

OLLI *Online*

Fall 2022

Course Catalog

Sept 12 - Nov 4, 2022

Registration begins July 27, 2022

WEBSITE: portfolio.du.edu/olli



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



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 125 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/olli>

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A message from the Executive Director

Greetings and welcome to the Fall 22 term catalog of over 170 course and webinar offerings. I am thrilled to have been selected to lead OLLI at DU as we continue to transition to both an online and in-person program!

I have been a member of OLLI at DU since 2012, a site manager of the OLLI-On-Campus program since 2018, and member of the OLLI at DU Vision 2025 Committee which created a five-year plan in 2019 entitled “Envisioning the Future.” Needless to say, we did not know then how much OLLI at DU would transform over the next two years! I am proud to be a member of the team that helped us through the pandemic years as we pivoted to online courses and learned another meaning for the word “Zoom!” Our staff and our members certainly demonstrated that “Curiosity never retires!” Our team of OLLI staff and our Curriculum Committees have put together an incredible lineup of opportunities for you to continue your pursuit of lifelong learning and I am grateful for their hard work! You will read welcoming messages from each of our sites throughout this catalog!

SEVEN SITES FOR OLLI at DU

Speaking of transformation, this fall we are excited to announce that we will be offering in-person courses, activities, and events at seven sites around Metro Denver. That was not a typo: we welcome our seventh site this Fall term which will open on the Regis University Thornton campus! This is in addition to our existing sites of Boulder, East (Aurora), Central Denver (Park Hill and at Colorado/Hampden), On Campus (on DU campus), South (Littleton), and West (Golden).

NEW FACES FOR OLLI at DU

Our team of veteran staff assisted me this summer in interviewing and hiring new staff members to fill positions which were either vacated by retirement or resignation or positions which had been put on hold due to the pandemic. I am excited to announce the following new staff:

- Nathan Bala – Site Program Assistant, Boulder
- Carol Lynn Tiegs – Central Site Program Assistant
- Dave Johnson – Site Program Assistant, East
- Sherry Feinbaum – Interim Site Manager, West
- Kim Penoyer – Site Program Assistant, West
- John Lungerhausen – Operational and AV Assistant, OLLI at DU

SUPPORT POURS IN FROM OUR LIFELONG FRIENDS

In addition to the new hires, I have been fortunate to have some OLLI at DU lifelong friends join me this summer in planning for the Fall term and in designing a marketing program. I am in gratitude to:

Barbe Ratcliffe – catalog development and scheduling

Karen Kirkpatrick – online catalog development

Faye Hastings – Portfolio page (our “website”) development and training of new staff; Constant Contact (our email program) cleanup, development and training of new staff

Paul Simon – social media presence

Bruce Caughey – marketing and development

WE HEARD YOU! INTRODUCING FOUR TYPES OF OLLI AT DU MEMBERSHIP

In response to numerous requests, this fall we are offering four membership types:

- 1) **Term membership** remains at \$140 which allows access to registration for all courses and webinars held during the 8-week term
- 2) **Annual membership of \$400** which allows access to registration for all courses and webinars during the three 8-week terms AND access to registration for the four Fall Recess webinars and ten Summer Shorts webinars. A \$560 value for \$400. Annual membership will also allow members to access the new OLLI at DU recording library which will contain recordings of webinars and speaker events.
- 3) **Introductory membership of \$50** which allows access to registration for one 8-week or less course of the member’s choice. This is only available for first time OLLI at DU members. If you don’t have an OLLI at DU ProClass registration account, the system will know that you are new and allow you to register for one course.
- 4) **Facilitator membership** which is available to any instructor of a fall term course. OLLI facilitators are unpaid volunteers and this is our way of showing our appreciation for their service. Current term facilitators are given access to the complete catalog of courses and webinars and pay no term membership fee. If you haven’t thought of facilitating a course, this is a great incentive to share your knowledge, wisdom, and passion of a topic with others!

OLLI at DU HAS ONE SITE FOR MEMBERS — introducing one OLLI at DU PORTFOLIO!!!

As OLLI at DU grew from one site to seven over the years and added an online program, we found that members were often confused by the fact that we had eight different Portfolio pages. A Portfolio page is like a website and it is where a member or non-member can find out information about our program. Since the end of spring term, Faye Hastings has worked with each site to close the individual site’s Portfolio pages and to create ONE PORTFOLIO page where you can find information about OLLI at DU happenings (catalogs, registration, maps to the different sites, helpful Zoom guides, travel opportunities, photos from OLLI activities, calendars). In addition, each site has a TAB which a member can click and go to the site’s information. Take a moment to peruse our newest way of communicating with members and we would love your feedback on information to include on the OLLI at DU Portfolio which can be found at: <https://portfolio.du.edu/olli>

GET INVOLVED

OLLI at DU is a volunteer-driven organization. We thrive because of the efforts of our members as facilitators, class assistants, tech assistants and committee members. **Our registration site now has a place**

where you can “register” to be a class assistant, or a member of one of three new OLLI-wide committees! Help us grow by volunteering!

- **Facilitators**: are you passionate about a topic and want to share your knowledge with others? Talk to a site manager, an assistant or a curriculum committee member about leading or co-teaching a course. Each site has a curriculum committee made up of volunteers in our various genres:
 - Health/Wellbeing
 - History & Economics
 - Literature/Writing/Language
 - Philosophy/Religion/Psychology/Culture
 - Public Affairs/Current Events
 - STEM
 - Visual and Performing Arts
 - Miscellaneous
- **Class Assistants**: our classes run smoothly when members volunteer to either assist an in-person facilitator during the class time with handouts, etc. OR serve as an assistant during a Zoom class by admitting folks to the room from the waiting room.
- **OLLI at DU Membership Engagement Committee Member**
This is a newly formed committee whose charge will be to create an action plan for member engagement. Topics could include social events, in person speaker sessions, webinars, recordings library, benefits for membership from local organizations/businesses, field trips, special interest groups, and alternate access to courses and webinars from a senior community. These are just a few areas this committee comprised of members from all OLLI at DU sites will address. Contact Jackie Wyant at Jacqueline.wyant@du.edu if you are interested in this work.
- **OLLI at DU Marketing and Development Committee Member**
This new OLLI-wide committee will create an action plan for marketing and development. Some items may include developing activity based marketing presentations, developing a set of marketing materials (print and video), planning for expansion to geographic areas not currently served by OLLI at DU, and collaborating with a senior community or organization for delivery of OLLI curriculum. Contact Paul Simon at paul.simon@du.edu or Bruce Caughey at bhcaughey@gmail.com if you are interested or have contacts to share.
- **OLLI at DU Diversity and Inclusivity Committee Member**
This new committee will create a Diversity and Inclusivity Advocacy plan in alignment with the plans from DU and from the Osher Lifelong Learning National Resource Center. The work will be to create additional opportunities for our curriculum and our membership to respect diverse cultures, backgrounds, experiences, and learning styles. Contact Maria Elena Garcia at MariaElena.Garcia@du.edu if interested in joining.

Enjoy searching through our catalog, select some courses, choose some webinars, volunteer as a facilitator, class assistant or a committee member, and thank one of our outstanding staff members who have welcomed you with their messages throughout the catalog. Lifelong learning comes in many forms — teaching, designing opportunities, and engaging with others in a class! I welcome the opportunity to meet you!

Jacqueline (Jackie) Wyant

Fall 2022

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!

Jacqueline Wyant

Jacqueline Wyant
Executive Director



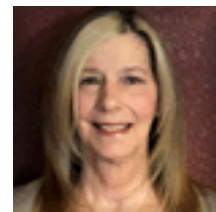
John Baumgartner

John Baumgartner
OLLI at DU Central
Site Manager



Barbara Darling

Barbara Darling
OLLI at DU Boulder
Site Manager



María Elena García

Maria Elena Garcia
OLLI at DU East and
OLLI at DU on Campus
Site Manager



Sherry Feinbaum

Sherry Feinbaum
OLLI at DU West
Interim Site Manager



Darcey VanWagner

Darcey VanWagner
OLLI at DU South
Site Manager



Marie Friedemann

Marie Friedemann
OLLI at DU Regis
Site 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

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Genre
Park Hill United Methodist Church (5209 Montview Boulevard, Denver, CO) Central Facility						
Tuesday AM						
Charles Dickens' novel <i>Little Dorrit</i>	William West	20	8	9/13 - 11/1	9:30-11:30	Literature
Current Events I	Christina Bauer	20	8	9/13 - 11/1	9:30 - 11:30	Public Affairs
Wednesday PM						
The Oxford Study Lectures: Integrative & Holistic Medicine	Joseph Brady	21	4	9/14 - 10/5	1:00 - 3:00	Health & Well Being
String Fever: Meet the String Instrument Workhorses of Classical Music	Hille Dais and Susan Lauscher	23	6	9/14 - 10/19	1:00 - 3:00	Visual & Performing Arts
Thursday AM						
Utopian Communities	Myra Rich	23	8	9/15 - 11/3	9:30 - 11:30	History
Current Events VI: Evaluating Public Policy	Gordon Appell	24	8	9/15 - 11/3	9:30 - 11:30	Public Affairs
First Universalist Church of Denver (4101 E Hampden Ave, Denver, CO) Central Facility						
Tuesday PM						
Dorothy L. Sayers in the Golden Age of Detective Fiction	Maryann O'Brien	25	8	9/13 - 11/1	1:00 - 3:00	Literature
Doo WOP—The Musical Transition from the 1940's to the 1960's	Steven Spirn	25	5	9/13 - 10/11	1:00 - 3:15	Visual & Performing Arts
Wednesday AM						
Strengthen and Deepen Your Relationships with the Enneagram	Karen Karvonen	26	8	9/14 - 11/2	9:30 - 11:30	Philos/Religion/ Psych/Culture
Current Events IV	Richard Reinish & Sydney Myers	27	5	9/14 - 10/12	9:30 - 11:30	Public Affairs
Weather for Everyone	Thomas Corona	27	8	9/21 - 11/9	9:30 - 11:30	STEM
Wednesday PM						
Weaving Indigenous Peoples into American History	Marjie Clark	28	7	9/14 - 10/26	1:00 - 3:00	History
The William Shakespeare Society	Eileen Wigginton	28	8	9/14 - 11/2	1:00 - 3:00	Literature
Plato: Brilliance from Ancient Athens	Susan Ledges	29	8	9/14 - 11/2	1:00 - 3:00	Philos/Religion/ Psych/Culture
Great Decisions I in World Affairs 2022	Gene Cole	29	8	9/14 - 11/2	1:00 - 3:00	Public Affairs
Foreign Films	Richard Reinish	30	5	9/14 - 10/12	12:30 - 3:00	Visual & Performing Arts

OLLI IN-PERSON COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Genre
Jefferson Unitarian Church (14350 W 32nd Ave, Golden, CO) West Facility						
Tuesday AM						
Gentle Yoga	Vicki Olson	31	8	9/13 - 11/1	9:30 - 11:00	Health & Well Being
China's Challenges	Dan Strammiello	31	8	9/13 - 11/1	9:30 - 11:30	Public Affairs
Tuesday PM						
Create *MAGIC* With and For Your Grandchildren!	Don Krill	23	4	9/13 - 10/4	1:00 - 3:00	Miscellaneous
Words And Music of America's Wars	Daniel Grace, Jr.	32	6	9/13 - 10/18	1:00 - 3:00	Visual & Performing Arts
Science Tours	Jim Sieke	33	8	9/13 - 11/1	1:00 - 3:00	STEM
Wednesday AM						
Is America in Decline? Studies on the Rise and Fall of Ancient Civilizations and the Modern State	Richard Passoth	33	8	9/14 - 11/2	9:30 - 11:30	Public Affairs
China's Strengths and Weaknesses in the 21st Century	Dan Strammiello	34	6	9/14 - 10/19	9:30 - 11:30	Public Affairs
Research at the Colorado School of Mines, Red Rocks Community College, and National Renewable Energy Laboratory	John Trefny	35	8	9/14 - 11/2	9:30 - 11:30	STEM
Wednesday PM						
Journeys: Learning Through Travel	Barbara Werren	35	8	9/14 - 11/2	1:00 - 3:00	Miscellaneous
Thursday AM						
A Quiet Space: Poetry of Reflection	Linda Ropes & Kirsten Morgan	36	8	9/15 - 11/3	9:30 - 11:30	Literature
Documentaries Aplenty	Tom Hughes & Nancy Murray	37	8	9/15 - 11/3	9:30 - 11:30	Public Affairs
Thursday PM						
Current Events VII: Emerging Topics	Tom Hughes & Maggie Wohlberg	37	8	9/15 - 11/3	1:00 - 3:30	Public Affairs
Columbine United Church (6375 S Platte Canyon Rd, Littleton, CO) South Facility						
Tuesday AM						
American Mahjong for Beginners	Wayne Cassell	39	8	9/13 - 11/1	9:30 - 11:30	Health & Well Being
<i>Hamnet, Hamlet: What's In a Name?</i>	Becky Stout	39	3	10/18 - 11/1	9:30 - 11:30	Literature
Our Place in the World	Gary Wyngarden	40	8	9/13 - 11/1	9:30 - 11:30	Philos/Religion/ Psych/Culture

OLLI IN-PERSON COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Genre
Columbine United Church (6375 S Platte Canyon Rd, Littleton, CO) South Facility						
Tuesday AM						
Enneagram: What Were They Thinking? Why Do They Act That Way?	Sue Burdette	40	6	9/13 - 10/18	9:30 - 11:30	Philos/Religion/ Psych/Culture
Tuesday PM						
Current Events II Seminar	Bill Gernert & Tom Duggan	41	6	9/13 - 10/18	1:00 - 3:00	Public Affairs
Nuclear Power	Henriks (Hank) Zeile	42	8	9/13 - 11/1	1:00 - 3:00	STEM
Potpourri	Jan Friedlander	42	8	9/13 - 11/1	1:00 - 3:00	Speaker Series
Wednesday AM						
Trail Walking in the South Metro Area	Jan Friedlander	43	4	9/14 - 10/5	9:30 - 11:30	Health & Well Being
Trail Walking in the South Metro Area	Jan Friedlander	44	4	10/12 - 11/2	9:30 - 11:30	Health & Well Being
What's Your Expiration Date? Discovering Your Purpose and Living Your Life with Vision	Steve Poos-Benson	45	5	10/5 - 11/2	9:30 - 11:30	Health & Well Being
Justice and the Good of the Many	Terry Ortlieb	45	8	9/14 - 11/2	9:30 - 11:30	Philos/Religion/ Psych/Culture
The Greatest Music Stories Never Told	Sue Bramley & Natalie Conklin	46	8	9/14 - 11/2	9:30 - 11:30	Visual & Perform- ing Arts
Wednesday PM						
The Golden Age of English Detective Fiction	Anne Christner	46	8	9/14 - 11/2	1:00 - 3:00	Literature
Harari: <i>21 Lessons for the 21st Century</i>	Terry Ortlieb	47	8	9/14 - 11/2	1:00 - 3:00	Philos/Religion/ Psych/Culture
The Story of our Universe: A Study in Cosmology	Stuart Gentry	48	8	9/14 - 11/2	1:00 - 3:00	STEM
Thursday AM						
Animals of Autumn	Kate Hogan	48	4	9/15 - 10/6	9:30 - 11:30	Health & Well Being
<i>A Long Petal of the Sea</i> by Isabel Allende	Peggy Winn	49	6	9/15 - 10/20	9:30 - 11:30	Literature
Deliberation on the Transformation of Colorado's Healthcare Industry	Richard Passoth	50	8	9/15 - 11/3	9:30 - 11:30	Public Affairs
Weather for Everyone	Thomas Corona	50	8	9/22 - 11/10	9:30 - 11:30	STEM

OLLI IN-PERSON COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Genre
Ruffatto Hall, the University of Denver (1999 E Evans Ave, Denver, CO 80210) On Campus Facility						
Tuesday PM						
Mastering Digital Photography I: Getting to Know Your Camera	Mark Payler	51	4	9/13 - 10/4	1:00 - 3:00	Visual & Performing Arts
Mastering Digital Photography II: Getting to Know Your Camera	Mark Payler	51	4	10/11 - 11/1	1:00 - 3:00	Visual & Performing Arts
Mississippi Avenue Baptist Church (13231 E Mississippi Ave, Aurora, CO) East Facility						
Tuesday AM						
Expanding Awareness of Grief	Les McCarroll	53	6	9/13 - 10/18	9:30 - 11:30	Philos/Religion/ Psych/Culture
Large Lakes of the World	Timothy D. Steele & James R. Kunkel	53	8	9/13 - 11/1	9:30 - 11:30	STEM
Tuesday PM						
The Great Courses: How Winston Churchill Changed The World – Part Two	John Rough	54	6	9/13 - 10/18	1:00 - 3:00	History
What the <i>BLEEP</i> do we know about Theoretical Physics?	Peter Gilbert	54	8	9/13 - 11/1	1:00 - 3:00	STEM
Wednesday AM						
Bring Back the Birds – Living Bird Friendly in 2022	Kate Hogan	55	5	10/5 - 11/2	9:30 - 11:30	STEM
Women's Wisdom	Susan Arruda	56	6	9/14 - 10/19	9:30 - 11:30	Miscellaneous
Mountain View United Methodist Church (355 Ponca Pl Boulder, CO) Boulder Facility						
Tuesday AM						
Modern China	Steve Swenerton	57	5	10/4 - 11/1	9:30 - 11:30	History
Ethical Wills – A Writing Workshop	Richard A. Selinger	57	2	9/13 - 9/20	9:30 - 11:30	Miscellaneous
Tuesday PM						
Representing Evil: Holocaust Documentary Films	Paul Shankman	58	6	9/27 - 11/1	1:00 - 3:00	History
Wednesday AM						
Religion, Morality, and the Civil War	Avi Isseroff	59	6	9/14 - 10/19	9:30 - 11:30	History
Wednesday PM						
Geologic History of Boulder County (a field trip class)	Wilson Wiedenheft	59	8	9/14 - 11/2	1:00 - 3:00	STEM

OLLI IN-PERSON COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Genre
Regis Thornton Campus (500 West 84th Avenue, Suite B-12, Thornton, CO)						
Monday PM						
History of the Holocaust Part 1	Lance D. Jones	61	4	9/12 - 10/3	1:00 - 3:00	History
History of the Holocaust - Part 2	Lance D. Jones	62	4	10/10-10/31	1:00 - 3:00	History
Tuesday AM						
Understanding Crimes of Vice	Don Lindley	63	4	9/13 - 10/4	9:30 - 11:30	Philos/Religion/ Psych/Culture
Tuesday PM						
Fairytales, Fables, and Fun	Pam Jones	63	4	10/11 - 11/1	1:00 - 3:00	Literature
Understanding Crimes of Sexual Homicide	Don Lindley	64	4	9/13 - 10/4	1:00 - 3:00	Philos/Religion/ Psych/Culture
Wednesday AM						
So How Do I Decide?	Joseph Cassa	64	6	9/14 - 10/19	9:30 - 11:30	Philos/Religion/ Psych/Culture
Wednesday PM						
The Power of Brands, Branding and Design to Make our World a Better and More Interesting Place	Robert Craig Briggs	65	4	9/14 - 10/5	1:00 - 2:30	Philos/Religion/ Psych/Culture
Thursday AM						
Denver History Uncovered	Shaun Boyd, Mark Barnhouse, Dr. Nicki Gonzales, Mitch Morrissey	66	4	9/15 - 10/6	9:30 - 11:30	History
Thursday PM						
International Mental Health: Building the Field of Counseling in Ukraine	Joshua Kreimeyer	66	4	9/15 - 10/6	1:00 - 3:00	Health & Well Being
Ken Phillips' Studio, 5115 Federal Boulevard, Suite 14, Denver, CO 80221						
Saturday AM						
"Illustrated Manuscripts: Exploring My Life's Story"	Ken Phillips	68	6	9/17 - 10/22	9:30 - 11:30	Visual & Perform- ing Arts

End of In-Person Section

OLLI ONLINE COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Monday PM - Online						
<i>History</i>						
Famous Trials	Neil Adelman	69	8	9/12 - 10/31	1:00 - 3:00 PM	Central
<i>Literature</i>						
Short Stories Around the World	Judith Vlasin	69	8	9/12 - 10/31	1:00 - 3:00 PM	Central
“Much Ado About Nothing” at the DCPA: Know Before You Go	Sheila Jones	70	4	9/12 - 10/3	1:00 - 3:00 PM	South
<i>Public Affairs</i>						
American Domestic Public Policy: Triumphs and Failures, 1900-2021	Dennis Johnson	70	8	9/12 - 10/31	1:00 - 3:00 PM	Central
Partisanship	Christina Bauer	71	8	9/12 - 10/31	1:00 - 3:00 PM	Central
World Events Presented by Active Minds	Active Minds	72	4	9/12 - 10/3	1:00 - 2:30 PM	South
<i>STEM (Science/Technology/Engineering/Math)</i>						
How Healthy is Our Healthcare and Why Does It Cost So Much?	Vince Markovchick	73	4	10/10 - 10/31	1:00 - 3:00 PM	West
<i>Health & Well Being</i>						
Food, Glorious Food- Past Present and Future	Larry P Canepa	73	3	9/12 - 9/26	1:00 - 3:00 PM	Central
Food Fables and Superstitions	Larry P Canepa	74	3	10/3 - 10/17	1:00 - 3:00 PM	Central
The Roadmap to 100: The Science of Living a Long and Healthy Life	Joseph Brady	74	4	9/12 - 10/3	1:00 - 3:00 PM	On Campus
<i>Visual & Performing Arts</i>						
Classical Music and You: What to Know and How to Listen Like a Pro	Catherine Beeson	75	8	9/12 - 10/31	1:00 - 3:00 PM	Central
A Brief Introduction to Western Art History and Visual Literacy	Daria Bottan	76	6	9/12 - 10/17	1:00 - 3:00 PM	On Campus
The Operas of Mozart	Gordon Kalton Williams	76	5	10/3 - 10/31	1:00 - 3:00 PM	On Campus
Matinee at the Bijou – Cary Grant and Friends	Mac McHugh	77	8	9/12 - 10/31	12:40 - 3:00 PM	East
<i>OLLI at DU on Campus Webinar Series</i>						
Mother Mary Jones: The Most Dangerous Woman in America	James Walsh	77	1	9/12	1:00 - 3:00 PM	On Campus
Influential Women in the Last 75 Years of Popular Music	Robert Joyce	78	1	9/19	1:00 - 3:00 PM	On Campus
Classy Ladies – Women Composers of Fine Music	Betsy Schwarm	78	1	9/26	1:00 - 3:00 PM	On Campus
Return of the Corn Mothers: Inspiring Stories of Wise Women of the Southwest	Renee Fajardo & Ed Winograd	78	1	10/3	1:00 - 3:00 PM	On Campus

OLLI ONLINE COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Monday PM - Online						
<i>OLLI at DU on Campus Webinar Series</i>						
Preserving Tradition: Influence of Women and Food on Culture	Renee Fajardo & Ed Winograd	79	1	10/10	1:00 - 3:00 PM	On Campus
Judge Jane Bolin: A Pioneer for African American Women in the Legal Profession	Jacqueline McLeod	80	1	10/17	1:00 - 3:00 PM	On Campus
Why is it so tough to improve public schools? My journey to effect change!	Elaine Gantz Berman	80	1	10/24	1:00 - 3:00 PM	On Campus
Talking About Death Won't Kill You	Jamie Sarche	81	1	10/31	1:00 - 3:00 PM	On Campus
Tuesday AM - Online						
<i>History</i>						
Black Americans in the West	Terri Gentry	82	4	9/13 - 10/4	9:30 - 11:30 AM	East
The Road to Secession; What led to division in 1860-1861?	Tom Kleinschmidt	82	4	10/11 - 11/1	9:30 - 11:30 AM	Boulder
<i>Philosophy, Religion, Psychology and Culture</i>						
Four Asian Religions	Dan Putman	83	8	9/13 - 11/1	9:30 - 11:30 AM	West
Full-Respect Living: Explorations in Emotional Maturity in Individuals, Families, and Culture	Ron Benham	84	8	9/13 - 11/1	9:30 - 11:30 AM	Boulder
Voice Dialogue and the Language of Inner Selves	J Tamar Stone	84	2	9/13 - 9/20	9:30 - 11:30 AM	Boulder
How to Fight Right: Resolving Conflict with the Enneagram	Todd Payne	85	4	10/11 - 11/1	9:30 - 11:30 AM	Boulder
Sex and Intimacy in Romantic Relationships	Paul Paiva	86	6	9/13 - 10/18	9:30 - 11:30 AM	Boulder
<i>Public Affairs</i>						
Current Events III	Richard Reinish & Sydney Myers	86	5	9/13 - 10/11	9:30 - 11:30 AM	Central
Corporate Social Responsibility: The Enduring reality to create a new future	Tom Yagos	87	4	9/13 - 10/4	9:30 - 11:00 AM	Regis

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Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Tuesday AM - Online						
<i>Health & Well Being</i>						
Neuroplasticity	Dutch Thomson	87	6	9/13 - 10/18	9:30 - 11:30 AM	Central
My Last Passage: Planning for the End of Life	Bill Baird	88	8	9/20 - 11/8	9:30 - 11:30 AM	South
<i>Visual & Performing Arts</i>						
The Impressionists	Wayne Gardner & Mary Edwards	89	8	9/13 - 11/1	9:30 - 11:30 AM	South
The Swing Era: The Hitmakers and Singers	Robert Joyce	89	6	9/13 - 10/18	9:30 - 11:30 AM	On Campus
Tuesday PM - Online						
<i>History</i>						
Building the First Transcontinental Railroad	Stewart Jones	91	8	9/13 - 11/1	1:00 - 3:00 PM	Central
<i>Literature</i>						
In Search of Marcel Proust's France: A Literary Journey to a Lost Time	Phil Nash	91	8	9/13 - 11/1	1:00 - 3:00 PM	Central
<i>Hamnet, Hamlet: What's In a Name?</i>	Becky Stout	92	3	10/18 - 11/1	1:00 - 3:00 PM	South
Toni Morrison's <i>Beloved</i> : Revere or Reject?	Patricia Paul	92	7	9/13 - 10/25	1:00 - 3:00 PM	South
<i>Philosophy, Religion, Psychology and Culture</i>						
Spirituality and Aging	Eileen O'Brien	84	4	9/13 - 10/4	1:00 - 3:00 PM	Regis
Beyond Coping: Conversations on Navigating Life with Wisdom and Grace	Paula Staffeldt	94	4	10/11 - 11/1	1:00 - 3:00 PM	Boulder
<i>Public Affairs</i>						
Diversity Is Our Destiny	Jacqui Shumway	95	4	10/11 - 11/1	1:00 - 3:00 PM	Central
<i>STEM (Science/Technology/Engineering/Math)</i>						
Robots: How They Work and What They Do	Marc Rochkind & Al Segal	96	8	9/13 - 11/1	1:00 - 3:00 PM	Boulder
<i>Health & Well Being</i>						
Resilience in Challenging Times (AKA. Happiness is an Inside Job!)	Barbe Ratcliffe	97	4	10/11 - 11/1	1:00 - 3:00 PM	East
Understanding Common Health Issues as You Age	Penny Friedberg	97	7* (see description)	9/13 - 11/1	1:00 - 3:00 PM	Boulder
<i>Visual & Performing Arts</i>						
Courtroom Movies	Larry Matten & Greg Petty	99	8	9/13 - 11/1	1:00 - 4:00 PM	Central

OLLI ONLINE COURSE INDEX

Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Wednesday AM - Online						
<i>Miscellaneous</i>						
Play of the Hand in the 21st Century	Michael Holmes	100	8	9/14 - 11/2	9:30 - 11:30 AM	West
<i>History</i>						
The U. S. Homefront During World War II (1939 - 1945)	John Lynch	100	6	9/21 - 10/26	9:30 - 11:30 AM	West
The Rise of Japan – from Feudalism to World Power	Steve Winber	101	6	9/14 - 10/19	9:30 - 11:30 AM	East
Short History of FBI Undercover Operations targeting Organized Crime in NYC	Vincent C Wincelowicz	101	4	9/14 - 10/5	9:30 - 11:30 AM	Regis University
<i>Literature</i>						
Current Events V: Making Sense of the News of the Day	Bob Steele & Dennis Ryerson	102	8	9/14 - 11/2	9:30 - 11:30 AM	South
Ready, Set, Write!	Pamela Mahonchak	103	7	9/14 - 11/2	9:30 - 11:30 AM	South
<i>Philosophy, Religion, Psychology and Culture</i>						
Dream Work the Jungian Way	Martha Peacock	103	4	10/12 - 11/2	9:30 - 11:30 AM	Boulder
Emotional Intelligence	Stan Davis	104	8	9/14 - 11/2	9:30 - 11:30 AM	Boulder
A Crash Course on Philosophy and Religion	Max H. Sotak	105	4	9/14 - 10/5	9:30 - 11:30 AM	Regis University
<i>Health & Well Being</i>						
Meditation in Motion: the Art and Science of Tai Chi	Joseph Brady and Jacqui Shumway	105	8	9/14 - 11/2	11:45 - 12:45 PM	Central
Dementia 101 + Reducing Your Risk	JJ Jordan	106	4	10/5 - 10/26	9:30 - 11:30 AM	On Campus
<i>Visual & Performing Arts</i>						
Elgar and Company: Masters of British Classical Music	Betsy Schwarm	107	4	9/14 - 10/5	9:30 - 11:30 AM	On Campus
Bach and Beyond: The Genius and Influence of a Master Composer	Betsy Schwarm	107	4	10/12 - 11/2	9:30 - 11:30 AM	On Campus
German Expressionism: Die Brücke and Northern and Rhenish Expressionists	Linda Susak	108	4	9/14 - 10/5	9:30 - 11:30 AM	On Campus
German Expressionism: Der Blaue Reiter	Linda Susak	109	4	10/12 - 11/2	9:30 - 11:30 AM	On Campus
Perspective Drawing for Beginning Artists	Mitra Verma	109	8	9/14 - 11/2	9:30 - 11:30 AM	On Campus

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Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Wednesday PM - Online						
<i>Miscellaneous</i>						
Defense in the 21st Century	Michael Holmes	111	8	9/14 - 11/2	1:00 - 3:00 PM	West
Hot Topics in Jewish Genealogy	Ellen Kowitt	111	7* (see description)	9/14 - 11/2	1:00 - 3:00 PM	On Campus
<i>History</i>						
The Progressive Era	David Lippman	112	8	9/14 - 11/2	1:00 - 3:00 PM	Central
Golden - Where the West Lives	Barb Warden	113	5	9/14 - 10/12	1:00 - 3:00 PM	West
A Historian Goes to the Movies: Ancient Rome	Alan Folkestad & Bob Magnani	113	8	9/14 - 11/2	1:00 - 3:00 PM	South
<i>Literature</i>						
Listening to Highlights of James Joyce's <i>Ulysses</i>	Ann Cohen	114	8	9/14 - 11/2	1:00 - 3:00 PM	Central
<i>Philosophy, Religion, Psychology and Culture</i>						
What Persuades You and Why?	Joseph Cassa	114	6	9/14 - 10/19	1:00 - 3:00 PM	Regis University
How to Live Better	Richard Rokosz	115	4	10/12 - 11/2	1:00 - 3:00 PM	Regis University
<i>Health & Well Being</i>						
Beyond GDP: The Ongoing Search to Measure "Wellbeing"	David Carlson & Paul Belanger	115	8	9/14 - 11/2	1:00 - 3:00 PM	Central
Spice Up Your Culinary Palette	Larry Canepa	116	6	9/14 - 10/19	1:00 - 3:00 PM	South
Understanding and Anticipating the Aging Process- Part One	Jeannette Guerrasio	117	4	9/14 - 10/5	1:00 - 3:00 PM	On Campus
Mindful Self-Care Journaling: The Art of Reconnecting with Yourself Through Compassionate Self-Talk Journaling	Carolyn Varvel	118	6	9/14 - 10/19	1:00 - 3:00 PM	On Campus
Healthy Every Day	Laura Olinger	119	4	9/14 - 10/5	1:00 - 3:00 PM	Boulder
Skills for Everyday Living	Richard Rokosz	119	4	9/14 - 10/5	1:00 - 3:00 PM	Regis University
<i>Visual & Performing Arts</i>						
From Page to Stage: BETC's "The Children"	Heather Beasley	120	2	9/21 - 9/28	1:00 - 3:00 PM	Boulder

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Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Thursday AM - Online						
<i>History</i>						
The American Labor Movement and History of Workers' Rights	James Walsh	122	4	9/15 - 10/6	9:30 - 11:30 AM	On Campus
An Gorta Mor: The Great Hunger in Irish Memory	James Walsh	122	4	10/13 - 11/3	9:30 - 11:30 AM	On Campus
Crusade in the Southwest Pacific	Mac McHugh	123	8	9/15 - 11/3	9:30 - 11:30 AM	East
<i>Literature</i>						
<i>Peace Like a River</i> , by Leif Enger	Don & Gracie Batt	123	8	9/15 - 11/3	9:30 - 11:30 AM	Central
Short Stories as if Great Books	Michael Levin	124	8	9/15 - 11/3	9:30 - 11:30 AM	Central
Mysterious Places: Dining Dangerously	Linda S. Lange	124	8	9/15 - 11/3	9:30 - 11:30 AM	East
<i>Philosophy, Religion, Psychology and Culture</i>						
Shemot: Reading the Book of Exodus with Rabbinic Commentaries	Rabbi Sandra Cohen	125	8	9/15 - 11/3	9:30 - 11:30 AM	Central
Say It Straight or You'll Show It Crooked – Conflict Resolution	Abe Wagner	125	6	9/15 - 10/20	9:30 - 11:30 AM	East
The Mathe <i>Magical</i> Nature of the Universe	Paul Stang	126	4	9/15 - 10/6	9:30 - 11:30 AM	Boulder
<i>Public Affairs</i>						
The United Nations today: Relevance, Impact and US Influence	Chris Evans-Klock	126	8	9/15 - 11/3	9:30 - 11:30 AM	Central
Constitutional Privacy: Cases and Controversies	Marcus Pohlmann	127	8	9/15 - 11/3	9:30 - 11:30 AM	South
Potpourri for the Civil Rights Tour	Gary Wyngarden	127	7	9/15 - 10/27	9:30 - 11:30 AM	South
<i>STEM (Science/Technology/Engineering/Math)</i>						
From the Horse's Mouth: How Your City Works	Lynn Peyton	128	8	9/15 - 11/3	9:30 - 11:30 AM	Central
<i>Visual & Performing Arts</i>						
OSCAR Movies 3	Bob Magnani & Arlene Pickett	129	8	9/15 - 11/3	9:30 AM - Noon	West
Understanding and Appreciating Abstract Art	Bob Manning	129	4	10/13 - 11/3	9:30 - 11:30 AM	Boulder
History of the Orchestra	Katie Knight	130	4	9/15 - 10/6	9:30 - 11:30 AM	Regis University

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Title	Facilitator(s)	Page	Weeks	Start/End	Time	Site
Thursday PM - Online						
<i>Miscellaneous</i>						
Family History: the sum of many records	Carol Cooke Darrow	131	6	9/15 - 10/20	1:00 - 3:00 PM	On Campus
<i>History</i>						
The Evolution of Systemic Racism	Leanne Puglielli & Ben Kempinen	131	6	9/15 - 10/20	1:00 - 3:00 PM	Central
The Ludlow Massacre and the History of Eastern Europeans Immigrants in Colorado	James Walsh	132	4	9/15 - 10/6	1:00 - 3:00 PM	On Campus
The Irish Diaspora in North America	James Walsh	133	4	10/13 - 11/3	1:00 - 3:00 PM	On Campus
<i>Literature</i>						
Writing the Short Story: The Basis of Storytelling	Carolyn Varvel	133	8	9/15 - 11/3	1:00 - 3:00 PM	On Campus
<i>Public Affairs</i>						
Great Decisions II in World Affairs 2022	Steve Winber	134	8	9/15 - 11/3	1:00 - 3:00 PM	Central
<i>STEM (Science/Technology/Engineering/Math)</i>						
Plants Part 2	Larry Matten	134	8	9/22 - 11/10	1:00 - 3:00 PM	Central
New Science and Old Stones: Latest research findings on Stonehenge	Deb Bollig	135	4	9/29 - 10/20	1:00 - 3:00 PM	West
Using Computer Modeling to Analyze Real-world Problems like Pandemics	Fred Gluck	136	8	9/15 - 11/3	1:00 - 3:00 PM	Boulder
<i>Health & Well Being</i>						
Introduction to the Art & Practice of Mindful Awareness	Christy Cassisa	136	6	9/15 - 10/20	1:00 - 2:30 PM	On Campus
<i>Visual & Performing Arts</i>						
Promising Starts - Early Films of Current A-List Actors	Dixie Vice & John Lungerhausen	137	8	9/22 - 11/10	1:00 - 3:30 PM	West
Watercolor for Beginners Series 1: Introduction to the color wheel & color theory	Mitra Verma	138	8	9/15 - 11/3	1:00 - 3:00 PM	On Campus

IN-PERSON COURSE

Park Hill United Methodist Church, 5209 Montview Boulevard, Denver, CO

Tuesday Afternoons

Charles Dickens' Novel *Little Dorrit*

Facilitator: William West

8-week Course

Though Dickens is often thought of as a comic novelist, there was always a dark side to his novels in which human cruelty and misery played a part. In the early novels, those aspects of life were depicted by him as the result of flaws in human nature; but over time Dickens came to feel that social factors played an even more significant role in creating conditions that caused human suffering. During the nineteenth century, the time of Dickens' novels, Great Britain became Europe's most industrialized, and, as a result, its wealthiest nation. Those who benefited from the new wealth were, of course, highly pleased. Dickens, however, was not among those who were happy about the new world created by the industrialization of the country. In the novels of his final period, he offered his own view that as many, if not more, suffered as a result of the social conditions that had befallen his homeland. *Little Dorrit*, the subject of the course I'm offering this term, is one of the finest and most complex of those novels. It's quite long, but I think we can do justice to its brilliance in the eight weeks we'll have to read and think about it.

