocide. Ms. Bull Bear continues to maintain her culture through traditional quillwork, teaching and storytelling, and through service to her community as an elder and spiritual leader. Ms. Bull Bear is a licensed tribal attorney and she has been a guest lecturer in classes at the University of Colorado Denver for more than 10 years

1017-f4P7301b

The Progressive Era: Antidote to Gilded Age Excesses

Facilitator(s): Anne Christner, PhD (Diamond)

8 weeks beginning Thursday, March 31 st

In Winter, 2022, I offered a course for OLLI Online on the Gilded Age, claiming that the period in the last third of the 19th Century was a turning point in U.S. history. Actually, the Gilded Age – when unbridled economic growth and greed prevailed – was only Part I of this turning point.

Part II – the focus of this course on the Progressive Era – will demonstrate a swing of the pendulum in the opposite direction. The Progressive-led switch of the pendulum characterized a big shift in U.S. public sentiment about what direction people felt their country should be headed.

ONLINE COURSES—THURSDAY

The period between 1900 and 1920 marked a time when Progressives fought back against extremely unequal wealth, environmental degradation, limited life chances of immigrants and the urban poor, and the incredible power over the economy and government by a few unelected wealthy plutocrats. Instead of leaving outcomes exclusively to "the market," Progressives believed in studying and analyzing social and economic problems, proposing solutions, and then audaciously demanding that government intervene to right the wrongs being targeted!

Both the unprecedented industrial growth that occurred within the laissez-faire environment of the Gilded Age and the Progressive Era's successful calls for government intervention to help level the playing field were revolutionary in our history. Significantly, the swings in public preferences between the two positions have continued to the present.

Theodore Roosevelt will loom large in this course, as will a number of other familiar reformers and muckraking journalists who played a part as antidotes to Gilded Age excesses. DVD lectures from The Great Courses are featured, as is discussion.

Please note: Participants need not have taken the previous course on the Gilded Age to enroll.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Media

Books/Materials:

No

Anne Marshall Christner, PhD, OLLI Diamond Facilitator, has a long interest in social and economic change – how it comes about, how we adapt to it, who benefits, what are the outcomes? She earned a PhD in sociology from the University of Massachusetts – Amherst, and will bring that perspective to this course.

1033-f4P7303b

The Eagle & the Rising Sun: The Decline of the Japanese Empire and the Rise of America, 1936 to 1945

Facilitator(s): Charles Holt, PhD (Platinum)

8 weeks beginning Thursday, March 31 st

This class will examine the dramatic rise and fall of the Japanese empire, from the invasion of Manchuria and China to the atomic bombing of Hiroshima and Nagasaki as viewed from the Japanese perspective, and contrasted with the changing American perspective regarding Asia and the growing influence of America on the world stage. This is a factual saga of both Asian and Western peoples caught up in the flood of the most overwhelming war of mankind, as it happened - muddled, ennobling, disgraceful, frustrating, full of paradox. This story reminds us that there are no simple lessons in history, that it is human nature that repeats itself, not history.

We will look into the highest reaches of American and Japanese leadership and politics, examining the misunderstandings, the prejudices of each nation, and how these lead to grave errors in the conduct of the diplomatic actions, and eventually to the errors in the conduct of the war.

Class Participation:

Video appearance and discussion is highly encouraged

ONLINE COURSES—THURSDAY

Course Type:

Discussion, Lecture, Media

Books/Materials:

No

Charles Holt, PhD, OLLI Platinum Facilitator, is a retired engineer, with 35 years in research and R&D management for several international organizations. He is an avid reader with an interest in the impact technology has on culture. Courses facilitated include history, physics, aviation, science & technology, and cosmology. Education: PhD-theoretical and applied mechanics, MS, and BS - aeronautical engineering

1043-f4P7401f

Exploring Oral Tradition: Ancestral Identity Through Storytelling

Facilitator(s): James Walsh, PhD

4 weeks beginning Thursday, March 31 st

This course will provide an ideological framework, highlighting the value of Oral Tradition in understanding identity, culture, and family history. Students will participate in performing oral history interviews in their own families and bringing these stories to class as material for discussion. Through the ancestral oral tradition of OLLI students, we will examine what role storytelling plays in the shaping of identity and understanding of ourselves.

Course Type:

Discussion, Lecture

Books/Materials:

RECOMMENDED: Richard White, *Remembering Ahanagan*

Jan Vansina, *Oral Tradition as History*

David Rubin, *Memory in Oral Traditions*

John Walsh, *The Art of Storytelling*

James Walsh, PhD, is an Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-two years. He specializes in Irish Diasporic Studies, as well as Labor and Immigration History and Politics. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer “organic” community theater that uses the stage to preserve the history of human rights struggles.

1070-f4P7601b

Surprising Trends in War and Peace: Have we learned anything?

Facilitator(s): Bob Rose, PsyD

8 weeks beginning Thursday, March 31 st

Is war an inevitable part of human nature or can it be prevented or minimized? Since the end of the cold war the nature of war has changed as has the number of wars, and casualties because of war. We will look at the various reasons for this shift including the end of the colonial period, end of the cold war, globalization, and actions taken by the international community. We will look at successes, failures, and lessons learned in the areas of war prevention, non-violent civil resistance, conflict resolution, peacemaking, peacekeeping, and peace-building.

ONLINE COURSES—THURSDAY

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Presentation

Books/Materials:

No

Bob Rose, PsyD, a retired school psychologist. Bob's passions include education, peace studies, international development, conflict resolution and reconciliation. He and his wife have worked with refugees for over 20 years and have volunteered with a number of NGO's in the Middle East, Africa, Southeast Asia, and Central America. As a school psychologist at the secondary level, his work included conflict management, anger management, and training/supervising peer mediators. He taught graduate courses for educators for over 20 years. He recently earned certificates in peace, justice and reconciliation from Regis University, and in Sustainable Community Development from Colorado State University.

