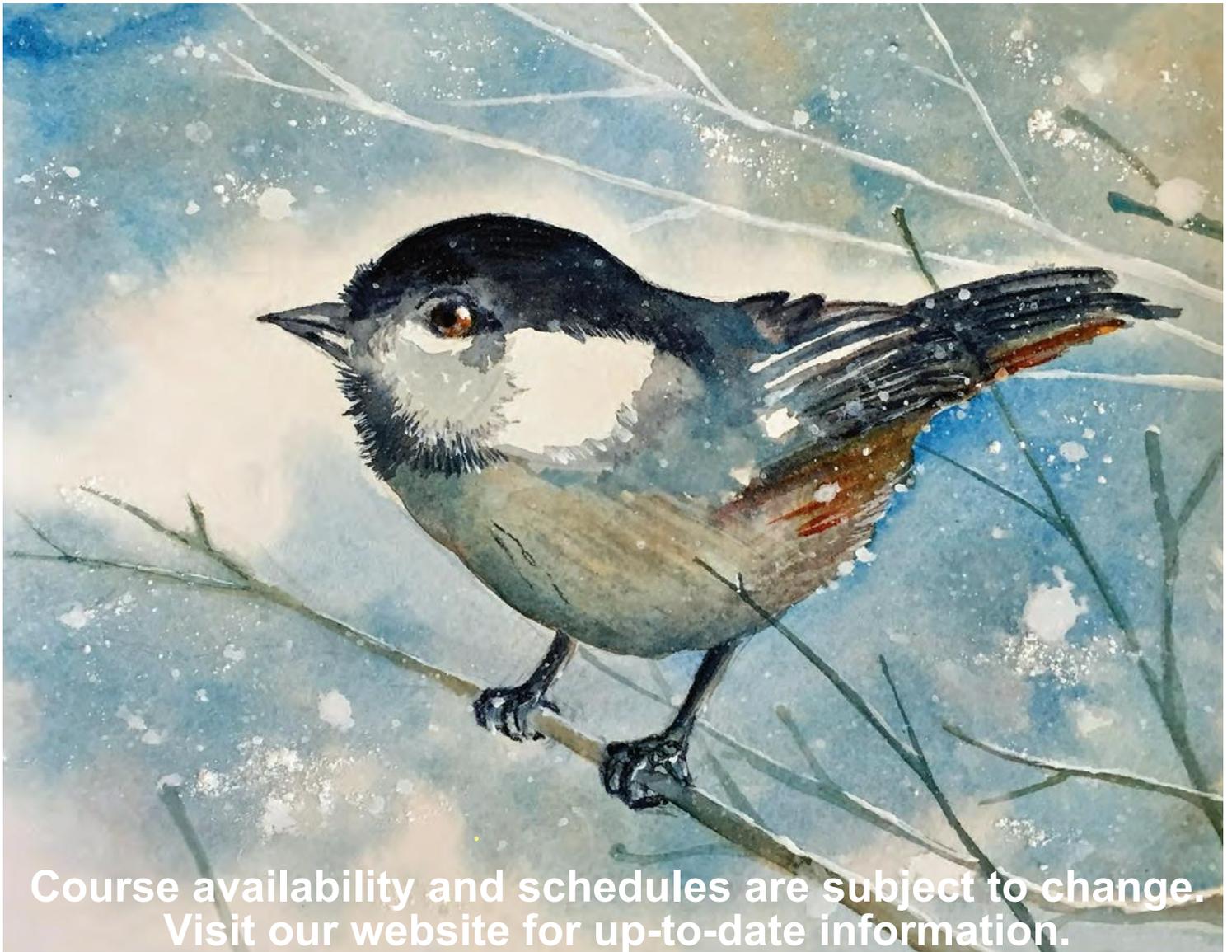


Osher Lifelong Learning Institute  
**OLLI** *at* **SOU**  
Southern Oregon University



Course availability and schedules are subject to change.  
Visit our website for up-to-date information.

## Winter 2021 Course Catalog

January 4 to March 12, 2021

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# Osher Lifelong Learning Institute

# OLLI *at* SOU

## Southern Oregon University

### Contacting OLLI at SOU

Phone: 541.552.6048  
Email: [olli@sou.edu](mailto:olli@sou.edu)  
[inside.sou.edu/olli](http://inside.sou.edu/olli)

**Mailing Address**  
1250 Siskiyou Blvd.  
Ashland, OR 97520

**Office Hours**  
Monday-Friday  
9:00 am to 4:00 pm

**The OLLI offices are closed  
due to COVID 19. Please call  
or email for assistance.**



The cover artwork is a watercolor painting titled "Winter Chickadee" by OLLI supporter Pam Haunschild. See more of her nature inspired work at Art & Soul Gallery in Ashland or online at [www.pamhaunschild.com](http://www.pamhaunschild.com).

#### Catalog Staff

Editor: Peg Evans  
Production Manager: Rob Casserly  
Communications and Community Outreach Committee: Peg Evans, Chair  
Curriculum Committee: Ginny Blankinship & Susan Stitham, Co-chairs  
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## Winter 2021 Course Catalog

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# Get Your License to Learn

## **Come for the Classes ... Stay for the Connections**

For many Rogue Valley adults, Osher Lifelong Learning Institute at Southern Oregon University is a fulfilling way to connect with other curious minds.

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▶ Winter Registration Begins Nov. 9 ◀

**OH, THE PLACES YOU'LL GO!**

— Dr. Seuss —

## OLLI Leadership 2020–2021

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Rachel Jones

Assistant Director, OLLI  
Rob Casserly

# Greetings from the OLLI Council President

Writing this in the aftermath of the fires that have devastated so much and so many in our beautiful valley, I have been wondering what more trauma this year could possibly bring us. From a global pandemic that has radically changed the way we live and relate, to the worst natural disaster in our area's history, this has been a year that people in the future will look back upon with interest and awe.

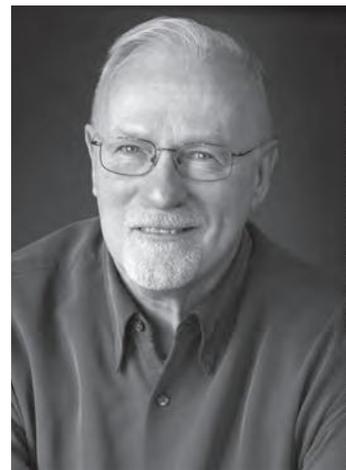
As I reflect on how OLLI at SOU has met these unprecedented challenges, I am filled with gratitude for our volunteer leadership, our volunteer instructors, our professional staff, and you, our OLLI members, with how well we have done. Beginning in March, when the COVID-19 shutdown began, we responded by finding instructors willing to experiment with teaching online, and with about thirty courses for Spring term, OLLI 2U at SOU was born. For Fall term, over one hundred courses were offered to our members. Behind the scenes, OLLI volunteers and staff learned the technology necessary to provide online instruction. They created a detailed manual and offered online support for our instructors to become proficient at teaching in this new way, and provided instruction and support for our members to enable us to fully participate in online courses. After the Alameda fire, OLLI volunteers contacted members in the fire zone and offered to help and to listen. When the SOU administration requested OLLI's assistance in supporting university employees and students impacted by the fires, our staff stepped in to facilitate matching those members offering temporary housing with those in need.

Now we come to Winter term, where we have over seventy courses for our members to enjoy. The only area in which we are lagging is in membership. Last year at this time, we had almost 2000 members; this year we have just over 1000. I want to ask each of you who have not yet renewed your membership to do so if you are able—even if you are not yet comfortable with online classes. I ask this so the OLLI at SOU that we have come to know and love will emerge from the pandemic restrictions as strong as ever.

One of the positive things that I have noticed is that our OLLI leadership team has become closer through this shared experience. We meet on Zoom, we check in with each other, we see each other onscreen, and we feel that we are not as alone and isolated as we might have been. I have also noticed that, in our online classrooms, seeing the other students and being in conversation over our shared interest in a subject adds value to our educational experience. While we cannot “Stay for the Connections” we can still be connected.

Certainly, the current restrictions will end someday, and we will return to in-person learning. My goal for OLLI is that, when we do, we will be a vibrant teaching and learning community, with opportunity for social connection—to know and be known. With both online and in-person learning, we will have much to celebrate, including the long delayed grand opening of our remodeled Campbell Center complex. I hope you will join in the celebration.

Sincerely,  
Larry Hunter, OLLI at SOU Council President



Larry Hunter,  
OLLI Council President



# zoom

Many of our classes this winter will use Zoom videoconferencing, which allows instructors to lead discussions and to share materials as they would in an onsite classroom. Zoom is free for students using it to participate in a class.

## If you are new to Zoom, here are basic instructions.

### Basic Zoom Instructions for Beginners

1. Close any programs on your computer that use your camera, like Skype or Facetime.
2. You will get an email invitation from your OLLI instructor that contains a Zoom link for that class. To join the meeting, click the link or copy and paste the URL (web address) into your browser and “enter.”
3. If you do not have Zoom installed on your computer, a pop-up window on the Zoom web page will ask for permission to install the Zoom software on your computer. Click the “Save File” button in that popup window and wait for the software to install. If you already have Zoom software installed, click on “Open Link.”
4. Click “Join with Computer Audio,” and “Join with Computer Video.” If you have separate cameras or microphones installed, you can click on those instead.
5. For most OLLI classes, you will be placed in a virtual Waiting Room until the instructor admits you into the class. After you are admitted to the class you will be able to see other participants who have been admitted.
6. To join by phone, use one of the phone numbers provided in the Zoom invitation. You may need to download an app for your phone. When prompted, enter the meeting ID number that is provided and follow the prompts. Your phone will be automatically muted once the meeting starts. If you want to speak, press \*6 to unmute.

You can also learn more at the Zoom help center:

<https://support.zoom.us/hc/en-us>

If you need additional help, please contact the OLLI office at [olli@sou.edu](mailto:olli@sou.edu) or 541-552-6048.

## Suggestions to improve your Zoom experience

1. Most OLLI instructors using Zoom will offer a Zoom practice class a week or so before the first class session. You will receive an email from the instructor with a link to the practice class. Follow “Basic Zoom Instructions for Beginners,” above, to attend this class.
2. Try a Zoom “test meeting” on your own, without an instructor. Go to [www.zoom.us/test](http://www.zoom.us/test) and follow the prompts.
3. Attend a Zoom training session provided by OLLI volunteers. Watch the Newsflash for details. We urge you to participate, especially if you have little or no experience with Zoom.
4. Check the OLLI at SOU website for answers to some basic questions about how to use Zoom. On the left menu, click on the “Take Classes” link, then on the left menu click on “Zoom Help for OLLI Students.”
5. Use a headset to minimize feedback. Cellphone earbuds with in-line microphones as well as over-the-ear headphones work well.
6. Elevate your device (laptop, tablet, or phone) if necessary so the camera in your device is level with your eyes. Otherwise, it may seem to other viewers that they are looking at your chin.
7. Light your face from the front. When the light is behind you, your face appears in a dark shadow. You can check this in the video window before you join a meeting.

## Basic Zoom functions that are useful

1. In the lower left corner of the Zoom window are the Mute and the Start/Stop Video buttons. It is best to mute yourself when you are not speaking so that unexpected background noises don’t interrupt the class. If you turn off your Video, your name will appear to other participants instead of your video.
2. In the upper right corner, there is a button that allows you to choose Gallery View or Speaker View. In Gallery View you will see all the participants in small boxes on the screen. In Speaker View, the person speaking will appear larger on the screen. If there are more participants than will fit on one screen there will be small arrows at the right side and possibly left side to scroll to other screens.
3. Your instructor may ask you to use the Raise Hand function rather than your speaking to ask a question. Click the Participants button at the bottom of the Zoom window to bring up the Participants window on the right side of the screen. At the bottom of the Participants window is an icon which allows you to “Raise Hand” (your “virtual” hand).
4. Your instructor may allow you to Chat during the class. To use Chat, click the Chat icon at the bottom of the Zoom window. Depending on how the instructor has Chat set up, you may be able to type a message privately or to everyone, and you may be able to see messages sent by other participants. Simply select to whom you’d like your message to go, type in the message in the chat box, and “enter.”

# A note from the SOU President...

I welcome you to a new term of learning and expanding your horizons. I welcome you back to OLLI, and to Southern Oregon University.

Adult learners are a big part of the university's present and an even bigger part of its future. Those of us who live and breathe higher education recognize now more than ever what most of you determined on your own—learning doesn't end with a high school diploma, a bachelor's degree or even post-graduate studies. We engage with our world through discovery and understanding. Those mental exercises enrich us and open pathways to opportunity throughout our lives.

Futurists tell us that today's college students can expect to change directions in their careers at least four or five times, and they will likely benefit from mid-career academic training to augment their initial degree programs. They will need to remain nimble, innovative and open to possibilities. A thirst for knowledge will propel them and sustain their relevance.