Course Type: Lecture and Discussion

Books/Materials: Required: Charles Dickens' novel *Little Dorrit*

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.

Current Events I

Facilitator: Christina Bauer (Senior Facilitator)

8-week Course

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 resources 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 before class time.

Course Type: Discussion

Books/Materials: No purchases required. Materials will be emailed by the Facilitator

Christina Bauer is a retired lawyer and lifelong student and participant in politics and government. She has taught immigration law, literature and current events classes for OLLI and is now a Senior Teacher. She is passionate about life-long learning and has been a happy part of the OLLI community for over five years. Bauer's goal while facilitating is to engage the class in discussion: that's what OLLI is about!

IN-PERSON COURSE

Park Hill United Methodist Church, 5209 Montview Boulevard, Denver, CO

Wednesday Afternoon

The Oxford Study Lectures: AN OLLI AT DU LECTURE SERIES

Facilitator: Joseph Brady MSTCM, L.Ac., Dipl. OM (Senior)

4-week Course beginning September 14th

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 University College, 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.

An Exploration of Integrative and Holistic Medicine

Aging baby boomers and millennials embrace alternative medicine creating a \$32 billion business. According to a recent study funded by the National Institute on Aging, 65 percent (a higher percentage than any other group) of older adults said they used some form of alternative medicine they considered either curative or preventive. Human beings are each as different as their fingerprints and what constitutes a healthy lifestyle is likely to be just as varied. In this class we will explore the wide variety of evidence-based healthy lifestyle choices and how to incorporate these into your own "elixir of 100 ingredients, harmoniously compounded. "As health care costs continue to rise, older adults will continue to seek alternative medicine and education about the risks/benefits of alternatives, as necessary to promote effective use of integrative medicine for chronic illnesses and pain. Learn more about the evidence-base for integrative medicine and what it can do for you.

Medical Qigong: Healing Meditations and Exercises from China

Medical Qigong is the primary form of exercise therapy used in Traditional Chinese Medicine. Also known as Taoist yoga these practices have been an integral part of traditional Chinese Medicine since the Yellow Emperor's Classic on Internal Medicine. Recently the subject of much research at the Osher Institute on Integrative Medicine at the Harvard Medical School medical Qigong has been shown to provide a wide range of potential benefits to practitioners in the modern world. One review of 77 random controlled trials showed that this form of mindful meditation improved bone density, cardiopulmonary function, physical function, reduced falls and related risk factors, improved Quality of Life, self-efficacy, psychological wellbeing, and immune function. Learn some simple meditations to give it a try for yourself and discover one of the world's oldest and most revered forms of mindfulness meditation. With over 3600 psychophysiological exercises developed over centuries, Qigong provides the tools for everyone to become an active participant in their own health. This course will give students an introduction to a variety of the most popular sets of exercises in a safe and progressive way. Qi-Gong exercise modalities include therapeutic gymnastics, equipment, massage, nature's treatment and recreational exercise.

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Park Hill United Methodist Church, 5209 Montview Boulevard, Denver, CO

Oxford Study Series Continued

Culinary Alchemy

Since the days of Aristotle, philosophers and scientist have known that diet and nutrition play a crucial role in health and in the aging process itself. Dietary restriction and nutrient density are still the only proven methods to slow the rate of aging and incorporating what has been learned into modern diets has the greatest potential to insure a healthy longevity for large numbers of people. Making smart eating choices is essential to a healthy happy life. Explore the latest findings in modern research into the influence that diet and nutrition play in healthy gene expression and a healthier life. Nutrient density is the key to a healthy diet, and it also can be delicious. Herbs and spices not only make ordinary dishes delightful they also contain many antioxidants and other nutrients essential for health. Designed to appeal to anyone at any age this course will explore medically sound advice about making healthy eating choices the easy and delicious choices.

Positive Psychology: Enhancing the Quality of Life

The quality of our lives is determined by the quality of the way we live our lives. Scientist can't predict what constitutes a quality life for a given individual, but they have discovered what the prerequisites are. According to Mihaly Csikszentmihalyi, a former head of the psychology department at the University of Chicago, research has found several principles that are common to all enjoyable activities that set the stage for a life worth living. The research has shown that to be having fun, the mind must be paying attention to what we are doing right now. The individual's awareness needs to be focused on the situation at hand, not upon what used to be or what should be. The experience of enjoyment exists only in the present. An enjoyable sense of accomplishment is experienced when we are engaged in activities that are challenging and require the use of our skills. A flow state of mind is one in which a person is enjoyably immersed in an activity. Commonly known as a "runners high," flow is also described as an "autotelic experience" denoting states of consciousness that are intrinsically rewarding. Relaxation and enjoyment mark the beginning levels of these experiences, and optimal experiences and even mystical experiences denote the higher levels. Much research into flow states has been done on world-class athletes, musicians, dancers, and others. Learn what the research has to offer the rest of us to help to achieve meaning and purpose in life.

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Joseph Brady was the director of the Gerontology Certificate Program at DU for 15 years and specialized in healthy aging. Joe is currently an Adjunct 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 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.

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Wednesday Afternoon

String Fever: Meet the String Instrument Workhorses of Classical Music

Facilitators: Hille Dais (Senior Facilitator) and Susan Lauscher

6-week Course beginning September 14th

In this class we will shine the spotlight on the workhorse string instruments of classical music – the violin, viola, cello, and bass. We will explore the history of each of these instruments, the music they inspired, and the ways our musical world combines them to delight audiences. Along the way, we will learn how they are built, how they work, and why they have become such mainstays of the world of concerts. We will highlight some masters of performance and some of the music that they play. Students will enjoy live demonstrations, videos, and recordings.

Course Type: Lecture, Discussion, and Media

Books/Materials: Materials will be emailed by the Facilitators

Hille Dais, OLLI Senior Facilitator, grew up and completed high school in Hamburg, Germany and has lived in the United States since the late 1960s. She retired from public administration positions with the State of Colorado in 2003. Hille is an amateur pianist and enjoys live symphony and chamber concerts. Hille has facilitated OLLI courses on classical era composers and on German history. Most recently, she co-facilitated a course on Math and Music with Jim Keller. She looks forward to working with Susan on the String Fever course and to learning much about string instruments.

Susan Lauscher is a retired attorney and has been playing the cello for over 50 years. She's played in symphonic orchestras, opera orchestras, show orchestras, and ballet orchestras. While there are few orchestral works that she wishes she had played, for the last 15 years, she's exclusively played chamber music. She also started taking lessons again 3 years ago after a 40-year hiatus. She has taken two OLLI music classes that were facilitated by Hille Dais and is very excited to be collaborating with her.

Thursday Morning

Utopian Communities

Facilitator: Myra Rich

8-week Course

In 1630, John Winthrop described the Puritan's aim in settling the Massachusetts Bay Colony: "We shall be as a city upon a hill." In other words, they would create a perfect society which would serve as an example to the rest of the world. The desire to create a utopia, in various forms, has become a thread through American history. What prompts the creation of a utopian community? Some form with the intent to withdraw entirely from the world; others form with the goal of inspiring larger social change. They all contemplate changes in basic social structures: marriage and childbearing, sexual conduct, organization of work and governance, even architecture. This class will focus on the utopian communities of the mid-19th century, including the Shakers, the Oneida Community, the

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followers of Robert Owen who started New Harmony, and the communities started by the followers of Charles Fourier and Etienne Cabet. We will also look at a community, The Farm, that began in the 1970's and continues today. We will use Chris Jennings, *Paradise Now: The Story of American Utopianism* (2016) which is available in paperback and on Kindle.

Course Type: Discussion

Books/Materials: Required: Chris Jennings, *Paradise Now: The Story of American Utopianism* (2016) which is available in paperback and on Kindle

Other notations: Video appearance and discussion is highly encouraged

Myra Rich is a retired member of the History Department at the University of Colorado Denver. She received her PhD from Yale University and is particularly interested in early American history.

Thursday Morning

Current Events VI: Evaluating Public Policy Solutions

Facilitators: Gordon Appell (Diamond Facilitator) and David Lippman (Senior Facilitator)

8-week Course

The class will discuss current topics at all levels from international to state and local government public policy, economics, environmental and history. Our focus will be on evaluating alternative solutions and future actions.

Course Type: Discussion

Books/Materials: Although no required reading, news articles/commentary will be transmitted the weekend before class to inform the discussions

Gordon Appell, OLLI Diamond Facilitator, considers himself to be a political moderate, who respects our capitalistic economic system and our form of representative government. He recognizes significant reforms may be needed to both. He tries to objectively evaluate policies, programs and proposals using the rationale developed during 35 years of local government experience working directly with the Denver electorate. His profession was City and Regional Planning, but his avocation since retirement has been studying international relations focused on the Middle East. He has also owned businesses and been a lifelong investor in American corporations. He seeks solutions to problems and thrives on informed discussion.

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.

IN-PERSON COURSES

First Universalist Church of Denver, 4101 E Hampden Ave, Denver, CO

Tuesday Afternoon

Dorothy L. Sayers in the Golden Age of Detective Fiction

Facilitator: Maryann O'Brien

8-week Course

Lord Peter Wimsey and his “man” Bunter are already familiar to mystery lovers around the world. Lord Peter, as the second son of an English duke, is allowed to have no profession but great wealth. As a hobby, he has taken up solving murders. In the eleven mystery novels with Lord Peter, including *Murder Must Advertise*, *The Nine Tailors*, and *Gaudy Night*, Dorothy L. Sayers has charmed generations of readers. We will focus on a few short stories and one novel, *Strong Poison*, and the reason will become evident very quickly. We will also investigate the “rules” of detective fiction. Sayers had a career almost as checkered as Lord Peter’s, which we’ll learn about in our class. Dorothy L. Sayers, Agatha Christie, Marjorie Allingham, Ngaio Marsh are considered the Queens of the Golden Age of Detective Fiction. But Sayers reigns supreme.

Course Type: Book Study, Class Discussion, Media

Books/Materials: *Strong Poison* by Dorothy L. Sayers (any edition)

Other notations: \$5.00 to be collected in first class

Maryann O'Brien, BA in Latin, MA in English, Lifetime Member of The Jane Austen Society, and OLLI Facilitator, is a life-long learner herself and enjoys nothing more than great discussions with great minds.

Tuesday Afternoon

Doo WOP — The Musical Transition from the 1940’s to the 1960’s

Facilitator: Steven Spirn

5-week Course beginning September 13th

1:00 - 3:15PM

Join me for a trip down memory lane. If you grew up in the late 1950’s or the early 1960’s this music should resonate with you.

A little history, a little sociology, and a lot of music will be our aim.

I’ve enjoyed this genre of music for over 60 years, and I hope to share that enjoyment with you.

Potential topics:

1. Doo Wop Documentary
2. What Is NOT Doo Wop
3. What led to Doo Wop-Prior Influences?
4. What is Doo Wop?

IN-PERSON COURSES

First Universalist Church of Denver, 4101 E Hampden Ave, Denver, CO

5. Fast Doo Wop-What Most People Remember as Doo Wop
6. Slow Doo Wop-Care to Dance
7. Vanilla Doo Wop
8. The Female Groups
9. Funny Doo Wop
10. Doo Wop in Commercials
11. The Continuing Influence of Doo Wop

Course Type: Mini-lecture, Discussion, Media and Lots of music

Books/Materials: None

Steve Spirn was born in the Bronx, moved to the Mid-West, and ended up in Denver, got more mellow the further West he moved. He has lived in Denver for a little over ten years. The sticker on his car says it all “Not a native but got here as quick as I could”. He has held lots of jobs along the way from running a newsstand in Grand Central Station to professional sports agent but spent the last forty years in a dual career of college professor and labor relations consultant.

Along the way, Steve received a Ph.D. and a J.D., which means he is over educated, but still can't put a nail in straight in the wall. He has facilitated other OLLI classes, all in the public affairs area. This is a break from the depressing reality of current public affairs.

Wednesday Morning

Strengthen and Deepen Your Relationships with the Enneagram

Facilitator: Karen Karvonen

8-week Course

Learn from classroom interviews with couples and individuals from all 9 Enneagram types, how you can:

- Improve your relationships with partners, children, relatives, friends, and colleagues
- Find greater meaning, fulfillment, and joy in connection with others

We will look at each type's strengths and difficulties in relationships and how you can use your type to resolve interpersonal conflicts, create rapport and support each other's growth. The class will consist of lectures, readings, group discussions and live interviews. It is designed for all levels of Enneagram knowledge.

Course Type: Lecture, Discussion, and Interviews

Books/Materials: Recommended but not required: *The Enneagram Made Easy* by Renee Baron & Elizabeth Wagele

Karen Karvonen, MFA, is an associate board member of Enneagram Colorado. A student of The Narrative Enneagram, she has taught Enneagram workshops at DU and OLLI, conducts Enneagram typing in-

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terviews and runs several advanced Enneagram small groups. She is also certified in the Myers-Briggs Type Indicator (MBTI). She formerly worked as an academic counselor for students with learning disabilities, a college English instructor and a freelance writer for national publications. She currently edits *Strides*, the journal for the Professional Association of Therapeutic Horsemanship International.

Wednesday Morning

Current Events IV

Facilitators: Richard Reinish (Platinum Facilitator) and Sydney Myers (Diamond Facilitator)
5-week Course beginning September 14th

We will discuss the prior week's news in the first hour. In the second hour a topic that is 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 out by email from the Facilitators

Dick Reinish, OLLI Platinum Facilitator, is a former antitrust attorney. He and his wife Barbara moved from Chicago in 2001.

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

Weather for Everyone

Facilitator: Thomas Corona (Master Facilitator)
8-week Course beginning September 21st
Ending November 9th

Did you ever wonder why the earth has weather? This class will answer this question as we cover the basic principles of meteorology and learn how the sun, earth, air, and water produce our seasons, weather, and climate. Along the way we will explore such topics as wind, clouds, precipitation, weather systems, thunderstorms, lightning, hail, tornadoes, and hurricanes and the technologies used to observe and forecast these events. We will also keep an eye on the current weather and forecasts for Colorado. Lecture, video presentations, charts, graphs, apps, and discussions will form the basic structure of the course.

Course Type: Lecture, Discussion and Media

Books/Materials: Facilitator to email handouts

Thomas Corona has been a meteorologist for over 45 years. He attended Cook College/Rutgers University and Colorado State University, receiving a Master's Degree in Atmospheric Science and taught meteorology courses at Metropolitan State College/University in Denver. He has been a severe weather chase team member and coordinator for NOAA. Tom is now volunteering and writing, performing, and producing music.

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Wednesday Afternoon

Weaving Indigenous Peoples into American History

Facilitator: Marjie Clark (Master Facilitator)

7-week Course beginning September 14th

Most of us are aware that the indigenous peoples of North America have been abused ever since the first Europeans arrived. From the beginning of European settlement, whites considered Native American culture and religion inferior to their own, and therefore felt justified in dispossessing the native population from their land. With treachery and superior weaponry they were able to subdue and eradicate most of Native culture over five centuries of domination.

What this book documents is that indigenous peoples were not backward savages. Many of their cultures were highly sophisticated, even advanced, when compared to that of their conquerors. However, it details how indigenous peoples were cheated and considered even sub-human by whites, and it should outrage class participants as they learn of even more injustices than they were aware of.

And yet, the Native population, though diminished, endures. Class participants will discover that, despite having been dismissed by whites, they have contributed to the well-being, defense, and culture of their conquerors from the earliest contact to the present day.

Course Type: Reading and Discussion

Books/Materials: *An Indigenous People's History of the United States*, by Roxanne Dunbar-Ortiz (2014)

Marjie Clark taught American history on the high school and college level for some 30 years in the Houston area and retired to Denver 15 years ago. She enjoys sharing information and anecdotes you probably never learned from your teachers.

Wednesday Afternoon

The William Shakespeare Society

Facilitator: Eileen Wigginton (Diamond Facilitator)

8-week Course

We will read two Shakespeare plays aloud in class with different cast each week

The two plays are: "The Merchant of Venice" and "Julius Caesar"

Course Type: Interactive play reading

Books/Materials: Required: Any copy of Shakespeare's plays suffice - Recommend *No Fear Shakespeare*

Eileen Wigginton for whom the love of English and Irish literature comes naturally by heritage. Eileen has facilitated for several terms.

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Plato: Brilliance from Ancient Athens

Facilitator: Susan Ledges

8-week Course

Brief readings of Plato's *The Republic* will be distributed in class each week; followed by Q&A.

Course Type: Q&A

Books/Materials: None

Susan Ledges is a retired Middle School Reading Specialist; and a College Instructor of "Critical Reading for Undergrads" as well as "Teaching Reading and Writing Skills for Education Graduate Students."

Wednesday Afternoon

Great Decisions I in World Affairs 2022

Facilitator: Gene Cole

8-week Course

The Foreign Policy Association selects the timeliest world issues and has experts write factual & historical background material, which it publishes especially for this class offered nationwide each year. A real learning experience.

Topic 1: Changing Demographics and Outer Space

Topic 2: Climate Change

Topic 3: Russia and the United States

Topic 4: Myanmar and ASEAN

Topic 5: The Quad Alliance

Topic 6: Industrial Policy

Topic 7: Drug Policy in Latin America

Topic 8: Biden's Agenda

Course Type: Media, Reading and Informed discussion

Books/Materials: Required: Annual (2022) *Great Decisions Briefing Book* published by the Foreign Policy Association and may be purchased at fpa.org. The books are \$32.00 purchased from Foreign Policy Association. The Kindle version of the book is available on Amazon for \$23.00

Gene Cole is an Engineering Management Professional with over 30 years of experience in leading the development of new medical products, the support of existing products, and the improvement of product quality. He has participated in OLLI for seven years and has previously facilitated Great Decisions and Ted Talks.

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Foreign Films

Facilitator: Richard Reinish (Platinum Facilitator)

**5-week Course beginning September 14th
12:30-3:00PM**

The Foreign Film class will start at 12:30 each Wednesday. A film (not previously shown in prior classes) will be shown followed by a discussion of the film.

Course Type: Film viewing and Discussion

Books/Materials: None

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

Welcome From OLLI at DU South

Hello Friends,

I, along with Sherilee Selby and Christine Liptak, are happy to welcome you to the Fall 2022 term at OLLI at DU. We hope everyone had an enjoyable and relaxing summer. I am excited about the terrific courses we are offering this fall. The OLLI at DU South Curriculum Committee, under the leadership of Peggy Winn and Becky Stout, has been busy putting together a wonderful array of classes both online and in-person. The Fall term starts on Monday, September 12th. Our in-person courses will meet at Columbine United Church, 6375 S. Platte Canyon Road, Littleton, CO 80123. This is a lovely venue and we would like to have you join us. We are thrilled to announce that we will have 17 in-person courses and 12 on-line courses — and 2 hiking courses. We believe there is something for everyone.

We welcome new members, so please let your friends know about OLLI at DU and pass along the registration email you have received.

Darcey VanWagner, *OLLI at DU South Site Manager*

Darcey.vanwagner@du.edu

Sherilee Selby, *OLLI at DU South Site Program Assistant*

Sherilee.selby@du.edu

Christine Liptak, *OLLI at DU South Site Program Assistant*

Christine.liptak@du.edu

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Gentle Yoga

Facilitator: Vicki Olson

**8-week Course
9:30 AM - 11:00 AM**

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.

Course Type: Active

Books/Materials: Provided by Facilitator. \$5.00 to be 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.

China's Challenges

Facilitator: Dan Strammiello

8-week Course

Weekly meeting lecture and discussions will include the current China and US relationship, its state of distress, and how it has transitioned to a new reality. We will focus on the political and economic reasons behind the trade dispute, the implications of the US participation in the Quad group (Australia, India, Japan, US), China in Europe and Africa and elsewhere on the world stage, the broad impact of the Hong Kong takeover by Beijing, and its implications for Taiwan.

Course Type: Lecture and Discussion

Books/Materials: Materials will be provided by the Facilitator

Dan Strammiello, whose work in government service as a China analyst included writings focused on China's economic growth models, political strategy (both short and long term), military forces development and the tendencies of both the US and China to be natural allies and mercantile competitors.

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He holds a BA from Trinity College, an MA in International Affairs from George Washington University and studied at Georgetown Law School. Dan was a member of the Political Science Faculty at the US Air Force Academy and taught as an adjunct professor at CU Denver for many years.

Tuesday Afternoon

Create *MAGIC* With and For Your Grandchildren!

Facilitator: Don Krill (Master Facilitator)

4-week Course beginning September 13th

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

Course Type: Discussion and Experiential Learning

Books/Materials: None

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.

Words and Music of America’s Wars

Facilitator: Daniel Grace, Jr.

6-week Course beginning September 13th

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: Materials will be provided by the Facilitator

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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.

Tuesday Afternoon

Science Tours

Facilitator: Jim Sieke

8-week Course

Science Tours will be an in-person class with a week one orientation meeting at JUC followed by weekly tours to Denver area scientific facilities such as NOAA and NIST in Boulder, the working nuclear reactor at the Federal Center and a Denver Water Treatment Plant. Tours are not yet all finalized and are subject to change by the venue. Class size is strictly limited to 25 and some venues may require splitting the class into 2 separate visits due to tour size restrictions. Some tours may require moderate walking and stairs. Photo ID and even vehicle inspections may be required for some of the venues. Generally we will all meet at the tour venue each week, but carpooling opportunities from JUC can be provided if needed or desired. The tours and orientation will be Tuesdays at 1pm.

Course Type: Discussion and Tours/Field Trips (walking)

Books/Materials: None

Jim Sieke was born and raised in the Philadelphia area and graduated from the University of Delaware with high honors in speech-communication and broadcasting. Jim worked in cable and broadcasting in Philadelphia, New York and Chicago and then came to KMGH-TV7 where he worked for 34 years in sales and management. Jim has always been interested in science and his son, Scott, is currently a science instructor for Science Discovery at CU Boulder.

Wednesday Morning

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

Facilitator: Richard Passoth (Master Facilitator)

8-week Course

This is an 8-week class reviewing scholarship on the rise and fall of civilizations and the modern state. It is not very focused on current commentators or magazine articles. A number of texts will be

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presented with time for questions and discussion. This will help participants better assess where we are now in America and where we are going in the future. The topic can certainly be seen as “doom and gloom” but many feel it helps gain a better perspective apart from the ceaseless news feed. We end with a presentation and discussion of the future that may emerge for America.

Course Type: Lecture and Discussion

Books/Materials: Materials will be emailed by the Facilitator and on Portfolio

Richard Passoth has an AB degree from Kenyon College and two Masters degrees in theology and counseling psychology. Richard has successfully facilitated this course at OLLI at DU Central.

China's Strengths and Weaknesses in the 21st Century

Facilitator: Dan Strammiello

6-week Course beginning September 12th

Weekly discussions of current topics relative to China's position and goals in the world. One topic will be discussed each week.

1. Demographics as Destiny
2. Beijing vs. Taipei
3. Beijing vs India
4. Beijing vs the United States
5. Beijing's Belt and Road Initiative
6. Beijing's Military

Course Type: Lecture and Discussion

Books/Materials: Materials will be provided by the Facilitator

Dan Strammiello, whose work in government service as a China analyst included writings focused on China's economic growth models, political strategy (both short and long term), military forces development and the tendencies of both the US and China to be natural allies and mercantile competitors. He holds a BA from Trinity College, an MA in international affairs from George Washington University and studied at Georgetown Law School. Dan was a member of the Political Science Faculty at the US Air Force Academy and taught as an adjunct professor at CU Denver for many years.

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Wednesday Morning

**Research at the Colorado School of Mines, Red Rocks Community College,
and National Renewable Energy Laboratory**

Facilitator: John Trefny

8-week Course

Each week a different speaker will present an overview of his/her research at the Colorado School of Mines, Red Rocks Community College, or the National Renewable Energy Laboratory. This is a great chance to learn about some of the significant scientific work being conducted in your own “backyard.” While the specific talks have not yet been finalized, some topics under consideration include wind energy, invasive plant species, advanced optics, thermoelectric power generation and plastics recycling. A complete set of abstracts will be available at the start of the term.

Course Type: Lecture

Books/Materials: Materials will be provided by the Facilitator

John Trefny, PhD, is a lifelong educator who earned his BS in physics at Fordham University and his doctorate in physics at Rutgers. After a post-doctorate stint at Cornell University, he began his academic career at Wesleyan University. In 1977, he moved to the Colorado School of Mines where he served as professor of physics, vice-president for academic affairs, and finally as president from 2000 - 2006. Since retirement, Dr. Trefny has served on the governing board for the Colorado Community College System as well as on the boards of various educational institutions and non-profits in Colorado.

Wednesday Afternoon

Journeys: Learning Through Travel

Facilitator: Barbara Werren

8-week Course

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: Lecture, Discussion and Media

Books/Materials: Materials will be provided by the Facilitator

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

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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.

Thursday Morning

A Quiet Space: Poetry of Reflection

Facilitators: Linda Ropes (Master Facilitator) and Kirsten Morgan (Master Facilitator)

8-week Course

One of the many joys of poetry is its companionship on the journey of aging. Because it offers a path into life's deepest and most profound nooks and chasms, foibles and peccadillos, anomalies and hilarities, poetry can help show the way, provide light and perhaps an occasional map through this unknown land. In this class, we'll examine a broad variety of poems that have provided comfort and support to readers through the years. We'll learn how to dive more deeply into a variety of styles, forms and subjects. Why do lines end where they do? What makes language poetic instead of prosaic? And how can each of us create our own poetry? You may choose to write, or you may choose simply to find comfort in reading "the best words in the best order," as Samuel Taylor Coleridge declared. Sharing any of your writing will be optional. Being moved by elegant language will be unavoidable.

Course Type: Writing and Discussion

Books/Materials: Materials will be provided by the Facilitators

Other notations: A \$5.00 fee will be collected by the Facilitators the first class

Linda Ropes, OLLI Master Facilitator, has a B.A. in English from the University of Wyoming. For 20 years, she was a self-employed business writer, photographer, and trainer. After retiring, she began facilitating literature classes at OLLI and has served on both the Curriculum Committee and the Advisory Board. Some of the classes she has facilitated at OLLI are: *The Scarlet Letter*, *Passage to India*, *Should Mrs. Dalloway Seek Atonement for Wanting a Room with a View*, *Howard's End*, and *The Great Gatsby*.

Kirsten Morgan, OLLI Master Facilitator, has spent her life in the pursuit and company of poetry. She has convinced students—from schools to a homeless shelter to multiple OLLI classes—that they, too, can find and write the words of their hearts. A graduate of the Lighthouse Writers MFA style Poetry Book Project, she has recently finished her first manuscript.

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Thursday Morning

Documentaries Aplenty

Facilitators: Tom Hughes (Master Facilitator) and Nancy Murray

8-week Course

Documentaries exist for virtually any subject, and represent an effective medium for educating, entertaining and/or persuading. During each class, we will view one or more documentaries, followed by a discussion of the subject presented and perhaps the video itself. Expect topics including science, politics, technology, behavior, current events, life experiences, and others. The videos may be produced by organizations or individuals, may include TED Talks, may be new or old, and we promise they always will be pertinent, interesting and provoke discussion. Come prepared to learn with others, share your thoughts with them, and always bring your sense of humor.

Course Type: Discussion and Media

Books/Materials: None

Tom Hughes, OLLI Master Facilitator, is a veteran OLLI at DU 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.

Nancy Murray has a B.S. from Purdue University and an MBA from Northwestern. Her career was in Accounting and Finance with several not-for-profits. She's an avid reader and enjoys traveling, researching topics of interest, and learning with and from others.

Thursday Afternoon

Current Events VII: Emerging Topics

Facilitators: Tom Hughes (Master Facilitator) and Maggie Wohlberg (Senior Facilitator)

8-week Course

1:00-3:30PM

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,

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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: Materials will be provided by the Facilitators

Tom Hughes, OLLI Master Facilitator, is a veteran OLLI at DU 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.

Maggie Wohlberg, OLLI Senior Facilitator, is a transplant to Colorado, moving from St. Louis in 2011. She began her career as a high school English and Biology teacher and later started working in her father's insurance agency, which she eventually took over and ran for nearly 30 years. She decided years ago that seeing her Colorado kids and grandkids only once or twice a year was not nearly enough, so she packed up and moved. Maggie started volunteering to become a part of her new community, and then she was introduced to the OLLI program. It was a lifeline for her – opening new areas of interest and forging new friendships. She is grateful to have such a vibrant program in her life. These days she tells people that she is from Missouri by the accident of birth but lives in Colorado by choice!

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Tuesday Morning

American Mahjong for Beginners

Facilitator: Wayne Cassell

8-week Course

American Mahjong is a tile game that combines skill and luck and is a great way to socialize while keeping your brain active. The best way to learn is to play. However, learning it on your own can be frustrating and playing with more experienced players can be intimidating.

This class provides a dedicated 8 weeks to learn with other beginners. Everyone is starting at the same level. When we get to playing at week 4 there will be experienced players to provide assistance and answer questions.

Course Type: Lecture and Interactive

Books/Materials: Required: *A Beginner's Guide to American Mah Jongg* by Elaine Sandberg

Wayne Cassell took the class in spring of 2018 at OLLI at DU South and played on average six hours a week until everything shut down. He has started playing again this year and plays 3 hours a week.