1155-f4P7102b

Kazuo Ishiguro: Two Novels

Facilitator(s): Kelly Smith (Diamond)**8 weeks beginning Thursday, March 31 st**

In 2017, Kazuo Ishiguro, "who, in novels of great emotional force, has uncovered the abyss beneath our illusory sense of connection with the world", was awarded the Nobel Prize in Literature. His work has spanned various genre peopled by quiet characters who seem realistically drawn from their time and milieu. In 2005, Ishiguro published his first novel that may be categorized as dystopian science fiction: *Never Let me Go*. That novel tells the story of a near future U.K. in which clones are created for the sole purpose of providing vital organs to "regular" people. It is told in first person, past tense, double-I point of view of the clone narrator. Such device enables Ishiguro a remove to portray the characters' lives without the in-your-face emotional effect that might have been expected.

The second Ishiguro work in the broad genre of speculative fiction was published in 2021. In that novel, *Klara and the Sun*, parents of privileged tweens and teens are offered the opportunity to purchase Artificial Friends (AF's) to keep their children occupied and engaged. In Klara's case, her AF is delightfully literal, resulting in near magical consequences.

While the readings for this term may appear different from Ishiguro's most well-known novel, you should find them every bit as interesting and well written as *Remains of the Day*.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion

Books/Materials:

Never Let Me Go (Vintage) & *Klara and the Sun* (Faber et Faber)

Kelly Smith, OLLI Diamond Facilitator, practiced law for 46 years before fully retiring in 2015. He joined OLLI at DU in 2013 and has facilitated more than two dozen courses.

Following in the Footsteps of Inspector Morse: The Remorseful Day

Facilitator(s): Sally Walling (Master)

8 weeks beginning Thursday, March 31st

"Ensanguining the skies
How heavily it dies
Into the west away;
Past touch and sight and sound
Not further to be found
How hopeless under ground
Falls the remorseful day." (A.E. Housman)

Do you love to read? Do you love to really exercise "the little grey cells" as Poirot says, while you're reading? Are you an armchair tourist who loves to travel the streets of another country without having to change your habits one tiny bit? If the answer is a resounding yes, then please sign on the dotted line below!

Come read with me as we enter the darkly entertaining world of the curmudgeonly, seemingly misanthropic Inspector Morse, Sergeant Lewis, Chief Superintendent Strange, Dr. Hobson and a cast of quirky characters who commit nefarious crimes in the moving and mesmerizing final book in the Morse saga, *The Remorseful Day*, by Colin Dexter. You do not have to have read any of the previous twelve novels to completely enjoy the final one, but you may take the bait and give them all a read!

We will also take a brief look at the history of the mystery genre and look at the elements integral for a satisfying, riveting "whodunnit." There will be reading homework and a request that the reading take place while you are alert! Discussion and educated guesses will be a vital component of the class. Warning: If you are not an Anglophile already, you may be by the time we've completed the case! You also may develop an ear for Wagner and a taste for Glenfiddich. Please join me with an open heart and mind.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Discussion, Lecture, Media

Books/Materials:

Required: *The Remorseful Day* by Colin Dexter

Sally Walling, OLLI Master Facilitator, who was a Language Arts teacher for many years, has been an ardent fan of literary mysteries. Like the Queen, she has been a devotee of Inspector Morse since his inception in 1975! Delving into the darker side of life in Oxford as she follows in Morse's footsteps has been one of the most rewarding experiences of her literary life!

Polishing the Apple: After Writing Your Short Story but Before Publishing

Facilitator(s): Carolyn Varvel

6 weeks beginning Thursday, March 31 st

This workshop is a six week mini-workshop designed to help authors polish their story, or book. Through review, discussion and suggestions, authors will polish their manuscripts and get ready for the next step – publishing either through conventional publishing agencies or self-publishing.

Most authors never get a chance to even be considered by agents and publishing houses because the presentation of their manuscript isn't up to snuff. Busy editors don't have time to wade through the casual mistakes that occur with unpolished drafts.

As a budding author, how do you know what mistakes to avoid? This workshop will help that. Using a workshop format, you will review: plot, dialogue, wording, and self-editing of your own manuscript. Writing the cover letter and/or synopsis will be introduced as well.

Using the review process, you will help other workshop participants polish their pieces. Working with other workshop participants as beta readers, you will accomplish one of the questions agents and publishing houses ask: Has your manuscript been beta read and what was the general outcome of that reading?

There will also be scheduled time each week to work individually with the instructor who is a content editor.

Course Type:

Lecture, Experiential

Books/Materials:

No

Carolyn Varvel is a retired Associate Professor of English. She has written a variety of books on education and is the editor in chief for Wormhole Digital Publishing. She has recently edited a number of books including: *Story and Art of Yoga* by Lily Kessler; *I Only Dance on Water When It Rains* by Dr. Patty Luckenbach; *Inka Wisdom: Return to Joy* by Jorge Delgado; and three books by Ward Barcafer on Life After Death. Carolyn has also taught workshops for adults on journaling, how to lead a workshop, and has written a number of adult mini courses for private clients. Her current activities include quilting, editing, and working with senior members of her community.

1079-f4P7602b

Emotional Intelligence

Facilitator(s): Stan Davis

8 weeks beginning Thursday, March 31 st

This course will give you the awareness and skills to improve three relationships: relationship with Self, Others, and your Environments. We have successfully broken down the theory of Emotional Intelligence into skill sets and behavioral standards so you can move throughout your day causing less damage and holding your integrity.