Many of our newest programs at SOU are designed to help those mid-career learners expand their options and enhance their careers. Our new Master of Business Administration and Master of Science in Education online programs are intended as pathways to advancement for business people and teachers. Our bachelor's degree program in Healthcare Administration prepares both traditional, 18- to 22-year-old students and older students already employed in the field for non-clinical management opportunities with healthcare organizations. We have 16 certificate programs and counting—in fields ranging from Applied Finance and Economics to Wine Business, and from Nonprofit Management to Transgender Studies—to help our career-focused students fill educational gaps or upgrade their resumes.

The OLLI program at SOU is driven by many of the same tenets that are behind this university's renewed focus on meeting the needs of adult learners. OLLI students and instructors are inspired by their desire to learn, engage, discover and understand. The program's course catalog lists dozens of opportunities to satisfy the itch for cultural, recreational or academic growth. My background as a historian and student of women's historical roles in peace movements makes the upcoming course, Native American Women Changemakers, an intriguing option. Then again, who could resist a course called Exotic Travel, or one called Ten Classic Comedy Films, or another called Animal Intelligence?

This is the Osher Lifelong Learning Institute—so never stop learning, and enjoy another term at OLLI.

Linda Schott  
President, Southern Oregon University



Linda Schott  
President, Southern Oregon  
University

involved  
uniteer

OLLI's hundreds of volunteers are the creative force powering OLLI. You'll find volunteers in front of the (virtual) class, behind the scenes, and everywhere in between. Wondering where you fit? Contact OLLI's Volunteer Coordinator, Pauline Black, at [blackp@sou.edu](mailto:blackp@sou.edu) or 541-552-6975 or to find your place at OLLI.

# OLLI COURSES: WINTER 2021

**Course request period opens November 9 and closes November 20.  
Open registration begins December 14; Winter term January 4– March 12, 2021**

Courses are listed by day of the week, then chronologically by start date.  
All of the courses listed in this catalog are online distance-learning courses.  
All times listed in this catalog are Pacific Time.  
Course descriptions begin on Page 9.

**Course availability and schedules are subject to change.  
Visit our website for up-to-date information.**

TITLE	INSTRUCTORS	START DATE	SESSIONS	PACIFIC TIME	PAGE
<b>Monday</b>					
Basic Feng Shui	Sugeet Posey	1/4	4	9-10:30	26
Cybersecurity in an Online World	Tom Anderson	1/4	8	1-2	34
Ten Classic Musical Films: Part 4	Roy Sutton	1/4	9	1-3	10
Chair Yoga	Gerri Esposito	1/25	4	11-12	23
The Learned Lunatics of Birmingham, England	Camille Korsmo	1/25	6	11-12:30	15
Slipstream Fiction in Short Literature	Peter Arango	1/25	6	3:30-4:30	21
Strategies for Social Justice	Adrienne Simmons	2/1	2	1-2	40
The Science of Skin: More Than Meets the Eye	Anne Bellegia	2/8	4	3:30-5	36
<b>Tuesday</b>					
Pompeii and Herculaneum: Art and Architecture	Alice Taylor	1/5	6	9-10	12
Hot News and Cool Views	Rick Vann	1/5	10	9-10:30	38
1905: Einstein's Miracle Year	John Johnson	1/5	5	11-12:30	37
The Art of Knowing Yourself	Multiple Instructor	1/5	10	1-2	30
Nonfiction Writing Workshop	Paul Steinle	1/5	9	1-2:30	12
Native American Women Change Makers	Louise Paré	1/5	8	2-4	30
Landscapes Revealed: What Gets Served on Plates	Karen Grove	1/5	4	3:30-4:30	35
Introduction to Creative Writing	William Lawson	1/5	10	3:30-5	12
Mindful Conversation: Talk to Anyone About Anything	Peter Gibb	1/5	9	3:30-5	29
Qigong, T'ai Chi, and Somatic Meditation	Nando Raynolds	1/12	4	9-10:30	25
Avant-Garde Poetry: 20th Century to the Present	Linda Jaffe	1/12	6	11-12	20

TITLE	INSTRUCTORS	START DATE	SESSIONS	PACIFIC TIME	PAGE
Photography: A New Way to Reconnect with Nature	James Aquino	1/12	3	11-12	30
Upgrade Your Toolkit for Solving Math Problems	Irv Lubliner	1/12	5	11-12:30	36
How to Ensure Your Money Lasts Your Lifetime	Multiple Instructor	1/12	5	1-2	19
Cut the Cord: 21st Century Television	James Jarrard	1/12	4	1-3	34
The Evolutionary Psychology of Morality	Dave Ferguson	1/19	7	3:30-5	36
The Writers' Buffet: Tales of My Fascinating Lives	Dori Appel	1/26	6	11-12:30	13
GAME OF KINGS: Gold Standard of Historical Novels	Susan Stitham	1/26	6	1-3	20
Understanding the Fight Against Climate Change	Flavia Franco	2/2	5	3:30-5	40
DIY FUNDamental Stock Analysis for Beginners	Marcia Couey	2/9	14	9:15-10:45	18
Hearing Loss: Psychosocial Health & Communication	Elisa Friedlander	2/9	5	1-3	28
Planning and Growing a Garden for Biodiversity	Robin McKenzie	2/16	4	11-12:30	26
Pain Management Education	Lori Lind	2/23	3	11-12	19
Are You Talkin' to Me? Google Assistant	James Jarrard	3/2	4	1-2:30	33

## Wednesday

Intro to Tap Dance	Audrey Flint	1/6	4	9-10	24
Advanced Songwriting	Denny Caraher	1/6	8	9-10:30	10
Citizens for the Rule of Law	Betsy Massie	1/6	4	11-12	38
Choral Masterpieces for a Pandemic	Peggy Evans	1/6	10	11-12:30	10
Enjoy German! URFAUST, First Part	Udo Gorsch-Nies	1/6	10	11-12:30	16
Energy Codes: A Dynamic New Self-Healing Paradigm	Ceil Kellogg	1/6	6	1-2:30	28
Tell it Slant: Poetry Workshop	Ann Lovett	1/6	6	1-3	13
Ten Classic Comedy Films: Part 7	Roy Sutton	1/6	10	1-3	9
BEST AMERICAN SHORT STORIES 2020	Lorraine Vail	1/6	7	1-3	20
Women Without Children Living and Aging Solo	Kani Comstock	1/6	8	1-3	31
Disaster Preparedness: Alameda, Cascadia, Zombies	Multiple Instructor	1/6	3	1-3	38
Jane Roberts and Seth, Let the New Age Begin	Alan Ackroyd	1/6	8	3:30-5:30	28
The Holocaust Through the Eyes of a Survivor	Irv Lubliner	1/13	4	11-12:30	22
The Plays of Euripides	Marc Ratner	1/13	8	1-3	22
Southern Oregon History: A Tapestry of Cultures	Anna Sloan	1/20	8	11-12:30	14
Beginning and Continuing Tap Dance	Audrey Flint	2/3	4	9-10	23
Bringing Greater Ease to Difficult Conversations	Anna Cassilly	2/3	6	11-12:30	27
Podcasts: Engaging the Mind While Hands Are Busy	Maureen Wilson-Jarrard	2/10	5	1-2	35
Estate Planning: The Basics	Cheri Elson	2/17	3	11-12:30	18
Falls and How to Prevent Them	Jim McCunney	3/3	2	1-2:30	18

TITLE	INSTRUCTORS	START DATE	SESSIONS	PACIFIC TIME	PAGE
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## Thursday

Pompeii and Herculaneum: Art and Architecture (2nd section)	Alice Taylor	1/7	6	9-10	12
Film as a Visual Art: How Movies Are Created	Paul Steinle	1/7	8	11-12	9
Animal Intelligence	Jenny Sill-Holeman	1/7	10	11-12	25
Living an Intuitive Life	Jim Bronson	1/7	5	11-12	29
How Congress Works (or Doesn't)	David Runkel	1/7	10	11-12	39
Crosswords and You	Steve Weyer	1/7	6	1-3	32
Scenes of Ancient Rome: History, Politics, Culture	Bob Wetmore	1/7	10	3:30-5	14
FUNK IT UP! Jazz and Oldies Dance Routines	Audrey Flint	1/14	6	9-10	24
Deeper Explorations into A NEW EARTH	Mark Gibson	1/14	6	11-12	27
Illuminations: Poetry of Witness and Engagement	Kim Hamilton	1/14	5	1-2	21
Nonviolent Action for Social and Political Change	Ursula Shepherd	1/14	5	1-2:30	39
Elder Hiking Tips and Tricks	Mary Kwart	1/14	4	3:30-4:30	24
Woodard's AMERICAN NATIONS: Are States Obsolete?	Susan Stitham	1/21	6	1-3	16
Romancing Your Sourdough	Linda Anderson	1/21	3	1-3	32
The Camino de Santiago: History and Mystery	David Drury	1/21	4	3:30-5	14
Songs & Politics of Woody Guthrie & Pete Seeger	Paul Seymour	2/4	6	9-10:30	11
Using Apple Apps and iCloud	Neal Strudler	2/11	5	1-3	37

## Friday

Collaborate and Connect in the Cloud	Marcia Couey	1/8	5	1-2:15	33
Exotic Travel	Maria Geigel	1/8	5	1-3	16
BEST AMERICAN SHORT STORIES 2020 (2nd section)	Lorraine Vail	1/8	7	3-5	20
Voulez-vous Parler Francais	Lynne Lithgo	1/15	4	11-12	17
DNA: At the Center of it All	John Kloetzel	1/15	6	11-12	34

## Self-Paced

Indian Vegetarian Cooking	Kumud Gokani	2/15	4	n/a	17
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# Course Descriptions

One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University.

## Arts: Film/TV/Radio

### Film as a Visual Art: How Movies Are Created

By using online lectures, viewing films via the Internet, and conducting class discussion via Zoom, Film as a Visual Art: How Movies are Created explores the filmmaker's tool chest with emphasis on cinematography, editing, sound, production design, and "mise en scène." By viewing exceptional films, the class will explore methods great directors employ to create compelling cinema. Key filmmaking techniques will be identified and explained and memorable examples will be shown to illustrate how film style is created. Historic and contemporary films and film clips will be shown to demonstrate how filmmakers have devised and utilized film production techniques to create award-winning cinema. This course aims to provide its students an understanding of the key fundamentals of filmmaking in order for them to appreciate the art of cinema and to understand a director's methodology for achieving his/her goals.

Distance learning methods/tools to be used

- Zoom videoconferencing
- SOU's Raider Moodle (instructions will be introduced via email and video)
- Email
- Internet websites for viewing films

**NOTE:** Students will view eight films via the Internet. No film shall exceed \$3.99 for a viewing.

**ARTS138** · 8 Sessions  
class size 50  
Thursday · 11:00AM–12:00PM  
1/7/2021–2/25/2021

**INSTRUCTOR:** Paul Steinle, a journalist, documentarian, news media manager, and journalism educator, has taught workshops in nonfiction writing and cinema appreciation at the graduate and undergraduate level since 1991. Steinle has co-authored two nonfiction books, written a "Professional Field Guide for Television News," and produced 10 TV documentaries. He's been engaged in either news media or journalism and cinema education since 1961.

### **NEW!** Ten Classic Comedy Films: Part 7

This course will feature 10 classic comedy films starting with a Buster Keaton film, "Steamboat Bill, Jr." (1928), and ending with "Waiting for Guffman" (1996). The other eight are "A Night at the Opera," "You Can't Take it with You," "Sullivan's Travels," "Harvey," "A Shot in the Dark," "Bananas," "Silver Streak," and "Trading Places." An email will be sent to students with information about each of the films: title, year of release, star actors, directors, and film length. If students wish to have more information, they can research the films on sites such as IMDb, Rotten Tomatoes, etc. Each week students will watch the assigned film at home prior to the scheduled Zoom class session. At the Zoom meeting, the instructor will share special aspects of the film and entertain student questions and comments. One need bring nothing more than a desire to see these truly classic comedies, still enjoyable no matter how many times one views them.

Distance learning methods/tools to be used

- Video streaming service for viewing films (approximately \$3.99 or less per film)
- Zoom videoconferencing
- Email

**ARTS218** · 10 Sessions  
class size unlimited  
Wednesday · 1:00–3:00PM  
1/6/2021–3/10/2021

**INSTRUCTOR:** Roy Sutton is a resident of the Mountain Meadows Community in Ashland where, pre-coronavirus, he showed classic movies for the residents three or four times a month. He also arranged and hosted around 40 concerts a year for those residents. This will be Sutton's 16th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.

## Ten Classic Musical Films: Part 4

This course will feature 10 classic musical films starting with “The Blue Angel” (1930) with Marlene Dietrich and ending with “The King and I” (1950) featuring Deborah Kerr and Yul Brynner. The other eight are “Love Me Tonight,” “Gold Diggers of 1933,” “A Night at the Opera,” “Show Boat,” “The Wizard of Oz,” “Meet Me in St. Louis,” “A Star Is Born,” and “Guys and Dolls.” An email will be sent to students with information about each of the films: title, year of release, star actors, composer, lyricist, and film length. If students wish to have more information, they can research the films on sites such as IMDb, Rotten Tomatoes, etc. Each week students will watch the assigned film at home prior to the scheduled Zoom class session. At the Zoom meeting, the instructor will share special aspects of the film and entertain student questions and comments. One need bring nothing more than a desire to see these truly classic musicals, still enjoyable no matter how many times one views them.