Hamnet, Hamlet: What's In a Name?

Facilitator: Becky Stout

3-week Course beginning October 18th

Using the award-winning *Hamnet: A Novel of the Plague*, participants will discover the lyrical prose of Maggie O'Farrell. The only son of Ann (Agnes is her real name!) Hathaway and her husband, William Shakespeare, died at age 11. O'Farrell, with scant historical evidence, brings to life a story of family, grieving, healing, mysticism, and the effects of loss of a child on a relationship. Unbeknownst to Hamnet's mother, the boy's father who is never named in the book turns his tragedy into his play, Hamlet, four years after their child's death.

Come explore the themes of loss, love, superstition, and illiteracy, among other themes, in this richly imagined story.

Course Type: Lecture, Discussion, and Media

Books/Materials: Required: *Hamnet: A Novel of the Plague* by Maggie O'Farrell

Becky Stout gets lost in historical fiction. She is fascinated by writers who can take a minimum of factual information and weave a spell-binding story. She likes putting a course together that is more than discussion, whether that is placing the story in context with art, music, science, or other literature.

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Tuesday Morning

Our Place in the World

Facilitator: Gary Wyngarden (Master Facilitator)

8-week Course

What is our place in the world? Why are we here? Perhaps these are questions best answered by each individual. But there are also questions whose answers are best explored in community. The answers are certainly not to accumulate wealth; nor to gain power over others; nor to exploit the earth's resources without concern for stewardship. But where do we go for insight on this subject? Maybe to beings who have been on the planet for a very long time. Our Place in the World explores its topic through the lenses of two very moving books. *Finding the Mother Tree: Discovering the Wisdom of the Forest* by Dr. Suzanne Simard of the University of British Columbia was named by Time Magazine as one of the ten best nonfiction books of 2021. *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants* by Dr. Robin Wall Kimmerer of the State University of New York is described by the New York Times as having achieved the holy grail of publishing—becoming a best seller through word of mouth and crowd-inspired traction. Both books are highly recommended but not required for the course.

We will learn how trees communicate and support each other in the forest. How trees see selfish interest in keeping their communities thriving. How ecosystems are built on relationships. We will learn about gift giving and the importance of gratitude and reciprocity. That humans are not separate from nature. And about the importance of reimagining our relationship with the natural world. And much, much more including how this all relates to our place in the world. As the poet Mary Oliver asks, “Tell me, what is it you plan to do with your one wild and precious life?”

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Other notations: Discussion is highly encouraged

Gary Wyngarden has a BA from the University of Illinois and an MBA from Loyola University. His career was spent in the health care industry and included tenure as CEO of a \$2 billion company. He is very active with the Castle Rock Unitarian Universalist Community, and a Master Facilitator with OLLI.

Enneagram: What Were They Thinking? Why Do They Act That Way?

Facilitator: Sue Burdette

6-week Course beginning September 13th

This class is designed as a basic Introduction to the Enneagram. Have you ever asked yourself, “Why do people act the way they do?” The Enneagram will help you answer that question by defining nine distinct personality TYPES and how each TYPE views and interacts in the world. Our personality is a set of habitual patterns and coping strategies built up over a lifetime.

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Understanding the motivation and strategies behind the behavior of each TYPE allows us to build compassion and empathy for ourselves and others in order to become more successful in our relationships with family, friends, and the community at large.

Class Objectives:

- Identify descriptors for all nine TYPES
- Determine your TYPE
- Understand the motivation and strategies behind all nine TYPES
- Understand how TYPE limits our perception of the world.

Course Type: Lecture, Discussion, and Media

Books/Materials: Recommended: *The Enneagram Made Easy* by Renee Baron & Elizabeth Wagele

Materials Fee: \$10 for publication provided by facilitator, payable to facilitator at 1st class session.

Sue Burdette is a certified Enneagram teacher in the Narrative Tradition. She has studied the Enneagram for more than 25 years and personally experienced the impact of the Enneagram on personal and business relationships. After retiring from the corporate world where she was a facilitator and consultant, Sue now enjoys passing along the wisdom of the Enneagram to fellow OLLI members.

Tuesday Afternoon

Current Events II Seminar

Facilitators: Bill Gernert (Senior Facilitator)/Tom Duggan

6-week Course beginning September 13th

The class will be asked before start to email topics of interest. If I were working on it today, I would suggest: fentanyl, Colorado's election effects, why do I have five grand dogs and no grandchildren? is it a trend? reflections on Covid's aftereffects, best travel opportunities.

The first 15 minutes of each class will be used for afterthoughts and new thoughts on previous class. All will be expected to contribute, and there are no wrong answers. Class limit is 25. There will be no text.

Course Type: Lecture, Discussion, Media, Interactive and Guest Speakers

Books/Materials: None

Bill Gernert has a BA from Wesleyan and an MBA from Wharton. He served 22 years in the Air Force, graduating as a colonel. He started in personnel, then plans and contracting. He served 3 tours in the world's best Pentagon, the last on staff of Secretary of the Air Force. Best job was base commander. His curiosity is boundless.

Tom Duggan retired from US West (now Lumen) after a 30-year career. He served as a Project Manager for most of his career. To keep actively learning, he has earned two degrees after retiring, with a major in biblical theology and ministerial leadership.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Tuesday Afternoon

Nuclear Power

Facilitator: Henriks (Hank) Zeile (Master Facilitator)

8-week Course

In the United States 94 nuclear reactor plants (NRPs) supply about 20% of our electrical power. Because natural gas is plentiful and cheap, they are becoming no longer economical. However, gas and coal burning power plants, which produce about 64% of our electrical power, release lots of carbon dioxide—a greenhouse gas—into the atmosphere and with the increase of solar and wind electrical power generation there's a need for base load electricity. Since NRPs release no carbon dioxide and operate 24/7 there's a slowly rising public and political support for nuclear power; especially for small modular nuclear reactors (SMR). This course will review selected reactor physics fundamentals (without going into detailed mathematics of nuclear physics). It will cover the various nuclear reactors currently in use as well as advanced SMRs, and will cover the nuclear fuel cycle, storage and reprocessing of spent fuel and end with a review of radiation health physics.

Course Type: Lecture, Discussion and Media

Books/Materials: None

Henriks (Hank) Zeile is a graduate of the US Merchant Marine Academy, Union College and Rensselaer Polytechnic Institute. Hank's career has been associated with all aspects of nuclear technology.

Potpourri

Facilitator: Jan Friedlander (Senior Facilitator)

8-week Course

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. Stay tuned for details on who's presenting what and be prepared to be impressed!

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

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Jan Friedlander: This class and OLLI's motto “Curiosity Never Retires” are perfect for Jan's omni-interest mind. Join her for the ride!

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Wednesday Morning

Trail Walking in the South Metro Area

Facilitator: Jan Friedlander (Senior Facilitator)

4-week Course beginning September 14th

**Facilitator will provide the location for the starting point
for the walk each week**

BE AN OLLI OUTSIDER! Fall 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 hiking shoes or boots 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 Fall, 2022 was May 2022 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 four 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, may 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 per person for each 4-week classes, so \$60 per person 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. Once I have the roster, I will email you how to make out your check.

If you have questions about this class, please call Jan – 303.885.9200.

Course Type: Tours/Walks

Books/Materials: None

Notation: The fee is \$30 per person for each 4-week classes, so \$60 per person for both classes.

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.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Wednesday Morning

Trail Walking in the South Metro Area

Facilitator: Jan Friedlander (Senior Facilitator)

4-week Course beginning October 12th

**Facilitator will provide the location for the starting point
for the walk each week**

BE AN OLLI OUTSIDER! Fall 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 hiking shoes or boots 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 Fall, 2022 was May 2022 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 four 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.

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Hungry?! After the walk, those who want, may 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.

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If you have questions about this class, please call Jan - 303.885.9200.

Course Type: Tours/Walks

Books/Materials: None

Notation: The fee is \$30 per person for each 4-week classes, so \$60 per person for both classes.

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.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Wednesday Morning

What's Your Expiration Date? Discovering Your Purpose and Living Your Life with Vision

Facilitator: Steve Poos-Benson

5-week Course beginning October 5th

Do you live with vision? Is your life guided by purpose? Do you have a clear sense about what you're trying to accomplish with your life? If you've answered, "No" to any of these questions then this class is for you.

In the last half of our life we need to rediscover what it means to live with zest and inspiration. Instead of just coasting to our expiration date, we need to develop a sense of purpose and vision.

In this class you will discern your purpose, create an ideal future, and chart a plan to fulfill it.

We will read books, engage in lively conversation, go on a vision quest, and strive to turn dreams into realities.

Course Type: Discussion

Books/Materials: Required: *Sent to Soar: Fulfill Your Divine Potential For Yourself and the World*, by Steve Poos-Benson, available on Amazon. *Roar: Into the Second Half of your Life (before it's too late)*, by Michael Clinton, available on Amazon.

Steve Poos-Benson is the Senior Pastor of Columbine United Church in Littleton where OLLI at DU South is resident. He has served in this capacity for 38 years. Steve received his BA from Whitworth University, his M.Div. from San Francisco Theological Seminary and his Doctorate from McCormick Theological Seminary. He has counseled, written books and blogs about discovering and living your life purpose.

Justice and the Good of the Many

Facilitator - Terry Ortlieb (Platinum Facilitator)

8-week Course

We will investigate the different challenges to our contemporary understanding of what is necessary to morph from our current good-of-the-one mentality to a new good-of-the-many culture. Included in this will be the political, economic, and social implications of adopting a new cultural narrative. We will address issues like a new set of values and policies and the challenges of adding new voices to the discussion (such as women, and LGBTQ voices) and the ramifications this might have on social media. Values such as justice and equality will be challenged.

Course Type: Lecture and Discussion

Books/Materials: None

Terry Ortlieb is a semi-retired entrepreneur who sold his technology consulting company to Oracle. He has been working with information technology since he put engineering changes on IBM equipment in high school. His formal education was in Philosophy, and he has maintained a strong interest in Political Philosophy and the Philosophy of science and history.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Wednesday Morning

The Greatest Music Stories Never Told

Facilitators: Sue Bramley (Master Facilitator) and Natalie Conklin (Master Facilitator)

8-week Course

Music doesn't write itself! There are stories behind original songs offering insight, creativity, even secrets as inspiration to the composer. In this class, you'll hear those stories and more, how others have gained insight from the original.

Stories like "Give the Devil His Due" which stimulated throngs of songwriters to take the notion even further. Though the concept began in the 1700s, hundreds of songs have come out of it for centuries, think Charley Daniels' huge hit, "The Devil Went Down to Georgia."

Or what happens when a world-renowned concert violinist plays a multimillion-dollar Stradivarius in the Washington DC metro.

Join us in this 8-week class as we look into the stories behind the stories, how one generation affects another, how a little meeting can lead to the formation of a huge band, how a rock star can truly understand the cosmos.

This class will be in-person and lecture structured, but we can guarantee it will bring up ideas for you that you'll want to discuss!

Course Type: Lecture and Media

Books/Materials: None

Sue Bramley and **Natalie Conklin**, known as the dynamic duo of the arts, also love music! Together, they delight in bringing these subjects into the lives of OLLI participants. This time around, you'll hear new music, different ways of looking at old music and as much toe tapping as possible!

Wednesday Afternoon

The Golden Age of English Detective Fiction

Facilitator: Anne Christner (Platinum Facilitator)

8-week Course

Agatha Christie, Dorothy L. Sayers, and G. K. Chesterton . . . or should we say Hercule Poirot, Lord Peter Wimsey, and Father Brown?

These authors and their famous detectives were all part of a period and phenomenon called "The Golden Age of English Detective Fiction." The period covers the years between the two world wars, so this fiction was published after Arthur Conan Doyle's Sherlock Holmes mysteries. The Golden Age authors owed a debt to Doyle for his groundbreaking work but represented a unique trend all their own.

This course will focus on six authors and seven detectives:

- To use as a baseline - Arthur Conan Doyle . . . Sherlock Holmes
- R. Austin Freeman . . . Dr. Thorndyke

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

- G.K. Chesterton . . . Father Brown
- Agatha Christie . . . Hercule Poirot
- Christie's other famous detective . . . Miss Marple
- Dorothy L. Sayers . . . Lord Peter Wimsey
- Ngaio Marsh . . . Roderick Alleyn

We will read short fiction and watch recent dramatizations of the detectives. That approach requires moderate reading assignments, while allowing us to compare depictions by the authors vs. interpretations by subsequent screenwriters and directors. Although there were many authors who were identified with the Golden Age, the facilitator chose these five because they are excellent examples of the genre. Moreover, except for Freeman, these authors continue to be popular and read around the world today.

The objective for the course is to contemplate why the “Golden Age of English Detective Fiction” occurred when it did and produced the kind of fiction it did. Moreover, why is it still popular today?

Course Type: Lecture, Discussion, and Media

Books/Materials: Required: *Talking About Detective Fiction* by P.D. James. (Amazon has new & used copies of this book, as well as Kindle.) Facilitator will provide copies of the assigned short fiction via email.

Anne Marshall Christner, Platinum Facilitator, enjoys sharing her love of cultural history. An avid mystery reader, Anne appreciates historical mysteries, as well as those set in other countries.

Wednesday Afternoon

Harari: *21 Lessons for the 21st Century*

Facilitator: Terry Ortlieb (Platinum Facilitator)

8-week Course

This will be a true adventure. Harari suggests that we will have to be open to extracting ourselves from our current cultural prejudices if we want to understand and be part of the 21st Century. His 21 lessons continually ask us to engage with the Information technology and biological technology that he believes are going to create a 21st century that is as different to us today as the industrial age would be to a hunter-gatherer. We will take this journey through his ideas and discuss how we interpret, agree, and disagree with his list of lessons.

Course Type: Lecture and Discussion

Books/Materials: Recommended: *21 Lessons for the 21st Century* by Yuval Harari

Terry Ortlieb is a semi-retired entrepreneur who sold his technology consulting company to Oracle. He has been working with information technology since he put engineering changes on IBM equipment in high school. His formal education was in Philosophy, and he has maintained a strong interest in Political Philosophy and the Philosophy of science and history.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Wednesday Afternoon

The Story of our Universe: A Study in Cosmology

Facilitator: Stuart Gentry (Master Facilitator)

8-week Course

In the field of Astronomy there are two types of individuals: the astronomers who look to see what objects are up in the sky; and the astrophysicists and cosmologists who ask how they got there. This course will look at the second of those questions. We will look at the evolution of our universe from the start of the Big Bang 13.8 billion years ago to the stars and structures we see today. Along the way we will ask such questions as: How does our Sun work? Why are the 4 inner planets in our solar system different than the 4 outer planets? Where do we sit in the Milky Way galaxy and what does the rest of our neighborhood look like? What about all the other galaxies... is there a greater structure to them or are we all independent from one another? We will also address some of the more puzzling issues such as dark matter, dark energy, and the biggest question of all, what was there before the Big Bang.

Course Type: Lecture and Media

Books/Materials: None

Stuart Gentry has degrees in Chemistry and Physics. He spent the first 20 years of his professional career in the chemical industry. He then switched directions and became a professor of chemistry at La Salle University in Philadelphia. His passion is linking the fundamentals of science to the practical world around us.

Thursday Morning

Animals of Autumn

Facilitator: Kate Hogan

4-week Course beginning September 15th

Welcome to autumn in Colorado - the animals are busy as beavers (literally)! Explore the trails of Chatfield State Park and the Audubon Nature Center to learn about the active beaver population in the South Platte River, the Rocky Mountain big horn sheep ram-a-thon in Waterton Canyon and listen for WHOOO might be out in the evenings around the cottonwood trees.

Join Kate Hogan, Community Outreach Coordinator, for a fun and informative introductory class about the Colorado animals of autumn. The 2-hour classroom sessions will cover fascinating behaviors of animals found in and around the unique forested habitat of the Audubon Nature Center and Waterton Canyon.

Kate will then lead 2-hour field trips, exploring local habitats around Chatfield State Park and Waterton Canyon in search of beavers, sheep, and an owl (or two). Learn some of the best spots for wildlife viewing during the fall season and return with friends and family to show them what you've discovered!

Course Type: Lecture and Field trips

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Books/Materials: None

Other Fees: \$40 for support to the Audubon Nature Center at Chatfield (to be paid at the time of registration)

Kate Hogan is the Community Outreach Coordinator for Denver Audubon and manages the Audubon Nature Center and demonstration gardens at Chatfield State Park. She loves combining her passion for animals with an amazing nonprofit like Denver Audubon and inspiring actions that protect birds, other wildlife, and their habitats.

***A Long Petal of the Sea* by Isabel Allende**

Facilitator: Peggy Winn

6-week Course beginning September 15th

Isabel Allende's historical novel, *A Long Petal of The Sea*, begins in 1939 as Franco's fascists defeat the Republican army in Spain, and an exodus of thousands escape to France. Among the refugees is Roser, a young pianist, unknowingly widowed, and pregnant with her first child. A second refugee, Victor, is a self-taught doctor and the brother of Roser's dead husband.

When Pablo Neruda, the real-life poet sends new hope by way of a cargo ship to evacuate 2000 refugees to Chile, Victor is ecstatic, but quickly learns that only married couples and families are allowed on board. He convinces Roser to marry him "in name only" so they can escape to Chile. Little do they know that their journey, often times harrowing, is just beginning.

Allende's historical fiction, spanning five decades and multiple countries is a story of sorrow and hope, displacement and belonging, with love woven in from beginning to end. In this six-week class we will read 40-50 pages prior to class each week. Approximately 15 minutes of class will be devoted to reviewing the historical events that have occurred, and, on occasion, we'll view a video clip of Isabel Allende (a character in her own right) as she discusses her personal experiences and the writing of the book. But mostly we will discuss the human condition that unfolds through Victor, Roser and the other characters that are so richly depicted in this beautiful book.

In the final class I will provide some sort of Chilean food to celebrate the completion of the class and the fact that we are able to spend time together. One of the celebratory meals in the book is fresh squid simmered in squid-ink stock. Though I'm sure it is delicious, neither squid or squid-ink will be featured in the dish we'll share.

Whether you are an Allende fan or have never heard of her, I think you will enjoy this book. Please join me in what I hope will be an enlightening and thought-provoking class.

Course Type: Lecture, Discussion, and Media

Books/Materials: Required: *A Long Petal of the Sea* by Isabel Allende

Peggy Winn is currently a curriculum co-chair for OLLI at DU South and though she has enjoyed Zoom classes, she's thrilled we've started in-person classes again! Peggy loved this book and is looking forward to sharing and discussing this book and other related materials with OLLI friends.

IN-PERSON COURSES

Columbine United Church, 6375 S Platte Canyon Rd, Littleton, CO

Thursday Morning

Deliberation on the Transformation of Colorado's Healthcare Industry

Facilitator: Richard Passoth (Master Facilitator)

8-week Course

This is a “reasoning engagement” of Olli members, some of whom are previously health care professionals, community leaders (business, school, local government etc.) and public citizens who have not been involved in health care. It is an 8-week meeting with a maximum of 15-20 participants focusing on what is called a “vision” for the “Transformation of Colorado's Health Care Industry.” This is not a discussion, debate, or another reform but a moderated, goal-directed exchange focused on several “frameworks” that help focus the exchanges. This has been offered very successfully at OLLI at DU Central.

Course Type: Interactive (includes writing)

Books/Materials: None

Richard Passoth has an AB degree from Kenyon College and two Master's degrees in theology and counseling psychology. He worked as a psychotherapist and has been involved in health care policy for some time. He has previously been a moderator.

Thursday Morning

Weather for Everyone

Facilitator: Thomas Corona (Master Facilitator)

**8-week Course beginning September 22nd
Ending November 10th**

Did you ever wonder why the earth has weather? This class will answer this question as we cover the basic principles of meteorology and learn how the sun, earth, air, and water produce our seasons, weather, and climate. Along the way we will explore such topics as wind, clouds, precipitation, weather systems, thunderstorms, lightning, hail, tornadoes, and hurricanes and the technologies used to observe and forecast these events. We will also keep an eye on the current weather and forecasts for Colorado. Lecture, video presentations, charts, graphs, apps, and discussions will form the basic structure of the course.

Course Type: Lecture, Discussion and Media

Books/Materials: Facilitator to email handouts

Thomas Corona has been a meteorologist for over 45 years. He attended Cook College/Rutgers University and Colorado State University, receiving a Master's Degree in Atmospheric Science and taught meteorology courses at Metropolitan State College/University in Denver. He has been a severe weather chase team member and coordinator for NOAA. Tom is now volunteering and writing, performing, and producing music.

IN-PERSON COURSES

Ruffatto Hall, the University of Denver, 1999 E Evans Ave, Denver, CO

Tuesday Afternoon

Mastering Digital Photography I: Getting to Know Your Camera

Instructor: Mark Payler

4-week course beginning, September 13th

This hands-on course will cover the basic concepts of understanding and the use of your camera, lenses, and other basic photography equipment (bring your camera to all classes). The course will address basic digital technical considerations of file formats, resolution, and camera terminology. Camera controls such as exposure, metering, focusing, and other DSLR topics will also be explored in the interactive portions of the classroom learning experience. Basic aesthetic principles such as light, color, and composition will also be demonstrated and practiced by course participants. All members, no matter their experience level with digital photography, are invited to this introductory course to begin mastering photography principles. (“Mastering Digital Photography II” will be offered during the second 4-week session immediately following this course during Fall of 2022.)

Course Type: Lecture, Discussion, and on-site mini field trips to practice techniques and skills acquired during the class.

Books/Materials: Each participant needs to bring their camera, camera manual, and extra batteries to each class. Any digital camera (except any phone-type camera) will be acceptable including point-and-shoot, DSLR, mirrorless digital cameras and hybrid digital cameras. Each participant should also bring materials for notetaking to each class session. *Mastering Digital SLR Photography*, “Any” Edition by David Busch is recommended but not required.

Mark A. Payler is a practicing Colorado Professional landscape, street, and travel photographer. With over a decade of photography teaching experience, Mr. Payler also 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 also been highlighted in the landmark book, *A Day in the Life of American* as well as the featured double-spread photograph in the 50th anniversary issue of “Popular Photography” magazine and the summer 2020 issue of “Route” magazine.

Mastering Digital Photography II: Getting to Know Your Camera

Instructor: Mark A. Payler

4-week Course beginning Tuesday, October 11th

This hands-on course is a continuation of this past winter’s Mastering Digital Photography I course and will continue to cover the basic concepts of understanding and the use of your camera, lenses, and other basic photography equipment (have your camera available at all classes). The course will address basic digital technical considerations of file formats, resolution, and camera terminology. Camera controls such as depth-of-field, lens and focal length selection, file transfer, composition, and mastering lighting will be topics covered in this course. While the Mastering Digital Photography I course is not a required prerequisite for this course it is highly recommended that members understand the principles of exposure and using their camera prior to enrolling in this course.

IN-PERSON COURSES

Ruffatto Hall, the University of Denver, 1999 E Evans Ave, Denver, CO

Course Type: Lecture, demonstrations, and weekly in-home photographic shooting exercises to practice techniques and skills acquired during the class will be expected of all enrollees.

Books/Materials: Each participant needs to bring their camera, camera manual, and extra batteries to each class. Any digital camera (except any phone-type camera) will be acceptable including point-and-shoot, DSLR, mirrorless digital cameras and hybrid digital cameras. Each participant should also bring materials for notetaking to each class session. *Mastering Digital SLR Photography, "Any" Edition* by David Busch is *recommended* but not required.

Mark A. Payler is a practicing Colorado Professional landscape, street, and travel photographer. With over a decade of photography teaching experience, Mr. Payler also 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 also been highlighted in the landmark book, *A Day in the Life of American* as well as the featured double-spread photograph in the 50th anniversary issue of "Popular Photography" magazine and the summer 2020 issue of "Route" magazine.

Message from OLLI at DU Regis

Greetings from Northwest Denver and the newest OLLI at DU site at Regis University! We are delighted to join OLLI at DU and proud to offer eighteen OLLI courses this Fall to OLLI at DU members. About half of our Fall courses will be in person, and the remaining will be on the Zoom enterprise platform from the University of Denver. We are excited to showcase many outstanding facilitators in our courses this Fall, from a retired FBI Chief of Undercover Operations to a Licensed Professional Counselor providing training in Trauma Informed Care to mental health providers in the Ukraine.

On a personal note, I am particularly pleased to serve as the Regis Site Manager for OLLI at DU. I began my career at Regis 31 years ago this July, as the Assistant Director of the University Without Walls. While at Regis, I have served as the Associate Dean of the Undergraduate Program in the College for Professional Studies and most recently, as the Regis Director for Jesuit Worldwide Learning. I have taught undergraduate courses in human communication at Regis since 1994.

Needless to say, I am thrilled that Regis' commitment to lifelong learning continues through our dedication to OLLI at DU.

With enthusiasm for our year ahead,

Marie Friedemann, Ph. D

OLLI at DU Regis Site Manager

Marie.Friedemann@du.edu

IN-PERSON COURSES

Mississippi Avenue Baptist Church, 13231 E Mississippi Ave, Aurora, CO

Tuesday Morning

Expanding Awareness of Grief

Facilitator: Les McCarroll

6-week Course beginning September 13th

Everyone is touched by grief at some time in his or her 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 and Discussion

Books/Materials: Recommended reading: "*When Breath Becomes Air*" by Paul Kanathi; "*Option B*" by Sheryl Sandberg; "*Permission to Mourn*" by Tom Zuba and "*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 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.

Large Lakes of the World

Facilitators: Timothy D. Steele, Ph.D. (Senior Facilitator) and James R. Kunkel, Ph.D., P.E.

8-week Course

Twenty-one of the 25 largest lakes in the world will be described physiologically, hydrologically, culturally, and politically. Some of these lakes form international borders and are important sources of commerce for more than one country (so-called trans-national lakes). The sessions will show extensive maps, photographs and charts related to each lake. Descriptions of the historical water use, water rights, international agreements, disputes, impacts of climate change, water quality, and socio-economic issues for each large lake will be discussed via PowerPoint® presentations and group discussions.

Course Type: Lecture and Discussion with Intervening questions

Books/Materials: Selected references included in PowerPoint presentation files

Timothy D. (Tim) Steele studied chemistry (A.B. *magna cum laude*) and hydrology (M.S. & Ph.D. degrees). He was a Hydrologist with the USGS Water Resources Division for 13 years before being a consultant until 2020. He has been involved in water-quality hydrology and regional (watershed) assessments and data programs for nearly 56 years. Since 2012, he has given lectures and courses at OLLI at DU East/Central/West/South and Online, as well as OLLI Ann Arbor, and The Academy for Lifelong Learning Institute in Denver.

IN-PERSON COURSES

Mississippi Avenue Baptist Church, 13231 E Mississippi Ave, Aurora, CO

James R. (Jim) Kunkel is a semi-retired hydrologic engineer with over 50 years of domestic and international experience in hydrology and water resources. His academic experience includes 17 years as an adjunct associate professor at Colorado School of Mines where he taught graduate hydrologic engineering courses in the Department of Geological Engineering. Since 2018 he has given STEM presentations at OLLI at DU East/Central/West and Online.

Tuesday Afternoon

The Great Courses: How Winston Churchill Changed the World – Part Two

Facilitator: John Rough

6-week Course beginning September 13th

“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.” – Great Courses catalog

Part one covered Churchill’s life from birth to the beginning of WWII and the Dunkirk evacuation. The twelve lectures in part two focus primarily on the World War II years but will cover until his death in 1965. The lecture series will be supplemented with material from *Churchill: Walking with Destiny* by Andrew Roberts and other sources.

Course Type: Lecture and Discussion

Books/Materials: None

John Rough is a graduate of American University in Washington, D.C. 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 at DU East.

What the *BLEEP* do we know about Theoretical Physics?

Facilitator: Peter Gilbert (Master Facilitator)

8-week Course

An introductory, non-mathematical overview to those areas of theoretical physics that you have heard of but never fully explored. Peter will cover the following topics during this 8-week course:

1. Gravity from Isaac Newton to Albert Einstein.
2. Quantum Theory and the search for the “Theory of Everything”.

IN-PERSON COURSES

Mississippi Avenue Baptist Church, 13231 E Mississippi Ave, Aurora, CO

3. Radioactivity from Marie Curie to the atomic and hydrogen bombs.
4. Fundamental Particles from the ancient Greeks to the discovery of the Higgs particle.
5. Cosmology from the Big Bang to the universe's ultimate fate.
6. Astrophysics and the life cycle of our sun.

This course requires no previous knowledge but will be fast moving and wide-ranging. This will be an in-person class.

Course Type: Lecture and Discussion

Books/Materials: None

Peter Gilbert was born and raised in England and educated at Leeds University in science and engineering. He is now retired and living with his American wife in Colorado after serving 34 years in the British Royal Air Force.

Wednesday Morning

Bring Back the Birds – Living Bird Friendly in 2022

Facilitator: Kate Hogan

5-week Course beginning October 5th

Did you know we have lost 2.9 Billion Birds in North America over the past five decades? What can we do to bring the birds back and help restore future generations of bird populations? In this course, we will explore the downfall of North American bird populations and discuss seven simple actions that each of us can take to help protect our migratory and resident birds. Discover or advance your joy of birding through an outdoor birding field trip experience to Cherry Creek Valley Ecological Park. After 5 weeks, we hope you will feel inspired and ready to implement new actions in your life and your community to help raise awareness and bring back the birds!

Course Type: Lecture, Discussion

Books/Materials: None

Other notations: A \$40.00 fee is required to help continue to support the Denver Audubon Nature Center location and general operations for Denver Audubon nonprofit organization. The \$40.00 fee in either a check made out to “Denver Audubon” or cash for the exact amount will be collected on the first day of class.

Kate Hogan is the Community Outreach Coordinator for Denver Audubon, whose mission is to “inspire actions that protect birds, other wildlife, and their habitats through education, conservation, and research.” She manages the Audubon Nature Center and Native Plant Gardens at Chatfield State Park, in addition to maintaining and growing community partnerships, and sharing her love of local wildlife and native plants with others through our outreach presentations and events.

IN-PERSON COURSES

Mississippi Avenue Baptist Church, 13231 E Mississippi Ave, Aurora, CO

Wednesday Morning

Women's Wisdom

Facilitator: Susan Arruda

6-week Course beginning September 14th

Join us for an open forum that freely allows us to explore issues affecting women today. We will come together to engage in conversations, learn together, honor people's diversity of thoughts, seek to understand different stages in life, and come to realize we probably have more similarities than differences.

A specific topic will be presented each week and might include Downsizing; Women's Changing Roles – Where we've been, where we are at right now, where we are going (politics, legal issues, changing family structures, etc.); Financial information for Women; Sports, Title IX and Trans Athletes; Tools of the trade and how to fix things; Famous quotes from famous (and not so famous) women; Women in Politics; Health and Well Being. Guest speakers from the community will be invited. Please join us for a supportive and empowering experience.

Course Type: Discussion and Experiential Learning

Books/Materials: None

Susan Arruda moved to Denver from Delaware in 2019. She has a BS from Drexel University in Philadelphia and an MS in Education from the University of Delaware. She was an educator for over 28 years in 4 states. She is active as a school and community volunteer. Susan was an active member of OLLI Wilmington, where she served as an instructor, council member, and chaired various committees. She enjoys travel, crafts and grandparenting.

IN-PERSON COURSES

Mountain View United Methodist Church, 355 Ponca Pl, Boulder, CO

Tuesday Morning

Modern China

Facilitator: Steve Swenerton

5-week Course beginning October 4th

This course covers the period from 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 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. Key subjects will include Presidents Deng Xiaoping and Xi, the Chinese Communist Party, the Belt and Road Initiative, the threat to Taiwan, China's military buildup, Hong Kong, minorities with focus on the Uyghurs, economic stability, and the many significant challenges facing Xi and China's leadership in the era of Covid-19 and world unrest. Class time will be apportioned approximately 80% lecture and 20% discussion.

Course Type: Lecture and Discussion with Visuals

Books/Materials: Recommended reading: *Red Flags: Why Xi's China Is in Jeopardy*, by George Magnus, 2018; *The Third Revolution: Xi Jinping and the New Chinese State*, by Elizabeth Economy, 2018

Steve Swenerton has twice previously facilitated this class. 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 made over 400 presentations on 60+ subjects since 2017.

Ethical Wills — A Writing Workshop

Facilitator: Richard A. Selinger

2-week Course beginning September 13th

This educational workshop examines the ancient tradition of passing on personal values, beliefs, blessings, and advice to family, friends, and future generations. Leaving your loved ones with your Ethical Will can mean much more than any material possession you might bequeath to them.

By combining ancient religious values with modern educational techniques you will be guided to greater self-examination and deeper spiritual meaning. You will learn the tools and the steps needed to document and pass on your wisdom, experiences, life lessons, and much more to those you love and care about.

At or prior to the workshop you will receive a workbook containing exercises and tools designed to help you through the process of writing your own personalized ethical will.

IN-PERSON COURSES

Mountain View United Methodist Church, 355 Ponca Pl, Boulder, CO

An ethical will reflects the “voice of the heart.” Think of it as a love letter to your family. Every ethical will is as unique as the person writing it.

Whether we are rich or poor, the most valuable gifts we can give to our children, grandchildren, and those yet to come are the treasures of our memories, our stories, our values, insights and special wisdom.

Also addressed will be how Ethical Wills fit into the Estate Planning Process.

Course Type: Lecture and Discussion

Books/Materials: At or prior to the workshop participants will receive a workbook containing exercises and tools designed to help them through the process of writing their own personalized ethical will.

Richard A. Selinger is a Boulder estate planning attorney in private practice, with over 20 years of experience. Richard received his undergraduate degree from New York University in 1982, his law degree from Western New England University School of Law, in 1996, Magna Cum Laude, and his LL.M Degree in Estate Planning and Elder Law in 2007.