We will look closely at the four following components of Human Accelerated Performance (HAP) Theory:

1.) Culture: Who we are, what are the cultures we walk through daily, and how do we drive culture in our home or team?

ONLINE COURSES—THURSDAY

2.) Emotional Hygiene: How do we manage the relationship with Self? How do we show up for others? How do we show up for our team and family if we so decide?

3.) Communication Awareness: What is good clean communication? How do we recognize good communication and how do we engage if we so choose?

4.) Situational Awareness: How do we know we want to engage with someone? How do we get our needs met in healthy ways?

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Direct Instruction

Books/Materials:

Must bring an Open Heart and an Open Mind. You might want to record, in some way, the information shared in each class. And, in some way you can share your Reflections of the information and its effect on your life.

Stan Davis is a Life-Long Learner. He has graduate degrees from the University of Colorado, is a sixth generation Coloradan, and was a schoolmarm who served in almost every setting. He has served as principal, outdoor educator, dean, athletic director and school designer. He has facilitated challenge courses, developed teachers, and assisted in school culture and school design. The common thread through all of the varied hats he's worn is Social Emotional Intelligence (SEI). He is now CEO and Lead Trainer at HAP Training where he facilitates educators, athletes and any individual or corporate team/family who seeks SEI skills.

1082-f4P7603f

Beyond Coping: Conversations on Navigating Life with Wisdom and Grace

Facilitator(s): Paula Staffeldt

4 weeks beginning Thursday, March 31 st

Too many of us are finding life to be a pretty rough road these days. Sociologist/psychologist, Corey Keyes, has written about the "mental health continuum," where individuals range from "languishing," to "coping," to "flourishing." According to his research, most of us fall in the "languishing" or "coping" categories. As for "flourishing?" What do these people know that it seems so many of us don't?

Join Paula Staffeldt, a board-certified coach and ordained ministerial counselor, for a series of supportive and enlightening conversations on moving beyond coping to flourishing—yes, even in times like these.

In four interactive sessions, we will discover principles that integrate the spiritual and psychological dimensions of life, opening the way for us to navigate life's journey, in all its weariness and wonder, with more wisdom and grace.

Class Participation:

Video appearance is mandatory and discussion is highly encouraged

Course Type:

Discussion, Lecture

Books/Materials:

Participants required to choose one of the three recommended books below to read individually over the course of the class:

ONLINE COURSES—THURSDAY

Coming Home: Uncovering the Foundations of Psychological Well-being, by Dr. Dicken Bettinger and Natasha Swerdloff (recommended for a psycho-spiritual perspective)

Just a Thought: A No-Willpower Approach to Overcome Self-Doubt and Make Peace with Your Mind, by Dr. Amy Johnson (recommended for a psychological/neuroscientific approach)

The Missing Link, by Sydney Banks (recommended for a contemplative, philosophical understanding)

Paula Staffeldt is a former mental health professional and organizational development practitioner, with over 30 years' experience in counseling, corporate training, leadership development, and coaching. She brings expertise in Reality-Based Leadership, Crucial Conversations, and the areas of trauma, resilience, and stress-hardiness. Her graduate degree in Counseling Psychology, combined with a cognate in Theology, set the stage for becoming an ordained ministerial counselor, where she realized the connection between the spiritual and psychological nature of life and the human experience. Drawing from her background in mental health, coaching, and non-dual wisdom, Paula points to an understanding that is within the consciousness of every human being. As this understanding is realized, stress resistance is increased, and innate resilience and well-being is awakened, bringing about a shift from merely "coping" to an experience of "flourishing," despite life's ups and downs. If "life is a contact sport," as stated by Scottish mystic, Sydney Banks, Paula provides coaching for playing the game with wisdom and grace.

1103-f4P7202b

Current Events #1

Facilitator(s): Tom Hughes (Master)

8 weeks beginning Thursday, March 31st

New and engaging topics are continually emerging as our world is constantly in flux--economics, politics, environment, gender and racial divides, wars and aggressions, health care issues, etc. The class time is divided into two sections each week. During the first section, we will discuss current events suggested by class members. In addition, participants will receive two or three emailed articles per week in advance of class, drawing from sources like the New York Times, Washington Post, The Economist, National Public Radio, etc. We will discuss one or more of these articles in the second section of the class.

The objective of the course is an informative, engaging sharing of ideas, life experiences, and viewpoints in a civil and safe dialogue. Please bring an open mind, tolerance of differences, your best manners of discourse, and a sense of humor.

Course Type:

Discussion

Books/Materials:

No

Tom Hughes, OLLI Master Facilitator, is a veteran OLLI West student, who has enjoyed every one of his classes. He is a life-long learner who loves to join with others in discussing the issues of the day. His background includes a varied career in the financial services industry, as well as significant experience as a volunteer in a number of not-for-profit organizations. Tom has a BA from CU-Boulder and an MBA from Washington University in St. Louis.

Living in the Energy Transition

Facilitator(s): Phil Nelson, PhD (Senior)

7 weeks beginning Thursday, March 31 st

The energy transition is upon us. Our first choice is likely to be an automobile. You are wondering about makes and models; range and charging. But this course is about much more than electric vehicles. How about solar panels on your roof? Or joining a solar power coop? What in the world is a heat pump? Does your house require new insulation? What do your grocery purchases have to do with climate change? The first half of the course looks at consumer choices and the underlying technologies as well.

We are not alone. Many organizations are rising to the occasion, challenging individuals, businesses and governments to adopt new technologies and revamp infrastructure as we shift away from hydrocarbon fuels. The state of Colorado and the city of Denver are leaders in the energy transition. The second part of the course examines how organizations and governments are hastening the energy transition.