Distance learning methods/tools to be used

- Video streaming service for viewing films (approximately \$3.99 or less per film)
- Zoom videoconferencing
- Email

**NOTE:** There will be no class meeting on Martin Luther King Jr. Day, Monday, January 18.

**ARTS217** · 9 Sessions  
class size unlimited  
Monday · 1:00–3:00PM  
1/4/2021–3/8/2021

**INSTRUCTOR:** Roy Sutton is a resident of the Mountain Meadows Community in Ashland where, pre-coronavirus, he showed classic movies for the residents three or four times a month. He also arranged and hosted around 40 concerts a year for those residents. This will be Sutton’s 16th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.



# Arts: Music

## Advanced Songwriting

This course is designed for people who have some experience writing poetry or songs and want to improve and support other writers. You don’t have to be “good.” This is an opportunity for writers to develop and hone their craft in a safe setting. A different aspect of songwriting will be introduced each week. We will talk about the internal editors that keep us from creating and attempt to move beyond them. And, while we explore our creativity, we will talk about the art form of a song. What are the rules? When should we break them? There is homework. Every week we will each work on—maybe complete—a song. Maybe after a week some of us will have nothing, and that will be OK. In this course, the result is less important than engaging in the process of writing.

Distance learning methods/tools to be used

- Zoom videoconferencing
- YouTube audio

**ARTS221** · 8 Sessions  
class size 8  
Wednesday · 9:00–10:30AM  
1/6/2021–2/24/2021

**INSTRUCTOR:** Denny Caraher has been writing songs for decades. He has six recorded albums (three for adults and three for children). His songs have been heard on NPR and his lyrics featured on *The Writer’s Almanac*. He has taught several music related classes at OLLI.

## **NEW!** Choral Masterpieces for a Pandemic

Many of us have been singers and have enjoyed singing in choirs. Many of us have enjoyed attending performances by choirs. In this time with little singing, this class will look at familiar choral masterpieces—not large-scale works but those under an hour in length. You may have heard them or sung them in a college choir or in a community choir. Or maybe you are new to choral music and want to know more about this music. We’ll examine music by Vivaldi (Gloria), Schubert (Mass in G), Fauré, Brahms, and others. We’ll look at the history, background, and text and then listen to the works via YouTube recordings during class time. At home, you’ll be able to hum or sing along, if you choose! We’ll conclude each class with a discussion of the works.

Distance learning methods/tools to be used

- Zoom videoconferencing
- YouTube recordings of music
- LearnerNotes (instructions will be provided)

**ARTS219** · 10 Sessions

class size unlimited

Wednesday · 11:00AM–12:30PM

1/6/2021–3/10/2021

**INSTRUCTOR:** *Peggy Evans, SOU professor emerita of music, has taught music courses for many years. She holds music degrees from Chatham University, the University of Michigan, and the Eastman School of Music of the University of Rochester. She has taught many courses for OLLI at SOU in the areas of music and philanthropy.*

## Songs & Politics of Woody Guthrie & Pete Seeger

Woody Guthrie, Pete Seeger, and other “lefties” were instrumental in creating the folk revival of the ‘50s and ‘60s. Guthrie came out of the Dust Bowl depression era committed to not letting poverty beat him down. Through his songs, he became a spokesperson for the impoverished and ostracized and shaped progressive politics. Seeger was recognized as a spokesperson for peaceful protest against war, segregation, and nuclear weapons. He testified before Congress, was held in contempt, and was jailed for his outspoken beliefs. In addition to focusing on their music and ideals, we will examine some of the psychological and cultural influences that helped create their legacies and influenced current “folkies” of today. Through film, audio, lecture,

and discussion, we will savor their music and explore their far-reaching roles in shaping our country’s culture and politics. No prior knowledge or outside reading is required, just the desire to listen, feel, and discuss the power of their music.

Distance learning methods/tools to be used

- Zoom videoconferencing
- LearnerNotes
- Email

**ARTS220** · 6 Sessions

class size 32

Thursday · 9:00–10:30AM

2/4/2021–3/11/2021

**INSTRUCTOR:** *Paul Seymour began to play and sing the songs of Woody Guthrie, Pete Seeger, Huddie Ledbetter, and Blind Lemon Jefferson in the 1960s. He has remained true to his folk roots and continues playing in the singer/songwriter tradition. One of the songs he has written (Utah Blues) is housed in the Fife Folklore Collection at the Utah State University Library. Seymour holds a Ph.D. in psychology and has taught adult education workshops for 20+ years.*

## Dates to Remember

### IMPORTANT DATES

Winter catalog published online: November 9

Winter course requests:  
November 9–November 20

Spring course proposal period: December 1–31

Winter course assignments sent out:  
December 7

Winter open registration begins: December 14

Winter term begins: January 4

Winter term ends: March 12

### OFFICE CLOSURE

Veterans Day: November 11

Thanksgiving: November 25–27

Christmas: December 21–25

New Year’s Day: January 1

Martin Luther King Jr. Day: January 18



## Arts: Visual Arts

### **NEW!** Pompeii and Herculaneum: Art and Architecture

The eruption of Vesuvius in 79 AD was a disaster for the region, burying towns, including Pompeii and Herculaneum, under lava and ash. It was also a gift for those who later sought to understand how Roman cities functioned. In this course, we will explore the remains of Pompeii and Herculaneum with the help of Diana Kleiner's video lectures from the free Open Yale course on Roman architecture. Our goal will be to understand how architectural remains, including wall paintings, can inform our understanding of how people lived in the early Roman empire. Students will view five lectures recorded at Yale in preparation for discussions via Zoom. No previous knowledge of Roman culture is required. The contributions of each student will be valued.

Distance learning methods/tools to be used

- Online videos of Kleiner's lectures, viewed independently
- Zoom videoconferencing
- Moodle

**ARTS223** · 6 Sessions  
class size unlimited  
Tuesday · 9:00–10:00AM  
1/5/2021–2/9/2021

**ARTS223-2** · 6 Sessions  
class size unlimited  
Thursday · 9:00–10:00AM  
1/7/2021–2/11/2021

**INSTRUCTOR:** *Alice Taylor received her Ph.D. in art history and has taught art history at UCLA, the University of Chicago, and several community colleges. Although she worked mostly on medieval art, she has published two articles on Roman art. She participated in an NEH summer institute in Rome, the highlight of which was a visit to Pompeii. She has taught two art history courses through OLLI.*



## Arts: Writing

### Introduction to Creative Writing

Come develop your writing style in this 10-week introduction to creative writing. Each class will feature an introduction to a different type of creative writing, including short story, drama, fiction, creative nonfiction, haiku, and poetry, followed by a short discussion opportunity for students to share their writing based on the previous week's session. In-class open readings will be voluntary and all writing assignments will be optional should students wish solely to participate in the discussions. Students will have the option of either submitting their work for peer review or to the instructor for review featuring marginal commentary. Students may email the instructor questions as the need arises.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**ARTS148** · 10 Sessions  
class size 10  
Tuesday · 3:30–5:00PM  
1/5/2021–3/9/2021

**INSTRUCTOR:** *William Lawson holds a degree in English (writing emphasis). He has written and self-published numerous books including three histories, a book on Biblical symbolism, and a book of poetry, as well as written newspaper articles and poetry in periodicals. He has also taught history and creative writing classes for OLLI.*

### Nonfiction Writing Workshop

The Nonfiction Writing Workshop offers practical training to enhance nonfiction writing skills. The storytelling techniques emphasized are applicable to memoir, historical articles, long-form journalism, and book-length nonfiction for print or the Internet. Class materials include selected readings, posted online, that demonstrate key writing techniques practiced by well-known authors. Students are required to submit for analysis four 500- to 1,000-word writing samples, one every other week, by midnight Fridays using content derived from their experience. Students will read each other's work and share constructive criticism about style and content. The instructor will also comment on each exercise. Students should expect to spend 4-6 hours a week reading assignments and students' work and writing. A previously taught course, the content has been amended slightly based on previous students' feedback.

Distance learning methods/tools to be used

- Zoom videoconferencing
- SOU's Raider Moodle (instructions will be introduced via email and video)
- Email

**NOTE:** Students need to purchase "Bird by Bird" by Anne Lamott (New York: Anchor Books/Doubleday, 1994), approximately \$9 in paperback.

**ARTS179** · 9 Sessions  
class size 15  
Tuesday · 1:00–2:30PM  
1/5/2021–3/2/2021

**INSTRUCTOR:** Paul Steinle, a journalist, documentarian, news media manager, and journalism educator, has taught workshops in nonfiction writing and cinema appreciation at the graduate and undergraduate level since 1991. Steinle has co-authored two nonfiction books, written a "Professional Field Guide for Television News," and produced 10 TV documentaries. He's been engaged in either news media or journalism and cinema education since 1961.

## **NEW!** Tell it Slant: Poetry Workshop

This course will explore the challenges of writing poems about difficult subjects. How can we write about loss without becoming sentimental, or social injustice without lapsing into a rant? Emily Dickinson's directive, "Tell all the truth, but tell it slant," will act as a guide as we examine a few contemporary poems in each class and develop our own poems from discussion and prompts. Example poems may address subjects such as politics, war, race, illness, and trauma, but students will choose their own subject matter. Discussion will focus on tools such as tone, image, point of view, and form that poets use in crafting their poems, and emphasis will be on experimentation and use of language rather than discussion of subject matter. Students should expect to write every week and to share their work in a supportive atmosphere in each class. Work shared may consist of fragments, rough drafts or revisions as well as finished poems. Beginning and experienced writers are welcome.

Distance learning methods/tools to be used

- Videoconferencing via Zoom during scheduled class time
- Course materials provided via email and/or LearnerNotes

**ARTS216** · 6 Sessions  
class size 12  
Wednesday · 1:00–3:00PM  
1/6/2021–2/10/2021

**INSTRUCTOR:** Ann Lovett is a poet and visual artist. She holds an MFA in Printmaking from Tyler School of Art and an MFA in Poetry from Warren Wilson College. Her poems have been published in numerous literary journals and her art has been exhibited nationally and internationally. She was a Professor of Photography at SUNY for 33 years and has taught poetry and art classes for several years at OLLI.

## The Writers' Buffet: Tales of My Fascinating Lives

Inspired by the compelling personal stories told on podcasts such as The Moth and The Storytellers Project, this course will provide opportunities to create personal stories that originate in the colorful and kaleidoscopic world of the imagination. Writers and storytellers at all levels of experience will be invited to try a variety of approaches to storytelling, including prose, narrative poetry, music, and improvisation. Class sessions will include in-class writing, improvisation, and discussion. Time will be reserved each week for sharing the stories created in class and between class sessions. Prompts and examples will be provided on a variety of topics, and experimentation with forms will be welcomed. Students will have the option to write or make notes for stories on a computer, tablet, or longhand.

Distance learning methods/tools to be used

- Zoom videoconferencing

**ARTS222** · 6 Sessions  
class size 12  
Tuesday · 11:00AM–12:30PM  
1/26/2021–3/2/2021

**INSTRUCTOR:** Dori Appel has taught creative writing classes at OLLI for many years, including several on monologues, playwriting, improvisation, and variations of *The Writers' Buffet*. Her plays, monologues, and poems have been widely published and produced. Her awards include the Oregon Book Award in drama in 1998, 1999, and 2001.

"If I can learn to use the skills to make Zoom a rewarding experience both for me and my students, anyone can; I'm still mourning the loss of chalk. Leaning into this new challenge has given me a welcome distraction from the times in which we now live."

Susan Stitham, instructor

# History

Includes US and world history.

## Scenes of Ancient Rome: History, Politics, Culture

This course will expose students to a comprehensive view of Roman civilization. We will consider the geographic and historic background and then move to an understanding of how Rome expanded from its initial settlement to dominate most of the ancient world. We will consider the details of life in Rome at the height of Rome's ascendance, evaluate the Romans as master builders of infrastructure of all kinds, and consider why the Roman Republic failed, to be replaced by an Empire that persisted for 500 years. We will consider family life, including the place of women and children, and examine the experience of peoples who resisted Roman domination and their fate. We will view life in the Roman provinces of Britain, Sicily, and North Africa and ask the key questions: Why did Rome fall and did it have to happen? The course will be in lecture format with PowerPoint slides and many maps, drawings, and photos. Two books will be recommended but are not required.