Although Ethical Wills are not legal documents, Richard routinely introduces his clients to Ethical Wills as a way of preserving their legacy by showing them how to pass on their values, beliefs, blessings and advice to family, friends, and future generations.

Tuesday Afternoon

Representing Evil: Holocaust Documentary Films

Facilitator: Paul Shankman

6-week Course beginning September 27th

This course explores documentary films about the Holocaust from the 1950s to the most recent films. These films offer an important window into the Holocaust and how we have come to see it. We will be watching selected documentaries and discussing them in terms of what they tell us about the Holocaust, their historical context, and their relationship to major commercial films about the Holocaust, parts of which may also be shown and discussed.

Course Type: Film viewing and Discussion

Books/Materials: Optional: *Holocaust Cinema Complete*, by Rich Brownstein

Paul Shankman is an emeritus professor of anthropology at CU-Boulder who has taught a large course on the Holocaust for the past four decades. He has done fieldwork in the South Pacific and written two recent books on Margaret Mead.

IN-PERSON COURSES

Mountain View United Methodist Church, 355 Ponca Pl, Boulder, CO

Wednesday Morning

Religion, Morality, and the Civil War

Facilitator: Dr. Avi Isseroff (Senior Facilitator)

6-week Course beginning September 14th

The Civil War was the culmination of an effort that failed to strengthen the bond between the slave and non-slave states. Religious institutions in both the North and South acted in a way that intensified hostility rather than promoting compromise and reconciliation. Lincoln initially entered the war with limited aims. But as the war raged without any end in sight, Lincoln came to a new understanding of the guiding hand of Providence. In this course we will examine the beliefs of Northern and Southern ministers, political leaders, abolitionists, Black leaders and President Lincoln regarding slavery and disunion. We will also look at the morality of the actions they took. Was the South morally justified in seceding? Was Lincoln's decision to go to war morally justified? A year and a half into the war Lincoln instructed his generals to engage in total war. How did it change the Union's conduct during war? How did Lincoln's moral views and concept of God evolve? How did his faith impact his military decisions? How do current day Neo-Confederates view Lincoln from a moral viewpoint? How did the war affect the evolution of Southern Christianity?

Course Type: Lecture and Discussion

Books/Materials: Facilitator will distribute excerpted readings prior to each session

Avi Isseroff is a retired psychiatrist. He has spent over 20 years studying the lives of Charles Darwin and Abraham Lincoln. A veteran facilitator at OLLI in Connecticut and Boulder, Dr. Isseroff has facilitated courses on the Lincolns and the Civil War and The Greatest and Worst Presidents. He recently finished work on a play, "The Lincolns and Darwins in the Afterlife."

Wednesday Afternoon

Geologic History of Boulder County (a field trip class)

Facilitator: Wilson Wiedenheft

8-week Course

Including 6 Hikes and 2 Classroom Sessions

Note: See course prerequisite below. The rocks and landscape of Boulder County tell us much about our geologic history. This course will demonstrate how geologists utilize observations in the field to interpret and reconstruct geologic history. We will review Boulder's history in class and then observe relevant geologic formations in the field. Field trips will include visits to geologic sites near Boulder. Participants are expected to provide their own transportation for the field trips. Carpooling will be used to address restrictive parking at many of the sites. While the hikes are short, often less than 0.5 miles per site, many of the paths are rocky and/or uneven and include elevation gain up to 300 feet. The syllabus contains details on the sites that will be visited for each week.

IN-PERSON COURSES

Mountain View United Methodist Church, 355 Ponca Pl, Boulder, CO

Course prerequisite: This class requires a basic understanding of geology, such as plate tectonics, faulting, erosion, igneous and sedimentary processes. Participants should have completed an introductory geology class before registering. This would include a college level introductory geology class, an OLLI geology class, or a Great Courses class, such as “How the Earth Works” (lectures 1 - 20).

Please note: 2 classes will be held at Mountain View United Methodist Church, 355 Ponca Pl., Boulder: Wednesday afternoons Sept. 14 and Oct. 12; rest of the classes (6) are outdoor hikes.

Course Type: Lecture, Discussion and Field Trips

Books/Materials: This class will utilize two books (which are not required): *The Geology of Boulder County* by Raymond Bridge, 2004 (out of print), and *Geology Underfoot Along Colorado's Front Range* by Lon Abbott and Terri Cook, 2012.

Other notations: Please abide by the noted prerequisites

After spending most of his career directing software and hardware development programs at Motorola, **Wilson Wiedenheft** retired with plans to enter a different field: Science. He completed a Master's Degree in geology at Northern Illinois University (NIU) in DeKalb, IL, in 2014 and began teaching geology adult education courses in NIU's LLI while continuing paleoclimate research. After relocating to Boulder in 2015 Wilson began teaching geology and other science classes for DU's OLLI program.

Message from OLLI at DU East

The promise of a great fall term has been launched! New terms are always exciting for OLLI at DU staff and uplifting and encouraging to our wonderful members. As always, we all enjoy the anticipation of intellectual stimulation our courses offer and welcome opportunities to engage with long-time friends and to meet new ones. OLLI at DU East staff includes me and Dave Johnson and a support network of active, OLLI at DU East volunteers. Working on the Curriculum Committee to help bring you a diverse offering of classes are John Rough, Glenn Gravlee, Shelly McHugh, Linda Lange, Jo Roth, and Paul Simon. Fall term begins the week of September 12. At OLLI at DU East, we will have 6 in-person classes which will meet at Mississippi Avenue Baptist Church, 13231 E. Mississippi Avenue, Aurora, CO 80112. We will also provide six OLLI at DU East online courses and a webinar series. In addition, we will host a kickoff event on August 30, to start the fall term at our site.

We look forward to welcoming you either in-person or to online courses! Please invite your friends and neighbors to join you in registering for OLLI classes. The promise of a great fall term is here!

Maria Elena Garcia, OLLI at DU East Site Manager

MariaElena.Garcia@du.edu

Dave Johnson, OLLI at DU East Site Program Assistant

David.K.Johnson@du.edu

IN-PERSON COURSES

Regis Thornton Campus, 500 West 84th Avenue, Suite B-12, Thornton, CO

Monday Afternoon

History of the Holocaust — Part 1

Instructor: Lance D. Jones

4-week Course beginning September 13th

This course will explore the Holocaust, the organized, state-sponsored attempt by Nazi Germany and her allies to exterminate the Jews of Europe and other groups they found unworthy of life, including the handicapped, Roma and Sinti, Poles, Slavs, Soviet POWs, Homosexuals, political and religious dissenters, and those considered “asocial” between 1933 and 1945.

The perpetrators of the Holocaust, including Adolf Hitler and his upper administration will be discussed, as will the organizations tasked with the implementation of the genocide, including the SS, SA, Gestapo, regular Polizei, and affiliated indigenous collaborationist police and militia will be examined. The role of the Jewish Councils and Jewish ghetto police in the process will also be a topic.

It is important to remember that everything the German state did during the Holocaust was legal under their own system. The complicity of the German legal system was key to this, as was the cooperation of the civil service and the police. A session will be focused on this aspect of the Holocaust.

We will look at the development of the concentration camp “universe” from its relatively humble beginnings in the “wild camps” and the first official camp at Dachau through the literally tens of thousands of small and large camps that eventually spread across Germany and the Occupied Territories, and the death camps of Aktion Reinhard and the flagship camp of Auschwitz-Birkenau.

Open-air shooting actions in the East were a largely unknown part of the genocide which involved more than one million Jews, communists, and others being murdered by gunfire on an individual basis. We will discuss this dynamic at length.

Time will be devoted to the role of women as perpetrators and victims. The different categories of victims will be explained and discussed.

Finally, the post-war trials of the International Military Tribunal and American Military Tribunal will be looked at, as well as later trials in the German courts during the 1960s and the trials still occurring today of the last surviving perpetrators.

Course Type: Interactive Lecture

Books/Materials: Recommended: *War and Genocide* by Doris Bergen

Other notations: This is Part One of a two-part class. It is not necessary to take both parts of the class or to take them consecutively to benefit from the class.

Lance D. Jones is a Museum Teacher Fellow of the United States Holocaust Memorial Museum (USHMM). He has taught the topic of the Holocaust since 2006 and has hosted survivors as speakers on two occasions. He holds two Master’s degrees, including one in History. He works full time for Regis University as the Director of Campus Safety.

IN-PERSON COURSES

Regis Thornton Campus, 500 West 84th Avenue, Suite B-12, Thornton, CO

Monday Afternoon

History of the Holocaust — Part 2

Instructor: Lance D. Jones

4-week Course beginning October 11th

This course will explore the Holocaust, the organized, state-sponsored attempt by Nazi Germany and her allies to exterminate the Jews of Europe and other groups they found unworthy of life, including the handicapped, Roma and Sinti, Poles, Slavs, Soviet POWs, Homosexuals, political and religious dissenters, and those considered “asocial” between 1933 and 1945.

The perpetrators of the Holocaust, including Adolf Hitler and his upper administration will be discussed, as will the organizations tasked with the implementation of the genocide, including the SS, SA, Gestapo, regular Polizei, and affiliated indigenous collaborationist police and militia will be examined. The role of the Jewish Councils and Jewish ghetto police in the process will also be a topic.

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Finally, the post-war trials of the International Military Tribunal and American Military Tribunal will be looked at, as well as later trials in the German courts during the 1960s and the trials still occurring today of the last surviving perpetrators.

Course Type: Interactive Lecture

Books/Materials: Recommended - *War and Genocide* by Doris Bergen

Lance D. Jones is a Museum Teacher Fellow of the United States Holocaust Memorial Museum (USHMM). He has taught the topic of the Holocaust since 2006 and has hosted survivors as speakers on two occasions. He holds two Master’s degrees, including one in History. He works full time for Regis University as the Director of Campus Safety.

IN-PERSON COURSES

Regis Thornton Campus, 500 West 84th Avenue, Suite B-12, Thornton, CO

Tuesday Morning

Understanding Crimes of Vice

Instructor: Don Lindley

4-week Course beginning September 13th

This course addresses the violent, little understood, crimes of Female and Male Prostitution and Pimping and the correlated crimes that are associated with them. Case studies of the crimes occurring in Denver will be presented by the professor who has spent years, in an undercover capacity, on the streets of Denver combating these offences.

Prostitution is a heinous and extremely violent crime involving innocent women in society which is very seldom understood by the majority of citizens. In these presentations attendees will learn the true nature of this offense that more often than not results in the victims' deaths.

Week One: Dr. Don Lindley, Criminologist and Regis Professor will present the true nature of "Pimps" in Denver.

Week Two: Dr. Lindley, Vice Squad Detective will present the true nature of prostitutes in Denver.

Week Three: Current Vice Squad Detective(s) will present the contemporary nature of pimping and prostitution in Denver.

Week Four: The devastating results of victims of prostitution.

Course Type: Lecture

Books/Materials: None

Dr. Don Lindley is an experienced Criminology instructor and student of the discipline. His experiences include 35-years of law enforcement in the Denver Police Department, including several years as an undercover Vice Squad Detective, and over 40-years of teaching at the college-level.

Tuesday Afternoon

Fairytales, Fables, and Fun

Instructor: Pam Jones

4-week Course beginning October 10th

This course is an opportunity to return to childhood and look at favorite fairytales, fables, myths and more. From Aesop to Disney, fairytales, fables, and myths have had an impact on all the world and continue to be pervasive in our culture. During the four weeks we will cover the history of the stories, your favorites, the impact of these stories and some favorite nuances such as recipes, movies, etc. derived from tales such as Cinderella and Rapunzel.

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Course Type: Interactive Lecture and Discussion

Books/Materials: Participants will be asked to bring their favorite books to share with the class.

Pam Jones is an affiliate faculty at Regis University in the Anderson College of Business and Computing and the Manager at CATO Fashion. She holds a Master in Science in Management with an emphasis in Change Leadership and certifications in ASTD training and development from Texas A&M, recruitment, and Myers-Briggs Step I & II. She is an experienced speaker who has offered classes in Customer Service, Business Etiquette, Manners for Children through Aesop's Fables, Resume' & Interviewing Skills, Dress for Success, and many other topics. Pam also teaches several cooking classes and special interest courses, including OLLI. She has been the past program director of the Executive MBA at the University of Houston and as the Trainer/Developer in the Center for Excellence at Casper College. Pam has worked in management in various industries for over 20 years.

Tuesday Afternoon

Understanding Crimes of Sexual Homicide

Instructor: Don Lindley

4-week Course beginning September 12th

This course addresses the heinous crime of sexual homicide. Case studies of the crimes occurring in Denver will be presented by the Instructor and Guest Speakers from the field.

Course Type: Lecture and Guest Speakers

Books/Materials: None

Dr. Don Lindley is an experienced Criminology instructor and student of the discipline. His experiences include 35 years of law enforcement in the Denver Police Department, including several years as an undercover Vice Squad Detective, and over 40-years of teaching at the college-level.

Wednesday Morning

So How Do I Decide?

Instructor: Joseph Cassa, BA, BS, MA

6-week Course beginning September 14th

This course emphasizes involvement of members in decision processes, practical models for decision-making, decision trees, risk analysis, and issues associated with implementation of member(s) decision(s). The class will be practical and focus on members "real world" decisions.

Course Type: Lecture, Discussion, Group Exercises and Role Play

Books/Materials: Recommended: *Hammond*, John S., Ralph L. Keeney, and Howard Raiffa, (1999) *Smart Choices: A Practical Guide to Making Better Decisions*, Harvard University Press, ISBN: 0-87584-857-5.

IN-PERSON COURSES

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Joe Cassa earned a Master of Arts Degree from Regis University with a specialization in Conflict Management and a certificate in Adult Learning, Training and Development. He has facilitated undergraduate and graduate course work at Regis University, School of Professional Advancement, within the Department of Communication. Course facilitation includes conflict management, mediation, negotiation, decision making and persuasion. Joe has worked for a private company as a professional mediator. He retired with 42 years of service in law enforcement. Joe owns a business called IMECS LLC and is the vice president of curriculum development at CWORX LLC.

Wednesday Afternoon

The Power of Brands, Branding and Design to Make our World a Better and More Interesting Place

Instructor: Robert Craig Briggs

4-week Course September 14th

1:00-2:30PM

We live in a world of brands. Most brands reliably satisfy our *needs*, such as cleaning up kitchen spills or fueling our vehicles and toys. Some brands, however, go further by satisfying our *wants* and creating *desire*. How do these dynamic, powerful brands manage to connect more deeply with us? In this 4-part course we will examine how successful brands are created, managed, and refreshed. We will learn about how brands activate our senses to penetrate our psyches and create emotional bonds and even loyalty – through packaging design, corporate identity design and environmental design. Lastly, we will examine how brands live in cultures different than our own and celebrate those differences.

Course Type: Interactive Lecture

Books/Materials: None

Robert Craig Briggs has spent his whole career in creative fields, beginning with advertising. He worked for McCannErickson Worldwide in Atlanta, Hong Kong, Osaka, and Tokyo. Later, Craig moved into branding, joining a private French firm, Brandimage (né Desgrippes-Gobé) and ran their Asia-Pacific operations located in Japan, South Korea, and Greater China. Prior to returning to the US to teach, Craig ran his own branding and design firm, Passionfruit Asia in Hong Kong. At Regis University's Anderson College, he teaches a variety of business, marketing, and branding courses.

IN-PERSON COURSES

Regis Thornton Campus, 500 West 84th Avenue, Suite B-12, Thornton, CO

Thursday Morning

Denver History Uncovered

Instructors: Shaun Boyd, Mark Barnhouse, Dr. Nicki Gonzales, Mitch Morrissey

4-week Course beginning September 15th

The history of Denver holds many secrets and fascinating gems of interest. In the speaker series, four exceptionally qualified individuals reveal and share some of those gems of history.

Session #1 The KKK in Denver

Session #2 Lost Department Stores of Denver

Session #3 Que Viva la Rasa!

Session #4 The History of Crime in the Mile High City

Course Type: Lecture and Discussion

Books/Materials: None

Shaun Boyd has been the Curator of Archives at History Colorado since 2018. In addition to Colorado history, Shaun is interested in women's history, the progressive era, the history of newspapers and cemeteries. She has done extensive research on the Ku Klux Klan in Denver.

Denver native **Mark Barnhouse** has published seven history books on Denver and leads walking tours for the annual Doors Open Denver celebration of the city's-built environment. Mark's book, *Lost Department Stores of Denver* was published in 2018.

Dr. Nicki Gonzales is the Vice Provost for Diversity and Inclusion and a Professor of History at Regis University. In 2021, Dr. Gonzales was named as the Colorado State Historian, and is the first Latina to hold that role.

Mitch Morrissey was elected as District Attorney of Denver in November 2004 and is internationally recognized for his expertise in DNA technology as it applied in criminal prosecutions. His newest book is *History of Crime in the Mile High City*, views the history of Denver through the lens of law enforcement.

Thursday Afternoon

International Mental Health: Building the Field of Counseling in Ukraine

Instructor: Joshua Kreimeyer PhD, LPC, LMFT

4-week Course beginning September 15th

For the people of Ukraine, their most recent war started in 2014. Dr. Joshua Kreimeyer was then part of a team that answered a call to help train people in trauma-informed care. From these roots, the apparent and urgent needs necessitated a larger vision, and this vision grew to become the first ever Master's degree in Clinical Mental Health Counseling and Trauma therapy. This incredible work literally has encompassed building a previously non-existent field, that has met critical needs for the peo-

IN-PERSON COURSES

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ple being traumatized today. In this course you will learn more about this story to include effectively working cross-culturally: How to avoid cultural imperialism in international work; Vision casting: setting the rudder of your ship for maximum impact; and of course, hearing and learning from first-hand accounts of the Ukrainian people and their amazing perseverance and resilience, a story that will inspire all who hear, to be the best humans possible.

Course Type: Lecture, Discussion, and Small group activities

Books/Materials: None

Dr. Joshua Kreimeyer graduated from Mankato State University (the “big town” from the show Little House on the Prairie) with a BS in Recreation. From there he enlisted in the US Army as a Cryptologic Linguist. He and his family served in California, Texas, and Germany with side excursions for him to Kosovo (2000) and Iraq (2003). After the military, he transitioned into the field of Counseling (MAC, 2007). He also obtained a post graduate certificate in Marriage and Family Therapy (Regis, 2011). He has worked in community-based outpatient clinics, private practice, a residential drug and alcohol program within the US Bureau of Prisons, as a Family Therapist within the VA, and several years as a Clinical Supervisor. Dr. Kreimeyer has taught for Regis University since 2012. He holds a PhD in Counselor Education and Supervision through Regent University (2019).

Through his studies at Regent University Dr. Kreimeyer has participated in groundbreaking efforts to bring the field of trauma-informed counseling to mental health providers in the war-torn country of Ukraine. His team helped to build the charter MA Counseling (IRCEP, 2020) program there, and they have recently been asked to help replicate this work in other countries in the region. He has also served recently as a contractor with the United Nations International Office for Migration to help train mental health workers there in trauma-informed care and also provide experiential retreats for Ukrainian military families.

IN-PERSON COURSES

Ken Phillips' Studio

5115 Federal Boulevard, Suite 14, Denver, Colorado 80221

Saturday Morning

“Illustrated Manuscripts: Exploring My Life’s Story” a six-week biographical journey using artist’s journaling methods and techniques

Instructor: Ken Phillips

6-week Course beginning September 17th

Artist journals combine writing and various media (drawing, watercolor, pastel, collage, etc.) with the purpose of exploring ideas and making visual record of experience. We will explore elements of our own life story and experiences using various media and written reflections, all bound in journal format. No artistic experience required, but willingness to reflect, write, and explore media is essential. Some work outside class is required each week.

Course Type: Lecture, Discussion, and Hands-on studio/laboratory

Books/Materials: Students are asked to supply assorted magazines, print material, different kind of papers for collage, memorabilia, personal photos. Instructor will supply some essential studio materials beyond what students bring to use/share

Materials Fee: \$20.00

Ken Phillips recently finished a 35-year career at Regis University in the areas of Ministry, Mission, and Art. He received his MFA from Bowling Green State University in Ohio in printmaking, ceramics, and creative writing. For more than four decades he has worked in fabric art doing large scale hangings for churches, conferences, and events, as well as in a variety of other media. He is the author of two books of liturgical and seasonal reflections and poetry and continues to produce paper and fabric works that center on myth and personal story. He has kept art journals in various forms for most of his life. This course is taught in his studio.

End of In-Person Courses

ONLINE COURSES — MONDAY PM

Monday Afternoons

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

Famous Trials

Facilitator: Neil Adelman

8-week Course

Famous trials, from the trial of Socrates in 399 B.C. to the 2021 trial of Derek Chauvin for killing George Floyd, are not just legal events. They are windows to the history, culture, and issues of their time. We will explore 8 of these trials in this class. Our principal source will be the Famous Trials website (<https://famous-trials.com>), which contains background material, actual trial documents and other resources for 80 historically important trials. During our first two classes your facilitator will select the trial, prepare discussion points and lead our discussion. For our remaining six classes, class members will have the opportunity to select trials of their choice, and, with the assistance of the facilitator if desired, prepare to lead and lead the class's discussion of the chosen trials.

Course Type: Discussion

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged and that class members are encouraged to be discussion leaders in the last six weeks

Neil Adelman is a retired attorney who has just moved to Denver from Chicago but has been an OLLI member and facilitator in Northwestern University's OLLI program in Evanston, Illinois for 18 years. In that program of shared inquiry he facilitated classes on history, law, opera, film, and religion and as a class member led discussions on these and other topics. He has lectured on opera for many years, including as a community lecturer for Lyric Opera of Chicago for 11 years. And he has spoken on various topics at synagogues and men's' clubs in the Chicago area and Naples Florida. He has taken classes in our OLLI program since the fall 2021 term and is looking forward to being an active member in Denver.

Short Stories Around the World

Facilitator: Judith Vlasin (Master Facilitator)

8-week Course

Would you like to read a story that makes you feel amazed and transforms your relationship with reading? Or read one that gives you a quiet sense of reflection and beckons to you from memories of the past? How about reading a story that challenges your view of the future? Short stories provide a genre quite different from the experience of reading a novel or a news source. They may present to you any of these personal encounters or all of them at once.

Join us as we embark on the armchair experience of traveling into the minds and cultures of distant lands; listen and learn as we discuss our opinions, thoughts, and feelings about this often-underestimated genre of literature.

Course Type: Discussion, Lecture, and Media

Books/Materials: Stories will be emailed to participants

ONLINE COURSES — MONDAY PM

Other notations: Video appearance and discussion is highly encouraged

Judith Vlasin is happily retired after having taught language arts, English, film, and composition to high school students for 42 years. After discovering OLLI nine years ago, she has taken and facilitated many classes, has an active interest in the genre of the short story, and reads so many that when asked what she is reading at the moment, her friends will often say, “Don’t tell me. I already know. You’re reading short stories.”

“Much Ado About Nothing” at the DCPA: Know Before You Go

Facilitator: Sheila Jones (Senior Facilitator)

4-week Course beginning September 12th

In announcing the DCPA’s 2022-2023 season, Artistic Director Chris Coleman said, “I wanted the next Shakespeare that we tackle after the pandemic to be joyful and celebratory, and ‘Much Ado’ absolutely affords that.” Under his direction, this comedy to be performed on the Kilstrom Theatre stage Sept. 30-Nov. 6, 2022, will delight with its witty banter as Beatrice and Benedick sling their insults at each other and Hero and Claudio confront dastardly deceptions to address society’s preconceived notions of how to love and the value of trust.

This 4-week + 1 class will prepare theatre-goers by addressing some the questions actors and directors must address as they prepare to perform – for example, how is the critical role of language used in the play; what are the themes and symbols that still resonate in 2022; what are the techniques of comedy that have made this play one of Shakespeare’s most beloved comedies; and of course, what is the “nothing” this play is all about. This class will raise a Shakespeare lover’s anticipation to watch how the answers unfold on the stage or in the various movie productions available online.

Note: The class itself will run the first four weeks of the term. However, I plan to schedule one additional meeting at the end of the term for those in the class who attend the DCPA production to meet, perhaps in an in-person coffee klatch, to discuss, review, and share their reactions to and impressions of the DCPA production.

Course Type: Discussion, Media, and Guest Speakers

Books/Materials: Recommended: “Much Ado About Nothing.” A free pdf is available at https://shakespeare.folger.edu/downloads/pdf/much-ado-about-nothing_PDF_FolgerShakespeare.pdf

Other notations: Video appearance and discussion is highly encouraged; Class members may choose to attend the DCPA production of “Much Ado About Nothing,” at their own time and choosing, when it is performed in the Kilstrom Theatre from Sept. 30-Nov. 6.

Sheila Jones, a retired English/Journalism teacher, enjoys exploring literature, especially Shakespeare, and probing critical issues of today’s complex world, while sharing the fun with others. From mentoring high school media advisors to participating in and facilitating classes with OLLI, Sheila still loves the classroom where acquiring knowledge opens doors to the past, the present, and the future.

ONLINE COURSES — MONDAY PM

American Domestic Public Policy: Triumphs and Failures, 1900-2021

Facilitator: Dennis Johnson (Senior Facilitator)

8-week Course

A look at how national policymakers (Congress, President, Supreme Court) have created landmark domestic policy; what they have failed to do; and how they have addressed the most pressing stresses on society. This broad-ranging course looks at American history from 1900 until today.

Course Type: Mostly Lecture with room for Discussion

Books/Materials: Course outline material (along with syllabus) will be available during class. Recommended, not required.

Dennis Johnson has taught several OLLI courses in previous years. He is professor emeritus at George Washington University and the author of seven books and editor of four others. This course is based on his latest book, *Making of America: Federal Domestic Policy Achievements and Failures, 1900 to 2021*, which will be published in 2022.

Partisanship

Facilitator: Christina Bauer (Senior)

8-week Course

This course will examine partisanship in the United States from an analytical perspective while our country is embroiled in a highly partisan and divisive election. We will read 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. Haidt develops a theoretical framework based in his field of social psychology to explain the human tendency to faction. We will also read and discuss additional materials that address or illustrate partisanship from different political perspectives. Finally, we will generate guidelines for communicating across partisan dividing lines.

Course Type: Lecture and Discussion

Books/Materials: Required: *The Righteous Mind: Why Good People Are Divided by Politics and Religion* by Jonathan Haidt (Vintage Books, 2012), ISBN: 978-0-307-45577-2.

Participants will want access to the Haidt book since we will discuss it in detail; all other materials will be online or provided by the facilitator.

Other notations: Video appearance and discussion is highly encouraged

Christina Bauer is a retired lawyer and lifelong student and participant in politics and government. She has taught immigration law, literature and current events classes for OLLI and is now a Senior Teacher. She is passionate about life-long learning and has been a happy part of the OLLI community for over five years. Bauer's goal while facilitating is to engage the class in discussion: that's what OLLI is about!

ONLINE COURSES — MONDAY PM

Active Minds

World Events

Presenters provided by Active Minds

4-week Course beginning September 12th
1:00-2:30PM

Week 1 - The Evolution of NATO

Created after World War II, the North Atlantic Treaty Organization (NATO) played a pivotal role in fighting and ultimately winning the Cold War. Subsequently, NATO took on different roles in countries like Bosnia and Afghanistan. Recently, the role of NATO in Europe has been highlighted in the aftermath of Russia invading Ukraine. Join Active Minds as we take a look at the triumphs and challenges of NATO and how it continues to adapt to the 21st century landscape.

Week 2 - Russia Invades Ukraine

Under the leadership of Vladimir Putin, Russia invaded Ukraine on February 24, 2022. Putin's leadership of Russia for the past 20 years demonstrates a return to an authoritarianism that, for some, feels similar to the days of Soviet control and the Cold War. Join Active Minds as we go beyond the headlines to provide the context to understand the story of Russia under the influence of Vladimir Putin and how it has led to the warfare currently playing out in the sovereign nation of Ukraine.

Week 3 - Taiwan

As China continues to increase its global power and influence, it is becoming a potential threat to the island of Taiwan. Over centuries, various powers have claimed control of Taiwan, including the Portuguese, Dutch, Japanese and Chinese. In 1949, with the victory of Mao's Chinese Communist Party, US-supported Chiang Kai-Shek and his KMT Party fled China to Taiwan, where the US provided ongoing military protection. Join Active Minds as we look at the history of Taiwan and what the future may hold as this story continues to unfold.

Week 4 - Turkey

A failed coup attempt, and a flood of refugees have challenged the leadership of Turkey's President Erdogan. A strong U.S. ally during the Cold War, Turkey is now one of the world's largest Muslim democracies. Join Active Minds as we explore Turkey's past and current challenges, including its struggles with its Kurdish minority, its role in the rise of ISIS, and what appears to be its warming relations with Russia.

Course Type: Lecture

Books/Materials: None

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.

ONLINE COURSES — MONDAY PM

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

Facilitator: Vince Markovchick MD (Senior Facilitator)

4-week Course beginning October 10th

This discussion will consist of four 2-hour sessions that will cover the following subjects:

- Where does US Health Care 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 your money goes to waste, fraud, and abuse?
- What does “Single Payer” mean?
- How do insurance companies control who they insure?
- How much of cost goes to administration?

The goal of these sessions 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 and Discussion

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Dr. Vince Markovchick 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 then completed his residency at the University of Chicago, 1976. He is a former Director of Emergency Medical Services at Denver Health where he practiced for 32 years. He is a Past President of the American Board of Emergency Medicine and 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 healthcare comes from the myriad of patient encounters he has had in the Denver Health ED, many who had serious illness and injuries but 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.

Food, Glorious Food — Past Present and Future

Facilitator: Larry P. Canepa

3-week Course beginning September 12th

Food is one of the most glorious ways to gather. It brings people together in an environment where each has an individual seat, but all share one table- a fitting metaphor for a world in which we are all unique yet share a common humanity. Many of our food traditions are shaped not only by culture,

ONLINE COURSES — MONDAY PM

but by religious belief. Across the world, people make the choice to eat or avoid certain foods based on the laws of these beliefs, leading to a vast collection of fascinating, culturally and theologically significant foods. Because of this, sharing food with those of cultures and beliefs dissimilar to our own can help us to learn more about others, grow closer to our global community, and become more sensitive to the differences between cultures. In celebration of this culinary diversity, we will look at the sacred and secular dietary practices from all over the world from ancient to contemporary.

Course Type: Lecture and Discussion

Books/Materials: None

Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education and ‘food-tainment’ into every class and event.

Food Fables and Superstitions

Facilitator: Larry P. Canepa

3-week Course beginning October 3rd

Our world is filled with fables, superstitions, lore, and stories about food. Food also frequently comes up in superstitions from time to time, with the most commonly recited beliefs involving garlic and salt to ward off vampires and danger.

Food has seeped into our consciousness at a very early age – through folktales, parables, fables, rhymes, and bedtime stories.

People have been inventing myths about food for about as long as they’ve been preparing meals. Common culinary folklore can range from relatively sensible cautionary tales to far more inventive notions—and they can be mysterious, comical, intriguing, and always, delicious.

Every taste has a tale, every ingredient a story. Pasta carbonara’s origins provoke speculation and debate, Tiramisù has a sultry past, Parmigiano and Prosciutto have been engrossed in fraud and scandal. Join me as I explore these food fables and share a few of my own.

Course Type: Lecture and Discussion

Books/Materials: None

Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education and ‘food-tainment’ into every class and event.

The Roadmap to 100: The Science of Living a Long and Healthy Life

Instructor: Joseph Brady

4-week Course beginning September 12th

From the ancient Taoist alchemists to modern molecular biology, the science of gerontology has sought after mankind’s oldest dream, to live to a ripe old age with the health and vigor of youth. Closer now than ever before, many scientists believe we are on the cusp of dramatically altering

ONLINE COURSES — MONDAY PM

the way we age, and many like former Surgeon General C. Everett Koop believe we already have the knowledge to empty half the hospitals and half the nursing homes in the country. This course is designed to be a survey of the science of healthy aging. From the genetics of aging to exercise physiology and combating sarcopenia and maintaining functional ability to the extension of lifespan by nutrient density and diet, learn what can be done now to ensure a healthy longevity. Last, but not least we will explore the psychology of optimal experience, the cultivation of wisdom and improving the quality of life.

Course Type: Lecture and Discussion

Recommended Book: The text for this class is: *The Roadmap to 100: The Breakthrough Science of Living a Long and Healthy Life* by Walter M. Bortz II MD (Author), Randall Stickrod (Author). New and used books available through Amazon.com, and the Tattered Cover bookstore.

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a national board certified practitioner of Oriental Medicine. Adjunct Professor at the University of Denver and the Colorado School of Traditional Chinese Medicine, Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for twenty years. Joe has written many articles on healthy aging for the Rocky Mountain News and has presented at many scientific conferences and has lectured and presented research at the Oxford Union Debating Hall and Harris Manchester College, Oxford University U.K.

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

Facilitator: Catherine Beeson

8-week Course

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.

Course Type: Lecture and Discussion

Books/Materials: None

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 — MONDAY PM

A Brief Introduction to Western Art History and Visual Literacy

Instructor: Dr. Daria Bottan

6-week Course beginning September 12th

The goal of this class is to provide a non-intimidating introduction to thinking about art, putting it into a larger cultural perspective and enjoying it. The goal is also to increase visual literacy which like any form of literacy requires practice. The class will largely draw examples from Western art (from ancient Rome to contemporary art and furniture). We will start with examples of why visual literacy is important, continue into philosophy of art and eventually discuss various artworks/artists (stories behind them, impact, cultural importance).