Course Type:

Discussion, Lecture

Books/Materials:

No

Phil Nelson, PhD, OLLI Senior Facilitator, has been offering OLLI courses on climate change since 2017. These are: (1) a course dealing with climate action at different governmental/ institutional levels, (2) a course that views climate effects and actions in different regions of the US, and now (3) a course on the ongoing energy transition. Phil chairs the Golden Chapter of Citizens Climate Lobby and offers presentations to civic organizations. He holds BS and PhD degrees from MIT and is retired from a career in mineral and oil and gas exploration.

1145-f4P7101b

The Birth and Death of Stars

Facilitator(s): Stewart H. Jones (Master)

8 weeks beginning Thursday, March 31 st

This is based on The Great Courses series : The Life and Death of Stars recorded by Keivan Strassun, Vanderbilt University. It describes how stars form, their life cycle and the nuclear synthesis processes that sustain them and the dramatic processes, i.e. supernovae, that end their lives. It also describes how our sun affects life on earth.

Course Type:

Discussion, Presentation, Video

Books/Materials:

The Life and Death of Stars, Kenneth R. Lang, Cambridge University Press.

Not required, but recommended for supplementary reading

Stewart Jones, OLLI Master Facilitator, has been a systems and software engineer for thirty-nine years with the Gates Rubber Company and Martin Marietta, where he was a Senior Staff Engineer. He has also been a priest in the Episcopal Diocese of Colorado for 55 years. He holds a BA in mathematics from Northwestern University and an MDiv. in Theology from Seabury Western Theological Seminary in Chicago. He has facilitated a number of OLLI courses over the past 12 years

Louis Armstrong: The King of Jazz

Facilitator(s): Robert Joyce

5 weeks beginning Thursday, April 21st

Louis Armstrong rose to international fame in the 1920's and became one of America's most beloved entertainers. Learn how the man they called "Pops" conquered New Orleans, Chicago and New York with his trumpet, voice and genuine love of music! Along the way, we will investigate his musical friendships with Bix Beiderbecke, Duke Ellington and others. An exciting course full of video clips, audio samples and stories about one of the greatest figures of the 20th Century. Discover how Louis Armstrong changed American popular music forever!

Course Type:

Lecture

Books/Materials:

No

Robert Joyce is a popular lecturer for the Osher Lifelong Learning Institute and has provided online courses for OLLI members at over fifteen universities throughout the last year. He has a rich history of over ten years of presenting to OLLI members in areas of Music Appreciation and History in Jazz, Blues, and Rock and Roll. Popular for his courses "Pioneers of Rock and Roll" and "Women of Rock and Roll" last spring, Joyce returns with another favorite OLLI class from his catalogue. Rob is also an accomplished composer, producer, author, and educator. He has over 30 years of teaching at Augustana University and at the University of South Dakota, Sioux Falls campus.

1047-f4P7405b

Warli Art: A Portal to India's Old Cave Dwellings

Facilitator(s): Mitra Verma

8 weeks beginning Thursday, March 31st

Explore the origin and evolution of WARLI art. See if this art form remains relevant in the contemporary society of the world and if there remains a future possibility for its survival. Artists say Warli paintings intricately linked to their lives, are unlikely to disappear. This art form that originated around 3000 BC has an enigmatic appeal to it. The paintings are beautifully executed and resemble pre-historic cave paintings in execution and the most important aspect of the painting is that it doesn't depict any mythological characters or images of deities but portrays the circle of life and respect for nature, farming and wildlife.

Look at the five following details about this ancient Indian Tribal Art that will surely inspire you to learn.

- Invented 'way before the age of cell phones, smileys, and emoticons, Warli paintings don't just pull at your heartstrings; thanks to their rustic charm, they also tell a vivid story.
- Warli art to some extent makes us think of being environmentally conscious and finding joy in simple things of life.
- Let's have a wonder about an art form that restricts itself to two colors, but this classic simplicity is what makes this art stand out from the clutter.
- The figures of Warli are extremely rudimentary and the composition is achieved with the help of variations in the basic shapes: circle, triangle and square.
- There's something about these paintings that take us back to the time, setting and sentiment behind the art — be it their belief in harmony between nature and man or the act of worshipping the tribal gods.

The simple, yet beautifully delicate patterns have a certain raw appeal about them.

ONLINE COURSES—THURSDAY

Course Type:

Hands-On

Books/Materials:

Black markers thin and thick point, Paper, Pencil, eraser, and ruler

Mitra Verma is an art educator, an artist, and a craft designer. She studied Bachelor's in Fine Arts (BFA) and completed her master's from a distinctive handicraft design institute in India. She creates because she loves and wants to feel colors, forms, and nature in her creations. Working in various mediums, her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns, she is a self-motivated, conscientious, passionate artist and for the past 12 years she held classes and workshops in painting and crafts. She is eager to share her love of art with students who want to venture into new areas.

1089-f4P7201b

Beyond Hollywood and the USA - Great Films from Other English Speaking Countries

Facilitator(s): Dixie Vice (Senior), John Lungerhausen**8 weeks beginning Thursday, March 31 st; 1:00 pm - 3:30 pm**

For many Americans, the only films they ever see are the heavily promoted films from the major Hollywood studios and perhaps, occasionally, an independently produced film which attracts some positive reviews. There are, however, a great number of outstanding foreign films which offer equal, if not superior, cinematic content and are under marketed in the US. For this class, we will look at eight great films produced by some other English speaking countries. Included will be *The Dish* (2000 Australia), *JoJo Rabbit* (2019 NZ), *The Sweet Hereafter* (1991 Canada), and *Once* (2007 Ireland). All films will be shown in their entirety with captions for the hearing impaired.