Distance learning methods/tools to be used

- Zoom videoconferencing

**HIST105** · 10 Sessions  
class size unlimited  
Thursday · 3:30–5:00PM  
1/7/2021–3/11/2021

**INSTRUCTOR:** *Bob Wetmore earned a master's degree in European history from UC Berkeley. His interest in the ancient world was kindled as an undergraduate by study of the ancient historians. He and his wife have traveled extensively in Italy. His more recent interest has been in the coinage of the ancient world, for which he has amassed a significant library. These resources, as well as Internet sources, form the basis from which the course was developed.*

## **NEW!** Southern Oregon History: A Tapestry of Cultures

This course offers a historical perspective on several of the indigenous and immigrant communities that have called southern Oregon home over the past 200 years. Each session explores the history of a different cultural community, including indigenous peoples, Chinese railway workers, the Black community, Latinx farmworkers, German-Jewish settlers in Jacksonville, and gold miners

of various ethnic affiliations. We will also touch on the basics of historical research methods, with specific consideration for some of the challenges involved in documenting minority and marginalized histories. Sponsored by the Southern Oregon Historical Society (SOHS), the course is presented as a series of eight lecture-based Zoom classes, each with a one-hour-long presentation period, followed by a 15-20 minute moderated Q&A session. Each session will be led by one or two presenters who are specifically knowledgeable about the community discussed. No homework, no reading, and no prior knowledge required.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**HIST210** · 8 Sessions  
class size unlimited  
Wednesday · 11:00AM–12:30PM  
1/20/2021–3/10/2021

**INSTRUCTOR:** *Anna Sloan holds a B.A. in anthropology from NYU (2008) and an M.S. in anthropology from the University of Oregon (2013) where she is currently a Ph.D. candidate in anthropology (archaeology). Sloan is a board member of the Southern Oregon Historical Society and has seven years of experience in university teaching contexts. Guest presenters for the course are heritage professionals affiliated with SOHS or partnering organizations.*

## The Camino de Santiago: History and Mystery

For 1,200 years the history and lore of the Camino de Santiago have shaped the art, literature, architecture, and politics of Spain and the experiences of tens of millions of pilgrims. In this class we explore the fascinating history, stories, and legends of the Camino and of St. James using lectures, videos, and group discussions. It is a serious (but entertaining) introduction for both veteran and aspiring pilgrims and for anyone curious about this rich slice of European history. Sessions:

1. St. James and the birth of the Camino: Did James (in Spanish, Santiago) really preach in Roman Spain? Why is there a pilgrimage in his name?
2. Twelve centuries on the Camino: The Middle Ages to the present day.
3. The caminos beneath the Camino and the nature of pilgrimage: The ancient Roman and Celtic pilgrim routes in Spain and their spiritual and psychological roots.

4. Walking the modern Camino: What's it like? We will be joined by veterans from American Pilgrims on the Camino.

Distance learning methods/tools to be used

- Zoom videoconferencing

**HIST190** · 4 Sessions  
class size 25  
Thursday · 3:30–5:00PM  
1/21/2021–2/11/2021

**INSTRUCTOR:** *David Drury, M.C.P. (city and regional planning), Ph.D. (applied anthropology), walked on the Camino del Norte in 2018 and got hooked. A lifelong history buff and fan of good storytelling, he is a coordinator for the Southern Oregon chapter of American Pilgrims on the Camino and has worked as a teacher and applied social science researcher in many countries.*

## The Learned Lunatics of Birmingham, England

The Lunar Society of the British Midlands was a vibrant force for 40 years beginning in 1765. Its members were friends from widely diverging backgrounds. All were interested in the scientific advances and social reforms of the Enlightenment. They met monthly at the time of the full moon (thus “lunatics”) to share ideas, mentor one another, talk, laugh, argue, eat, and drink before riding home by moonlight. Members included both of Charles Darwin’s grandfathers, Josiah Wedgwood and Dr. Erasmus Darwin. The class will consist of lectures, PowerPoint slides, and short films. There is no textbook, but a highly recommended book about this subject is “The Lunar Men” by Jenny Uglow. All learning will take place during the six class sessions.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**HIST186** · 6 Sessions  
class size unlimited  
Monday · 11:00AM–12:30PM  
1/25/2021–3/1/2021

**INSTRUCTOR:** *Camille Korsmo has taught middle school, worked in a history museum as an assistant curator, and supervised a small public library. She has taught The Learned Lunatics previously at OLLI as well as other history, literature, and paper craft classes.*

## OLLI Membership Benefits

### OLLI at SOU membership entitles you to:

- ▶ Submit registration requests for OLLI at SOU courses.
- ▶ The right to vote in OLLI at SOU elections, such as the annual election of Council members.
- ▶ An invitation to OLLI at SOU members-only social events.
- ▶ If you are age 65 or older, *and* you have lived in Oregon for the past 12 months, *and* you are registered in an OLLI at SOU course that qualifies as an SOU one credit course, *and* you fill out a one-credit student application, then you can check books out from the SOU’s Hannon Library using your driver’s license or another form of photo ID.\*
- ▶ A discount on select music and theater performances at SOU’s Oregon Center for the Arts (Call the box office at 541.552.6348 for details).\*
- ▶ A substantial discount on tickets to SOU sporting events (Call the Athletic Department at 541.552.6772 for details).\*
- ▶ A 10 percent discount on purchases made at the SOU Bookstore.\*
- ▶ A \$10 discount on a Friends of the Hannon Library at SOU membership (Call the library at 541.552.6816 for details).\*
- ▶ A special rate on Cascade Shuttle taxicab service for transportation to attend OLLI classes at Campbell Center in Ashland (Call Cascade Shuttle at 541.488.1998 for details).\*

\* Note: These benefits will resume when they are back in operation and/or COVID-19 restrictions are lifted.

## **NEW!** Woodard's AMERICAN NATIONS: Are States Obsolete?

The insights in Colin Woodard's 2011 book "American Nations: A History of the Eleven Rival Regional Cultures of North America" take on an enhanced significance in 2020 as we confront the very real possibility that the Electoral College may once again deny the presidency to the winner of the national popular vote. The Electoral College (and the Senate) are based on the principle that individual states possess distinct interests that should be recognized in the structure of the federal government. Is it possible that our states, which were historically defined by arbitrary geographical boundaries (with the obvious exceptions of Alaska and Hawaii), no longer represent valid or useful discrete entities? In this class, we will meet on Zoom as a whole group and in breakout groups to discuss the ideas in Woodard's prize-winning book and their implications for our country going forward.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Access to a copy of Colin Woodard's "American Nations" is required.

**HIST200** · 6 Sessions  
class size 95  
Thursday · 1:00–3:00PM  
1/21/2021–2/25/2021

**INSTRUCTOR:** *Susan Stitham taught English, history, and government to students from 13 to 83 in Alaska during several centuries before moving to the Rogue Valley in 2010, where she greatly enjoys exploring Shakespeare and American history with OLLI at SOU students. Even online, it turns out.*



# Languages and Cultures

Explore classroom "journeys" around the globe.

## **NEW!** Enjoy German! URFAUST, First Part

"Faust" is a tragedy by Johann Wolfgang von Goethe (1749-1832). It is the play with the largest audience numbers on German-language stages and is considered by many to be Goethe's magnum opus and the greatest work of German literature. Students will enlarge their German vocabulary and will understand Goethe's criticism of the limits of the Enlightenment to know and explain reality via reason and language. The protagonist Faust is the example of a modern man despairing at the vanity of scientific, humanitarian, and religious learning; turning to magic; and selling his soul to the devil. Before the course begins, the instructor will send students information on how to access the text.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** Students should have a basic knowledge of German. Because there is no clear definition of "basic knowledge," the instructor invites students to register for the course and attend the first class to find out if their knowledge is sufficient to profit from the course.

**LANG153** · 10 Sessions  
class size 20  
Wednesday · 11:00AM–12:30PM  
1/6/2021–3/10/2021

**INSTRUCTOR:** *Udo Gorsch-Nies is a native German speaker. He has taught German classes at SOLIR/OLLI for 16 years.*

## Exotic Travel

Want to go vicariously to places you may never visit? In this lecture/travelogue course, different speakers will present their experiences while traveling to places most would call exotic. This term the focus is on Africa. On January 8, Joyce and Richard Stanley will give an introduction to the African continent as well as present on Malawi. On January 15, Tony Davis will present on Nigeria; on January 22, Richard Krieger on Ghana; on January 29, Mary Ann Shank on Somalia; and on February 5, David Drury on Mali. All presenters have personally visited the areas discussed and prepared pictures

for viewing. A period for questions and discussion will follow each speaker's presentation.

Distance learning methods/tools to be used

- Zoom videoconferencing

**LANG104** · 5 Sessions  
class size unlimited  
Friday · 1:00–3:00PM  
1/8/2021–2/5/2021

**INSTRUCTOR:** *Maria Geigel loves to travel and has visited over 40 countries for pleasure and business. She looks forward to when she can travel again.*

## Indian Vegetarian Cooking

Enjoy an engaging way to learn a new cuisine—Indian vegetarian cooking based on Ayurveda. This term will introduce new programs and recipes. Each week you'll receive an introduction and links to two of Kumud Gokani's previously recorded award-winning TV shows to view at home. After you've tried the recipe on your own or if you have any questions, submit your question by email and Gokani will try to answer you personally. In a weekly email, Gokani will provide answers to questions received and include links to the next two programs. There is no need to have previous knowledge. It's a great way to learn a new way of cooking. The class is completed on the student's own time, without regularly scheduled meetings.

Distance learning methods/tools to be used

- Email

**LANG152** · 4 Sessions  
class size 20  
self-paced  
2/15/2021–3/8/2021

**INSTRUCTOR:** *Kumud Gokani has been teaching cooking classes on a regular basis since 1999 and has had a weekly TV show since 2000. She is the author of two cookbooks, including "Feed the Beloved Soul: Ayurvedic Vegetarian Cooking."*

## **NEW!** Voulez-vous Parler Francais

Voulez-vous parler francais avec d'autres francophones dans la region? Join our online French conversation class geared to students with an intermediate/advanced speaking ability in French. We will have open-ended conversations covering the following topics: Week 1) Qui etes-vous? Basic introductions: What do you like to do? How long have you lived in the area? Previous career? Ideas for discussion topics for week 4? Week 2) Les voyages que j'aimais. A discussion of our favorite trips/vacations. Show pictures if you like. Week 3) Le

Bonheur. What brings you joy? What brings you hope? What are you looking forward to doing in the spring/summer? Week 4) TBA. Student-generated topics. Besides the French ability indicated below, no advance preparation is needed except maybe to listen to spoken or sung French to brush up!

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** Students should have taken three years of high school French, have taken three semesters of college French, or have traveled in French-speaking countries with the opportunity to speak French on an ongoing basis.

**LANG154** · 4 Sessions  
class size 12  
Friday · 11:00AM–12:00PM  
1/15/2021–2/5/2021

**INSTRUCTOR:** *Lynne Lithgow is a retired French teacher with many years of teaching experience at the high school level in California. She has a master's degree in French from UC Santa Barbara and lived in France in 1984.*

## Thanks for Your Generosity

No gift is too small. You are welcome to contribute in your own way.

When you support the Annual Fund...



you help keep membership fees low, provide scholarships for members who need them, and keep classrooms fresh and inviting.



When you support the Legacy Fund...

you ensure a bright future for OLLI through bequests in your will or trust, or by making your gift now.

**For more information or to donate go to:**  
**[inside.sou.edu/olli/giving](https://inside.sou.edu/olli/giving)**

# Life Planning

Organize your intentions through financial and end-of-life planning.

## DIY FUNDamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and whether they are selling at a fair price. We use the same FUNDamental analysis methods as taught by BetterInvesting ([www.betterinvesting.org](http://www.betterinvesting.org)) to more than five million investors. Learn how to form sound judgments, compare values between companies, make wise strategic portfolio choices, do research online, and document your judgments. Internet-based stock analysis tools and various research websites help us make judgments. This online class is part lecture, part activity workshop, and part practice tools training. Maximum benefits will be achieved by attending all sessions. Students must have basic math skills. A roadmap to continue independent study will be provided in the last session. Beginners and repeaters are welcome!

Distance learning methods/tools to be used

- Zoom videoconferencing
- BetterInvesting website
- jcls.org website to access Value Line online

**NOTE:** Equities discussed are for educational purposes only. NO recommendations will be made. No penny stocks, ADRs, ETFs, index funds, bonds, mutual funds, financial advisors, cryptocurrencies, or foreign stocks will be discussed. Optimal hardware includes a headset with mic, a printer, and a mouse for copy/paste activities.

**LIFE141** · 14 Sessions

class size 24

Tuesday, Wednesday, Thursday, Friday · 9:15–10:45AM  
2/9/2021–3/3/2021

**INSTRUCTOR:** *Marcia Couey was a contract technical writer for numerous high-tech, financial, and medical industry companies. She has a B.A. in English from UC Irvine and an M.B.A. in finance and marketing.*

## Estate Planning: The Basics

This three-session course introduces you to the world of estate planning. We will look closely at the components that make up a comprehensive plan and define the terms used in estate planning. Turning to wills and revocable living trusts, we will examine how they work together

and how to analyze if a trust-centered plan is best. We will also explore powers of attorney and advance directives for healthcare. While most people see an estate plan as something implemented only after death, we will explore how an estate plan also comes into play during our lives and how COVID-19 may factor into our decisions. At the end of this class, you should have a thorough understanding of what an estate plan is and why it is important. Even if you have taken the intermediate class or this basic course, each time the class is repeated, more information “sticks” and your level of competence and understanding grows. No previous knowledge is required. Questions during the lecture are welcome.