The class will be structured in the following way: the material will be delivered in a lecture with a heavy element of discussion (polls, breaking into smaller groups, discussing all together). The discussion will be centered around impressions and thoughts on topics where there is no right or wrong answer, but the reflection can be insightful. The journey of inquiry is more important than the arrival to a firm conclusion. There will be additional optional readings and optional writing prompts to work on outside of the classroom (1-2 hours a week). There will also be a field trip to Denver Art Museum during the class and a bonus trip to Denver Contemporary Art Museum after the class is over.

Course Type: Lecture with elements of discussion and one field trip to Denver Art Museum

Books/Materials: None

Daria Bottan is originally from Russia and has been living in the United States for 9 years. Dr. Bottan has a Ph.D. in Economics from University in Rome, Italy and has many years of experience teaching as a professor at the college level (including at Cornell University). Her main passions are education and art.

The Operas of Mozart

Instructor: Gordon Kalton Williams

5-week Course beginning October 3rd

In the last months of his life Mozart premiered two operas that indicate the range of his operatic achievements — “La Clemenza di Tito,” one of the last operas in the opera seria genre, and something more novel: “The Magic Flute,” a comic opera or singspiel that concealed deeper meaning beneath its entertaining surface. These works, considered alongside the three great operas co-authored with Lorenzo da Ponte, “The Marriage of Figaro,” “Don Giovanni” and “Così Fan Tutte” (as well as some earlier operas) will be surveyed in this five-week course that asks what makes the greatness of the operas of Mozart.

Course Type: Lecture

Books/Materials: None

Gordon Williams has taught the classes “Musical Adaptations from Shakespeare,” “Friends Across the Pacific: the US and Australia,” “How Music Reflects Culture,” and “The Operas of Wagner” for OLLI at DU. An experienced writer, he wrote the libretto for “Journey to Horseshoe Bend” (composer: Andrew Schultz) performed at Sydney Opera House, and new dialogue for the Sydney Symphony Orchestra’s revival of Australia’s first opera, “1847’s Don John of Austria.” He is a contributor to the international online opera magazine, “OperaWire” and has lectured at other OLLI campuses in California and Hawaii.

ONLINE COURSES — MONDAY PM

Matinee at the Bijou – Cary Grant and Friends

Facilitator: Mac McHugh (Platinum Facilitator)

8-week Course, 12:40 to 3:00 PM

Mention Cary Grant and what comes to mind? Is it his Hitchcock suspense movies like “North by Northwest”? Is it his adventure movies like “Gunga Din”? Or is it his screwball comedies like “His Girl Friday”? We will leave the Hitchcock thrillers to our Hitchcock class and focus on his screwball comedies. These pictures are frequently cited among the greatest comedy films of all time. With so many movies to choose from we will have to cover his library of films in two Bijou courses. This time Cary Grant will have run-ins with a leopard, a society girl, peculiar relatives, a high school bobbysoxer, college professors, a housekeeper on a houseboat, and a gaggle of schoolgirls marooned on a south sea island. We will watch Grant’s superb sense of comic timing and his acrobatic skills as he takes a light-hearted approach to acting. In the 1940s he became the original “free agent” and remained independent from the dreaded seven-year studio contract. We will see how that independence helped him obtain so many excellent roles.

Course Type: Movies and Discussion

Books/Materials: None

Mac McHugh, Platinum 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 lifelong movie buff.

OLLI at DU-on-Campus Weekly Webinar Presentations

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

Included with your Fall \$140 Membership fee.

Register in advance separately for each individual webinar.

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

Mother Mary Jones: The Most Dangerous Woman in America

Presenter: James Walsh

Monday, September 12th

This webinar will examine the life and legacy of Mother Mary Harris Jones, one of the most fierce voices for workers’ rights in American history. Together, we’ll look at Mother Jones’ Irish roots, the tragedies that transformed her life, and her incredible decades-long work on behalf of miners and working-class communities across the U.S.

RECOMMENDED ADDITIONAL READINGS: Elliott Gorn, *Mother Jones: The Most Dangerous Woman in America*

James Walsh is an Associate Professor in the Political Science Dept. at the University of Colorado Denver, where he has taught for the past 24 years, specializing in Labor, Immigration, and the Irish Diaspora. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer organic community theater whose mission is to use the stage to preserve working class stories.

ONLINE COURSES — MONDAY PM

(Weekly Webinar Presentations continued)

Influential Women in the Last 75 Years of Popular Music

Presenter: Robert Joyce

Monday, September 19th

It hasn't always been an easy path to become a successful woman in popular music. Most certainly while under the scrutiny of the "public eye" or as the moral compass of America spins in various directions. This lecture will investigate the music and lives of some of the women who paved the way for generations of talented performers to come; taking on the comments from critics and detractors, breaking through the glass ceilings, and pushing creative boundaries for all artists in the most of innovative ways. The careers of some of the most talented women and groundbreaking musicians of the last 75 years will be examined with audio and video examples.

Robert Joyce has over 30 years of teaching in higher education at Augustana University and also the University of South Dakota. Joyce is also a popular OLLI instructor with a history of over twelve years of presenting courses in jazz, blues, and rock to Osher Lifelong Learning Institute members throughout the United States. He is also an accomplished composer, producer, author, and concert promoter.

Robert has been the Executive Director and provided his administrative expertise for a number of non-profit organizations, including the Rapid City Arts Council, Dahl Arts Center, as well as the Sioux Falls Jazz & Blues Society, for which he served for the latter for over twenty years. Joyce holds his B.A. and M.A. from Augustana University, and he makes his home in Sioux Falls, South Dakota.

Classy Ladies – Women Composers of Fine Music

Presenter: Betsy Schwarm

Monday, September 26th

The guys get most of the attention, but even in the times of Mozart, Beethoven, and beyond, there were always women composers of fine music. Some made a lasting mark, and music historian Betsy Schwarm will share perspectives – with numerous musical examples. Many folks already know the name of Clara Schumann, and perhaps Amy Beach. Let's add Florence Price, Germaine Tailleferre, and Rebecca Clarke, as well as names from the current generation of fine composers. They can hold their own amidst the guys, both with performers and with listeners. Cherchez la femme!

Betsy Schwarm: Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music: Betsy Schwarm 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.

Return of the Corn Mothers: Inspiring Stories of Wise Women of the Southwest

Presenters: Renee Fajardo and Ed Winograd

Monday, October 3rd

Celebrated by indigenous Pueblo peoples throughout the Southwest, the Corn Mother represents Mother Earth, and the cycle of life. She speaks to all people, worldwide about perseverance. Inspired, by the symbolism of this revered icon, Fajardo, along with a talented team, spent 15 years creating *Return of*

ONLINE COURSES — MONDAY PM

(Weekly Webinar Presentations continued)

the Corn Mothers. Through stories and photographs, this multi-cultural, multi-generational endeavor thus far has honored 70 Southwest women. Their narratives speak to us about the ability to overcome despair, to stand strong, to build community, and to believe in tomorrow.

This webinar, coinciding with a yearlong exhibition at History Colorado, will highlight these inspiring women and encourage audience members to rethink, recount and record the stories of their own “Corn Mothers”.

Renee Fajardo is a mother of seven and a cultural activist who has spent the past 30 years preserving and promoting the rich heritage of Colorado’s multi-cultural communities through her work as a storyteller and writer. She has co-authored the numerous books in the *Tummy Tale* series (*Holy Mole Guacamole* plus seven other books) that preserve family food traditions of Colorado. She is the co-founder of the Return of the Corn Mothers project, a national traveling exhibition that highlights women’s stories from the Southwest. Since 2010 she has been the director of the Metropolitan State University Chicana/o Studies, Journey Through Our Heritage program.

Ed Winograd is a literary and technical editor and writer, a songwriter, oral storyteller, and Spanish-to-English translator. Several of his original tall tales are about Uncle Will, “the man who never met a gadget he didn’t like.” He has edited and done Spanish translations for eight *Tummy Tales* books and has written stories for seven of them. He has written four songs that have appeared on folk /country /Americana CDs. Ed lives in Broomfield, Colorado with his wife Marilyn and their dog, Gracie Mae.

Preserving Tradition: Influence of Women and Food on Culture

Presenters: Renee Fajardo and Ed Winograd

Monday, October 10th

In 1996, Renee Fajardo, and Carl Ruby, published, *Holy Molé Guacamole! & Other Tummy Tales*. Two decades later, along with team members, editor Ed Winograd, illustrators Arlette Lucero & Holly Wasigner, they have created a Colorado legacy the *Tummy Tales Series* (*Pinch A Lotta Enchiladas* (2002), *Chili Today, Hot Tamale* (2005), *Ole!;Posole!* (2006), *Frijoles, Elotes, y Chipotles, ¡Oh My!* (2016), *Biscochitos for Mis Jitos* (2018), *No Pepperonis! Just Chicharrones!* (2021) and *An Avocado, Taco, Nacho Kind of Day* (spring 2023). The multi-cultural family food tale recipe books, feature over 30 authors, celebrating diversity and our ability to bond to each other through food.

Renee Fajardo is a mother of seven and a cultural activist who has spent the past 30 years preserving and promoting the rich heritage of Colorado’s multi-cultural communities through her work as a storyteller and writer. She has co-authored the numerous books in the *Tummy Tale* series (*Holy Mole Guacamole* plus seven other books) that preserve family food traditions of Colorado. She is the co-founder of the Return of the Corn Mothers project, a national traveling exhibition that highlights women’s stories from the Southwest. Since 2010 she has been the director of the Metropolitan State University Chicana/o Studies, Journey Through Our Heritage program.

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ONLINE COURSES — MONDAY PM

(Weekly Webinar Presentations continued)

Judge Jane Bolin: A Pioneer for African American Women in the Legal Profession

Presenter: Jacqueline McLeod

Monday, October 17th

Jane Matilda Bolin was an African American woman of many firsts, who became the nation's first African American woman judge in 1939. Her appointment in 1939 inaugurated milestones that have culminated in the nation's first African American woman U.S. Supreme Court Justice eighty-three years later from preparation to practice. Her experience in the legal profession reflects those of African Americans in general and African American women in particular, whose inroads were won despite great obstacles of race and gender. Her commitment to social justice is a legacy imprinted on the life stories and legacies of African American women who came after her in the legal profession.

Jacqueline McLeod is Professor of History in the Department of History and Department of Africana Studies at Metropolitan State University of Denver. She earned her Ph.D. in Comparative Black History from Michigan State University, and her law degree from University of Toledo, College of Law. Among her current research projects, she focuses on a comparative history of female jurists of the African Diaspora; the migration patterns and experiences of Anglo-Caribbean women to the United States; and ethnic integration through higher education in Ethiopia. Her published works include *Daughter of the Empire State: The Life of Jane Bolin* (which examines Judge Bolin's lived visibility within the professional and political milieu of New York City before the onset of the modern civil rights movement); and *Crossing Boundaries: Comparative History of Blacks in Diaspora*, which she co-edited with Darlene Clark Hine.

Why is it so tough to improve public schools? My journey to effect change!

Presenter: Elaine Gantz Berman

Monday, October 24th

Elaine has worked for the past 30 years to improve the public schools in Denver as a foundation program officer, a DPS school board member and a state board of education member. After a total of 16 years on both governing boards she has continued to help recruit and raise money for candidates to run for the school board. She now is taking her advocacy to a new level. The idea is still in formation. At our session, hear Elaine's journey, why it's been so tough to effect change and the latest in her advocacy efforts.

Elaine Gantz Berman has dedicated her professional work and community service to improving the lives of Colorado's children. Elaine has served as a trustee at MSU Denver, elected twice to the Denver School Board, and served for an additional eight years on the state board of education. Prior to elected office, Elaine worked for 18 years as a program officer at the Denver-based Piton Foundation, now called, Gary Community ventures. Her portfolio included a wide spectrum of children's issues including adoption, child advocacy, child poverty, teen pregnancy, child health, and public education. She has served on numerous not-for-profit boards and commissions and helped to found the Colorado Trustee Network, the Colorado Children's Campaign, the Adoption Exchange (now called, Raise the Future), the Colorado Non Profit Development Center and the Colorado Education Initiative. She has been a strong advocate for children and has also used her personal philanthropy to support these causes and organizations.

Elaine's life and work have been strongly influenced by her Cuban born mother, as well as her two year stint in Cali, Colombia with her husband, Steve, where they both worked in community health centers. She is fluent in Spanish, has two adult sons and two grandchildren.

ONLINE COURSES — MONDAY PM

(Weekly Webinar Presentations continued)

Talking About Death Won't Kill You

Presenter: Jamie Sarche

Monday, October 31st

We live in a society that says, “don’t talk about death, don’t think about death.” However, aside from birth, death is the only experience all of us will have. We can live more authentically, more fully, and more deeply connected to people we love if we learn to talk about it.

Jamie Sarche’s calling is helping people be less afraid of death. By arranging for them to provide their loved ones with a planned and funded funeral or memorial service, she helps her clients create a path for their loved one’s bereavement, long before it’s needed. And by facing their mortality, her clients can live better, more meaningful lives.

A seasoned speaker, she brings deep experience in death care to a broad range of audiences around the country, sharing insights and approaches on how to have those difficult conversations and how to address sensitive issues. Extending well beyond death and dying, her message resonates across industries and individuals, bridging her passion to demystify death while enlightening communicators on overcoming challenging conversations.

Message From OLLI at DU West

Welcome to OLLI at DU West 2022 Fall Semester. I am Sherry Feinbaum, the new OLLI at DU West Interim Site Manager. We are excited to offer an amazing line up of both 13 in-person and 10 on-line classes during this 8-week semester. Our in-person courses meet at the Jefferson Unitarian Church located at 14350 W 32nd Avenue, Golden, CO 80401.

All of our courses are taught by volunteer facilitators who are passionate about their subjects and work hard to bring our members a stimulating and fun environment for learning. Our curriculum committee (also volunteers) have worked hard to make this selection of classes available to our members.

Our curriculum committee is chaired by Bob Magnani and Jim Keller. The other members of our committee are: Dixie Vice and Larry Tannenbaum, Arts & Literature; Tom Hughes, Current Events; Jamie Cookinham, History and Economics; Sue Crichton, Philosophy, Religion, Psychology; Fran Fraser, STEM; Deb Bollig, Well Aware; and Kathy Magnani, Extracurricular.

We are looking forward to seeing you in the fall — whether at an in-person course or a Zoom room for the online courses!

Sherry Feinbaum, OLLI at DU West Interim Site Manager
sherry.feinbaum@du.edu

Kim Penoyer, OLLI at DU West Site Program Assistant

John Lungerhausen, OLLI at DU Operational Assistant
John.Lungerhausen@du.edu

ONLINE COURSES — TUESDAY AM

Tuesday Mornings

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

Black Americans in the West

Facilitator: Terri Gentry

4-week Course beginning September 13th

In the three-part webinar series on *Black Americans in the West*, we will explore the history of the migration West that began before the Civil War and through the present-day. Many stories will include individuals and family members, Black cowboys, ranchers and farmers, miners, explorers, educators, business owners, and professionals. There will be highlights of stories, including Denver's Five Points Neighborhood, and the farming community of Dearfield. The webinars will cover approximately 1850 - 1910, approximately 1910 - 1970, and 1970 through present day.

The fourth meeting session in the series, includes a visit to the Black American West Museum and Heritage Center located in Denver. Museum entry fee will be \$10.

Course Type: Lecture, Discussion, Media, and Field Trip

Books/Materials: None

Other notations: \$10.00 Entry fee to Museum

Terri Gentry is a Volunteer Docent and on the Board of Directors at the Black American West Museum & Heritage Center. She is a 3rd generation Colorado native. She is married to Dwight Gentry, with four children, and nine grandchildren. She has a bachelor's degree in African/African American Studies from Metro State College (University) of Denver, and a Master's degree in Humanities, with focus on: Public History & Museum Studies from the University of Colorado Denver. She is a member of Alpha Kappa Alpha Sorority, Inc. Aurora, CO chapter.

She conducts museum tours and, the Five Points Walking Tour, and she facilitates presentations about Black Americans in the West, and other topics to schools, communities, government agencies, and businesses throughout the Denver Metro area, and Front Range communities.

The Road to Secession; What led to division in 1860-1861?

Facilitator: Tom Kleinschmidt

4-week Course beginning October 11th

In the current political atmosphere, there is much discussion of a divided nation. There was a time that division in this country was even worse. In fact, the country was so divided that in 1860-1861 eleven states seceded from the Union, which directly led to the Civil War. What caused the nation to divide so badly that states seceded from the Union only 72 years after the US Constitution went into force? There were many issues that caused division between the North and the South such as states' rights, tariffs, etc., but slavery was, by far, the largest issue dividing the country.

This class will be a discussion of the issues and crises that began early in our nation's history, and which festered to the point that the Southern states seceded. The discussion will include the economic, political, cultural, and demographic changes that fueled the sectional division.

Course Type: Lecture with Some Discussion

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Books/Materials: No Books or materials are required. Initially a list of recommended readings will be provided. During the class other recommendations may be provided based on interest shown.

Other notations: Participant Video appearance and discussion highly encouraged

Tom Kleinschmidt earned a Bachelor of Science degree from Kearney (Nebraska) State College, which is now called the University of Nebraska-Kearney and an MBA from the University of Alaska Fairbanks. Tom worked for Caterpillar, Inc., and its dealers for over 35 years arranging financing for equipment and projects. He spent the last 15 years arranging financing for power generation projects in the United States and 11 other countries. A life-long history-buff, Tom has read extensively in eighteenth- and nineteenth-century American History.

Four Asian Religions

Facilitator: Dan Putman, PhD (Senior Facilitator)

8-week Course

This class is an extension and revision of the course I have taught for OLLI in the past. This will have two more classes. I will cover Zoroastrianism and cover Hinduism and Buddhism in more detail. I will also bring in more information about Confucianism and Taoism. The original description follows.

When the word “God” is mentioned, most people in the West automatically assume a particular concept of God. The Asian religions challenge that concept. In this class we will look at the Hindu concept of Brahman, the Buddhist concept of Nirvana, the Taoist concept of Nature, and the Confucian practical concept of how religion ties into social mores. One of the ideas Westerners need to think about is whether it is helpful to consider a different word than “God” when speaking of Eastern religions. By Western standards, are some of these actually “religions” or is our definition too narrow? You will find many questions arise from the challenge of Asian religions. This will primarily be a philosophy course about the ideas involved in the Asian religions. Personally, I have found the Asian religions a rich challenge to the beliefs with which I grew up and they have opened the door to other ways of seeing the world.

Course Type: Lecture and Discussion

Books/Materials: Materials will be emailed by the Facilitator

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.

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Full-Respect Living: Explorations in Emotional Maturity in Individuals, Families, and Culture

Facilitator: Ron Benham

8-week Course

This class will take a Jungian/Multigenerational Family Systems look at the interaction between emotional development and civic behavior. Topics explored in this class will include:

- Parenting and the emotional development of children.
- Tools that foster emotional growth
- How to recognize and respond to emotionally immature individuals
- Emotional climate and problem-solving in groups and families
- Level of emotional maturity and self-deception
- Collective emotional immaturity, mass movements and oppression
- Emotional maturity and spirituality

Course Type: Lecture and Discussion

Books/Materials: Materials will be emailed by the Facilitator

Other notations: Participant Video appearance and discussion highly encouraged

Dr. Ron Benham specializes in couples' work. He works with men and women who have experienced childhood sexual abuse and the complications this creates for adult relationships. In a past career Ron was an airline pilot, corporate pilot, and flight instructor. He has a special interest in how couples' skills can be applied to air crew settings as well as the role of emotional immaturity that can undermine aviation safety.

Voice Dialogue and the Language of Inner Selves

Facilitator: J. Tamar Stone

2-week Course beginning September 13th

We will begin with an overview of the Human Psyche from the Psychology of Selves perspective. In this overview, you will learn about the birth of your Primary Self System as a means of protecting the innate vulnerability that we are all born with. In addition, you will discover for every primary self, there is an equal and opposite disowned self.

We will entertain the question "Who's driving your inner car?" and why you don't want your inner selves behind the steering wheel.

We will explore the difference between the Operating Ego and the Aware Ego Process. The Aware Ego Process is not a self, it's more like an inner muscle that needs to be strengthened and in doing so will give the most direct experience of true choice.

How can you identify disowned selves in yourself and others? Recognizing the triggering effect of disowned selves can be life changing.

At the personality level we attract our disowned selves. These attractions are like heat seeking missiles. In the spirit of becoming whole we magnetize people – significant others, friends, colleagues,

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family members and even neighbors who carry our disowned selves. As we practice this method, we see that this is not a punishment but rather an invitation to deeper connection.

Bonding patterns are the parent/child dance that relationships are constantly taking. This is happening all the time in our relationships. The opportunity is to identify the ignition point or catalysis of the bonding pattern and recognize the selves involved.

The gift in learning this inner choreography is we begin to see all relationship as a no-fault endeavor.

Course Type: Lecture and Discussion

Books/Materials: Materials will be emailed by the Facilitator

Other notations: Participant Video appearance mandatory and discussion highly encouraged

J. Tamar Stone is an internationally recognized psychotherapist, consultant, consciousness teacher, senior Voice Dialogue facilitator, and the originator of The Body Dialogue Process. She is the creator of Selves in a Box, a psycho-spiritual card deck and guidebook inspiring the interactive exploration of the Selves.

How to Fight Right: Resolving Conflict with the Enneagram

Facilitator: Todd Payne

4-week Course beginning October 11th

Conflict is normal, healthy, and beneficial, but often feels like banging your head against the wall. The same old ways result in the same old conflict, but is there another way? Learn to handle conflict using the Enneagram. This class will look at conflict styles, people postures, and the threats, temptations, tips, and tools for handling friction and conflict with various Enneagram types. Bring personal questions and case studies so we can discover how to make conflict less painful and more productive! The best thing about banging your head against the wall is how good it feels when you stop!

Here are a few remarks from members who have taken an Enneagram class from Todd:

“I like the pace of the class and the access to the information. But, most of all I like Todd’s inclusive style and his sincere interest in providing tools that we can use.... I feel like I have grown exponentially as a person as a result of what I have learned from him!”

“This is my 5th or 6th class with this facilitator and I have learned a great deal about the Enneagram but even more about myself and how that impacts my relationships with others. I wish I had learned these techniques years ago.”

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Participant Video appearance and discussion highly encouraged

Todd Payne, founder of KonnectFully, is a Life Coach with more than 25 years of experience guiding clients and organizations through intentional transformation. He specializes in teaching and applying the ancient-and-modern Enneagram to increase awareness and empower positive change. Todd helps individuals to realize a fulfilling, authentic life with a sense of purpose. Informed by the latest in neuroscience, behavioral science, and the science of coaching, and using the Enneagram as a roadmap, Todd empowers his clients to expand empathy for themselves and others, boost communication skills, deepen relationships, and grow happier.

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Sex and Intimacy in Romantic Relationships

Facilitator: Paul Paiva

6-week Course beginning September 13th

Are you satisfied or ecstatic regarding your intimate life? Do you think your intimate styles are mismatched? 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 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.

Here are a few remarks from members who have taken this class from Paul:

“It is great to see OLLI offer a class on a subject that is very personal but impacts so many.”

“My expectations were absolutely exceeded! What I learned in this class will change my relationships for the better for the rest of my life!”

Class discussions, lecture, slides, and video will involve adult topics of sex and intimacy! Participation encouraged but not required.

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Participant Video appearance mandatory and discussion highly encouraged

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 & coaching. His clients range from having atheist, spiritual, or Christian beliefs. Yet they all struggle with intimacy.

Paul was on the board of directors of Enneagram Colorado for nine years and is a former president of the organization. A former Roman Catholic priest, he is a vocal feminist who espouses and blogs about an egalitarian, LGBTQ-embracing, and sex-positive Christianity. He also does pre-marital counseling and has officiated over 80 heartfelt and entertaining wedding ceremonies.

Current Events III

Facilitators: Richard Reinish (Platinum Facilitator) and Sydney Myers (Platinum Facilitator)

5-week Course beginning September 13th

We will discuss the prior week's news in the first hour. In the second hour a topic that is 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 out by email from the Facilitators

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Dick Reinish, OLLI Platinum facilitator, is a former antitrust attorney. He and his wife Barbara moved from Chicago in 2001.

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

Corporate Social Responsibility: The Enduring reality to create a new future

Instructor: Tom Yagos

**4-week Course beginning September 13th
9:30-11:00AM**

Corporate Social Responsibility and Sustainability (CSR) can be defined from several perspectives: moral, rational, and economic. The definitions of CSR have evolved over time but simply stated it is the firm's responsibility to meet the needs of the stakeholders and the responsibility of the stakeholders to hold the firm accountable for its actions (Chandler 2020). It has evolved from Profits, People and Planet to People, Planet and Profits. Demonstrating Corporate Social Responsibility entails undertaking actions that earn trust and respect from all the stakeholders. The course will discuss what CSR is, why it's important, and the benefits to society. You will have the opportunity to review current case studies and how household name organizations are promoting CSR initiatives in relationship to the weekly topics for the course?

Course Type: Lecture and Media

Books/Materials: None

Tom Yagos is a Senior Lecturer in the Anderson College of Business & Computing in both the online and classroom formats. He shares his personal and professional experiences in leadership development, strategic planning, building high performing teams, culture shaping, and change management with his students to inspire them to become the next generation of leaders.

He works with growing companies to the Fortune 1000 at the executive level to the front-line managers in organizations in both service and product-based businesses. His business acumen reaches across all organizational functions in a variety of industries both domestically and abroad.

He has 30 years of senior management experience and shares his visionary thinking to help organizations meet the challenges and demands for inspiring the workforce. He is a loving husband, caring parent, compassionate to all, loves life, as well as a respected speaker, coach, facilitator, and author. Tom earned his MBA in Operations from Regis University in 1998. Tom's academic and corporate programs enlighten and inspire participants to change their lives. His life-long vision is to transform the workplace to be free of fear so relationships can be experienced with love and trust, the final frontier for organizational effectiveness. His achievements can be found at YagosAssociates.com and on [LinkedIn.com](https://www.linkedin.com/in/tomyagos/)

Neuroplasticity

Facilitator: Dutch Thomson

6-week Course beginning September 13th

Science has answered so many questions, but we are still far from understanding the human brain. Nevertheless, one thing is becoming clearer with each new discovery: the brain is massively powerful. One of the more intriguing aspects of this power is the brain's adaptability. It has the potential to

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reshape itself: it can “learn” to assign tasks to different areas if one area becomes injured or compromised.

In this course you will learn about brain plasticity, its scope and potential. You will learn brain “geography” and capabilities assigned to different regions. You will also learn the “8 Neuroplasticity Rules” (*Rule #1: A brain that knows how it’s made and understands how it works has an advantage*).

Note: You will be learning about science related to the human body, and some study will be required for your best success. Participants should have an interest in anatomy and the nervous system, because *the body is an extension of the brain*. Each class will include 30-45 minutes of physical movement (no heavy lifting or cardio/aerobic).

Course Type: Lecture, Discussion, and Media

Books/Materials: Required: *Neuroplasticity Course Manual*, electronic/download version: \$30. Purchase this at MP3-theratrain.com/store. \$12 Brock String (5 beads with handle - available at Amazon)

Books (Optional):

The Brain’s Way of Healing, by Norman Doidge

The Brain that Changes Itself, by Norman Doidge

Into the Magic Shop, by James Doty MD

Dutch Thomson is a Neuro Athletic Specialist and holds 15 certifications in brain-based training. As owner of MP3 (*Move Past Pain to Performance*), Dutch helps people realize their potential at play and at work. Working with executives, and high-level athletes, he targets specific brain regions to modulate threat, inoculate the body against injury, and improve physical and cognitive performance.

Dutch is an endurance athlete, and has completed two Ironman races, as well as many other endurance events. He loves all things outdoors and hiking the mountains of Colorado is one of his favorite things. He has climbed 20 of Colorado’s 14ers.

My Last Passage: Planning for the End of Life

Facilitator: Bill Baird (Master Facilitator)

8-week Course beginning September 20th

Do you spend more time planning for a vacation than for your final days and funeral? While death is not a happy thought, planning can prevent messy, uncomfortable, and often emotional situations for your loved ones. This class is intended for those who prefer to plan for our inevitable departure from the land of the living. It is not a class about dying, although we may mention that in passing. It’s about “packing your suitcase” for a trip we will all take someday.

Let’s imagine a timeline of life and death with five stages (A - E):

- A. You are alive and well—the best time to plan and the only time you will surely have a say!
- B. You undergo a period of active dying in which decisions need to be made for you.
- C. The occasion of your death. What should be done with the body?
- D. The memorial service. What do you want people to remember about you? What type of service do you want? What should your obituary say?
- E. The dispersing of your estate. Survivors get on with their lives.

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Do your family a favor – outline a plan in writing for them. This course will cover such topics as preparing an up-to-date health care power of attorney, writing a will, determining how you want your remains handled, how you want your service to be run and disposition of your estate. Who better than you can write your obituary? Let's do it.

Among our class visitors will be a Denver lawyer who specializes in elder law and advance planning to minimize complications. We will also have a representative of a local funeral home talk about arrangements and prices in this area. And perhaps a surprise guest.

Course Type: Discussion, Media, and Guest Speakers

Books/Materials: None

Bill Baird is a Master OLLI Facilitator who directed this OLLI class in 2020. He has written his own obituary and will share plans for the final party in his honor.

The Impressionists

Facilitators: Wayne Gardner/Mary Edwards

8-week Course

Throughout history, art was based on classical themes such as historical, mythological, and allegorical subjects. Art movements in the mid to late nineteenth century created a radical change in the art world, bringing forth the shift from classical to modern art. During this time, artists were drawn to France and created a synergy that led to the creation of French Impressionism, a movement that was responsible for the emergence and evolution of several art movements, solidifying its role as the catalyst of modern art.

Although the focus of this class is on Impressionism, we will talk about the transition between Realism to Modern Art.

Course Type: Lecture, Discussion and Media

Books/Materials: None

Wayne Gardner is not only an art major, but also an artist and art enthusiast.

Mary Edwards is a professional artist with a degree in art.

The Swing Era: The Hitmakers and Singers

Instructor: Robert Joyce

6-week Course beginning September 13th

This is the second in a series of Swing Era courses for OLLI, focusing on some of the most popular band leaders of the 1940s and a few of the most important singers of the time. Big Band music was America's #1 music by the time WWII arrived. Jazz performers, Count Basie, Jimmy and Tommy Dorsey, Artie Shaw, and Glenn Miller will be discussed. Also, singers like Billie Holiday, Frank Sinatra and Doris Day will also be presented in this fun and enjoyable look at the Big Band Era. Join us for various audio and video samples of these great artists and their biggest hits! It is not necessary to have attended the first part to enjoy the songs and stories of this era!

Course Type: Lecture

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Books/Materials: None

Robert Joyce has over 30 years of teaching in higher education at Augustana University and also the University of South Dakota. Joyce is also a popular OLLI instructor with a history of over twelve years of presenting courses in jazz, blues, and rock to Osher Lifelong Learning Institute members throughout the United States. He is also an accomplished composer, producer, author, and concert promoter. Robert has been the Executive Director and provided his administrative expertise for a number of non-profit organizations, including the Rapid City Arts Council, Dahl Arts Center, as well as the Sioux Falls Jazz & Blues Society, for which he served for the latter for over twenty years. Joyce holds his B.A. and M.A. from Augustana University, and he makes his home in Sioux Falls, South Dakota.

Message from OLLI at DU Boulder

Our Fall 2022 8-week term is chock full of 20 terrific courses covering a variety of topic areas. Taught by volunteer Facilitators, these courses are designed to engage member participation and encourage dialogue. Facilitators are passionate about their topics and bring a breadth of knowledge to their teaching. We receive extremely positive feedback about the quality of our Facilitators, so be sure to review the OLLI at DU Boulder opportunities.

Unless otherwise noted, OLLI at DU Boulder in-person classes are held at the Mountain View United Methodist Church, 355 Ponca Pl., Boulder, CO 80303. There is free parking in the church lot and on the surrounding streets. The church has an elevator for easy access to classrooms. We offer a considerable number of classes on the Zoom platform for your enjoyment and edification, as well. Take some of each type and participate in a full OLLI experience!

At OLLI at DU Boulder, you have a dedicated team to support members and Facilitators. The OLLI at DU Boulder Program Assistant is staff member Nathan Bala – mover, dancer, artist. Nathan graduated from CU Boulder with a BA in Dance. He loves learning and exploring new opportunities and is super excited to be a part of OLLI. In addition, our all-volunteer Curriculum Committee is led by Penny Friedberg as the chairperson, supported by Curriculum Subcommittee leaders: Reva Greenburg—History, Economics and World Affairs; Molly Gardner—Arts, Writing and Literature; Patti Gassaway and Margaret Strumpf—Philosophy, Religion and Psychology; and Alan Segal—Science, Technology, Engineering and Math (STEM). We are looking for someone to lead the Health and Well-being Subcommittee, so contact me (Barbara) if you are interested.

As the OLLI at DU Boulder Manager, I oversee the Boulder site, staff and volunteer committees. We are always looking for others who want to join the OLLI experience through involvement at our site. Feel free to reach out if you want to inquire about becoming a Facilitator, or part of our Curriculum Committee or other opportunities—email Barbara.Darling@du.edu.

All the best,

Barbara Darling, OLLI at DU Boulder Site Manager

Barbara.Darling@du.edu

Nathan Bala, OLLI at DU Boulder Site Program Assistant

Nathan.Bala@du.edu

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Tuesday Afternoons

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

Building the First Transcontinental Railroad

Facilitator – Stewart Jones (Master Facilitator)

8-week Course

On July 1, 1862, President Abraham Lincoln signed the Railroad Act authorizing the building of a transcontinental railroad. It wasn't until the end of the Civil War in 1865 that building began in earnest. This project in the 1860s was comparable in many ways to the project to place people on the moon in the 1980s. The construction project faced huge challenges: political, logistical, technical, financial, demographic, organizational and labor. This course will explore how each of these challenges were met to complete the project in four years and how the project changed America forever.