Course Type:

Discussion, Media

Books/Materials:

No

John Lungerhausen joined OLLI soon after retiring and became the A/V and Support Technician for OLLI West in 2018. That role expanded to Zoom and Tech Support for OLLI Online in 2020. Prior to retirement, his career at CenturyLink spanned seventeen years, including US West and Qwest, as a Software Developer, Team Lead, and Development Manager. Prior to his career at CenturyLink, John and his brother, Rich, owned a software development and consulting business in Golden. John and his longtime partner, Dixie Vice, have been living in Golden along with assorted cats since 1987. They have collaborated in putting together film classes for OLLI and they share a deep enjoyment of independent and foreign films. John received his Bachelor of Business Administration degree from the University of Michigan.

Dixie Vice, OLLI Senior Facilitator, retired in 2015 from state and federal government where she worked as a computer programmer/analyst and has been attending OLLI classes in music, literature, and film ever since. Dixie's background includes a degree in Anthropology from CU with an effective degree in Film Studies. Her interest in Foreign Films began at age 16 when she was old enough to go to the art film theatre in Indianapolis. She lives with her long time partner, John, and their 2 orange boys!

Beginning Birding: Basics and Beyond

Facilitator(s): Cynthia Kristensen, Curt Frankenfeld

6 weeks beginning Friday, April 1st; \$40 Additional Fee

We all “bird” for different reasons. Whatever they are, birding provides a connection with nature, relieves stress, hones observation skills, stretches our minds, and brings joy! This Beginning Birding course aspires to more than bird identification; it is also an introduction to bird behavior, habitats, adaptations for survival, migration, and birding ethics. This short course will help prepare new birders with tools to use for finding, identifying, and appreciating birds in the Denver metro area and its surrounds. The first class will include birding optics, field guides, birding apps, and birding ethics. Subsequent classes will encompass bird behaviors, habitats, seasons, bird banding, and other topics designed to assist students to find and identify birds in the field, and learn about where and when they can encounter them, including in the backyard. We will have four 2 ½ hour Zoom classes and two field trips to local birding sites, led by Audubon Master Birders. Start time for the field trips is TBD. We will point class participants to numerous great birding sites and resources in the metro area and beyond, armed with knowledge and the means to identify the birds they see and hear. We will encourage everyone to get out birding each week by suggesting sites (though it is not required) and will welcome photos from the class.

Equipment needed: You will want to have a pair of binoculars and one or more birding field guides and/or smart phone apps. We will cover the options in the first class and provide handouts.

Class Participation:

Video appearance and discussion is highly encouraged

Course Type:

Lecture, Tour/Field Trip

Books/Materials:

No

Additional Fees:

\$40 fee to Audubon

Cynthia Kristensen is a returning OLLI instructor who dove into birding after retiring from medical practice in 2015. An Audubon Master Birder, she is active with Audubon Committee, her local wildlife committee. She and Curt have facilitated several Beginning Birding classes for OLLI, Denver Audubon and Douglas Land Conservancy, and both are enthusiastic about introducing birding to others.

Curt Frankenfeld is also a returning OLLI instructor. He is a retired corporate executive who has been birding and photographing birds for many years. He's an Audubon Master Birder, is on the Denver Audubon Board of Directors and is active with the Douglas Land Conservancy as well as other nature-and conservation-oriented organizations.

ONLINE COURSES—FRIDAY

OLLI West Weekly Webinar Presentations

Fridays 9:30am – 11:00am

Each weekly webinar features a different guest speaker presenting on a unique topic.

Included with your Spring \$140 Membership fee.

Register in advance separately for each individual webinar.

Non-Members/Guests must register and pay \$15 per session.

1119-f5A7201o

An American Concentration Camp

Facilitator(s): Marge Taniwaki

Friday, April 1st

As opposed to propaganda films and writing of the time, hear a first-hand account of conditions in the US prison camps for those of Japanese descent during WWII. Learn more than the usual exploits of the volunteers and often drafted members of the segregated all-Japanese 442nd Regimental Combat Team, the most highly decorated unit in US military history for its size and length of service. The prison camps were located in some of the most desolate areas of the US. Prisoners were subjected to harsh living conditions, poorly-fed and sheltered, killed for getting too close to the barbed-wire fence, forbidden to speak their own language as well as sexually assaulted. Similar conditions and policies were perpetrated upon Japanese Canadians as well as Japanese Latin Americans. An accurate accounting of this as well as the history of others must be told.

Marge Taniwaki is a survivor of the US concentration camps for those of Japanese descent during WWII. She was incarcerated at Manzanar near Death Valley for nearly four years. More than 120,000 Japanese and Japanese Americans lost everything material as well as their Constitutional rights as they were forced from their homes, farms, and businesses after the attack on Pearl Harbor. Two-thirds of those imprisoned were US citizens by birth. Her talk is based on personal memories, familial conversations, and extensive research into the real reasons for the war-time removal and imprisonment based solely on ancestry.

1117-f5A7202o

Women's Sports History in the United States: Where We've been and Where We're Going

Facilitator(s): Sarah Fields, PhD

Friday, April 8th

Women and girls have likely been playing sports with their brothers and friends for as long as sport and play have existed. In the United States, as in much of the world, sport has historically been a space for men and boys, and society has tried in myriad ways to discourage women and girls from participating in organized sport. In 1972, however, Congress passed Title IX which required that federally funded educational programs not discriminate on the basis of gender. This meant that schools, including high schools and colleges, had to open sports to girls. Title IX itself is an important and often misunderstood law which has had a profound impact on the face of sports in the United States. The law and debates about how to interpret it continue to impact youth, high school, and college sports, even as the law approaches its 50th anniversary. Today women and girls participate in organized sport in record numbers, but remembering the past and the struggles to get to the present are important in anticipating the future of female athletics in the United States.