Distance learning methods/tools to be used

- Zoom videoconferencing
- MailChimp to communicate with students, provide the Zoom link, and send handouts for each class.

**LIFE143** · 3 Sessions

class size 100

Wednesday · 11:00AM–12:30PM

2/17/2021–3/3/2021

**INSTRUCTOR:** *Cheri Elson is licensed to practice law in both California and Oregon. Her 20-year practice has always focused almost exclusively on estate planning. Elson was certified by the California State Bar Board of Legal Specialization as a specialist in estate planning, trust, and probate law. Elson is passionate about estate planning and one of her greatest joys is sharing that passion and knowledge with others.*

## Falls and How to Prevent Them

Falls account for one-third of all nonfatal injuries in the U.S., including three million older adults who are treated in emergency departments each year for fall-related injuries. Because the aging process can affect vision, strength, and balance, adults 65 and older are at an elevated risk for falls. Falls are not a natural part of aging and many can be prevented. This lecture course will cover how falls happen, the consequences of falls, the common fall hazards in and around the home, and the steps you can take to prevent them. Students will be able to determine their fall risk and will be provided a checklist they can use to evaluate fall hazards in their home. No prior knowledge is necessary for getting the benefits of this class. The course will be presented in two 90-minute sessions.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**LIFE121** · 2 Sessions  
class size unlimited  
Wednesday · 1:00–2:30PM  
3/3/2021–3/10/2021

**INSTRUCTOR:** *Jim McCunney was a safety and health professional for 40 years, working in industry for Xcel Corporation and the Boeing Company and in government for the Minnesota Occupational Safety and Health Administration. He evaluated fall hazards and recommended both workplace and home solutions (as a master home environmentalist in Seattle). He has a bachelor's degree from Pennsylvania State University and a master's from the University of Minnesota.*

## How to Ensure Your Money Lasts Your Lifetime

How can you safely ensure your money lasts for your lifetime? One way is by a customized retirement plan. The instructor's retirement planning process has helped over 700 people. Students will get a template to use to develop their own financial plans. The instructor will explain the financial world (banks, certificates of deposit, bonds, the stock market) and review in laymen's terms the economic factors that affect retirement, including Social Security, healthcare, and taxes. You will learn to divide your assets into three buckets: "pay your bills" bucket, "refill" bucket (in case the roof leaks), and "safe investments" bucket to make your savings and invested money grow. You will also learn about the Efficient Frontier Portfolio model. This class is for educational purposes only and no stock or sales recommendations will be made. Classes consist of PowerPoint slides, lecture, and time for student questions.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**LIFE111** · 5 Sessions  
class size 35  
Tuesday · 1:00–2:00PM  
1/12/2021–2/9/2021

**INSTRUCTORS:** *Jerry Rubin has 26 years of experience as a chartered financial consultant. He has a bachelor's degree from Brooklyn College, a master's in public administration from New York University, and was a guest lecturer at Rutgers University. He is a chartered financial consultant and certified financial planner. Howard Jay has 15 years of experience as a chartered financial consultant and certified financial planner.*

## **NEW!** Pain Management Education

As we age, most of us will experience chronic and/or acute pain. This three-session course will cover medically approved research and resources on the physiology and management of pain. It will give you the language and background information needed to better talk about your pain and to be an active and empowered partner with healthcare providers in managing your pain. Students will also learn how to create a pain journal. There will be lectures, video vignettes, and time for questions. The course content will not include medically therapeutic or diagnostic advice.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- Internet links

**LIFE100** · 3 Sessions  
class size 30  
Tuesday · 11:00AM–12:00PM  
2/23/2021–3/9/2021

**INSTRUCTOR:** *Lori Lind is a registered nurse who has worked in the hospital and critical care setting for 43 years. She has a Master of Science in healthcare administration and a post-master's certificate in nursing education. She has taught pain management courses to healthcare providers throughout Oregon.*

## Conversation Connections

Conversation Connections are one-time discussions between OLLI members focused on one topic, using Zoom. Watch for additional Connections, content information, dates, times, and sign-up information in OLLI at SOU Newsflashes.

### "Tips on making charitable gifts from your IRA"

Facilitated by Larry Steiner, AAMS,  
Edward Jones, and Cristina Sanz,  
SOU Foundation

# Literature

## **NEW!** Avant-Garde Poetry: 20th Century to the Present

This course will consider avant-garde poetry from the early 20th century to the present. We will examine movements such as surrealism, Dadaism, the Beat Movement, language poetry, and minimalism. Poets will include Breton, Ball, Ginsberg, Ferlinghetti, Helinian, Snyder, and others. A hallmark of avant-garde poetry is its experimental nature. Much of it focuses on suggesting an idea or image rather than outright stating it. Avant-garde poetry allows the meaning to reside within the reader's mind rather than in the poet's, leaving the reader to draw his/her own conclusions and meanings. This quality of suggestion, ambiguity, and mystery is part of the appeal. The format of this course will include brief lectures, consideration of exemplary mentor poems sent to students prior to each class session, discussion, and Q and A. No prior knowledge is required. Students will read and consider the mentor poems before class meetings, but there will be no other out-of-class assignments.

Distance learning methods/tools to be used

- Zoom videoconferencing
- LearnerNotes
- Email

**LIT137** · 6 Sessions

class size 24

Tuesday · 11:00AM-12:00PM

1/12/2021-2/16/2021

**INSTRUCTOR:** *Linda Jaffe holds a B.A. from UC Berkeley, an M.B.A. from Pepperdine University, and an M.F.A. in writing from the University of San Francisco. She served as lead poetry editor for the literary journal "Ursa Minor" at UC Berkeley. Jaffe's poems have appeared in a number of literary publications, including the chap book "Sight Readings," an anthology published with two other local poets. She has taught a number of poetry courses through OLLI.*

## BEST AMERICAN SHORT STORIES 2020

After her initial encounter with the Best American Short Stories series decades ago, Curtis Sittenfeld, this year's editor, remarked: "To read the stories felt to me the way I suspect other people feel hearing jazz for the first time." That feeling informed her selection process for this year's edition, "Best American Short Stories 2020." The result is a striking and nuanced collection bringing

to life awkward college students, disgraced public figures, raunchy grandparents, and mystical godmothers. To read these stories is to experience the transporting joys of discovery and affirmation. In class, we will discuss each story in depth, focusing on point of view, language, emotional impact, plot, structure, and character development. A discussion handout will be distributed a week before each class. Students should read each story more than once.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Required text: "The Best American Short Stories 2020," edited by Curtis Sittenfeld (ISBN-10:1328485374; ISBN-13:978-1328485373), Mariner Books (November 3, 2020).

**LIT104** · 7 Sessions

class size 25

Wednesday · 1:00-3:00PM

1/6/2021-2/17/2021

**LIT104-2** · 7 Sessions

class size 25

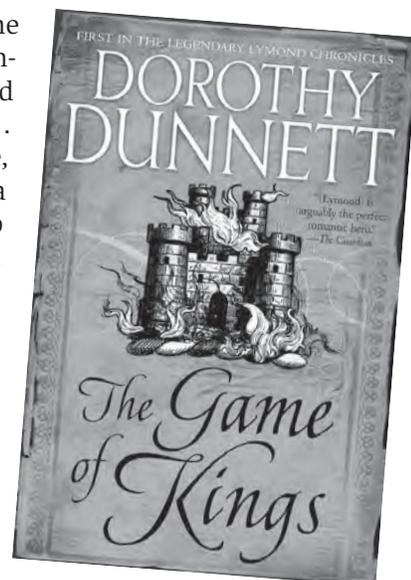
Friday · 3:00-5:00PM

1/8/2021-2/19/2021

**INSTRUCTOR:** *Lorraine Vail has led OLLI film discussions for several years. She loved Charlie West's Best American Short Stories OLLI class and hopes to rekindle those great discussions with this new collection. Vail studied the craft of writing short stories with Steve Huff, former editor of Boa Editions Press. In 2012, her novel was recognized as one of Amazon's Best 400 among the thousands of first-time authors published that year.*

## **NEW!** GAME OF KINGS: Gold Standard of Historical Novels

"The Game of Kings" is the first novel in Dorothy Dunnett's six-book Lymond Chronicles (1961-1975). From its first appearance, the series attracted a band of devoted fans who passed mimeographed newsletters from hand to hand and pressed the books on friends. Deeply and carefully researched, the series covers the years 1547 through 1558, beginning in Scotland, then moving to France, Malta



and North Africa, Constantinople, and Muscovy before returning to England and Scotland. Dunnett's mastery of historical detail and vivid characterization keeps both the characters, fictional and historical, and the plot elements spinning from book to book. As we meet Francis Crawford of Lymond, Master of Culter, and his family, his companions, and his enemies, it's important to note that, with Dunnett as with Shakespeare, things are very often not what they seem. The instructor will provide historical, geographical, and literary context as we explore the novel in sections.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Students must have access to "The Game of Kings" by Dorothy Dunnett.

**LIT145** · 6 Sessions  
class size 40  
Tuesday · 1:00–3:00PM  
1/26/2021–3/2/2021

**INSTRUCTOR:** *Susan Stitham taught English, history, and government to students from 13 to 83 in Alaska during several centuries before moving to the Rogue Valley in 2010, where she greatly enjoys exploring Shakespeare and American history with OLLI at SOU students. Even online, it turns out.*

## **NEW!** Illuminations: Poetry of Witness and Engagement

In times of crisis, people invariably turn to poetry. This course will explore how and why poetry can be a vessel to hold shock and grief. We will be looking at poetry that crosses national, geographical, and personal borders to illuminate our common humanity. Poetry of witness straddles the socio-political and the personal to exist in a third realm. In this rarified place, the reader is compelled to enter into another's experience and ask what we owe to each other, whether that be witness, action, or a deeper empathy. The course is organized by themes ranging from war and the ways we respond to "The Other" to dramatic change in the natural world. We will be considering the work of 20th and 21st century poets. It will be helpful if students have read the poems and jotted down observations and questions prior to each session. Each class consists of a short lecture and class discussion of the poems. The course requires no prior background, simply an appreciation of poetry.

Distance learning methods/tools to be used

- Zoom videoconferencing
- LearnerNotes

**LIT143** · 5 Sessions  
class size 12  
Thursday · 1:00–2:00PM  
1/14/2021–2/11/2021

**INSTRUCTOR:** *Kim Hamilton has been a professional writer, educator, and editor for more than 30 years. She holds an M.A. in English from San Francisco State University and an M.F.A. in poetry from Warren Wilson College. Hamilton has taught English at the University of San Francisco; San Francisco City College; Saint Mary's College, Moraga; and in Seattle-area colleges. Her full-length collection, "Calling Through Water" is due out in fall 2020.*

## **NEW!** Slipstream Fiction in Short Literature

This course will examine the genre/subgenre of slipstream fiction through the writings of several distinctive writers who have emerged in the last decade. It is both significant and appropriate that the term "slipstream" has been described with a variety of contending opinions and that there is no agreement as to the legitimacy of identifying slipstream as a genre. Slipstream writers have been described as "neo-realistic, although somewhat magically realistic, quasi-speculatively fictional, bordering at times on the fantastical." Slipstream writers to be considered may include Benjamin Hale, Haruki Murakami, Kelly Link, Nicola Barker, David Mitchell, Ted Chiang, George Saunders, Theodora Goss, Helen Oyeyemi, and Heidi Julavits.

Distance learning methods/tools to be used

- Zoom videoconferencing
- A class blog site
- LearnerNotes

**NOTE:** Recommended anthology: "Feeling Very Strange: The Slipstream Anthology" edited by James Patrick Kelly and John Kessel, ISBN-10:189239135X, ISBN-13:978-1892391353.

**LIT144** · 6 Sessions  
class size 20  
Monday · 3:30–4:30PM  
1/25/2021–3/1/2021

**INSTRUCTOR:** *Peter Arango holds a B.A. in English literature and an M.A. in film studies. A teacher and college counselor at several independent schools, he held the Littlefield Chair in Humanities at Cate School in Carpinteria, California, and was a teaching fellow in the South Coast Writing Project at the University of California in Santa Barbara. He is the author of four novels, a memoir, and "America's Best Kept College Secrets."*

## The Holocaust Through the Eyes of a Survivor

Felicia Bornstein Lubliner, a Polish survivor of the Auschwitz and Gross-Rosen Nazi concentration camps, wrote and spoke publicly afterward about her Holocaust experiences. Her son, the course instructor, invites you to delve into her written stories and oral presentation transcripts, published as “Only Hope: A Survivor’s Stories of the Holocaust.” Each story will be read aloud either by the instructor or by students who have the book. Participants will be invited to share their reactions, questions, and insights. We will discuss the historical context and lessons to be learned about that period, the universal human responses that the narratives evoke, and the relevance of the subject matter to challenges we face in modern times.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** Purchase of the book is optional. It is available for \$15.99.