I want the class to appreciate the scope of this project and how it transformed the United States.

Course Type: Lecture and Discussion

Books/Materials: Recommended - *Nothing Like it in the World*, Stephen E. Ambrose, Simon & Schuster, New York, 20002

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 a MDiv. In Theology from Seabury Western Theological Seminar in Chicago. He has facilitated a number of OLLI courses over the past 12 years.

In Search of Marcel Proust's France: A Literary Journey to a Lost Time

Facilitator: Phil Nash

8-week Course

November 18, 2022 will mark the 10th anniversary of French writer Marcel Proust's death at age 51. Proust's novel *In Search of Lost Time* (formerly translated as "Remembrance of Things Past") is not only one of the longest novels in Western literature with 1.5 million words, it also ranks near the top of many "best novels of all time" listings. In this class, we will read and discuss *Swann's Way*, the first volume of the novel published in 1913. Proust introduces us to his world, France's "belle époque," an era when old empires crumbled, giving way to revolutionary changes in society, art, culture, technology, and everyday life. While *Swann's Way* is followed by six more volumes, it stands on its own as a beautifully written literary masterpiece, introducing unforgettable characters, hilarious social commentary, and profound insights into art and human nature.

The first session of the class will set the literary context for this work, covering Proust's life and times along with observations about French society and culture leading up to Proust's era. Subsequent classes will focus on the assigned weekly readings and videos of prominent scholars sharing their insights. Participants are expected to read about 60-70 pages of text each week to discuss in class. Participants will also be encouraged to read complementary essays and criticism about the work and its creator. First offered in Winter 2022, this class received high marks from participants' class evaluations.

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Course Type: Lecture and Discussion

Books/Materials: Required: *Swann's Way* by Marcel Proust, edited by Susanna Lee. Norton Critical Edition (2014). On Amazon.com, the paperback edition is \$20.62, and the Kindle version is \$12.99. This version is required because it includes valuable additional material including criticism and biographical information.

Phil Nash majored in French as an undergrad, followed by a year of graduate studies in French before deciding to just go to Europe and take the grand tour. Fluent in French, he has traveled extensively throughout France, including the three major sites that come to life in Proust's work. He takes part in a reading group that spent three years reading all seven volumes of *Proust's In Search of Lost Time*, along with additional biographical and critical works that illuminate the author, his times, and his work. Nash is a published journalist and writer who has spent most of his career in the nonprofit and philanthropic sector. He is eager to share his enthusiasm for Proust's literary genius.

Hamnet, Hamlet: What's In a Name?

Facilitator: Becky Stout

3-week Course beginning October 18th

Using the award-winning *Hamnet: A Novel of the Plague*, participants will discover the lyrical prose of Maggie O'Farrell. The only son of Ann (Agnes is her real name!) Hathaway and her husband, William Shakespeare, died at age 11. O'Farrell, with scant historical evidence, brings to life a story of family, grieving, healing, mysticism, and the effects of loss of a child on a relationship. Unbeknownst to Hamnet's mother, the boy's father who is never named in the book turns his tragedy into his play, Hamlet, four years after their child's death.

Come explore the themes of loss, love, superstition, and illiteracy, among other themes, in this richly imagined story.

Course Type: Lecture, Discussion, and Media

Books/Materials: Required: *Hamnet: A Novel of the Plague* by Maggie O'Farrell

Other notations: Video appearance and discussion is highly encouraged

Becky Stout gets lost in historical fiction. She is fascinated by writers who can take a minimum of factual information and weave a spell-binding story. She likes putting a course together that is more than discussion, whether that is placing the story in context with art, music, science, or other literature.

Toni Morrison's *Beloved*: Revere or Reject?

Facilitator: Patricia Paul (Diamond Facilitator)

7-week Course beginning September 13th

Last fall a campaign ad for a gubernatorial candidate depicted a mother, wringing her hands while talking about a book assigned to her son in school, so explicit that her "heart sank." The trauma had happened a decade earlier in an Advance Placement English class. The novel: the Pulitzer-Prize-winning *Beloved* by Nobel Laureate Toni Morrison. Yes, it's a difficult read, both emotionally and

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intellectually, with sex and violence intertwined. But should it be banned or heralded as a masterpiece? Let's revisit *Beloved*!

Since it is considered Morrison's masterpiece, now a classic in the canon of American literature, I believe it deserves a fresh reading through the lens of Black Lives Matter and its backlash. I believe it deserves the insight gained from study and discussion with others. I believe it is a complicated and challenging novel, a book that graphically depicts cruelty, yet one that exudes love and offers hope. Much needed!

In this class you can expect to encounter

- *Beloved* as a masterpiece of creative genius, especially its meaning and style including the role of music, African spirits, shared psyche, and circular discourse;
- the slave narrative tradition in American literature—how and why Morrison wanted *Beloved* to be different;
- the novel's historical context and the personal history of Margaret Garner, Morrison's inspiration;
- how Oprah Winfrey's movie version failed, leading to her severe depression; and
- research in epigenetics suggesting that trauma may be passed down through generations.

Morrison ends the novel saying, "not a story to pass on." Respectfully, Toni, I disagree! Please join us to discover what you think!

Course Type: Lecture, Discussion, Reading, and Media

Books/Materials: Required: *Beloved* by Toni Morrison

Other notations: Video appearance is mandatory, and discussion is highly encouraged

Patricia Ann Paul is a retired American Studies teacher who has taught sixth grade through Master's level students. Her passion is for cultural investigations combining literature and history. She was on the original organizing committee for OLLI at DU South, making this her 13th year of facilitating OLLI classes. She is the author of *Curse of Interesting Times: A Vietnam-Era Memoir*.

Spirituality and Aging

Instructor: Eileen O93'Brien

4-week Course beginning September 13th

Are you aging or growing older? This course will explore the difference between these as described by Thomas Moore in his book *Ageless Soul: The Lifelong Journey Toward Meaning and Joy*. We will explore how your spirituality contributes to that journey. In addition to Moore's ideas, there will be inspiration from diverse voices from a variety of traditions all sharing the wisdom which comes with age. Each class period will include time for questions and sharing insights from the group. There will be opportunities for self-exploration (if you choose) between classes with questions and activities to help you dive deeper into the topic as it applies to your life.

Course Type: Discussion

Books/Materials: Recommended - *Ageless Soul* by Thomas Moore

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Eileen O'Brien has been a teacher her entire working life and for the last 30 years has taught older students at Regis University. She has a MA in counselling with a special certificate in spirituality. In addition to teaching, she has served as a university minister leading retreats which explore diverse spiritual traditions.

Beyond Coping: Conversations on Navigating Life with Wisdom and Grace

Facilitator: Paula Staffeldt

4-week Course beginning October 11th

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.

Course Type: Lecture and Discussion

Books/Materials: Participants *required to choose one of the three recommended books* below to read individually over the course of the class:

Coming Home: Uncovering the Foundations of Psychological Well-being, by Dr. Dicken Bettinger and Natasha Swerdloff (recommended for a psycho-spiritual perspective)

https://www.amazon.com/Coming-Home-Uncovering-Foundations-Psychological/dp/B08FNV2MX1/ref=sr_1_1?crid=1RWD46Y9FISV8&keywords=coming+home+dicken+bettin-ger&qid=1639004749&sprefix=coming+home+sicken%2Caps%2C197&sr=8-1

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)

https://www.amazon.com/Just-Thought-No-Willpower-Approach-Self-Doubt/dp/1684038189/ref=sr_1_2?crid=13WVO0QQP9BMJ&keywords=the+little+book+of+big+change+-+amy+john-son&qid=1639506738&sprefix=the+little+book+of+big+change%2Caps%2C202&sr=8-2#customerReviews

The Missing Link, by Sydney Banks (recommended for a contemplative, philosophical understanding)

https://www.amazon.com/Missing-Link-Reflections-Philosophy-Spirit/dp/177451074X/ref=sr_1_1?crid=1TUSGOLG8WCJ1&keywords=the+missing+link+sydney+banks&qid=1639004803&sprefix=the+missing+link+banks%2Caps%2C220&sr=8-1

Other notations: Participant Video appearance mandatory and discussion highly encouraged

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

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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 nondual 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.

Diversity Is Our Destiny

Facilitator: Jacqui Shumway (Senior Facilitator)

4-week Course beginning October 11th

How often have you heard, “America is a melting pot”? Funny thing about melting pots, they indicate we are homogenous. America really is a chili bowl, where each ingredient distinctly adds to the flavor. The final result is not always what you would predict... and the flavor changes as ingredients are added, increased, or decreased. 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 age of Jazz, we can we learn to no longer be a bone of contention, but instead a celebration of our diversity.

These four sessions will feature a variety of guest speakers moderated by Jacqui. Invited Speakers: Tamara Banks, Colorado Senator James Coleman, Carlotta Lanier, Denver Clerk and Recorder Paul Lopez, Tesia Chen, Mimi Luong Dennis Gallagher, James Mejia.

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Jacqui Shumway M.A., 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!)

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Robots: How They Work and What They Do

Facilitators: Marc Rochkind (Master Facilitator) and Al Segal (Senior Facilitator)

8-week Course

Robots aren't just futuristic machines like R2-D2 and C-3PO. They're widely used in manufacturing, medicine, flying (autopilots and drones), underwater activities, space and planetary exploration, and weapons. The most advanced robots incorporate artificial intelligence (AI), but some of the most useful ones don't. You can even buy your own fully programmable robot for \$80.

This course has two main parts: In the first, we'll explain how robots work and what kinds of tasks they can do. In the second, we'll explore real-world uses in factories, homes, hospitals, self-driving vehicles, water, air, space, and battlefields. It is clear that there are social and political impacts for the use of robots; however, this is NOT a course that will focus on the public policy aspects of the development and deployment of robotic technologies.

Fifteen lectures come from The Great Courses course called "Robotics." Some of the lectures do get into the technology of robots, but everything presented is very gently approached and well explained. You certainly don't need a technical education to enjoy what we've chosen to present. (We've left out a few of the more technical lectures.)

There will be no mathematics, no physics, and no computer programming, except for one hour when Marc will show off his own robot (that \$80 one) and explain how he programs it. He promises that what he says will be easily understood!

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Participant Video appearance and discussion highly encouraged

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 four OLLI courses (*How Computers Work; Issues in Technology; Introduction to 3D Printing; Understanding the World's Greatest Structures*).

Al Segal has degrees in Computer Science from 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 OLLI classes (*Artificial Intelligence for Beginners; Introduction to Arduino Programming and Physical Computing; Understanding the World's Greatest Structures*).

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Resilience in Challenging Times (AKA. Happiness is an Inside Job!)

Facilitator: Barbe Ratcliffe (Platinum Facilitator)

4-week Course beginning October 11th

It is easy to conclude we are living in challenging times. Daily events create a feeling of fear and dis-ease for the vast majority of Americans. And, dis-ease often leads to disease, is certainly not a desired outcome.

As we cannot control all events occurring around us, it may be prudent to consider why we are responding to the events and how to shift our response. Have you ever wondered,

- Why some people, experiencing the same events you are, seem unphased?
- How to interact with those sane individuals who seem to be 'out of their minds'?
- Why it is hard to go to sleep at night...with so much wrong with the world today?
- How to relax and enjoy all that life has to offer while still staying engaged with the world?

Using Michael Singer's latest book, *Living Untethered*, we will delve into these questions and find some solutions for our own peace of mind.

Happiness and contentment are an inside job. Per author Singer, we have the tools and ability to navigate these challenge times and, in fact, become more resilient, healthy and content.

This is a course of self-reflection. Having a journal or pad of paper is beneficial. Sharing is optional.

Course Type: Lecture and Discussion

Books/Materials: *Living Untethered* by Michael Singer is highly recommended

Barbe Ratcliffe is not a psychologist or sociologist. Rather, she is a mindfulness practitioner, discovering for herself how to live a wonderful mostly stress-free life. After thirty years in corporate and becoming aware of the challenges of living and aging well, she shifted her life focus to aiding individuals in understanding their unique possibilities. This shift included time spent in mindful self-assessment, leading her to greater self-awareness. Barbe has enjoyed her meditation and mindfulness practice for nearly 25 years and looks forward to the continued awareness and calm this practice can bring to her life.

Understanding Common Health Issues as You Age

Facilitator: Penny Friedberg

7-week Course beginning September 13th

No class October 4th

The overall purpose of this 7-week course is to help you assess changes as you age. There will be a speaker from a different medical discipline for each session. You will learn how their specific fields can support us as we age. You will learn when to see a healthcare professional, which professional to see, what to expect when you go, common issues that people have as they age, prevention to avoid severe issues, and what to do after you have visited a healthcare professional. You'll have an opportunity to ask questions of each professional. All classes will be moderated by OLLI at DU Boulder Curriculum Committee Chairperson, Penny Friedberg, who teaches nutrition courses.

Please see the course syllabus for speakers' biographies.

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Course Type: Lecture and Discussion

Books/Materials: Materials will be emailed by the Facilitator

Other notations: Video appearance and discussion is highly encouraged

Weekly speakers:

- **Sept. 13 - Dr. Justin Merkow - Low Back Pain (at 1 p.m.)**

Low back pain is the 5th most common reason people visit a doctor in the United States. Life-time prevalence of low back pain in the U.S. is as high as 65-80%. Low back pain describes axial pain below the ribs, buttock pain, and even pain traveling from the back into the legs. Discussion will include common causes of low back pain, treatment options ranging from conservative to more invasive procedures, and ways to help prevent back pain in the first place.

- **Sept. 13 - Marc Raphaelson, M.D. - Sleep Issues (at 2 p.m.)**

How can we use the (usually) quiet third of our lives to enhance our wake time? Every attendee is likely to find a nugget to help themselves and their family.

- **Sept. 20 - Helen Kelley - Have You Ever Seen a Calcium Tree?**

Learn about preparing food for maximum bioavailability and combining foods to supply the nutrients your body gathers naturally when making bone.

- **Sept. 27 - Jenny Stitt - Environmental Allergies**

We will discuss symptoms, testing methods, and treatments for environmental allergies; as well as conditions that can mimic environmental allergies.

- **Oct. 4 - NO CLASS**

- **Oct. 11 - Laura Kelly - Sensitive Tissue**

As we age, we experience changes to our sensitive tissue. Many of these issues of aging for women and for men are rarely part of patient-health care provider discussion and clinically, these sensitive tissue issues are under-addressed. In this two-hour presentation you will learn about ways to care for and rejuvenate sensitive tissue.

- **Oct. 18 - Drs. Geeta Lalwani and Vlad Matei - Eye Floaters: What Are They and Should You Be Concerned?**

Hear board-certified retinal specialists [Drs. Geeta Lalwani](#) and [Vlad Matei](#) describe the causes, implications, risks and treatment options for eye floaters. Floaters are small dark shapes that float across your field of vision and can look like black or gray specks, strings, squiggly lines or even little cobwebs. They may seem to appear out of nowhere or dart in another direction when you try to look at them. Most people have floaters that come and go, and often don't need treatment. But sometimes floaters can be a sign of a more serious eye condition.

- **Oct. 25 - Beth Schroeder - Immune Resilience for Cancer Resistance**

When someone is told by their doctor that they have a disease like cancer they often begin treatments that include medications, surgery, chemotherapy, radiation, immunotherapy or possibly a clinical trial. Rarely are they instructed to meet with a nutritionist who understands the power of whole, fresh foods to optimize treatment choices. Improving immune resilience within a cancer diagnosis improves patient well-being for better quality of life and overall survival. This class will discuss the importance of eating more delicious plant foods, recognizing and reducing processed foods, the body's need for quality protein and healthy fats, and various

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cancer diets. Various studies supporting lifestyle interventions, specific supplements, and alternative therapies will also be included.

- **Nov. 1 - Alan Lazaroff - A Geriatrician's View**

Part One will discuss the small but important field of geriatric medicine. How does the approach of the geriatrician differ from that of more traditional fields? What special considerations make older people different from other adults? What can health care offer us when we become old, since we will all die in the end? Part Two will focus on the care of persons living with dementia. This is a paradigmatic example of the concepts discussed in Part One. What can be done today to help the person and their caregivers? What are potential pitfalls to avoid?

Courtroom Movies

Facilitators: Larry Matten (Platinum Facilitator) and Greg Petty (Master Facilitator)

8-week Course

3-hour class, 1:00 - 4:00

Let's revisit some of the great courtroom films and stars of Hollywood. We have chosen eight films featuring Hollywood greats. Our films span the past 75 years and include numerous academy award nominees. So, pop some popcorn and join us at our Tuesday Courtroom Movies class. The class is scheduled for 3 hours to allow time for discussion. Our format is designed to show the entire film, have a short break, and include a class discussion

Course Type: Movie with Time for Discussion

Books/Materials: None

Larry Matten has facilitated fourteen film courses. He is an enthusiastic movie buff and wants to share his enthusiasm with other OLLI members. His career was spent as a Professor of Botany at Southern Illinois University and as an Elder Law Attorney in Englewood, Colorado.

Greg Petty has co-facilitated 9 movie courses with Larry Matten on 7 different topics. He particularly enjoys class discussions and getting to know members of the class. His career was spent leading a not-for-profit organization and in various administrative positions in colleges and universities in Illinois and Colorado.

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Wednesday Mornings

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

Play of the Hand in the 21st Century

Facilitator: Michael Holmes (Senior Facilitator)

8-week Course

Play of the Hand in the 21st Century is an eight-week online course designed for individuals new to the game of bridge or those who have been absent from bridge for a while. This course helps the bridge student to develop a plan for declaring a bridge hand. Students will learn how to build a plan, use the strategies of promotion and length, the finesse, eliminating losers, developing, and using entries, watching out for the opponents, managing the trump suit and developing the timing to make the plan to work. “Play of the Hand in the 21st Century” is the text. This text will be provided to the students free, sponsored by the American Contract Bridge League (ACBL). There is a \$20.00 fee for this class. The fee covers the mailing of the book and fees for the use of the virtual bridge app. The fee is paid to the teacher Michael Holmes, via check, to 313 Clisby Austin Rd. Tunnel Hill, GA 30755. Your book will be mailed upon receipt of the course fee. Failure to send the fee by the 2nd class, will result in you being dropped from the class. We will do a technology “boot camp” before classes start—this date is to be determined.

Course Type: Lecture, Discussion and Media

Books/Materials: Materials will be emailed by the Facilitator

Other notations: There is a \$20.00 fee for this class. Students who took the previous class should get first preference for this class if possible. This would be the students who took Popular Conventions in the Spring course

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).

The U. S. Homefront During World War II (1939 - 1945)

Facilitator: John Lynch

6-week Course beginning September 21st

We will study the events, culture, economy, and society in The United States during 1939 thru 1945. What was lifelike for ordinary folks during this most turbulent time in world and US history? We see what books we were reading, movies we went to, radio shows we listened to. We’ll look at the impact of the war on Black and Japanese Americans. We’ll discuss the impact of the war on women and families.

Course Type: Lecture, Discussion, and Media

Books/Materials: Materials will be emailed by the Facilitator

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John Lynch is a retired U.S. Navy Civil Engineer and a student of World War II history. He is a docent at the National Museum of World War Two Aviation in Colorado Springs and has been a docent at Patriot's Point in Charleston, SC. John has presented sessions on WWII at OLLI programs in South Carolina, Florida, North Carolina, Maine and in Colorado.

The Rise of Japan – from Feudalism to World Power

Facilitator: Steve Winber (Master Facilitator)

6-week Course beginning September 14th

From the start of the Tokugawa Shogunate in 1603 to the appearance of US Commodore Perry in 1853 Japan was a feudal, rigidly stratified society, isolated from the rapidly developing world. In fewer than 50 years, she had fought and defeated two imperial powers and, by the turn of the 20th Century, had the world's third most powerful navy and was one of the five major powers at the Paris Peace Conference in 1919.

This course will trace the events – and enduring values – that enabled this historic evolution.

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Steve Winber, a retired Denver Dentist, has been facilitating OLLI classes for nine years, principally in history and economics, his lifelong interests. He has visited Japan four times, has friends there and speaks VERY few words of Japanese.

Short History of FBI Undercover Operations targeting Organized Crime in NYC

Instructor: Dr. Vincent C Wincelowicz

4-week Course beginning September 14th

This course will examine Italian Organized Crime in New York City, specifically from the 1970's to 1990. It will emphasis two FBI Undercover Operations and provide an overview of this era. The Mafia, a network of organized-crime groups based in Italy and America, evolved over centuries in Sicily, an island ruled until the mid-19th century by a long line of foreign invaders. Sicilians banded together in groups to protect themselves and carry out their own justice. In Sicily, the term "mafioso," or Mafia member, initially had no criminal connotations and was used to refer to a person who was suspicious of central authority. By the 19th century, some of these groups emerged as private armies, or "mafie," who extorted protection money from landowners and eventually became the violent criminal organization known today as the Sicilian Mafia. The American Mafia, which rose to power in the 1920s, is a separate entity from the Mafia in Italy, although they share such traditions as omerta, a code of conduct and loyalty.

Course Type: Lecture with interactive Discussions

Books/Materials: There are no required books or materials for this course, however, it is suggested that the participants review the following movies: "Casino;" "Donny Brasco;" "Wiseguys;" and "The Sinatra Club," you may also find these movies in book format.

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Dr. Vince Wincelowicz has been in higher education for over 20 years, serving as the Chair of Public Security Management at the Community College of Denver, Regional Campus Chair, College of Business, Johnson & Wales University (Denver Campus), and Chair of Behavioral and Social Sciences, Regis University. He retired from full-time at Regis in 2020 and was awarded the rank of Professor Emeritus. Prior to moving to Colorado in 1998, he served as the Chief of Undercover and Sensitive Operations for the Federal Bureau of Investigation (FBI). He was also a Senior Parole Officer for New York State. He has been involved in Security Management as a consultant for over 20 years.

In 2006, he founded the Foundation for the Prevention of School Violence. One of their objectives was to encourage Colorado to develop a statewide agency for Safe Schools, which they were able to help establish. The other objective was to visit rural schools throughout Colorado and provide them with an overview of Safety and Security using the concepts of Crime Prevention through Environmental Design. Dr. Wincelowicz continues to be abreast of all aspects in Higher Education and Security Management by participation in professional organizations, and relevant conferences. He has served on the Denver Metro Crime Stoppers Board for more than 20 years and continues to be active in the law enforcement and security management community.

Current Events V: Making Sense of the News of the Day

Facilitators: Bob Steele (Master Facilitator) and Dennis Ryerson

8-week Course

The daily news reports can be informative or inane; exhaustive or exhausting; substantive or downright scary. It depends on how we view the issues and events. It also depends on the quality of the journalists and the commitment of the news organizations.

Join veteran newspaper editor Dennis Ryerson and journalism ethicist Bob Steele to explore and examine what's happening in the world around us and analyze how journalists are covering these events and issues.

Each class will include your reactions to the news coverage in recent days from reporting on our mid-term elections to geopolitical tensions around the globe. We'll also scrutinize the state of journalism in our society and look for examples of misinformation and disinformation.

The class will rely on spirited, respectful participant discussion. Ideally, we'll come away with more insight on current events and maybe a better understanding of journalism's role in our society.

Course Type: Discussion and Media

Books/Materials: Materials will be emailed by the Facilitators

Other notations: Video appearance and discussion is highly encouraged

Bob Steele was a television reporter and newsroom manager who earned a Ph.D. from the University of Iowa writing his doctoral dissertation on journalism ethics and ethical decision making. He was a college professor and a consultant for dozens of news organizations across the country. He recently served six years on the Board of Directors for Colorado Public Radio.

Dennis Ryerson is a retired journalist who held senior editor roles at newspapers in Indianapolis, Des Moines, Denver and elsewhere. Since retiring, he has translated his love of the arts to service on the boards of dance companies in Indianapolis and now Wonderbound in Denver. He also is chair of the Community Advisory Board for Colorado Public Radio.

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Ready, Set, Write!

Facilitator: Pamela Mahonchak

**7-week Course beginning on September 14th
No Class on Sept 28th**

What's keeping you from writing your memoir, short story, or perhaps the "Great American Novel?" Just can't get started? Then this is your ideal course! Using hints from famous authors and encouragement from each other, we'll use a 5-step framework to give you the tools, inspiration, and motivation to unlock your words and write from your heart. We will draw on Anne LaMott's book, "Bird by Bird," but it's not required for the class.

We'll write two short pieces (with direction and suggestions from the facilitator) each week in class and share in small groups for feedback and support (but if you're uncomfortable with sharing, don't feel obligated to do so). If you prefer not to work on the exercises in class in favor of your own work-in-progress, we can accommodate that as well.

You'll be encouraged to write for 10-15 minutes each day for "homework," in whatever style you enjoy (a work-in progress, a continuation of a class exercise, or a journal-style). If your schedule doesn't allow this, that's OK, but the purpose is to instill a "practice" of daily writing in some form. In summary, all "rules" are flexible in our format, and we hope you'll join in for a fun, relaxing and uplifting "writing group" class!

Course Type: Interactive (includes writing)

Books/Materials: Recommended: *Bird by Bird* by Anne LaMott

Other notations: Video appearance is mandatory and discussion is highly encouraged.

A lifelong writer and reader, **Pam Mahonchak** has authored grant proposals for the non-profits she supports, short stories, political essays, and a memoir from her 40-year career as a professional pilot. She brings tips from inspirational writers and enjoys learning from and listening to other writers. This course will be a fulfilling and enjoyable experience for all.

Dream Work the Jungian Way (sponsored by Boulder Friends of Jung)

Facilitator: Martha Peacock, Ph.D.

4-week Course beginning October 12th

Dreams, filled with fantastic images, surreal plot twists, and shifting points of view, have a logic all their own. They lift us into the clouds and drop us into the depths of the sea. Whether we're standing on top of a volcano or being chased through a forest by a kangaroo, dreams communicate something to us that we don't know about ourselves. As Carl Jung, the late psychologist said, "In each of us is another whom we do not know. He speaks to us in dreams and tells us how differently he sees us from the way we see ourselves." With laser-like precision, dreams can help us problem solve, point out areas of conflict, suppressed emotion, or offer us an alternative direction. This course will focus on Jung's theories of shadow, anima/animus, amplification – and more – as ways to dive down deep into our nighttime dramas and mine some of their gold that will enrich our lives. (It's suggested that participants have some experience working with their dreams).

Course Type: Lecture, Discussion, and Writing

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Books/Materials: recommended: Bosnak, Robert: *A Little Course in Dreams*; Hannah, Barbara: *The Cat, Dog and Horse Lectures*; Hillman, James: *Dream and the Underworld*; Johnson, Robert: *Inner Work*; Matoon, Mary: *Understanding Dreams*; Shalit, Erel and Nancy Swift: *The Dream and Its Amplification*; Swan-Foster, Nora: *Jungian Art Therapy*; Whitmont, Edward C. and Sylvia B. Perea: *Dreams: A Portal to the Source*.

Other Recommended Resources: *Animal Speak* by Ted Andrews; *Dictionary of Symbols* (Penguin Reference); *Man and His Symbols* (edited, Carl Jung); *The Book of Symbols* (a Taschen book).

Other notations: Participant Video appearance and discussion highly encouraged

Martha Peacock, Ph.D. has been studying her dreams using Jungian theory for well over two decades. To her, Jung's theories bring a depth to dreamwork and the mysterious workings of the unconscious that no other approach offers. Her love of Jung's work led her to Pacifica Graduate Institute where she dove deeply into dreams, archetypes, and mythology, receiving her Master's and Doctorate degrees in Mythological Studies with an emphasis in Depth Psychology in 2002. Martha is a board member of Boulder Friends of Jung.

Emotional Intelligence

Facilitator: Stan Davis

8-week Course

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?
- 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?

Course Type: Zoom-based with breakouts. Direct Instruction, discussion, your daily life as a lab, written and/or verbal discussion with the instructor

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.

Other notations: Participant Video appearance mandatory and discussion highly encouraged

Stan Davis is a Life-Long Learner. He has graduate degrees from the University of Colorado, is a 6th 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

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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.

A Crash Course on Philosophy and Religion

Instructor: Max H. Sotak, PhD, DMin

4-week Course beginning September 14th

This course provides an analysis of theoretical thought, showing how philosophical and religious ideas are derived from the three basic world view commitments: Naturalism, Pantheism, and Theism. Explores the religious basis of all thought whether explicitly religious or philosophical in nature. Addresses issues of knowing, believing, and doing across world view options.

Course Type: Lecture and Discussion

Books/Materials: "Philosophical Disagreements and Worldviews: A Primer for Students of Philosophy and Religion," by Max Sotak (supplied by instructor)

Max Sotak is Professor of Philosophy and Religious Studies at Regis University. Having spent over 25 years in the academy and over 30 years in a religious vocation, Dr. Sotak is a specialist in adult education, philosophy, and the humanities. In addition to serving as a faculty member, he has served as an Assistant and Associate Dean of Academic Operations at Regis.

Meditation in Motion: the Art and Science of Tai Chi

Facilitators: Joseph Brady (Senior Facilitator) and Jacqui Shumway (Senior Facilitator)

**8-week Course,
11:45AM-12:45PM**

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.

Course Type: Participation

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University

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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, M.A. is a Therapeutic Kinesiologist at the Living Younger Longer Institute. Researching and teaching T'ai Chi Chuan and Medical Qigong for over 25 years Jacqui Shumway, M.A. 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.

Dementia 101 + Reducing Your Risk

Instructor: JJ Jordan

4-week Course beginning October 5th

Over 6 million Americans are living with Alzheimer's disease or another dementia. While we are waiting for a cure, (coming sooner than you might think), each of us should know about the topic and how we can reduce our risk or delay onset. In addition, two of three of us will know someone with dementia and be involved directly or indirectly in their care. Whether it is a spouse, parent, or friend, preparing for caregiving is wise and makes our community more dementia friendly.

This course is designed to empower you with basic knowledge of various types of dementia and provide hope by reviewing the latest promising research, diagnostics breakthroughs, and drug therapies. We will also cover warning signs, risk factors, and risk reducers. As Alzheimer's is the most common type of dementia, we will cover that disease from "A to Z", including the benefits of early detection and advance planning. As we prepare ourselves to be potential family care partners or caring friends to someone with dementia, the sessions cover legal, financial, and medical issues, care options, and a thorough discussion of dementia communication, interaction, and behavior skills. This course is upbeat, filled with optimism, hope, and even respectful humor. Attendees report feeling better about the entire topic upon completion. You will learn everything you need to know about Alzheimer's/dementia, community resources, the skills we all need to be dementia friendly, and the fifteen things you can do immediately to reduce your risk.

Course Type: Lecture and Discussion

Books/Materials: None

After a corporate management career at IBM and McKinsey, **JJ Jordan** reinvented herself in the field of Alzheimer's/dementia after three of four parents were diagnosed. She was their family care partner for 16 years. JJ is the CEO of the Jordan Consulting Group where she speaks, teaches, and consults on dementia topics. She is also an associate with a business psychology firm, serving as their client dementia coaching and training provider. JJ chairs Dementia Friendly Denver, a 2015 White House Conference on Aging initiative, and has volunteered with the Alzheimer's Association for 20

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years. She completed a six-year term on their Board of Directors and serves as their Public Policy Ambassador to Capitol Hill, advocating for dementia research funding and legislation with Congress. JJ was recognized by AARP in 2019 with their Community Partner award for her dementia education work. JJ sits on the Colorado Department of Health and Environment Dementia Advisory Board.

Elgar and Company: Masters of British Classical Music

Instructor: Betsy Schwarm

4-week Course beginning September 14th

Pomp and Circumstance; The Planets; The Pirates of Penzance: all were written by some of the most masterful British composers. What else is there to explore? Plenty! Music historian Betsy Schwarm looks into the subject, considering not just those works of Elgar, Holst, and Sullivan (as in Gilbert and Sullivan), but also Ralph Vaughan Williams, Benjamin Britten, William Boyce, and Thomas Arne (composer of *Rule, Britannia*). Others also made their contributions to British fine music. From the Tudor years to the present day, composers from England, Scotland, Wales, Cornwall, and Ireland have written impressive and compelling works. Even the royal family has played a role: recent and current British composers have written music for Prince Charles, and Victoria's Prince Albert wrote some music himself – when time allowed. Betsy's Elgar and Company course explores a wide-ranging selection of music, all of it bearing something of a British accent.

Course Type: Lecture with online 'homework'

Books/Materials: None

Classical radio host – music professor – pre-performance speaker – author of ten full-length books on classical music: **Betsy Schwarm** 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.

Bach and Beyond: The Genius and Influence of a Master Composer

Instructor – Betsy Schwarm

4-week Course beginning October 12th

Johann Sebastian Bach: perhaps the most universally influential great composer. Mozart, Beethoven, and Mendelssohn all studied his works, as have countless great names since Bach's passing in 1750. Even today, Bach's craftsmanship still earns attention, as composers seek to determine how Bach managed it without benefit of conservatory training. Audiences, too, hold the Baroque master close to their hearts, but how is it that Bach became Bach? What musical styles did he hear early in his career? How did his genius take those styles further? What about the next generations of Bach's: four sons and a grandson? Were they up to his standard? Music historian Betsy Schwarm will bring JS Bach's musical voice to life in the context of his times, drawing upon her background as a classical music historian, author, and pre-performance speaker, drawing also upon historic documents from Bach's own time and a wealth of musical examples. Perspectives from those great composers who drew inspiration from the master will also be considered. The Brandenburg Concertos are a great place to start, but there's so much else to the mighty Bach!