ONLINE COURSES—FRIDAY

Sarah K. Fields, PhD, (BA Yale, MA Washington State University, JD Washington University; PhD University of Iowa) is a professor in Communication at the University of Colorado Denver. She has previously taught at Washington University in St. Louis, the University of Georgia, and Ohio State University. Her research and teaching focuses largely on the intersection of sport and American culture, specifically examining issues of gender, injury, as well as law. She has published more than 60 peer reviewed articles and almost 20 book chapters. She is the author of *Game Faces: Sport Celebrity and the Laws of Reputation* (University of Illinois Press, 2016) and *Female Gladiators: Gender, Law, and Contact Sport in America* (University of Illinois Press, 2005) and co-editor of *Sport and the Law: Historical and Cultural Intersections* (University of Arkansas Press, 2014). She is currently the President-Elect of the North American Society for Sport History.

1122-f5A7203o

Supply Chains and the Global Economy

Facilitator(s): Sasha Breger Bush

Friday, April 15th

The global supply chains we depend on for what we need and want were forged after WWII and connect the world through dense networks of trade and financial flows. Today, these complex chains are falling apart and new kinds of relationships and arrangements are forming to take their place.

Sasha Breger Bush is an Associate Professor of Political Science at CU Denver. She teaches and researches about the global economy.

1118-f5A7204o

How 300-Million-Year-Old Subsurface Salt Deposits Influence Geological Landscapes in Arches and Canyonlands National Parks, Utah

Facilitator(s): Charles Bartberger

Friday, April 22nd

During the Pennsylvanian Period, some 300 million years ago, several thousand feet of salt accumulated from evaporation of sea water in what is now southwestern Colorado and southeastern Utah. Subsequently, the salt was buried beneath thousands of feet of sediments which became lithified into limestone, sandstone, and shale. Salt's exceptionally low density relative to other rocks, and its ability to flow like cold molasses under pressure, caused it to rise upward under the load of overlying sedimentary layers, creating uplifts and associated fractures in the more-brittle overlying strata. Subsequent dissolution of salt that had risen near Earth's surface within the uplifts resulted in collapse and further fracturing of overlying sedimentary layers. Where vertically fractured strata are exposed at Earth's surface, weathering and erosion enlarged fracture spaces leaving vertical fins of rock. Arches form within rock fins where intense fracturing is localized. At Canyonlands, near-surface salt is flowing slowly downslope facilitating downslope creep of overlying sedimentary layers. Lateral extension of those slowly moving sedimentary layers results in normal faulting and down-dropping of blocks of strata, creating canyons.

Charlie Bartberger received a BA in geology from Lafayette College and MS and PhD degrees in geology from Syracuse University. During his 37-year career as an exploration geologist with Shell Oil Company, Amoco Production Company, and QEP Energy Company, he worked on teams that drilled successful wells for oil and gas in the Gulf Coast, Rocky Mountain states, and North Slope, Alaska. He also consulted briefly for the U.S. Geological

ONLINE COURSES—FRIDAY

Survey with their assessment of undiscovered oil and gas resources in the United States. For 13 years, he served as a volunteer, teaching part of a summer course in energy resources for high school teachers at Colorado School of Mines. He has received best-paper awards from the Rocky Mountain Association of Geologists and American Association of Petroleum Geologists.

1120-f5A7205o

Current Issues in the Middle East

Facilitator(s): Andrea Stanton

Friday, April 29th

An overview and analysis of three key current developments that impact the region and will likely impact the US: Afghanistan's impact on Arab-world and Iranian politics, the stabilization of Syria's Assad regime, and the normalization of Gulf state-Israel relations.

Andrea Stanton is Associate Professor of Islamic Studies and the 2021-22 Director of the Center for Middle East Studies at the University of Denver. She publishes widely in the areas of modern Middle East history and contemporary Islam. She has received grants from the American Academy of Religion, the Department of Education, and the National Endowment for the Humanities.

1115-f5A7206o

The Geology and Mining History of Golden Colorado

Facilitator(s): Donna Anderson, PhD

Friday, May 6th

What is so special about Golden's geology? Hidden in its rocks, Golden has one of the best-preserved stories of how the Front Range of the Rocky Mountains evolved over the last 1700+ million years. That is a long time. The rocks tell stories of three mountain-building episodes; two mass extinctions of life on Earth; dinosaurs and woolly mammoths walking across the land at different times; lava flows running across the land surface; long periods of being under oceans; tropical to subtropical climates; and massive erosion and glacial flooding to carve the landscape we see today. In the 19th century, Euro-American settlers exploited Golden's rocks, creating, in essence, a mining town replete with lime, coal, clay, and crushed-rock mines and quarries. Some of the associated industries flourish today, whereas others fell away. Golden's rich mining history still shapes community tensions regarding open spaces and Golden's unique geologic setting in the Denver Metropolitan area.

Donna Anderson, PhD, is a retired (sort of) geologist, having worked as a geologist since 1974, first in geotechnical engineering and then in the oil and gas industry. She is currently an Affiliate Faculty in Geology at Colorado School of Mines, where she earned her PhD with a specialty in sedimentary geology, and where she has been on the geology faculty part-time for the past 22 years. She has just finished a book with co-author Paul Haseman, titled, *Golden Rocks: The geology and mining history of Golden, Colorado*, to be published as a free e-book in early 2022. She enjoys peeling back the layers of the geologic landscape for the non-specialist.