**LIT138** · 4 Sessions  
class size 25  
Wednesday · 11:00AM–12:30PM  
1/13/2021–2/3/2021

**INSTRUCTOR:** Irv Lubliner is excited to teach math, music, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019,

he created Felabra Press and published his mother’s writings about her experiences during the Holocaust, the book that will serve as the theme of one of his winter courses.

## The Plays of Euripides

The last of the three great playwrights of 5th Century Greece was in many ways the most innovative. Highly regarded by audiences in his lifetime because of the clarity of his style, he is the most modern of the ancient Greek dramatists. Because of his realistic approach there have been a number of contemporary stage and film versions of his work. The course as a whole is part lecture, part discussion, as well as viewing films of some of the plays.

Distance learning methods:

- Zoom videoconferencing
- Email

**NOTE:** Text required: Paul Roche’s 10 Plays (Signet Classic) written by Euripides, translated by Paul Roche published in 1998. \$7. 95 on Amazon. ISBN 0451527003.

**LIT139** · 8 Sessions  
class size 50  
Wednesday · 1:00–3:00PM  
1/13/2021–3/3/2021

**INSTRUCTOR:** Marc Ratner has a Ph.D. in English Literature from NYU. He retired from California State University East Bay where he taught English and classics. He also taught at universities in Germany and Italy. He has taught OLLI classes since 2002.

## Fun, it's in our Nature!



Watch for the Ashland Parks & Recreation Commission (APRC) 2021 WinterSpring PlayGuide in mid-December and register for a rec program with APRC. Also, the outdoor Ashland Rotary Centennial Ice Rink will be open through February!  
#InThisTogether



ASHLANDPARKSANDREC.ORG | 541.488.5340  

@AshlandParksandRec #AshlandParksandRec #APRC #FunItsInOurNature #APRCstayConnected #AshlandWhatToDo

# Movement

Includes all courses that involve physical movement, e.g., dance, Tai Chi, QiGong, and hiking.

These are physically active classes. By participating in these classes you accept liability for any injury that results from your activity in the class. Please consult your doctor before beginning any new program of physical exercise.

## **NEW!** Beginning and Continuing Tap Dance

Get your toes tapping and spirits up with TAP! This class is for students who have either taken the Intro to Tap class OR have had a little tap in their past, even as a child, and who want to get the feet moving again. There will be a short review of steps learned in the introductory class and then we'll move on to the time step, more choreography, and a routine. Questions are welcome before and after each class. Tap shoes are not necessary, but, if you have them, please use them. Students will be muted during class, so nobody will hear you. Instruction will be recorded, but attendance at live classes is encouraged to help create a tap community.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- Video recording of class available weekly for practice

**NOTE:** Students will be asked to sign a waiver before the beginning of the course.

**MOV117** · 4 Sessions  
class size 30  
Wednesday · 9:00–10:00AM  
2/3/2021–2/24/2021

**INSTRUCTOR:** Audrey Flint has taught dance from New York, to London, to the SF Bay Area where she ran a professional tap dance studio. In the Rogue Valley, she was a resident choreographer for Camelot theater, a show choir choreographer at Ashland High School, and the director of dance and theater programs at Willow Wind school for many years. She currently teaches the popular Broadway Dance for Boomers and Beyond groups in Ashland and Medford.



## Chair Yoga

Students will learn yoga poses, breathing techniques, and guided relaxation while sitting in an armless chair (with some standing poses included). No yoga mat or prior experience needed. Each week we will focus on stretching different parts of the body using forward and backward bends and side stretches along with standing poses for strength and balance. Some lecture and demonstration is conducted, but this class is mostly active student participation. All you need is your body, your breath, your enthusiasm, and an open mind. Yoga is the linking of the mind and body through the breath. Sit, stretch, and strengthen your way to a happier and healthier you.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Students will be asked to sign a waiver before the beginning of the course.

**MOV133** · 4 Sessions  
class size 15  
Monday · 11:00AM–12:00PM  
1/25/2021–2/15/2021

**INSTRUCTOR:** Geri Esposito has studied, taught, and lived a yogic lifestyle since the 1970s. She has taught at the Integral Yoga Institute, Ashland Yoga Center, and Two Rivers Yoga Center. Her studies have included many styles of yoga: integral, iyengar, ashtanga, and kaitu. Bringing an eclectic view into the classroom, Esposito teaches with joy and openness that allows her students to build body awareness and discover the possibilities yoga can bring them.

## NewsFlash

Getting the news is more important  
than ever these days.

If you're an OLLI member, make sure  
you're subscribed to the NewsFlash.

Not sure?

Email the office at [olli@sou.edu](mailto:olli@sou.edu)

## **NEW!** Elder Hiking Tips and Tricks

Many people choose to embark on their hiking journeys as they retire. Whether you dream of completing a short backpack trip or maintaining your ability to day hike to beautiful places, many experienced elder hikers have suggestions to make your journeys more enjoyable. Students will investigate such topics as staying safe, staying found, staying comfortable, staying healthy, and staying in touch. No experience is necessary except the wish to continue or start your hiking journeys. Experienced elder hikers will answer your questions. All sessions will be recorded so you can access them at your leisure if you decide to ski/hike/snowshoe instead of being glued to your screen. The instructor will suggest books and blogs by senior hikers, but none are required reading.

Distance learning methods/tools to be used

- Zoom Videoconferencing
- Email
- LearnerNotes

**MOV118** · 4 Sessions  
class size unlimited  
Thursday · 3:30–4:30PM  
1/14/2021–2/4/2021

**INSTRUCTOR:** *Mary Kwart retired in 2007 and achieved her lifelong dream of completing the Pacific Crest Trail in 2010, having hiked sections of the trail since 1976. Kwart has hiked extensively in the western U.S. Her trail journals are posted at [www.postholer.com/fireweed](http://www.postholer.com/fireweed). Kwart, a board member of the American Long-Distance Hiking Association-West, focuses on recognition and encouragement of elder hikers and has taught seven OLLI hiking/backpacking classes.*

## **NEW!** FUNK IT UP! Jazz and Oldies Dance Routines

Learn easy, fun, and funky dance choreography and routines to songs that will inspire us to get up off our Covid-weary couches and move. Classes are gentle and SAFE, yet highly energizing with a focus on fun and self-expression. Students will learn basic dance moves as well as full dance routines to music such as Michael Jackson, Stevie Wonder, oldies, pop, and more. Great for the brain, body, and spirit. Some dance experience is helpful but not necessary.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Students will be asked to sign a waiver before the beginning of the course.

**MOV124** · 6 Sessions  
class size 40  
Thursday · 9:00–10:00AM  
1/14/2021–2/18/2021

**INSTRUCTOR:** *Audrey Flint has taught dance from New York, to London, to the SF Bay Area where she ran a professional tap dance studio. In the Rogue Valley, she was a resident choreographer for Camelot theater, a show choir choreographer at Ashland High School, and the director of dance and theater programs at Willow Wind school for many years. She currently teaches the popular Broadway Dance for Boomers and Beyond groups in Ashland and Medford.*

## **NEW!** Intro to Tap Dance

If you've ever dreamed of dancing like Fred Astaire, this is a great start. Students will learn basic tap dance steps such as shuffles, flaps, waltz clog, and more, all to music that inspires toe tapping and finger snapping. This low impact class will progress for four weeks to a whole dance routine at the end. This is ideal for people either brand new to tap or with some experience who want to brush up on the basics. Tap shoes are NOT required for this intro class, just hard-soled shoes that make a little noise. It is now scientifically proven that learning dance patterns is great for the brain and uplifting for the spirit while energizing the body.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- Video recording of class lesson available weekly for review.

**NOTE:** Students will be asked to sign a waiver before the beginning of the course.

**MOV116** · 4 Sessions  
class size 30  
Wednesday · 9:00–10:00AM  
1/6/2021–1/27/2021

**INSTRUCTOR:** *Audrey Flint has taught dance from New York, to London, to the SF Bay Area where she ran a professional tap dance studio. In the Rogue Valley, she was a resident choreographer for Camelot theater, a show choir choreographer at Ashland High School, and the director of dance and theater programs at Willow Wind school for many years. She currently teaches the popular Broadway Dance for Boomers and Beyond groups in Ashland and Medford.*

## Qigong, T'ai Chi, and Somatic Meditation

This mindful movement class is an introduction to Qigong, t'ai chi, and somatic meditation. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required. Come as you are, ready to have fun with others! This brief series will give you a taste of practices you could study for the rest of your life and integrate into your daily routine. The Zoom class will include social time with other students. This is an active class and students need to be able to move about comfortably in a home space. These active exercises will challenge and enhance flexibility, balance, and coordination.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Students will be asked to sign a waiver before beginning the course and are completely responsible for their own physical well-being and individual practice. A DVD that accompanies the class will be available for purchase, but it is not required.

**MOV125** · 4 Sessions  
class size unlimited  
Tuesday · 9:00–10:30AM  
1/12/2021–2/2/2021

**INSTRUCTOR:** *Nando Raynolds, M.A., has studied and taught t'ai chi, karate, kenpo, Qigong, and massage over the last 30 years and is a licensed psychotherapist. He has trained and supervised student counselors, trained life coaches in NLP, and authored "Transforming Your Inner Critic into an Inner Coach" and the "Push Hands Workbook."*

## Interested in teaching at OLLI?

Course proposals for Spring term will be accepted December 1 to December 31. Please visit [inside.sou.edu/olli](https://inside.sou.edu/olli) and click on "Teaching at OLLI" for more information.

## Nature

Includes courses that explore the natural world and our relationship with it.

### Animal Intelligence

Studies and observation have revealed that animals of all sorts are a lot more intelligent than originally believed, and the identities of some of the smartest species of non-humans might surprise you. What are some of the animals besides humans who use tools? Can nonhumans solve many-stepped problems? What animals have the best memories? What surprising species has one of the most complex languages known? Do some animals plan ahead? We will answer these and other questions, as well as learn about animals with sophisticated modes of nonverbal communication, which animals seem to have names for themselves, and whether some species have cultures. Animals are not only intelligent problem solvers, the emotional lives of many of them are more sophisticated than commonly thought, including cross-species compassion. Through lecture, videos, anecdotes, and discussion, we will explore the capabilities of some of the many remarkable nonhuman species with whom we share this planet.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** This is a previously taught course with new material, including information on animals' navigation abilities, insects and other life forms, domestic animals, social relationships within species, the relationship between humans and animals, and the importance of animals for the environment.

**NAT100** · 10 Sessions  
class size 100  
Thursday · 11:00AM–12:00PM  
1/7/2021–3/11/2021

**INSTRUCTOR:** *Jenny Sill-Holeman has a B.A. in cultural anthropology and is a certified hypnotherapist. Her background in human social structure and the mind gives her a unique perspective on animal intelligence. She continues to study animal cognition and behavior through observing animals she has personally known or encountered and keeps current on the research literature on animal intelligence. This is the fourth time she has offered this course at OLLI.*

## Planning and Growing a Garden for Biodiversity

This is a lecture course presented from an artistic and amateur scientific point of view and is designed to appeal to all levels of enthusiasts, including butterfly, pollinator, gardening, and wildlife enthusiasts. The course is based on the premise that great beauty can be achieved while simultaneously increasing biodiversity and using native plants. Students will be presented with tools and steps to understand the underlying principles needed to create multi-seasonal butterfly and pollinator habitat. Discussion will include habitat, elements of healthy soil, basic design, growing from seed, and sustained bloom. Students are encouraged to create their own garden design using the design elements and plant suggestions, which should qualify the garden for certification as a monarch butterfly way station or a pollinator-friendly site. No textbook is required. Students need not have a large garden. Activities outside the classroom are optional.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NAT102** • 4 Sessions

class size 30

Tuesday • 11:00AM–12:30PM

2/16/2021–3/9/2021

**INSTRUCTOR:** *Robin McKenzie is a landscape designer in Talent, Oregon. She specializes in “living landscape design” that transforms urban landscapes dominated by lawns into sustainable ecosystems benefiting wildlife and people. An experienced and energetic speaker, McKenzie has appeared on national TV and presented to many garden groups in the area. She considers garden design one of the fine arts, with living plants for paint and the garden as her canvas.*



# Personal Exploration

Includes strategies for enhancing relationships, improving psychological and emotional wellness, and enriching spiritual development, meditation, and stress-reduction.

**Certain OLLI classes, particularly psychology classes, may explore personal experiences of an emotional nature. Those who would like to further discuss special concerns are encouraged to do so with a licensed professional in the field.**

## Basic Feng Shui

The ancient art and science of feng shui has created some of the most powerful structures in history, yet it was originally developed to maximize abundance for the farmer and his land—only later would it be used for house and room layout. This course is not a historical examination of feng shui, but rather a practical introduction which can help take you from woo-woo feng shui to an appreciation and basic use of this ancient art and science. You can create beauty, harmony, and peace for your home and create special areas that are conducive to sociability, meditation, or play. This will just be a beginning! Recommendations will be made for those who wish to deepen their understanding.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** There will be no class meeting on Martin Luther King Jr. Day, Monday, January 18.