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Course Type: Lecture with online homework

Books/Materials: None

Classical radio host — music professor — pre-performance speaker — author of ten full-length books on classical music: **Betsy Schwarm** 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.

German Expressionism: Die Brücke and Northern and Rhenish Expressionists

Instructor: Linda Susak

4-week Course beginning September 14th

In the early 20th Century, several groups of German artists looked toward art to redeem and heal society, in part, as a reaction to the Industrial Revolution. They proposed a subjective style of art which *expressed* the artists' inner feelings and emotions rather than simply copying real objects and people. This movement came to be called *Expressionism* and lasted, more or less, until 1937, when the Nazis declared their art “degenerate” and held an exhibition in Munich entitled *Entartete Kunst (Degenerate Art)*.

This class focuses on the group called *Die Brücke*, located in Dresden, and the founding fathers: Ernst Ludwig Kirchner, Erich Heckel, Karl Schmidt-Rottluff, and Fritz Bleyl; as well as the later members: Max Pechstein, Otto Müller and Emil Nolde, as well as the art critic and gallery owner, Herwarth Walden, and his *expressionist* poetess wife, Elsa Lasker-Schüler.

The other group of artists which we will cover are the *Northern Expressionists* represented by Paula Modersohn-Backer and Christian Rohlfs, and the *Rhenish Expressionists*: August Macke, Heinrich Campendonk and Wilhelm Morgner.

This class is an expanded and in-depth version of the *German Expressionism* class I started teaching in January 2020. As such, we will see new artists and many more paintings of artists which we are already familiar.

Course Type: Lecture and Discussion

Books/Materials: Recommended reading: For a longer, larger format with detailed descriptions of the artists, containing many large colored reproductions, select: *Expressionism. A Revolution in German Art*, Dietmar Elger, (TASCHEN 25th Anniversary Series, 2007). ISBN: 3822831948 For a shorter, condensed text, which contains only basic information, select: *Expressionism*, Norbert Wolf, (TASCHEN, 2019). ISBN: 978-3-8365-0528-4

Linda Susak has an M.A. in German Language and Studies and a BFA in Painting. She taught German on the high school and, since 2008, 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 through OLLI.

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German Expressionism: Der Blaue Reiter

Instructor: Linda Susak

4-week Course beginning October 12th

In the early 20th Century, several groups of German artists looked toward art to redeem and heal society, in part, as a reaction to the Industrial Revolution. They proposed a subjective style of art which *expressed* the artists' inner feelings and emotions rather than simply copying real objects and people. This movement came to be called *Expressionism* and lasted, more or less, until 1937, when the Nazis declared their art “degenerate” and held an exhibition in Munich entitled *Entartete Kunst (Degenerate Art)*.

This class focuses on the group in Munich called *Der Blaue Reiter*, founded by Wassily Kandinsky, and including Franz Marc, Gabriele Münter, Paul Klee, Alexej von Jawlensky, Marianne Werefkin, Natalia Goncharova, and Ludwig Meidner, but also discusses *Expressionism* in poetry, drama, dance, and architecture, and Fritz Lang and *Expressionism* in German film.

We will also look at Käthe Kollwitz, who preceded the *Expressionists* in terms of age and generation yet is one of the greatest German artists of all time. Additionally, we will look in-depth at Marc Chagall (who painted in many styles and associated with the *Expressionists* in Berlin). Chagall is considered to be the “greatest Jewish artist of the 20th century.

Finally, we will discuss the Great War and the effect on the movement and the artists, the post-war period, the November Revolution, and the Nazi attitude toward *Expressionism*, ending in Hitler's exhibition on *degenerate art*.

This class is an expanded and in-depth version of the *German Expressionism* class I started teaching in January 2020. As such, we will see new artists and many more paintings of artists we are already familiar with.

Course Type: Lecture and Discussion

Books/Materials: Recommended reading: For a longer, larger format with detailed descriptions of the artists, containing many large colored reproductions, select: *Expressionism. A Revolution in German Art*, Dietmar Elger, (TASCHEN 25th Anniversary Series, 2007). ISBN: 3822831948 For a shorter, condensed text, which contains only basic information, select: *Expressionism*, Norbert Wolf, (TASCHEN, 2019). ISBN: 978-3-8365-0528-4

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Perspective Drawing for Beginning Artists

Instructor: Mitra Verma

8-week Course

Are you a newbie artist who wants to give your paintings more depth? One point perspective is an important first step to making parts of your drawing look 3D. This is a beginners' course to understand 3-dimensional and spatial relationships on a 2-dimensional plane and to use these concepts to bring your paintings to life.

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Course Type: Hands-on Activities

Books/Materials: Paper, Pencil, Eraser, Ruler, Sharpener, and extra fine black marker

Mitra Verma is an art educator, an artist, and a craft designer; she earned her 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 media her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns; she is self-motivated, conscientious, passionate artist and for the past twelve 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.

Message From OLLI at DU Central

Greetings to OLLI at DU Central members, past and new. Our Central staff and volunteers are proud of successfully working through the difficult years of pandemic restrictions. We are now excited to offer not only 26 online classes but also 17 in-person classes from the OLLI at DU Central program.

Our in-person locations are:

- First Universalist Church at the northeast corner of Hampden and Colorado Boulevard
- Park Hill Methodist Church at 5209 Montview Blvd, Denver

We are fortunate to have so many of our outstanding, long-term facilitators back with us, and to have attracted several new local facilitators as well as out-of-state facilitators who have heard of the excellent reputation of OLLI at DU.

A huge thanks to all the volunteers who have offered class assistance and helped with facilitator and member orientation. And a very special thanks to the members of our Central Curriculum Committee: Tom Bieging, Chair; Gene Cole, Public Affairs; David Lippman, History; Richard Passoth, Philosophy, Religion and Psychology; and Lynn Peyton, STEM. We are looking for volunteers to head our Literature and our Visual and Performing Arts section. This is one of the many great opportunities for members to get involved more fully in OLLI at DU.

I am very happy to introduce our newest Central staff member, Carol Lynn Tieg. She not only has provided superb facilitation regarding Denver History, but has an outstanding career in marketing and event planning.

I hope you enjoy one or more of our outstanding classes. All who have participated in past terms have come away with new knowledge and new friends. We are looking forward to seeing you in class and encourage all of you to invite your friends to join or visit as a free guest for one day to get to know OLLI at DU.

We look forward to seeing you in our new classes, and to your coming away with new knowledge and new friendships. Remember curiosity never retires!

John Baumgartner, OLLI at DU Central Site Manager

John.Baumgartner@du.edu

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Wednesday Afternoons

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

Defense in the 21st Century

Facilitator: Michael Holmes

8-week Course

Defense in the 21st Century is an eight-week online course designed for individuals new to the game of bridge or those who have been absent from bridge for a while. This course helps the bridge student to learn the basics of defending a bridge hand. Students will learn opening leads in both notrump and trump contracts, second and third hand play, defensive signals, developing defensive tricks, interfering with declarer, and developing defender's plan. "Defense in the 21st Century" is the text. This text will be provided to the students free, sponsored by the American Contract Bridge League (ACBL). There is a \$20.00 fee for this class. The fee covers the mailing of the book and fees for the use of the virtual bridge app. The fee is paid to the teacher Michael Holmes, via check, to 313 Clisby Austin Rd. Tunnel Hill, GA 30755. Your book will be mailed upon receipt of the course fee. Failure to send the fee by the 2nd class, will result in you being dropped from the class. We will do a technology "boot camp" before classes start-this date is to be determined.

Course Type: Lecture, Discussion and Media

Books/Materials: Materials will be emailed by the Facilitator

Other notations: There is a \$20.00 fee for this class. Students who took Play of the Hand in Spring 2022 should get first preference for the Defense class if possible.

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).

Hot Topics in Jewish Genealogy

Instructor: Ellen Kowitt

7-week Course beginning September 14th

No class on October 5th

Beginners and veteran genealogists will find value in this information-packed series of seven stand-alone lectures. Attend one, a few, or all, and bring your questions. Time will be available each week for group input to help with breaking down personal research brick walls. Navigate 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, uncovering an original surname or place of origin, or interpreting DNA results. Dig in with taking your research to the next level or sit back and enjoy the lectures!

Course Type: Lecture

Books/Materials: Materials will be emailed by the Facilitator

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Ellen Kowitz 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.

The Progressive Era

Facilitator: David Lippman (Senior Facilitator)

8-week Course

In every period of American history, groups have developed to respond to the unique challenges of the era. At the end of the 19th century, the problems raised by rapid industrialization and urbanization were readily apparent: the spread of slums and poverty; the exploitation of labor; the breakdown of democratic government in the cities and states caused by the emergence of political machines; and a rapid movement toward financial and industrial concentration. Many Americans feared that their historic traditions of responsible democratic government and free economic opportunity for all were being destroyed by gigantic combinations of irresponsible economic and political power.

The Progressive movement, which spanned the years between the 1890s and the end of WWI, was the response to these problems, but Progressivism wasn't a single, coordinated movement. The numerous reformers were too diverse, and sometimes too mutually antagonistic, ever to coalesce into a national crusade. But they were generally motivated by common assumptions and goals to improve the lives of the underprivileged and to bring government, industry and finance under a measure of popular control.

The Progressives enacted significant changes with four constitutional amendments and numerous legislative reforms. Ironically, Progressives also ignited a strong conservative backlash based on the commitment to individual freedom.

In this course, we'll examine the various groups that made up the Progressive movement. We'll use the classic study of the era, Richard Hofstadter's *The Age of Reform*. Because this 1955 Pulitzer-Prize winning book is almost 70 years old, we'll also bring in the opinions of more recent historians to supplement the content and offer newer perspectives.

Course Type: Primarily Discussion, with Short Lectures

Books/Materials: Required: Hofstadter, Richard *The Age of Reform*, Random House, ©1955

Other notations: Video appearance and discussion is highly encouraged

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.

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Golden — Where the West Lives

Facilitator: Barb Warden

5-week Course beginning September 14th

Barb Warden of Goldentoday.com will give a lead the class through Golden's storied history. Start with Golden's founding during the 1859 Gold Rush: when you picture a wild west town, you probably include a range of stock characters-prospectors and miners, gamblers and preachers, cowboys and Indians, farmers and ranchers, desperadoes, and lawmen...early Golden had them all. Hear about a time when duels, shootouts, and lynchings were commonplace in Golden; when heavy industry was warmly welcomed, and we desperately wanted GROWTH! Then move into the 20th Century and see how Golden held up through two world wars, the Great Depression, the Baby Boom, and the Atomic Age. The 21st Century has given us Golden's renaissance and introduced us to the benefits and perils of popularity. This class will include guest lecturers, visits to Golden Museums, tours of Golden's historic districts, and lots of opportunities to ask questions!

Course Type: Lecture, Discussion and Field Trips

Books/Materials: Materials will be provided by the Facilitator

Barbara Warden has lived in Golden since 1987. She runs the community website [www. goldento-day.com](http://www.goldentoday.com) and writes a daily column called What's Happening in Golden? Barb has written three books about Golden (Guidebook to Golden Colorado, Funiculars of Golden Colorado, and Olde Golden Christmas). In 2010 she received the Mayor's Award for service to the Golden community; in 2011 she received the Civic Award from the Chamber of Commerce; in 2014 she was named a Living Landmark by the Golden Landmarks Association (for the website and her published books), and in 2016 she was recognized at the International Women's Day Luncheon for her work on local Golden news.

A Historian Goes to the Movies: Ancient Rome

Facilitators: Alan Folkestad (Diamond Facilitator)/Bob Magnani (Platinum Facilitator)

8-week Course

We all know that movies are often not historically accurate. They aim to bring you an entertaining story, one that has embedded conflicts and sufficient excitement to attract enough people that the film makes a profit (only half meet this elementary hurdle). Within that bound, most film makers try for accuracy, usually through historical consultants. How well do they do? This course examines the so-called Sword & Sandals film genre about Ancient Rome through two perspectives: (1) What was the film about and how successful was it as entertainment? and (2) How accurate was it — what did the film makers ignore or get wrong, and should that bother you? We all learn about history (we think) as much through film as through schooling — how big an error this? Come see excerpts from eight of the best films and series ever made about ancient Rome and learn some realities that will surprise you.

Course Type: Lecture, Discussion, Media, and Great Courses DVD

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Alan Folkestad has been a student of history since early childhood. He earned his BA at the University of Minnesota and his Master's degree from Texas Christian University. He has presented more than

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30 OLLI classes, mostly of various periods in history, but also in sports movies and early television programs.

Bob Magnani, an OLLI member since 2010, has facilitated over 40 classes On-Line and at four Denver locations. His courses include Movies and Movie Making, Acting, Comedy, and Chess. He has Arts and Engineering degrees from Columbia, as well as PhD work at NYU. He has viewed several thousand films. Bob enjoys theater, acting and is delighted to be able to pursue these interests at OLLI.

Listening to Highlights of James Joyce *Ulysses*

Facilitator: Ann Cohen (Senior Facilitator)

8-week Course

The course material will depend on how knowledgeable the class is about *Ulysses* in terms of having been exposed to any of the book.

Course Type: Listening and Discussing

Books/Materials: Required - Any printing of *Ulysses* by James Joyce

Other notations: Video appearance and discussion is highly encouraged

Ann Cohen has a PhD in English from the University of Minnesota. She graduated from Smith College with a major in English from Smith College in 1962 and loves teaching and learning with students.

What Persuades You and Why?

Instructor: Joseph Cassa, BA, BS, MA

6-week Course beginning September 14th

Students will explore some of the practical concepts which explain persuasion and one's ability to influence others. Class activities will identify communication skills, competencies, and attitudes in persuasion. Activities will include lectures, class discussions, exercises, and role play. These discussions and activities will concentrate and focus on increasing competence in communication skills, persuasion, influence, and motivation. All of these skills will enable students to practice powerful persuasion skills to enhance both personal and professional success.

Course Type: Lecture, Discussion, Group Exercises and Role Play

Books/Materials: Recommended: Cialdini, R. B. (2009). *Influence: Science and Practice* (5th ed.). Boston, MA: Allyn & Bacon (Pearson Education). ISBN! 3: 978-0-205-60999-4 or ISBN! 0: 0-205-60999-6 softcover

Joe Cassa earned a Master of Arts Degree from Regis University with a specialization in Conflict Management and a certificate in Adult Learning, Training and Development. He has facilitated undergraduate and graduate course work at Regis University, School of Professional Advancement, within the Department of Communication. Course facilitation includes conflict management, mediation, negotiation, decision making and persuasion. Joe has worked for a private company as a professional mediator. He retired with 42 years of service in law enforcement. Joe owns a business called IMECS LLC and is the vice president of curriculum development at CWORX LLC. Joe is an affiliate faculty member at Regis University.

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How to Live Better

Instructor: Richard (Rick) Rokosz

4-week Course beginning October 12th

This course will cover four different topics focused on how to live better. They are:

Behavioral Styles: This course examines various leadership styles and behavioral modes people regularly display. It contains easy-to-understand materials for individuals to use to be more effective when interacting with others in any personal or business environment. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Compartmentalization: This course is designed to help individuals make good, clear decisions by focusing on one important topic at a time while filtering out competing distractions. What is compartmentalization and identification of what tasks to address first will be discussed in this workshop. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Consequence Based Decision-Making: This course will examine what is meant by “Consequence-Based” Decision Making and how this approach is influenced and driven by desired outcomes or consequences. Typically, people make decisions or act based upon the situation which defines and limits their view based upon what is “possible.” Consequence-Based Decision Making requires that the desired consequences be the main driver of the decisions or actions, independent of the current situation. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

The 25 Hr. Day: This course will provide numerous tips and techniques on how to recapture time and become better organized to meet the challenges of the day be it at work or at home. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Course Type: Lecture and Discussion

Books/Materials: None

Rick Rokosz resides in Cottonwood, AZ. He is a retired aerospace executive, the president/owner of Peak Performance Group, an award-winning faculty member with Regis University and Sedona/Verde Valley OLLI, a member and former lead of the Regis CPS Alpha Sigma Nu, retired Certified SCORE mentor, authorized trainer of the TRACOM Group, award winning author, and decorated Viet Nam Veteran.

Beyond GDP: The Ongoing Search to Measure “Wellbeing”

Facilitators: David Carlson and Paul Belanger

8-week Course

Over the past 30 years, several states have developed and promoted economic, environmental, and social indicators to signify collectively “quality of life,” “progress,” “sustainability” and related concepts. Similar projects are also underway at national and international levels to move beyond the growing dominance of economic growth indicators in public policy and decision-making, such as Gross Domestic Product and stock market valuations. One of the best-known examples of going “beyond GDP” is the set of 17 Sustainable Development Goals (SDGs) <https://sdgs.un.org/goals> unanimously adopted by the United Nations in September 2015.

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This course will examine the case for going beyond GDP and other economic growth indicators as proxies for “wellbeing” and review several examples of going beyond GDP at state, national, and international levels for group discussion. This will include a “deep dive” into the strengths and limitations of the U.N.’s framework of SDGs, targets, and indicators and its relevance for local and state-level organizations and agencies. Throughout the course, we shall consider “health” to be a fundamental proxy for “wellbeing”—not only human health, but social and environmental health as well.

Guiding questions include: What is meant by “wellbeing” and can it be credibly measured? Is there evidence that Beyond GDP projects and programs can influence public policy and decision-making at state, national, and global levels? And should Colorado join other states in developing and promoting a consensus “dashboard” of 30-50 key indicators that span economic, social, and ecological dimensions of wellbeing?

Course Type: Lecture and Discussion

Books/Materials: Facilitator will provide electronic copies of his materials; links to documents, videos, etc. in the public domain; and selective recommendations for other materials (including books).

Other notations: Video appearance and discussion is highly encouraged

David Carlson: Team Co-Leader, “Beyond GDP Colorado” pilot project, Grand Challenges Initiative, University of Denver (2019-); Founder and Convener, Ethics and Ecological Economics (EEE) Forum (2014-21, www.eeeforum.org); adjunct faculty member, Korbel School of Int’l. Studies at DU (spring 2016); Lecturer/Facilitator, OLLI course (fall 2014), “Science and Religion: Enemies, Strangers, or Partners?”; Ph.D. from Joint DU-Illiff School of Theology Program in Religious and Theological Studies (2013); policy analyst, Colorado Dept. of Agriculture (1976-2003); Ph.D. from CU Boulder (1971, mathematics).

Dr. Paul Belanger, retired geologist and past facilitator for several OLLI Central courses (2014-19). Paul has been the webmaster and co-moderator with me for the past eight years and is very very familiar with the Beyond GDP project with DU colleagues.

Spice Up Your Culinary Palette

Facilitator: Larry Canepa

6-week Course beginning September 14th

Spice Trade and the Age of Exploration (Weeks 1&2)

In its day, the spice trade was the world’s biggest industry: it established and destroyed empires, led to the discovery of new continents, and in many ways helped lay the foundation for the modern world. Near the end of the 15th century, 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.

Foods that Changed the World (Week 3)

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.

Legendary Foods of Europe: ITALY: Unified Country, Regional Tastes (Week 4)

Across the globe, there is no country with food and wine that is more romanticized and sought after

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than Italy. It's a place where good food and delicious wine are available at every turn and taken seriously by the people who make it and those who consume it.

Legendary Foods of Europe: FRANCE: Liberté, égalité, fraternité...and Food. (Week 5)

The culture of France has been shaped by geography, by historical events, and by foreign and internal forces and groups. France, and in particular Paris, has played an important worldwide role as a center of high culture since the 17th century. Let's follow our hunger to the bistros, cafes, and marvel at the tables of starry chefs, from haute cuisine to cuisine bourgeoise to the food markets.

Legendary Foods of Europe: GREECE: Ancient Greece to Modern Athens. (Week 6)

Wonderful regional traditions, religion, music, language, food, and wine are the major composites of the culture in mainland Greece and of the Greek islands creating an incomparable cultural base for everyone wishing to visit and understand contemporary Greece.

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Chef Larry P. Canepa is a Certified Culinary Educator and Le Cordon Bleu Chef, author, researcher, food historian, and lecturer of culinary topics. Chef Larry has a dynamic, innovative, and engaging style that incorporates food history, culinary arts, education and 'food-tainment' into every class and event.

Understanding and Anticipating the Aging Process — Part One

Instructor: Jeannette Guerrasio, MD

4-week Course beginning September 14th

Back by popular demand! This course was designed to empower you with knowledge about how the body, including the mind, ages so that you can anticipate and prepare for the future. Each session will be dedicated to different areas of the body and will be a combination of brief lectureries full of information followed by discussion. Participants are welcome to just listen or to fully participate in the discussions, depending on their own personal comfort level.

In each session, 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.

By the end of the course, you will have received several articles written by the speaker that highlight the content of the discussions.

Course Type: Lecture with Question and Answer

Books/Materials: *Embrace Aging* by Jeannette Guerrasio, MD (recommended, not required) available at Amazon or Barnes and Noble

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

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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

Instructor: Carolyn Varvel

6-week Course beginning September 14th

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 and Experiential Learning

Books/Materials: Paper, notebook, pens, pencils ... Book (not required): available through Amazon: *Journaling: 12 Powerful Techniques to Unlock Your Potential* by Carolyn Varvel

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 written a number of adult mini courses for private clients. Her current activities include quilting, editing, and working with senior members of her community.

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Healthy Every Day

Facilitator: Laura Olinger

4-week Course beginning September 14th

Provide the tools, information and motivation that makes daily improvement and progress toward health and well-being goals a tangible reality rather than an unattainable fantasy. We'll break down personal barriers, beliefs, and cultural messages - add some science, alignment, fitness and movement - and provide individual coaching. This is an interactive course where participants will volunteer, take notes, talk with the facilitator, receive individual coaching, try movements and exercises. Stress as it affects brain function, and neuroscience are core components of this course.

Here are a few comments from previous participants:

"I learned quite a bit on movements which help in controlling stress and keeping muscles and other parts of the body active without injuring the body."

"...really motivated me to try new exercise routines."

"Wasn't really sure what the class was about but turned out to be one of the best classes I have taken!"

Course Type: Presentation and Interactive Discussion. Individual coaching in the group context.

Books/Materials: There is no required text. Participants may want to purchase a manual of the de-stressing tools to use after they are introduced. Cost is \$15 if local, \$20 if shipping is required. This Manual is only available from the facilitator, not publicly sold. A copyright agreement with the Circles of Life, who owns the copyright is required to purchase.

Other notations: Participant Video appearance and discussion highly encouraged

Laura Olinger is a local (Boulder) business owner focusing on many aspects of wellness for all ages. Knowledgeable in elder fitness and strengthening, removing personal barriers to exercising, and eliminating stressors, she describes her role as, "Beacon of Light for the Future of LIVING." She has taught classes at Frasier Meadows, Boulder Parks & Rec, Older Adult Services (Boulder), Longmont Senior Center, Boulder Housing Partners, HomeCare of the Rockies and more.

Skills for Everyday Living

Instructor: Richard (Rick) Rokosz

4-week Course beginning September 14th

This course will cover four different topics related to skills for everyday living. They are:

Implementing Change: This course has general applicability across all environments. It was developed for the aerospace industry, by the author after extensive research on the subject. It is designed to help individuals successfully bring about a change regardless of who they are, what they are doing, what environment they are in, and why they are trying to do it. The instructor will share his copy written process. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Habits: How to break old ones and make and keep new ones: This updated course takes an in-depth look at who we are relative to our habits and why we routinely do what we do. It provides information on how to break bad habits, and how to replace them with new good ones as well as how to keep

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the new habits alive. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Tackling Tough Problems: This course will provide a model and process methodology along with coping techniques on how to manage tough problems, both those of a routine nature as well as those that are critical and most urgently in need of being addressed. The course will also identify various types of individuals and how they respond when confronted with a tough problem. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Managing Stress: This course will examine the various types of stress we encounter in our lives at work and at home. Causes as well as how to control and keep stress in check with several life balance coping techniques will be presented. The information will be presented from easy-to-understand slides, copies of which will be made available by the presenter.

Course Type: Lecture and Discussion

Books/Materials: None

Rick Rokosz resides in Cottonwood, AZ. He is a retired aerospace executive, the president/owner of Peak Performance Group, an award-winning faculty member with Regis University and Sedona/Verde Valley OLLI, a member and former lead of the Regis CPS Alpha Sigma Nu, retired Certified SCORE mentor, authorized trainer of the TRACOM Group, award winning author, and decorated Viet Nam Veteran.

From Page to Stage: BETC's "The Children"

Facilitator: Heather Beasley

2-week Course, September 21st and 28th

Ever wonder how a wonderful play script becomes a memorable stage production? Join Dr. Heather Beasley, Associate Artistic Director of Butterfly Effect Theatre of Colorado, to find out! In this class, you will trace a play's journey from the playwright's written words, through the hands of the artists involved in the production process, to its realization on the theatrical stage. You'll see BETC's production of Lucy Kirkwood's play "The Children," and finally discuss the artists' interpretations of the script.

By exploring this powerful play on both page and stage, participants will employ critical thinking about theatrical performance, its relationship to the society of which it is a part, and its past and present significance as an art form. Class members are invited to attend the live theatrical performance, and to participate in a discussion with artists involved in the production during the second week of class. Tickets for the show must be purchased separately. OLLI members who sign up for the course will get a 25% discount code to use on up to two tickets for "The Children" performances at the Dairy Arts Center in Boulder on 9/22, 9/23, 9/24, or 9/25.

Course Type: Reading, Guest panel, Discussion and Self-guided "field trip" to the theatre

Books/Materials: None

Other notations: Participant Video appearance mandatory and discussion highly encouraged

Dr. 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,

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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.

Message From OLLI at DU on Campus

Welcome to the Fall term! The OLLI at DU on Campus program is happy to present 21 online courses (via Zoom), and two in-person courses which will meet on the beautiful campus of the University of Denver. In addition, we are continuing the success of our webinar program by offering a series of eight sessions focusing on the theme of "Influential Women!" Through requests by our previous attendees, we have moved the webinar series to Monday afternoons. Please join us for some exciting presentations.

OLLI at DU on Campus has grown exponentially over its four years of existence and Maria Elena Garcia has now assumed the role of Site Manager with Mitra Verma, Site Program Assistant. We are always looking for professors (active or retired) who wish to present in their line of work, artists, authors, musicians, and art and music historians to provide our members opportunities to learn about your work. If you are interested in facilitating a course for OLLI at DU on Campus, please contact:

We look forward to seeing you in our new classes, and to your coming away with new knowledge and new friendships. Remember curiosity never retires!

**Maria Elena Garcia, OLLI at DU on Campus Site Manager,
MariaElena.Garcia@du.edu**

ONLINE COURSES — THURSDAY AM

Thursday Mornings

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

The American Labor Movement and History of Workers' Rights

Instructor: Dr. James Walsh

4-week Course beginning September 15th

This course will explore the history of the American labor movement, from the forms of slave resistance to the struggle of Amazon workers during the 21st century. We will focus our energies on understanding the long arc of workers' rights in the U.S., spending time on various salient moments such as the Industrial Workers of the World, Ludlow Massacre, Triangle Shirtwaist Fire, Flint Sit Down Strike, the United Farm Workers, the Memphis Sanitation Workers Strike, and the Coalition of Immokalee Workers. We will also explore the creation of a social safety net in American society during the 1930s and the role that labor has played in fighting to preserve and strengthen that safety net.

Finally, we'll examine the 21st century labor movement and the challenges that workers are fighting today to overcome.

Course Type: Lecture and Discussion

Books/Materials: Recommended

- Eric Loomis, *A History of America in Ten Strikes*
- Howard Zinn, *A People's History of the United States*
- Grace Chang, *Disposable Domestic*
- Philip Foner and Robin Kelley, *Organized Labor and the Black Worker*
- Susan Marquis, *I Am Not a Tractor! How Florida Farmworkers Took on the Fast-Food Giants and Won.*

Dr. James Walsh is a Clinical Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-three 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.

An Gorta Mor: The Great Hunger in Irish Memory

Instructor: Dr. James Walsh

4-week Course beginning October 13th

This course will examine the most devastating period in Irish history, when nearly three million people died or abandoned Ireland between 1845-1852. We will explore the history of Ireland that led up to the Famine, including imperial policies imposed upon Ireland by England, the ideological framework that led to England's response to mass hunger in Ireland, survival strategies employed by the Irish, the immigrant experience on "coffin ships" to North America, the reception that the Irish faced in North American cities, strategies employed in North America to organize and gain political and economic power. Throughout, we will look at An Gorta Mor in Irish and Irish American memory, attempting to understand the legacy of this moment and its enduring impact around the world.

Course Type: Lecture and Discussion, with one or two field trips

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Books/Materials: Recommended: Tim Pat Coogan, *Famine Plot*; John Kelly, *The Graves are Walking: The Great Famine and the Saga of the Irish People*; Cecil Woodham-Smith, *The Great Hunger: Ireland*; Cathal Poirteir, *Famine Echoes*

Dr. James Walsh 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.

Crusade in the Southwest Pacific

Facilitator: Mac McHugh (Platinum Facilitator)

8-week Course

“I Shall Return” as stated by Gen. Douglas MacArthur on his arrival in Australia. But what did it take to return to the Philippines? Little known conflicts in the jungles of the Southwest Pacific and China/Burma/India took a backseat to the more famous naval actions of the Central Pacific. Always the last to receive supplies and support, there were key battles fought that tied down and bypassed thousands of Japanese soldiers to ‘wither on the vine’ as new tactics were used by the Allies. We will look at the battles, the strategy, and the tactics that were used by both sides as the Allies drove to the Philippines and eventually Japan. We will end the class with a look at the B-29 air offensive from China and the Marianas. Could air power win the war without an invasion of Japan?

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Mac McHugh, Platinum 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 lifelong movie buff.

***Peace Like a River*, by Leif Enger**

Facilitators: Don & Gracie Batt (Senior Facilitators)

8-week Course

The book is set in Minnesota and North Dakota during the mid-20th Century. It contains a “collage of legends from sources sacred and profane—from the Old Testament to the Old West.” Infused with transformative magic and gritty realism.

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

Other notations: Required — *Peace Like a River*, by Leif Enger

Please purchase the book in advance of the class. We will use the Grove Press edition (2001) ISBN 0-8021-3925-6, available at 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, retired high school English and Theatre teachers in Cherry Creek Schools, have facilitated literature of the American West courses for several years with OLLI.

ONLINE COURSES — THURSDAY AM

Short Stories as if Great Books

Facilitator: Michael Levin

8-week Course

This course requires the reading of one or two short stories (read outside of class) per week. No purchase of a book is needed as PDFs will be emailed each week. Most of these stories were published in *The Best American Short Stories* series.

We will loosely follow the Great Books guideline for a “Shared Inquiry” discussion.

- Read the selection carefully before participating in the discussion. Most of us need to read a short story more than once.
- Discuss the ideas in the story and try to understand them fully before exploring issues that go beyond the selection.
Note: For this course we hope to find insights that speak to current or universal issues.
- Listen to other participants and respond to them directly.

Course Type: Discussion

Books/Materials: PDF’s will be emailed to class members

Michael Levin is a Denver native with a BA from Grinnell College and an MA from the University of Colorado, both in math. He retired from Raytheon in 2006 as a Senior Principal Systems Engineer. Michael has been engaged in Great Books and adult Jewish education since the mid 1980’s. He inherited leadership of a southeast Denver Great Books group in 2008. His group features in-depth examinations of short stories and essays. Michael has facilitated OLLI classes in Jewish texts, including Martin Buber’s *The Way of Man*.

Mysterious Places: Dining Dangerously

Facilitator: Linda S. Lange (Senior Facilitator)

8-week Course

“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 explore various mystery series that tap food, wine, and dining themes. Authors include Agatha Christie’s poisons, Laura Childs’ Charleston Tea Shop, Martin Walker’s Bruno in the South of France, and Diane Mott Davidson’s Goldilocks Catering.

Course Type: Book club-type Discussion with Supplemental Presentations

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Linda Lange is a voracious reader of mystery and science fiction, enthusiastic gardener, and amateur tai chi practitioner. Linda is retired from teaching finance and accounting at Regis University. The Mysterious Places class was created in 2019, the start of a popular series of mystery “book club-travel-club” classes.

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Shemot: Reading the Book of Exodus with Rabbinic Commentaries

Facilitator: Rabbi Sandra Cohen

8-week Course

Sure, we all know about Moses in the bull-rushes and the revelation at Mount Sinai. But do you know how the rabbis and medieval commentators read those stories and others – the midrashim, interpretations, and arguments over what God revealed? Why did God need plagues to “let My People go?” Is the commandment to not “kill,” or not “murder” – and what is the difference? Join Rabbi Cohen and classmates in exploring the stories, laws, and explanations under the surface of the text.

This class will be a close reading of the Biblical book of *Exodus/Shemot* and will use *The Commentators' Bible: Exodus: the Rubin JPS Miqra'ot Gedolot*, by Michael Carasik. (Found on Amazon)

This is an expensive book, but we will be using it over the course of 3-4 OLLI terms. If the book is too expensive, any Bible can serve as a base text for the reader.”

Course Type: Text based Discussion

Books/Materials: *The Commentators Bible: Exodus: the Rubin JPS Miqra'ot Gedolot*, by Michael Carasik (found on Amazon). This book is expensive, but worth it – a wonderful addition to any library. This book will also be used in the following several courses. If you choose not to buy the book, then you will need a Bible, and will “listen in” as we share the commentary out loud.