How the U.S. Got into (and Out of) Vietnam

Facilitator(s): Don Stanton

Friday, May 13th

The US provided significant aid to the French in Indochina after WWII as part of our global Cold War efforts to contain communism. Why did the US escalate aid to the French in 1950 and why was Edward Lansdale so critical of early American efforts to support South Vietnam? How did US covert assistance in Laos evolve and what year did North Vietnam originally plan to militarily take over the South?

Don Stanton was commissioned through Cornell University Navy ROTC and holds an MA in National Security Studies from Georgetown University. He served off Vietnam aboard a destroyer and aircraft carrier, and later flew as a P-3C anti-submarine patrol pilot. Afterwards, Don flew for three airlines companies. Don was a Deputy Assistant Secretary of Defense and currently represents Jefferson County on the Colorado Transportation Commission. He has taught OLLI courses on the Cold War, Vietnam, and Aviation Trailblazers and self-published *Looking Back at the Cold War: 30 Veterans and a Patrol Plane Commander Remember*.

Update on the Epidemiology of Covid - 19

Facilitator(s): Rachel Herlihy, MD

Friday, May 20th

Dr. Herlihy will provide an overview of COVID-19 surveillance systems and a description of the data and mathematical models used by policymakers to guide decision-making. The latest COVID-19 trends and future projections will be presented.

Rachel Herlihy, MD, is a preventive medicine physician and the State Epidemiologist for the Colorado Department of Public Health and Environment. Her position resides in the Department's Division of Disease Control and Public Health Response where she oversees the Division's Communicable Disease Branch and serves as the Principal Investigator on CDC funded Emerging Infections Program and Epidemiology and Laboratory Capacity grants. Dr. Herlihy is currently leading Colorado's epidemiological response to the COVID-19 pandemic. She has been with the Department since 2011.

Rachel earned her MD and BS in microbiology and immunology at the University of Wisconsin. She completed an internal medicine internship at the University of Virginia and a preventive medicine residency at Johns Hopkins University. Previously, Rachel was the Deputy State Epidemiologist for Utah, and the Deputy Director for the Department of Defense's Infectious Diseases Clinical Research Program.

ONLINE COURSES—FRIDAY

This diverse and thought-provoking roster of speakers was assembled by OLLI West facilitator Sherma Erholm.

Sherma Erholm, OLLI Diamond Facilitator, who grew up and worked with her six sisters on a small western Missouri farm, is a retired educator with a bachelor's degree in speech and music and a master's in communication theory and psychology. As a member and facilitator of OLLI since VIVA days, she served on that curriculum committee for seven years. She now enjoys researching in order to facilitate OLLI classes in widely varying areas of interest in and out of her field of expertise. These include such subjects as: China, Mid-East, Iran/Persia, Great Decisions, Spain, post-WWII Egypt, Genghis Khan, the U.N., evolution, persuasion, and others. Having benefitted greatly from all the intellectual stimulation and the camaraderie, she appreciates opportunities to give back. Sherma loves traveling to meet other people while learning of their cultures and has recently become involved with service projects in developing countries.

Registration for any or all webinars is **free** to OLLI participants who have purchased a \$140 Spring Term 2022 membership; however, you must register for EACH session you would like to attend.

Non-OLLI members or guests who would like to attend must register and pay \$15 per session.

Register at: <https://reg134.imperisoft.com/OLLlatDU/search/registration.aspx> (Sort by genre and you will find "webinars" as an option)

Questions? Please contact Michele Eckert, OLLI DU West Campus Site Manager, at michele.eckert@du.edu or (303) 871-3090



Each of us has had to adjust to be able to provide and enjoy online learning. No group has been more challenged than our wonderful Curriculum Committees. They have not been able to meet in person; or walk through the halls contacting both ongoing and potential facilitators; engage in person; or easily collaborate with each other. Even given these pandemic challenges, they continue to bring amazing course offerings.

Thank you to each and every Curriculum Committee! You make this possible.

OLLI Central Curriculum Committee

Curriculum Committee Chairperson – Tom Bieging

Sub-Committee Chairpersons:

History – Barb Forsyth

Literature, Writing and Language – Kelly Smith

Philosophy, Religion and Psychology – Richard Passoth

Public Affairs & Economics – Gene Cole

STEM – Lynn Peyton

Visual and Performing Arts – Tom Bieging

OLLI West Curriculum Committee

Curriculum Committee Chairpersons: Jim Keller & Bob Magnani

Sub-Committee Chairpersons:

Health & Well Being – Deb Bollig

History & Economics – Jamie Cookinham

Literature, Writing, Visual & Performing Arts – Dixie Vice & Larry Tannenbaum

Miscellaneous & Extracurricular – Kathy Magnani

Philosophy, Religion & Psychology – Sue Crichton

Public Affairs, Current Events & Politics – Tom Hughes

STEM – Fran Fraser

OLLI South Curriculum Committee

Curriculum Committee Chairpersons: Becky Stout & Peggy Winn

Sub-Committee Chairpersons:

Health & Well Being – Suzie Holt

History & Economics – Rae Wiseman & Mary Morris

Literature & Writing – Patricia Smilanic & Janet Burda

Philosophy, Religion & Psychology – Mary Ann Lang

Public Affairs – Chuck Laskey & Bill Gernert

STEM – Eric Johnson & Ron Knox

Visual & Performing Arts – Jan Friedlander

OLLI On-Campus

Curriculum Committee Chairperson – Jackie Wyant

OLLI East Curriculum Committee

Curriculum Committee Chairperson – John Rough

Sub-Committee Chairpersons:

Facilitator Support – Maria Elena Garcia

Health & Well Being – Jo Roth

History – currently vacant

Literature & Writing – Linda Lange

Philosophy, Religion & Psychology – currently vacant

Public Affairs & Economics – currently vacant

Visual Arts – currently vacant

STEM – Shelley McHugh

OLLI Boulder Curriculum Committee

Curriculum Committee Chairpersons – Wayne Grider

Sub-Committee Chairpersons:

Arts, Writing & Literature – Molly Gardner

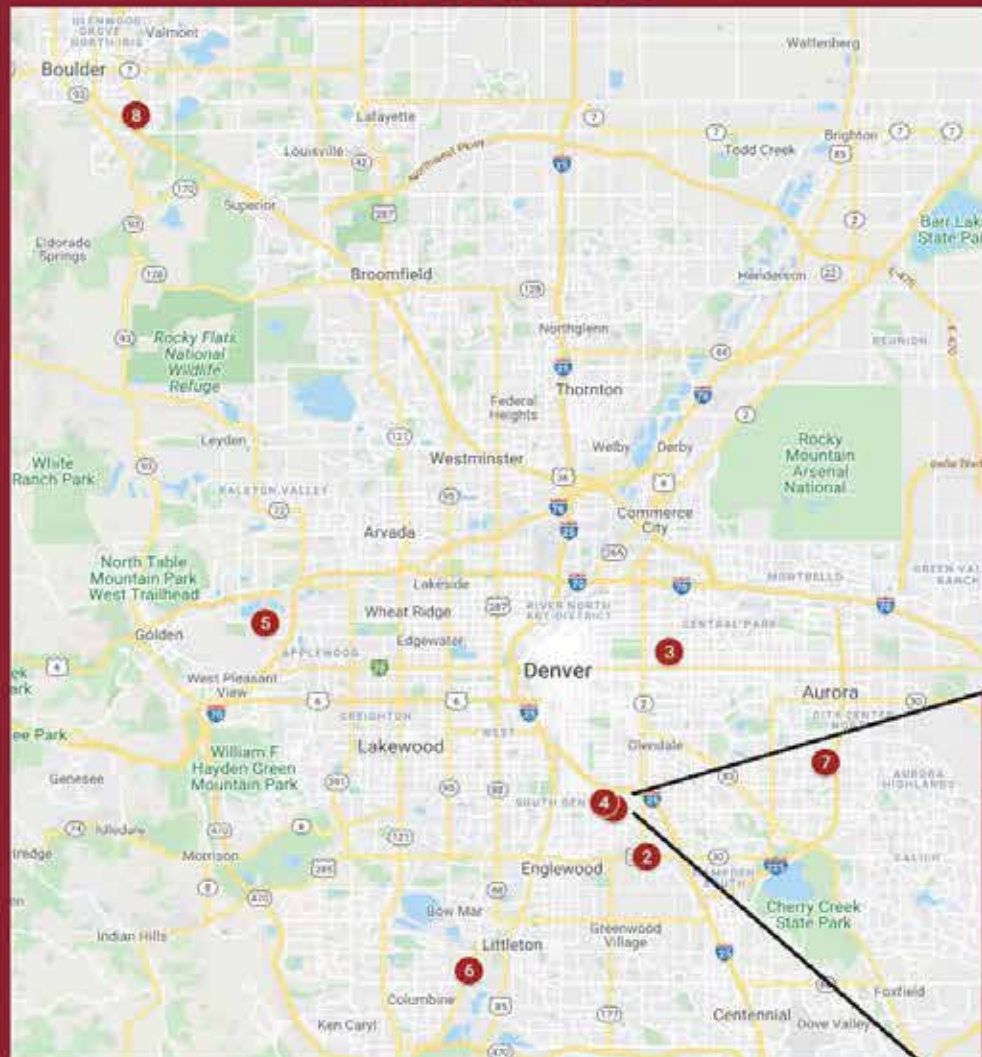
Health & Well-being – Penny Friedberg

History, Economics & World Affairs – Reva Greenburg & Wayne Grider

Philosophy, Religion & Psychology – Patti Gassaway & Margaret Strumpf

STEM – Alan Segal

Osher Lifelong Learning Institute at DU Denver Metro Locations



You can find more information about OLLI at DU by going to any or all of these websites

OLLI at DU at University College
<https://universitycollege.du.edu/olli>

OLLI Central
<http://portfolio.du.edu/olli>

OLLI West
<http://portfolio.du.edu/olliwest>

OLLI South
<http://portfolio.du.edu/ollisouth>

OLLI-On-Campus
<http://portfolio.du.edu/ollioncampus>

OLLI East
<http://portfolio.du.edu/ollieast>

OLLI Boulder
<http://portfolio.du.edu/olliboulder>

OLLI Online
<http://portfolio.du.edu/ollionline>

Zoom in of locations #1 and #4



OLLI at DU Main Office

- 1 University College
2211 South Josephine Street
Denver 80210

OLLI Central

- 2 First Universalist Church of Denver
4101 East Hampden, Denver 80222
- 3 Park Hill United Methodist Church
5209 Montview Blvd, Denver 80207
- 4 Ruffatto Hall on DU Campus
1999 East Evans Ave, Denver 80210

OLLI West

- 5 Jefferson Unitarian Church
14350 West 32nd Ave, Golden 80401

OLLI South

- 6 Columbine United Church
6375 S Platte Canyon Rd, Littleton 80123

OLLI-On-Campus

- 4 Ruffatto Hall on DU Campus
1999 East Evans Ave, Denver 80210

OLLI East

- 7 Mississippi Avenue Baptist Church
13231 East Mississippi Ave, Aurora 80012

OLLI Boulder

- 8 Mountain View United Methodist Church
355 Ponca Place, Boulder 80303