**PERS196** • 4 Sessions

class size 25

Monday • 9:00–10:30AM

1/4/2021–2/1/2021

**INSTRUCTOR:** *Sugeet Posey holds the highest level of certification in feng shui, that of the Red Ribbon Professional, in the International Feng Shui Guild. He has helped people revise and redesign not only the land, but gardens, homes, offices, and businesses from Northern California to Washington State. He owns Creative Visions LLC, a feng shui consulting firm in Ashland.*

## Bringing Greater Ease to Difficult Conversations

Have you had a difficult conversation recently? Was it with your neighbor? Or talking about chores at home? Or perhaps a disagreement at work? Do your words result in greater ease or an increase of tension? Join us to explore how to have conversations that build trust, openness, and understanding. We will tap into the work of Marshall Rosenberg to practice listening with an open heart and expressing ourselves with clarity and compassion. We will experience the power of moving from evaluations to observations; differentiating between false and true feelings; uncovering the hopes, fears, and needs that underlie entrenched positions; and making clear requests rather than rigid demands. This is a fun and interactive class with lots of opportunity to practice! Since the material builds from week to week, regular attendance is important for individual learning and group cohesion. “Nonviolent Communication, The Language of Compassion” by Marshall Rosenberg is recommended but not required.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**PERS203** · 6 Sessions

class size 12

Wednesday · 11:00AM–12:30PM

2/3/2021–3/10/2021

**INSTRUCTOR:** *Anna Cassilly received a master’s degree in psychology and then pursued more specific training with The Conflict Resolution Network in Sydney, Australia, and The Center for Nonviolent Communication. For the past 25 years, Cassilly has utilized these skills as the training coordinator for a community mediation center and by providing services to groups and individuals through her training and consulting business, Growing Peace.*

## **NEW!** Deeper Explorations into A NEW EARTH

Ready to expand into your next level of consciousness? In his book “A New Earth, Awakening to Your Life’s Purpose” world acclaimed spiritualist Eckhart Tolle takes us beyond our own lives to show that we can create a new, more loving world. This involves a radical inner leap of consciousness from identification with ego to a new way of transformative thinking that few of us have achieved. In this highly interactive course, you will have opportunities to bring to the group specific Tolle passages that you would like the group to explore for clarification and deeper meanings. We will create a “collective

consciousness” that uses members’ shared experiences and insights to reveal new interpretations of Tolle’s ideas as well as raise questions and answers about our evolution as physical and spiritual beings. The ultimate goal is to inspire participants—spiritual pioneers—to more fully realize who they really are.

Distance learning methods/tools to be used

- Zoom teleconferencing
- Email

**NOTE:** Students are asked to read “A New Earth” by Tolle before class begins and take notes on passages and ideas that they would like to bring up for group discussion.

**PERS130** · 6 Sessions

class size 18

Thursday · 11:00AM–12:00PM

1/14/2021–2/18/2021

**INSTRUCTOR:** *Mark Gibson has studied consciousness expansion and spirituality since the late 1970s, and he is author of “Living Unconditional Love.” He earned an M.A. at San Francisco State University and his life-coaching certificate from CoachU. With each re-reading of “A New Earth,” Gibson experiences more wonderful revelations about the human potential for achieving inner and outer peace, which he wants to share in this course.*



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	75	5.4%
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541-552-6127 | [soufoundation@sou.edu](mailto:soufoundation@sou.edu)

## **NEW!** Energy Codes: A Dynamic New Self-Healing Paradigm

Are you tired of spending years on personal development digging through your emotional past? This course offers you a dynamic alternative by activating the power of your body's natural energetic systems. Based on "The Energy Codes" by Dr. Sue Morter, this course will teach easy, simple postures combined with specific breathing patterns to charge your energetic "felt self," your body's wisdom. Utilizing the codes allows you to bypass the "protective personality's" defenses. Then, using neurobiology re-patterning techniques, subconscious negative thoughts and patterns become available to be released. The first hour includes lecture, demonstration, videos, discussion, breathing techniques, and easy yoga postures. (Chair yoga instruction will be provided for those with physical limitations.) An optional 30-minute session follows to allow for deepening practices.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- Facebook private community (optional)

**NOTE:** Optional text: "The Energy Codes" by Dr. Sue Morter, \$17.99, ISBN-10: 1508284318. Students will be asked to sign a waiver before the beginning of the course.

**PERS189** · 6 Sessions  
class size unlimited  
Wednesday · 1:00–2:30PM  
1/6/2021–2/10/2021

**INSTRUCTOR:** *Ceil Kellogg, M.A. in psychology, is a certified master trainer of The Energy Codes. She maximizes her aliveness and life's potential and creates similar opportunities for others. As a certified life coach, she specializes in guiding young women toward actualizing their full potential and enhances her work with the profound healing practices offered by Dr. Sue Morter.*

## Hearing Loss: Psychosocial Health & Communication

"What?" Has this word become more prominent in your life? In this course you will learn about and explore the societal, internal, and interpersonal impact of adult-onset hearing loss on your life. We will discuss communication issues specific to people with hearing loss and learn strategies to more effectively interact with friends, family, and community. This course will include lecture, discussion, interactive class activity, and, possibly, guest lectures. Assignments will include practicing learned techniques between class sessions and reading articles for discussion. Taught from a psychosocial (versus

medical) perspective, this course is designed to increase awareness about the impact of hearing loss on daily lives. Course material—and a sense of community—builds with each class. Please only sign up this term if you plan to attend all sessions.

Distance learning methods/tools to be used

- Zoom videoconferencing

**PERS204** · 5 Sessions  
class size 10  
Tuesday · 1:00–3:00PM  
2/9/2021–3/9/2021

**INSTRUCTOR:** *Elisa Friedlander has over 30 years of experience in the fields of hearing loss and mental health. As a licensed marriage and family therapist, she worked at the University of California San Francisco, at Stanford, and in private practice providing psychotherapy, evaluations, workshops, and consultation. She also taught graduate-level counseling students. Friedlander writes about coping with pain, disability, and life at [www.ElisaFriedlander.com](http://www.ElisaFriedlander.com).*

## Jane Roberts and Seth, Let the New Age Begin

The 1960s and '70s were a pivotal time for America and the world. New concepts were being introduced to the youth of the time, in particular, including Eastern mysticism and channeled works. One of the most prominent channeled entities was named Seth, who was channeled by Jane Roberts. How we create our own physical reality was one of the key concepts Seth taught, one that was concurrently being elucidated by quantum physics. In this course we explore a variety of topics touched on by Seth, supplemented with various authors, channeled materials, and quantum physics. The primary source material will be the book "Seth Speaks." Several other books will be referenced. Course outlines will be provided and extensive use made of relatively short YouTube videos. Ample time will be allowed for class discussion.

Distance learning methods/tools to be used

- Zoom videoconferencing

**PERS126** · 8 Sessions  
class size 20  
Wednesday · 3:30–5:30PM  
1/6/2021–2/24/2021

**INSTRUCTOR:** *Alan Ackroyd is a retired physician who has explored metaphysical material for most of his adult life. He holds no religious dogma and encourages thoughtful participation, including dissent. His extensive reading brings a variety of viewpoints to the material.*

## Living an Intuitive Life

“Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a destiny.”—R.W. Emerson. We are constantly creating our daily lives intuitively and setting patterns that lead us onward right on to our destinies. Ancient wisdom and the results of psycho-neurological studies confirm that we can be more intentional with this process, but it takes insight, preparation, and perseverance. In this class we will begin by focusing on our innate ability to know things intuitively through looking at lifetime peak experiences in which intuition guided us. Using reflection and contemplation, we will examine how our intuition can be skillful and when it might be unskillful. Participants can expect more emotional connection with life and relationships. Course activities will include experiential exercises, group discussions, meditations, short talks illustrated with PowerPoint slides, videos, and practices that you will be invited to do at home.

Distance learning methods/tools to be used

- Zoom videoconferencing

**PERS105** · 5 Sessions

class size 100

Thursday · 11:00AM–12:00PM

1/7/2021–2/18/2021

**INSTRUCTOR:** *After recovering from a major loss, Jim Bronson began a regular meditation practice and worked for Kara, a Palo Alto nonprofit corporation. His responsibilities included teaching classes for survivors of the suicide of a loved one and facilitating support groups. In Ashland he leads programs for WinterSpring, volunteers to restore and protect neighborhood wild areas, and serves on the Chaplaincy Council for the Insight Meditation Center.*

## Mindful Conversation: Talk to Anyone About Anything

This course is designed for students who have the desire to work to improve their personal conversational habits. Improvement is possible with an open mind, a willingness to work, and the capacity to be vulnerable. Through discussion, practice, lecture, and reading, students will learn:

- Attitudes and skills to deepen and enrich conversation with partners, friends, family, and colleagues.
- Tools to facilitate external conversation (with another person) and self-talk (inside your own head).
- Mindful tools to handle times when you are “emotionally hijacked.”

No prior experience is needed, although a genuine desire for deeper, more satisfying connection is essential. Class meetings will emphasize practice, feedback, discussion, and lecture. There will be some outside reading and brief homework assignments, most of

which can be done as part of normal life. Sessions will be recorded, but much of the benefit comes from practice and feedback, which can best be accomplished in class time.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

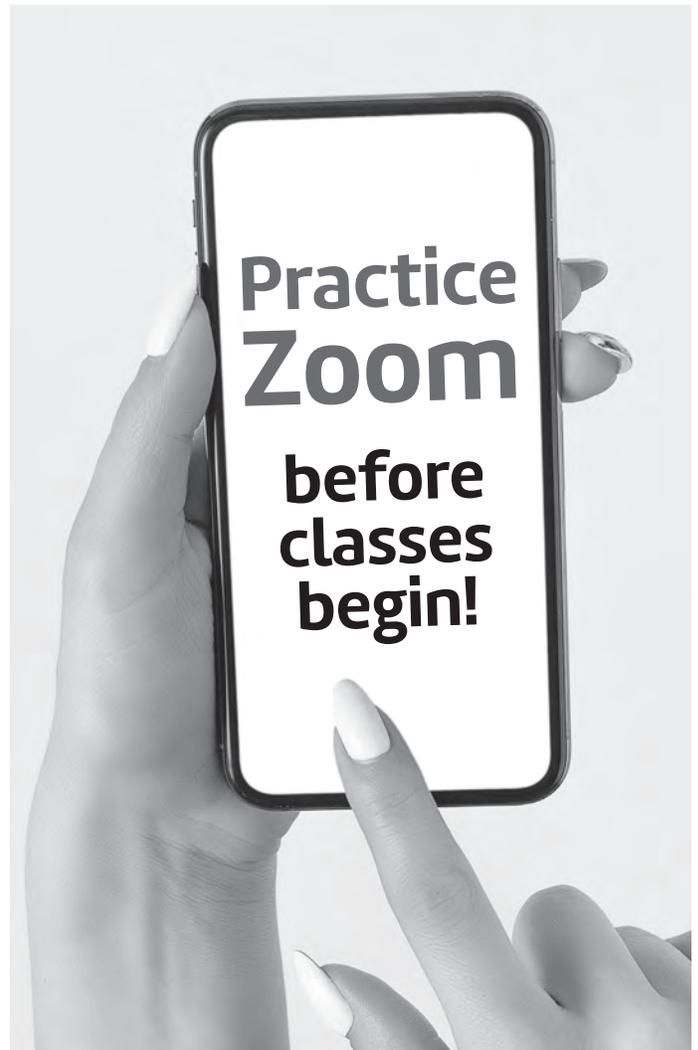
**PERS199** · 9 Sessions

class size 32

Tuesday · 3:30–5:00PM

1/5/2021–3/2/2021

**INSTRUCTOR:** *Peter Gibb worked in the field of social interaction and communication for more than three decades, speaking, consulting, and leading seminars in three languages and 10 countries. He has taught high school, college, and adult education, including five years at OLLI. He is the author of the award-winning memoir “King of Doubt” and the forthcoming “Mindful Conversation: How to Talk with Anyone, Anyplace, About (almost) Anything.”*



## Native American Women Change Makers

Native American women are often framed in terms of colonial patriarchal values, needs, and guilt that distort the reality of who they are. When the voices of Native women break through the layers of stereotypes by telling their lives through their poetry and prose, they define themselves and their communities on their terms. Explore the stories within the lives of Native American women poets, scientists, and social activists. Discover the meaning of Native American female sacred spirits. Explore the impact of colonization on the lives of Native American women as we get “woke” as sister nations. Native American women guest speakers will be part of the class.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**NOTE:** Required text: “Sister Nations: Native American Women Writers on Community,” edited by Heid E. Erdrich and Laura Tohe, 2002. (ISBN 0-87351-428-9)

**PERS140** · 8 Sessions  
class size unlimited  
Tuesday · 2:00–4:00PM  
1/5/2021–2/23/2021

**INSTRUCTOR:** Louise M. Paré, holds a Ph.D. in women’s spirituality from CIIS and an M.A. in religious studies from Mundelein College. She is an international women’s spirituality educator and published writer with 30+ years of experience teaching women’s and adult education, social justice, and the arts. A former instructor at United Tribes Technical College, she participated in the 2016-2017 Decolonization Workshop Series and is a member of Red Earth Descendants.