Other notations: Video appearance and discussion is highly encouraged

Rabbi Sandra Cohen loves to teach, learn, and discuss rabbinic texts, from the Talmud through medieval commentaries. She approaches the text with a sense of holiness, interest, and humor. In addition to teaching, Rabbi Cohen is involved in mental health outreach in the Jewish and other religious communities. She is known nationally as Scholar in Residence: she preaches, teaches, does workshops and text study, all in order to help communities live out their values (middot) and fulfill God's commandments in (mitzvot) in welcoming the mentally ill and their families.

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

Facilitator: Abe Wagner (Senior)

6-week Course beginning September 15th

This course focuses on 14 communication and life principles which are applicable in any people-to-people setting. To mention a few: “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.

Course Type: Lecture and Discussion with breakout opportunities

Books/Materials: None

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 35 countries and 50 states. He has trained roughly 1,000 CEO and Key Executive groups worldwide. He is a published author in 8 countries of *Say It Straight or You'll Show It Crooked* and *The Transactional Manager*. Plan to laugh while you learn.

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The Mathe*Magical* Nature of the Universe

Facilitator: Paul Stang

4-week Course beginning September 15th

This course is the confluence of Art, Science and Math. Our forms of measurement are based in a wonderful (and relatively easy) system of mathematics developed thousands of years ago. The artistic geometry of most religious, spiritual, architectural, and national symbols come from the same ‘science’. Why do we count twelve inches in a foot, hours in half a day, and months in a year? And what about sixteenths of an inch, and sixteen ounces in a pint, or pound, two pints to a quart(er) of a gallon that weighs eight pounds? Really, isn’t counting by tens easier? We do that as well. And these relate to the makeup of our bodies, atomic and molecular structures, and cosmic mechanics.

Ever wonder what makes your horoscope just right? Would you like to learn the *real* Da Vinci Code? This mathemagical nature of the universe is almost as easy as 1-2-3.

This incredible lecture series leaves participants enthralled to see that math is not a topic to be avoided but one to excite, and definitely not just for scientists and engineers!

Course Type: Presentation with Experiential Learning

Books/Materials: Book: *Explore the Sacred through Geometry* by Paul Stang (recommended). Compass, ruler, blank paper or grid paper and colored pens or pencils, scissors (strongly recommended)

Other notations: Participant Video appearance and discussion highly encouraged

Paul Stang, MA, is an engineer, world traveler and international high school and college teacher, presenter, and author of a uniquely inspired curriculum of art, physics, and mathematics. Contrary to the trend of nationalized education, continuing earlier ‘reforms’, which leave many frustrated, confused and turned off, his results have been embraced typically by 100% of his students. His work is internationally recognized, and he has been invited to curriculum reform in Europe.

The United Nations Today: Relevance, Impact and US Influence

Facilitator: Chris Evans-Klock

8-week Course

At this juncture, many of us probably share some questions...Why didn’t the UN prevent Russia’s war in Ukraine? What is it doing now to bring that war to an end, to bring perpetrators of crimes against humanity to justice, to meet the needs of millions of refugees and internally displaced persons, and to respond to the increased risks of hunger in countries that had counted on importing Ukraine’s grain?

In 1945, 51 nations signed the UN Charter, committing themselves to avoid another world war through collective security and respect for human rights. Three-quarters of a century later, there are now 193 UN Member States, and the UN comprises dozens of agencies and has offices in 131 countries. What do so many UN agencies do, what impact do they have and how much are we paying for their work? Are the UN founding values still relevant? Is its multilateral approach capable of meeting current global challenges – aggression, pandemics, climate change, persistent poverty?

Each week we will look at a specific aspect of the UN’s work, including human rights, climate change, refugees and migration, humanitarian crisis prevention and response, pandemics, peacekeeping, arms control, and the Global Goals for social, economic, and environmental development. We will review

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US influence in the UN historically and will track UN policy changes across recent administrations. This background can inform our discussion on the UN's work in Ukraine and elsewhere and on proposed changes in the UN Security Council, the international courts, and the Human Rights Council.

Course Type: Lecture, Discussion, and Media. Sessions will provide opportunity to discuss UN actions on current issues and events.

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Chris Evans-Klock retired from the UN in 2019, completing four years as the UN Representative to Ghana and 21 years working for UN Specialized Agencies in Geneva, Bangkok, and Vienna. She has a PhD in economics from Boston University and a Master's in International Affairs from Columbia University. She takes a "tough love" approach to the UN and appreciates learning how fellow Denverites view the UN.

Constitutional Privacy: Cases and Controversies

Facilitator: Marcus Pohlmann

8-week Course

The course will allow the class to critically discuss how the United States Supreme Court has come to lay out a constitutional right to personal privacy. Among the specific controversies discussed will be reproductive privacy, abortion, gay rights, trans rights, and the right to die with dignity.

Course Type: Lecture and Discussion

Books/Materials: None

Other notations: Video appearance and discussion is highly encouraged

Marcus Pohlmann did his undergraduate work at Cornell College and his graduate work at Columbia University. He has taught at several colleges including Denver University and Colorado State. He is the only Rhodes faculty member to win all 3 of the school's top annual awards: teaching, research, and service; and twice won the Rhodes Student Government's "Outstanding Faculty Member Award."

Potpourri for the Civil Rights Tour

Facilitator: Gary Wyngarden (Master Facilitator)

7-week Course beginning September 15th

OLLI at DU is scheduling a world view tour in conjunction with Road Scholar that will trace the history and the defining clashes of the Civil Rights Movement on location in Georgia and Alabama. This class is a preliminary to the tour and will feature seven different facilitators and speakers examining different dimensions of the Civil Rights Movement. You can sign up for the class without going on the tour though we hope you will consider doing so.

The facilitators, speakers, and topics will include the following:

1. Janet Kester will relate her experiences on a similar tour in 2020 with photos and stories.
2. Pat Paul will provide an introduction to the 1619 project.
3. Sally Walling will share the black experience in America through the literature of this genre.

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4. Gary Wyngarden will focus on the experience of people of color with the criminal justice system highlighting Bryan Stephenson's work as described in his book, *Just Mercy*.
5. We will have a "Conversation with James Proby." He is founder of The Men's Xchange and active in the civil rights community in Colorado Springs. His father, Milton was a founding member of the Colorado Civil Rights Commission
6. Our other outside speakers, Walter Naegle and Dala Giffin will do a presentation on the role of Bayard Rustin in the civil rights movement. Rustin was one of MLK's key lieutenants. Walter Naegle is Rustin's surviving partner.
7. Becky Stout will focus on the book, *Caste*, by Isabel Wilkerson.

Course Type: Lecture, Discussion, and Media

Books/Materials: None

Other notations: Video appearance and Discussion is highly encouraged

Gary Wyngarden has a BA from the University of Illinois and an MBA from Loyola University. His career was spent in the health care industry and included tenure as CEO of a \$2 billion company. He is very active with the Castle Rock Unitarian Universalist Community, and a Master Facilitator with OLLI.

From the Horse's Mouth: How Your City Works

Facilitator: Lynn Peyton

8-week Course

In this speaker series we will learn about how the Denver metro area works directly from the experts - from drinking water to wastewater, transportation to trash, I-70 to electricity. If you've ever wondered where the water in your glass comes from, where it goes when you flush, or why you pay a "Stormwater" bill, this is the class to find out!

Speakers:

- Sep 15: Emily Gloeckner, City Traffic Engineer and Director of the Department of Transportation and Infrastructure, City and County of Denver
- Sep 22: Tom Roode, Chief Operation and Maintenance Officer, Denver Water
- Sep 29: Sarah Anderson, Green Infrastructure Program Manager, City and County of Denver
- Oct 6: Art Mejia, Director of Solid Waste Management at the City and County of Denver
- Oct 13: Steve Harelson, Chief Engineer, Colorado Department of Transportation
- Oct 20: Technology and Innovation Team, Metro Water Recovery
- Oct 27: TBD.
- Nov 3: Aaron Ehlers, Denver Regulatory Office of the US Army Corps of Engineers

Course Type: Lecture

Books/Materials: None

Lynn Peyton is a (mostly) retired geophysicist with over 25 years exploring for oil and gas. Lynn obtained her PhD in geoscience from the University of Arizona, where her research focused on the Rocky

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Mountains. She has taught multiple classes on the oceans and plate tectonics for OLLI since 2019 and facilitated a “science potpourri” class in 2022.

OSCAR Movies 3

Facilitators: Bob Magnani (Platinum Facilitator) and Arline Pickett

**8-week Course
9:30AM - Noon**

My Oscar Movies courses have been revised to three movies per session to allow more discussion. In Oscar Movies 3, we are going to explore 24 years of Academy Award-winning films, spanning the early years from 1992 to 2017, using “clip notes” (short versions of each film). This course includes the main scenes and plot line of each film, followed by production and other notes about the film. 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? If you haven’t seen the film, this may give you reason to see it. Three films are omitted (to meet our schedule): “Slumdog Millionaire” (’08), “The Hurt Locker” (’09), and “Birdman” (’14).

Course Type: Lecture, Discussion, and Media

Books/Materials: Materials will be emailed by the Facilitators

Other notations: Each class will be 2.5 hours long

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 online and at four OLLI locations.

Arlene Pickett has attended OLLI classes since the fall of 2010, enjoying a variety of topics and presentations. In her working life she was a tax accountant, and to relieve the mental pressure of her working days, indulged a lifelong habit as a voracious reader. She is a self-described “movie nerd” enjoying thinking and analyzing a favorite movie almost as much as watching.

Understanding and Appreciating Abstract Art

Facilitator: Bob Manning

4-week Course beginning Oct. 13th

Curious about abstract art and want to learn more? Love abstract art and want to discuss it with others? Baffled by abstract art and want to learn why it is considered art? Looking to bring more ways of expressing yourself into your own creative life? This course will address these interests while focusing

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on the work of noted abstract artists such as Jackson Pollock, Cy Twombly, Antoni Tapies and Richard Biebnkorn. We will discuss what they're saying, how they're saying it, what it says to you, and how it has influenced the world at large, past and present. With the aid of biographical and process-oriented videos we will look into their worlds and experience their work both as art and as potential prompts for our own self-discovery. We will also PLAY. We'll give abstract art a shot, with household supplies such as pens and pencils or a beginning watercolor set, to better understand what the artist is experiencing.

Course Type: Lecture, Media, Discussion, and Experiential Learning

Books/Materials: None

Other notations: Participant Video appearance and discussion highly encouraged

Bob Manning has been painting for over twenty years mainly because it makes him feel good. He finds value in the doing and is constantly fascinated by the learning possibilities within the world of the creatives. For the past two years, Bob has been a volunteer with the Justice Arts Coalition communicating via letter with incarcerated artists, supporting their study and curiosity under less-than-ideal circumstances.

History of the Orchestra

Instructor: Katie Knight

4-week Course beginning September 15th

In this class, we will discuss the development of the orchestra in western music over the last 500 years. Topics will include instruments and their development, economic and cultural influences, as well as prominent composers. We will compare and contrast different composers, their music, and their ongoing impact on the whole of western music. We will seek to discover the specifics of what makes different periods have a unique sound, and how to identify the time periods of pieces by ear. With the understanding of a few core historical facts, students will be able to more fully discuss orchestral music and its place in history. This course is primarily lecture, but there will also be discussion and opportunity for student participation. A listening list will be given on the first day of class as an option for outside study in-between classes to deepen understanding of class topics.

Course Type: Lecture

Books/Materials: Recommended listening list will be provided on the first day of class.

Katie Knight has a Master's of Music degree and has been teaching music for 10 years, with the last five years at the college level. She is passionate about music theory, history, and the piano. She loves a good cup of coffee and time outside with her kids.

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Thursday Afternoon

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

Family History: The Sum of Many Records

Instructor: Carol Cooke Darrow

6-week Course beginning September 15th

Family history is a collection of puzzle pieces. Major record groups including census records, marriage, and death records give us some of the information that may or may not fit together. More bits of information may be available from military records, passenger lists and naturalization records. Our task is to fit the pieces together into a recognizable picture of our family.

Course Type: Lecture

Books/Materials: Materials will be emailed by the Instructor

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.

The Evolution of Systemic Racism

Facilitator: Leanne Puglielli, PhD, with Ben Kempinen, JD

6-week Course beginning September 15th

The Evolution of Systemic Racism

- focuses on the history of the economic, legal, theological, and philosophical systems of American Exceptionalism that are embedded in our country's laws and systems and protect the dominance of Anglo-Saxon institutions and blood.
- observes the force exerted by the four roots as they become ever more intertwined and grow ever more deeply each decade to produce the racial disparities that we experience today.

While there are many stories of minorities that could be told, given six weeks, these conversations will focus on those systems and structures that have resulted in wealth disparities, mass incarceration and the unchecked killing of Black people.

Our desire to be good can prevent us from doing good if we do not see the historical systems and structures we created. If we don't see them, we cannot act to change them.

“Whites created slavery, segregation, and racial discrimination. Whites have most of the political and social power to change racial discrimination and inequality now. We cannot have a truly free and democratic society until we do that.” MLK

White People Invented Racism, White People Have to Stop It

Course Type: Lecture and Dialogue

Books/Materials: All Materials emailed to participants from the instructors

Other notations: Video appearance and discussion is highly encouraged

Dr. Leanne Puglielli is a retired Professional and Organizational Design and Development expert. Her primary area of interest was, and still is, those leadership skills and organizational systems focused

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on developing people to reach their full potential as she consulted with, primarily, state agencies. She taught in Schools of Management at Edgewood College, Capital University, and the John Glenn School of Public Affairs at The Ohio State University in addition to serving as regular faculty for the Ohio and Nevada Certified Public Manager Programs and the MAPS program at Ohio State. She was selected to serve on the board of examiners for the Ohio Award for Excellence, for the Wisconsin Forward Award.

Leanne is an active member of the Episcopal church. Her focus on living the baptismal covenant to love her neighbor as herself, search for justice and truth, and respect the dignity of every human being has revolved around racism since she became involved with the civil rights movement in the 1960's. She taught JustFaith – a 30-week course on the justice tradition of scripture, she became an active member of Christ the Solid Rock Baptist Church (Black congregation) for eight years, working closely with The Hon. Everett Mitchell on racial disparities in Madison, and created “The Evolution of Systemic Racism” which she has taught for the past six years.

Dr. Puglielli has a B.A. from Grinnell College, Grinnell, Iowa, an M.A. from Smith College, Northampton, Massachusetts, and a Ph.D. from The Ohio State University, Columbus, Ohio.

Ben Kempinen taught at the University of Wisconsin Law School for more than four decades until his retirement in 2018. His focus was criminal law and professional responsibility. His teaching included both traditional classroom teaching and experiential learning, where law students gained experience by working on actual cases under the supervision of faculty.

While at the Law School, he was a member of several legislative committees and a frequent speaker at continuing education conferences. Since 2018 he has served on the Wisconsin State Bar's Standing Committee on Professional Ethics and currently chairs the committee. He is a member of Midvale Community Lutheran Church where he leads the Social Ministry Committee and is also a member of the church's Racial Justice Group.

The Ludlow Massacre and the History of Eastern Europeans Immigrants in Colorado

Instructor: Dr. James Walsh

4-week Course beginning September 15th

This course will explore the story of the Ludlow Massacre and the historical context surrounding it. Students will trace the history of labor activism in early Colorado, leading to the larger story of eastern and southern immigrants making their way to Southern Colorado during the early 20th century. Along the way, we will examine the Ludlow Massacre through popular music, poetry, theater, and film. Students will meet local scholars whose work has contributed to this growing historiography. The course will culminate with an exploration of the legacy of Ludlow and Colorado's early Greek and Italian communities, looking at the memorial and other public history that calls attention to labor issues today.

Course Type: Short Lectures and Discussion

Books/Materials: Recommended reading: Thomas Andrews, *Killing for Coal*; George Papanikolas, *Buried Unsong: Louis Tikas and the Ludlow Massacre*; Scott Martelle, *Blood Passion: The Ludlow Massacre and Class War in the U.S.*; David Mason, *Ludlow: A Verse Novel*

Dr. James Walsh is a Clinical Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-three 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

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Troupe, an all-volunteer “organic” community theater that uses the stage to preserve the history of human rights struggles.

The Irish Diaspora in North America

Instructor: Dr. James Walsh

4-week Course beginning October 13th

Today, as many as 75 million people worldwide claim some kind of Irish ancestry. In the U.S. this figure is nearly 50 million. Nearly four centuries of Irish emigration has had an immeasurable impact on North America, Australia, England, and many other parts of the world. This course will examine the Irish Diaspora and Irish culture across the world, with a heavy emphasis in North America. We will explore Irish emigrant strategies of survival and their struggles for respect and political and economic power. We will look closely at the kinds of labor and cultural institutions that they constructed. Finally, we will examine the relationship today between Ireland and its massive diaspora and how this diaspora has played a prominent role in Irish politics and sectarian violence.

Course Type: Lecture, Discussion, and Media

Books/Materials: Recommended Reading: Hasia Diner, *Erin’s Daughters in America*; Kevin Kenny, ed. *New Directions in Irish American History*

Dr. James Walsh is a Clinical Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty-three 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.

Writing the Short Story: The Basis of Storytelling

Instructor: Carolyn Varvel

8-week Course

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 for 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 and Experiential Learning

Books/Materials: Materials will be emailed by the Instructor

Carolyn Varvel is a retired Associate Professor of English. She has written a variety of books on education, a number of published short stories and is the editor in chief for Wormhole Digital Publish-

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ing. 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 ghost written two books that have been published by the authors. Carolyn also teaches workshops for adults on journaling, how to lead a workshop, and she has written a number of adult mini courses for private clients. Her current activities include watercolor, editing, and working with senior members of her community.

Great Decisions II in World Affairs 2022

Facilitator: Steve Winber (Master Facilitator)

8-week Course

The Foreign Policy Association selects the timeliest world issues and has experts write factual & historical background material, which it publishes especially for this class offered nationwide each year. A real learning experience.

Topic 1: Changing Demographics and Outer Space

Topic 2: Climate Change

Topic 3: Russia and the United States

Topic 4: Myanmar and ASEAN

Topic 5: The Quad Alliance

Topic 6: Industrial Policy

Topic 7: Drug Policy in Latin America

Topic 8: Biden's Agenda

Course Type: Media, Reading and Informed discussion

Books/Materials: Annual *Great Decisions Briefing Book* published by the Foreign Policy Association and may be purchased at fpa.org. The books are \$32.00 purchased from Foreign Policy Association. The Kindle version of the book is available on Amazon for \$23.00

Steve Winber, 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.

Plants Part 2

Facilitator: Larry Matten (Platinum Facilitator)

8-week Course beginning September 22nd and ending November 10th

For those who missed taking a beginning Botany course at college, you now have a second chance. This is the part two of a General Botany course. The first part was covered during Spring 2022 and is not prerequisite to this second course. In a series of eight 2-hour classes, we will consider the plant's place in nature and how it got here. We will cover the following topics: cell division; genetics; evolution; systematics; origin of such items as land plants, leaves, cone scale in conifers, carpel

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in angiosperms; ecology (communities, ecosystems, and biomes); and plants and people. Each week, Larry will share with the students copies of his PowerPoint presentations for class.

Course Type: Lecture with Q and A

Books/Materials: None

Larry Matten 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 has facilitated over 70 classes during that time). He married Susan Krems in 2005 and between them they have six children, 14 grandchildren and 4 great grandchildren.

New Science and Old Stones: Latest research findings on Stonehenge

Facilitator: Deb Bollig

4-week Course beginning September 29th

The Denver Museum of Nature and Science recently hosted an amazing travelling exhibition on Stonehenge curated by Dr. Michael Parker Pearson. Building on the information presented in the exhibit, this class provides an overview of recently published research about Stonehenge based on three archaeological projects: the 2003-2009 Stonehenge Riverside Project, the 2010-2013 Feeding Stonehenge Project, and the 2011-2021 Stones of Stonehenge Project, the last of which is just wrapping up.

Much of the exhibit looked at a view of the whole area around Stonehenge, including features which have not been broadly publicized before, such as the Durrington Walls village where the people lived who probably built the current arrangement of stones, a second monumental circle down by the River Avon, the Cursus, Woodhenge, wooden monuments which predated Stonehenge, and others. This class will provide a tour of those features in addition to a look at Stonehenge itself.

Much has been written about Stonehenge – some theories being wilder than others. I will cover what the latest research says about the history, purpose, and different uses of Salisbury Plain over the years. Based on present findings, Stonehenge is considered to have been the largest cemetery in Britain in the 3rd millennium BC. We will also discuss the people who lived near there, the animals they ate, and where the stones came from.

Course Type: Lecture and Media

Books/Materials: Materials will be emailed by the Facilitator

Deb Bollig is a retired IT professional/Math instructor. She has been facilitating at OLLI for several years, teaching classes about weather, computers, Paleo-Americans, and this latest class about Stonehenge.

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Using Computer Modeling to Analyze Real-World Problems like Pandemics

Facilitator: Fred Gluck

8-week Course

Today's problems are far too complex to analyze and solve by running experiments. Scientists and policymakers alike rely on computer models and simulation to assess problems and design solutions. In this class we will begin by exploring the use of computer modeling to both inform us about how a disease spreads as well as suggest ways to mitigate its propagation. The same techniques that are used to model real-world problems can also be applied to creating video games. In fact, some say that experimenting with a model is like playing a game. Whether modeling the spread of a virus, examining the interplay of predator-prey population dynamics, or designing a game of Pacman, the tools and techniques are the same.

Using web-based software, [Agent Cubes Online](https://agentsheets.com/) [<https://agentsheets.com/>], students will start with creating a simple model and gradually increase in complexity. Students will have their own permanent accounts for creating individual projects and have full access to the software tools during the course. Students are encouraged to preview the website, examine/run some of the featured projects, as well as view part or all of the approximately 40-minute demonstration at the 'try-it-out' link: <https://agentsheets.com/quickstart-go/English>

Course Type: Lecture and Experiential Learning

Books/Materials: None

Other notations: Participant Video appearance mandatory and discussion highly encouraged

Fred Gluck has a BS in Engineering/Applied Mathematics from Colorado University and an MS in Electrical Engineering/Computer Science from George Washington University. He served in the nuclear Navy for five years and then in the computer industry for 40 years, including 13 years at Bell Telephone Laboratories. Fred has taught in the University of Colorado Science Discovery program for 25 years and has also volunteered in Boulder Valley schools for more than 25 years. Fred's current focus is motivating students to consider pursuing computer science and computer-related fields both academically and as a career.

Introduction to the Art & Practice of Mindful Awareness

Instructor: Christy Cassisa, JD

6-week Course beginning September 15th

1:00 - 2:30PM

It's not hoo-woo, it's science! Mindfulness is an increasingly hot and well-studied topic these days. The US Department of Education is funding research to explore how mindfulness can improve students' academic achievement, attention, and resilience and is also studying mindfulness as an antidote to teacher burnout. The National Institute of Health (NIH) is funding attention and awareness research to improve health and conditions including depression, anxiety, and substance abuse. Even the US Military and police departments across the US are training their members to be more mindfully resilient.

By being more present, focused, and aware, we can learn how to remain calm in a crisis, bounce back in the face of challenge and change, make intentional decisions, and find the joys in our daily lives.

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Thousands of studies have been conducted on the benefits of mindfulness. This research is proving that the ability to pay attention can reduce inflammation and promote healing in the body, help us break our habitual reactions to stress, and can even improve the structure and functioning of the brain itself.

In this introductory program, we will explore the impact of becoming more mindful on our health, productivity, and wellbeing, investigate the science behind the practices, and we will share how it is showing up in our own lives. Participants will experience secular, guided mindfulness practices in every class, including sitting meditation, mindful eating, mindful movement, mindful walking, and more.

Course Type: A blend of didactic lecture, interactive discussions, and experiential practice

Books/Materials: Recommended Reading: *Wherever You Go, There You Are*, by Jon Kabat-Zinn, PhD

Christy Cassisa is a Certified Mindfulness-Based Stress Reduction teacher and has been teaching mindfulness for almost a decade. After finding mindfulness when struggling with post-partum depression, sharing the practice has become her lifework. She is grateful for the opportunity to walk a mindful path with other seekers through her own mindfulness training company, the Institute for Mindful Works, and previously with the UC San Diego Center for Mindfulness. She holds a BS in biology, is a recovering lawyer, and recently joined Inner Explorer, a nonprofit delivering an online mindfulness program for schools.

Promising Starts — Early Films of Current A-List Actors

Facilitators: **Dixie Vice (Senior Facilitator) and John Lungerhausen (Senior Facilitator)**

**8-week Course beginning September 22nd and ending November 10th
1:00 to 3:30 PM**

Almost every actor, who achieves some level of critical acclaim, starts with humble beginnings in a film which may have received a degree of notoriety, or it may have been consigned to the relative obscurity of those many films which just don't pass muster with the ticket buying public. However, in either case, there was likely someone of importance, who saw the film and recognized in the actor's performance a spark of talent or skill that clicked. Our class this term will look at 8 intriguing early films of current A-list actors: Johnny Depp & Leonardo DiCaprio in "What's Eating Gilbert Grape" (1993), Natalie Portman in "Leon: The Professional" (1994), Edward Norton in "Primal Fear" (1996), Jennifer Lawrence in "Winters' Bone" (2010) and 4 others. Join us to see if you think these early performances forecasted their future fame as screen actors or was it something else that served as their springboard to stardom. All movies will be shown in their entirety with subtitles for the hearing impaired.

Course Type: Media and Discussion

Books/Materials: Materials will be emailed by the Facilitators

Other notations: This course begins September 22nd each class is 2.5 hours long (1:00 to 3:30 PM)

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 longtime partner, John, and their two orange boys!

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John Lungerhausen, OLLI Senior Facilitator, joined OLLI soon after retiring and became the A/V and Support Technician for OLLI West in 2019. 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.

Watercolor for Beginners Series 1: Introduction to the color wheel & color theory

Instructor: Mitra Verma

8-week Course

In order to unleash the power of color, you first have to start by understanding color theory, the color wheel, how to use complementary colors to create an impactful color scheme, and the psychological effects of those colors. Whether you're first diving into the topic (or are just looking for a refresher), this is the first of three watercolor courses which will be offered this year. Color theory can help an artist determine which colors look good together. However, color theory goes beyond just "eyeing" color combinations; it is a science which helps the artist in selection and composition. In this course you will understand how to use color theory to bring greater variety and interest to your work. This foundation will be beneficial as you progress through Watercolor 2 and Watercolor 3 courses during the Winter and Spring term of 2023.

Course Type: Hands-on Activity

Books/Materials: Supply List will be provided in advance to all participants. But here are basic supplies like 100% cotton 140lb Paper, Brushes round fine tip #2, #6, #10 or #12, Watercolors, Paper Towels, Compass, Pencil, Eraser, Sharpener, Ruler.

Mitra Verma is an art educator, an artist, and a craft designer; she earned her 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 media her paintings celebrate the Indian culture and tradition with distinctive colorful designs, which are treated with religious and mystical motifs and patterns; she is self-motivated, conscientious, passionate artist and for the past twelve 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.

thanks

FOR ALL THAT YOU DO

OLLI thrives because of its volunteers! Thank you to our facilitators, our class assistants, and our Curriculum Committees. Since March of 2020, each of us has experienced many changes in our lives. Throughout the uncertainty, our Curriculum Committees have worked diligently to create a robust catalog of both online and in-person courses!

Thank you to each and every Curriculum Committee! You have made this fantastic lineup of courses possible.

Central Curriculum Committee

Curriculum Committee Chairperson - Tom Bieging

Sub-Committee Chairpersons:

History - David Lippman

Literature, Writing and Language - Open

Philosophy, Religion & Psychology - Richard Passoth

Public Affairs & Economics - Gene Cole

STEM - Lynn Peyton

Visual & Performing Arts - Open

West Curriculum Committee

Curriculum Committee Chairpersons: Jim Keller & Bob Magnani

Sub-Committee Chairpersons:

Health & Well Being - Deb Bollig

History & Economics - Jamie Cookinham

Arts, Literature and Writing - Dixie Vice & Larry Tannenbaum

Miscellaneous & Extracurricular - Kathy Magnani

Philosophy, Religion & Psychology - Sue Crichton

Current Events & Politics - Tom Hughes

STEM - Fran Fraser

Extracurricular - Kathy Magnani

Friday Speaker Series - Joanne Ihrig

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 - Janet Burda & Patricia Smilanic
Philosophy, Religion & Psychology - Mary Ann Lang
Public Affairs - Bill Gernert
STEM - Eric Johnson & Ron Knox
Visual & Performing Arts - Jan Friedlander

East Curriculum Committee

Curriculum Committee Chairperson - John Rough

Sub-Committee Chairpersons:

Facilitator Support - Maria Elena Garcia
Health & Well Being - Open
History - Paul Simon
Literature & Writing - Linda Lange
Philosophy, Religion & Psychology - Open
Public Affairs & Economics - Open
Visual & Performing Arts - Glenn Gravlee
STEM - Shelley McHugh & Jo Roth

On-Campus Curriculum Committee

Chair - Maria Elena Garcia

Co-Chair - Mitra Verma

Boulder Curriculum Committee

Curriculum Committee Chairperson - Penny Friedberg

Sub-Committee Chairpersons:

Arts, Writing & Literature - Molly Gardner
Health & Well-being - Open
History, Economics & World Affairs - Reva Greenburg
Philosophy, Religion & Psychology - Patti Gassaway & Margaret Strumpf
STEM - Alan Segal

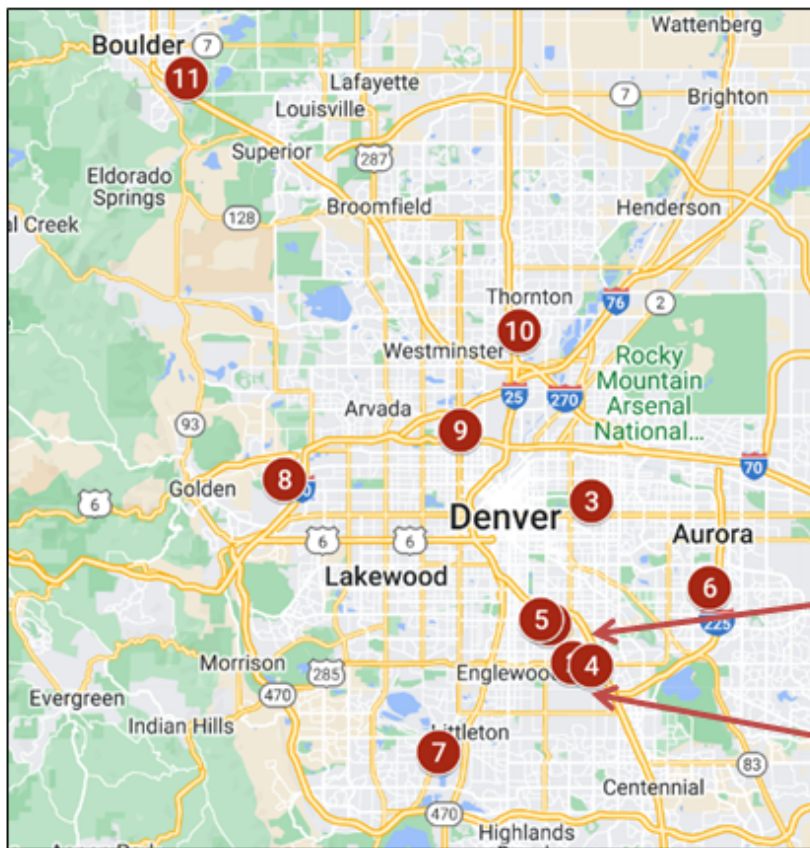
Regis Curriculum Committee

Chair - Marie Friedemann

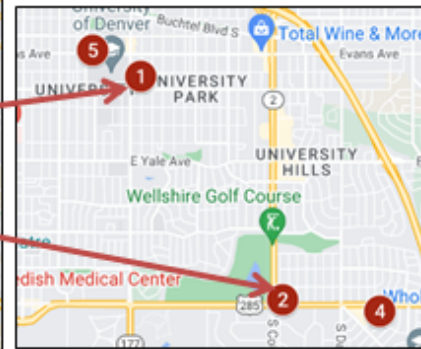
You can find more information about OLLI at DU by going to
one of these websites:

OLLI at DU

<https://portfolio.du.edu/olli>
<https://universitycollege.du.edu/olli>



1. OLLI AT DU-2211 S. Josephine Street, Denver
2. OLLI CENTRAL-First Universalist Church, Denver
3. OLLI CENTRAL-Park Hill Methodist Church, Denver
4. OLLI CENTRAL-Temple Sinai, Denver
5. OLLI ON CAMPUS-Ruffatto Hall, Denver University Campus
6. OLLI EAST- Mississippi Avenue Baptist Church
7. OLLI SOUTH-Columbine United Church, Littleton
8. OLLI WEST- Jefferson Unitarian Church, Golden
9. OLLI REGIS AT DU-Denver
10. OLLI REGIS AT DU- Regis Campus, Thornton
11. OLLI BOULDER-Mountain View United Methodist Church- Boulder



OLLI at DU Main Office

1 University College
2211 South Josephine Street Denver 80210

OLLI at DU 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 at DU On Campus

5 Ruffatto Hall on DU Campus
1999 East Evans Ave, Denver 80210

OLLI at DU East

6 Mississippi Avenue Baptist Church
13231 East Mississippi Ave, Aurora 80012

OLLI at DU South

7 Columbine United Church
6375 S Platte Canyon Rd, Littleton 80123

OLLI at DU West

8 Jefferson Unitarian Church
14350 West 32nd Ave, Golden 80401

OLLI at DU Regis

10 Regis Campus
500 West 84th Avenue, Suite B-12, Thornton 80229

OLLI at DU Boulder

11 Mountain View United Methodist Church
355 Ponca Place, Boulder 80303