## **NEW!** Photography: A New Way to Reconnect with Nature

Learn the therapeutic aspect of photography. This course is about using photography as a tool for meditation, mindfulness, and connecting with nature on a deeper level rather than the rules of photography and composition. Photography combined with the concept of “forest bathing” (shinrin yoku) can be healing and therapeutic. Shinrin yoku originated in Japan and has gained worldwide acceptance as an evidence-based wellness practice. It helps us connect with nature through our senses as we discover its healing power on many levels. We’ll slow down, quiet our minds, open our hearts, and listen to the voice of the environment. It’s not about the image, it’s about the journey. No photography background required, not even a camera—your cell phone will do.



Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**PERS226** · 3 Sessions  
class size 15  
Tuesday · 11:00AM–12:00PM  
1/12/2021–1/26/2021

**INSTRUCTOR:** James Aquino has been a commercial and sports photographer, a workshop presenter, and an individual and small group photography instructor since 1984. Everything in photography requires focus, mentally as well as visually, so, in that respect, photography has always been a “mindful” practice for him, one in which his creativity and passion come alive. His goal is for you to make photos meaningful to you.

## The Art of Knowing Yourself

This media-based course is designed to support you in exploring inner resources such as peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment. It includes comments on the topics by Prem Rawat, global peace ambassador, as well as animated features and interviews. Approximately one-half hour of each class involves watching videos with time at the end for participants to

**OLLI at SOU on Facebook!**



[facebook.com/OLLIatSOU](https://facebook.com/OLLIatSOU)

share and discuss their thoughts, feelings, and impressions about the topic. The class is about your individual self-discovery and is suitable for people of diverse backgrounds and cultures. It is not affiliated with any religion, political view, ideology, or philosophy.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**PERS144** • 10 Sessions  
class size 12  
Tuesday • 1:00–2:00PM  
1/5/2021–3/9/2021

**INSTRUCTORS:** *Nora Donachie is a retired medical transcriptionist, published writer, editor, and poet. She has been exploring the art of personal peace for over 40 years. Mike McGrath has a bachelor of science degree from SOU in business administration and marketing. Currently McGrath works as a pharmacy technician at Asante Hospital Medford. He has been exploring personal peace for over 40 years.*

## Women Without Children Living and Aging Solo

What a challenging time to be aging solo—with no children and no partner! Some of us are childfree by choice; others of us wanted children but through various circumstances are childless by chance. Many of us are not only childless but also living and aging without a partner even though we may have had a partner in the past. This class is an opportunity to explore how aging solo impacts each of our lives. What are our unique experiences, concerns, visions, and plans? How can we live fully and freely without the family that many women have in their lives? How can we create the sense of community and support that we would like or need as we advance in years? Through sharing our own experiences, ideas, thoughts, and feelings; listening to each other; and discussing current articles emailed to students, we can expand our individual visions of what is desirable and possible at this time in our lives and create a greater sense of belonging and plans for our future.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**PERS122** • 8 Sessions  
class size 12  
Wednesday • 1:00–3:00PM  
1/6/2021–2/24/2021

**INSTRUCTOR:** *Kani Comstock, M.S., the author of “Honoring Missed Motherhood, Loss, Choice and Creativity” and “Journey into Love, Ten Steps to Wholeness,” was a senior facilitator for*

*the seven-day intensive residential Hoffman Process and director of coaching programs for the Hoffman Institute Foundation for over 25 years. Over the last five years she has led regular sharing groups and events in Ashland for women without children and taught at OLLI.*

## Winter 2021 OLLI 2U Community Lectures

The free, public OLLI Community Lecture series will be available winter term via Zoom. Special thanks to Asante for facilitating a six-part series on *New Directions in Healthcare in the Rogue Valley*. Lee Shapley, MD, Vice President of Medical Affairs and Administrator of Asante Ashland Community Hospital, will serve as the host for the series. The programs will be held Wednesday evenings from 7:00 to 8:00 pm. Advance registration is required.

For details of the specific dates and presenters for each of the planned topics listed below, visit [inside.sou.edu/olli/outreach](https://inside.sou.edu/olli/outreach).

- ▶ **Advances in Imaging**
- ▶ **Cancer Care in the Rogue Valley**
- ▶ **COVID-19 and Asante’s Response**
- ▶ **Trends in Geriatric Care**
- ▶ **Orthopedics and the Aging Athlete**
- ▶ **Telehealth and You**



# Recreation

Includes hobbies, crafts, and games.

## Crosswords and You

Would you like to become better at enjoying, understanding, and finishing crosswords—and impress your friends as a cruciverbalist? We will explore benefits of solving puzzles, crossword history and culture, solving strategies, clues, themes, and tools. We will learn about different types of crosswords, online sources and applications, and the process of constructing crosswords. In the first five sessions, we'll also solve and discuss crosswords as a group to improve our skills. Previous students are welcome to retake the entire class or to join only for practice (second half of each session). In the final session, we'll watch the documentary "Wordplay." For more information, see <https://communiccrossings.com/crosswords>

Distance learning methods/tools to be used

- Zoom videoconferencing

**REC117** · 6 Sessions  
class size 24  
Thursday · 1:00–3:00PM  
1/7/2021–2/11/2021

**INSTRUCTOR:** Steve Weyer, an avid crossword solver and developer of a crossword-solving app, has also participated in Community Emergency Response since 2010, co-led training programs for CERT members and neighborhood groups, and supported community disaster trainings.

## Romancing Your Sourdough

During the past year+ the instructor has had a love affair with baking and savoring sourdough bread in her own kitchen. Working from several instruction books, a sourdough starter from a friend, and an investment in equipment, she has baked amazing sourdough breads. She generally bakes twice a week with two loaves each time, one for home and one to share. This online class will cover the benefits of sourdough, the equipment and ingredients needed (including what is nice to have), a basic online country loaf recipe, and other recipes. Since this will be taught online with Zoom, there will also be some demonstrations and time for sharing and questions. The class will equip anyone considering diving into sourdough baking with some solid information—and, for those interested, a bit of sourdough to get started.

Distance learning methods/tools to be used

- Zoom Videoconferencing
- Email
- LearnerNotes

**REC111** · 3 Sessions  
class size 35  
Thursday · 1:00–3:00PM  
1/21/2021–2/4/2021

**INSTRUCTOR:** Almost two years ago, Linda Anderson received a sourdough starter from a friend, rekindling the baking interest of her barefoot and pregnant days when she ground her own wheat to bake for family. With this new spark, she read books, watched videos, bought equipment, and made sourdough bread in her home oven every week. She experiments with different breads, starters, and flours with overwhelming success, developing a love affair with sourdough.



## Start an OLLI SIG

(Shared Interest Group)

### SIGs have “gone virtual” for winter 2021

- ▶ Any OLLI member can propose a SIG
- ▶ One or more SIG members facilitate the SIG
- ▶ SIG members decide when and how often they will meet (online)

**Find out more! SIG Coordinator Barb Barasa**  
**barb@websitings.net · 541-621-2739**

Or visit the OLLI website: [sou.edu/olli](http://sou.edu/olli) and click “Shared Interest Groups” in the left menu

# Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

## Are You Talkin' to Me? Google Assistant

Voice controlled “assistants” are now commercially available at competitive prices. In most instances, a voice assistant can be used on smartphones by persons of all ages. This survey course covers how to use Google Assistant, the voice technology available from Alphabet Corporation. The course presents background on Google Assistant’s technical operations and the hardware platforms where Google Assistant may be found (standalone speakers, smartphones, tablets, computers). The course demonstrates Google Assistant operations and common requirements. Class attendees will be encouraged to use the product. The course presents the primary applications of Google Assistant in one’s daily environment: voice search, environmental control, and voice transcription.

Distance learning methods/tools to be used

- Zoom Videoconferencing
- Email

**STEM142** · 4 Sessions

class size 35

Tuesday, Thursday · 1:00–2:30PM

3/2/2021–3/11/2021

**INSTRUCTOR:** *James Jarrard taught technology courses for the Department of Defense, the U.S. Peace Corps, and Boston University since the mid-1980s. He was involved in creating and streaming video to worldwide audiences beginning in the mid-1990s. He has instructional degrees from Michigan State University and the University of Southern California.*

## Collaborate and Connect in the Cloud

This five-session course aims to bring people and projects together to work efficiently using Google apps and Chrome. This is not an introductory class for learning

Google Docs and Sheets although it provides a path for Microsoft Word and Excel users. We will explore using various basic Google apps for collaboration and learn how to Share and Link Share documents with others. During the class, you will work together in the same Google Docs file, use paragraph styles and templates, and learn when and how to Make a Copy of a file created by the instructor. Bring your project idea to the class and record it on the class working document. Applying for a grant? Sharing genealogy research with family? Planning a large social function for your favorite charity? Taking minutes for a volunteer committee meeting? This class collaboration uses basic free Google apps—not G-Suite (premium apps.)

Distance learning methods/tools to be used

- Zoom videoconferencing
- YouTube videos (assigned for viewing outside of class on Google platform)
- Email

**NOTE:** You must have and use a Gmail address. Google Chrome is your default browser for this class. The entire class is based on the Google platform: Gmail, Google Chrome, Drive, and Search, which include free integrated Google apps: Docs, Sheets, Forms, Slides, and more. A Mac or PC with speakers and a mic are required. A headset with a mic is preferred to optimize this collaboration experience.

**STEM175** · 5 Sessions

class size 20

Friday · 1:00–2:15PM

1/8/2021–2/5/2021

**INSTRUCTOR:** *Marcia Couey was a contract technical writer for numerous high-tech, financial, and medical industry companies. She has a B.A. in English from UC Irvine and an M.B.A. in finance and marketing.*

“The biggest surprise for me about Zoom classes is that there are many opportunities to interact with members and the instructor, both as part of discussions and informally. A number of instructors are opening up Zoom access fifteen minutes before the start of class sessions and putting members into smaller “rooms” to chat during class breaks.”

*Anne Bellegia, member*

## Cut the Cord: 21st Century Television

The character and content of video streaming continues to evolve. In just the last 18 months, multiple large entertainment conglomerates have added to the video content available to consumers. This includes streaming services such as Disney + , Peacock, and AppleTV + . This survey course intends to provide attendees with adequate information to begin use of streaming technologies as well as to expand their streaming television activities. Topics include a background in streaming Internet, the home-based hardware necessary, the various streaming content providers, the user-interface for these (navigating the various providers), and methods of choosing content to watch. Among other demonstrations, there will be video streaming during class presentation.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**STEM143** · 4 Sessions

class size 35

Tuesday, Thursday · 1:00–3:00PM

1/12/2021–1/21/2021

**INSTRUCTOR:** *James Jarrard taught technology courses for the Department of Defense, the U.S. Peace Corps, and Boston University since the mid-1980s. He was involved in creating and streaming video to worldwide audiences beginning in the mid-1990s. He has instructional degrees from Michigan State University and the University of Southern California.*

## Cybersecurity in an Online World

The Pew Research Center estimates that 77 percent of Americans connect to the Internet on a daily basis. However, most people don't understand what cyberattacks they may be subject to nor do they understand the methods used to secure the Internet. This course will describe the types of attacks most commonly used by cyber criminals; describe and explain the fundamental capabilities used to secure the Internet against these attacks; and explain how these capabilities are used to authenticate users, secure content, manage digital certificates, and perform other security/cryptographic functions encountered in the "online world." Students need not be familiar with online security. Security concepts will be described in simple but accurate terms to allow the student to better understand the risks and consequences of various online activities. This is not a "how to" course but, rather, a course to help students better understand the complexities of cybersecurity.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- LearnerNotes to post class materials in downloadable form

**NOTE:** There will be no class meeting on Martin Luther King Jr. Day, Monday, January 18.

**STEM130** · 8 Sessions

class size unlimited

Monday · 1:00–2:00PM

1/4/2021–3/1/2021

**INSTRUCTOR:** *Tom Anderson is an ATIS principal technologist specializing in standards, architecture, and the evolution of service provider networks. In the past, he has worked in the office of the chief technology officer for major industry vendors including Cisco, Juniper, Alcatel-Lucent, and Bell Labs, where he managed network technology evolution, strategy, standards, and architecture. His more recent work has focused on AI, 5G, and cybersecurity.*

## **NEW!** DNA: At the Center of it All

Everyone 'knows about' deoxyribonucleic acid (DNA)—sort of. Always in the news in so many ways, this famous double-helical molecule seems the 'answer' to explaining many of our everyday issues. Whether it's genealogy, forensics, gene editing, cancer, or anti-viral vaccines, it's always popping up. This course will serve as a primer on DNA, which is at the base of life on Earth: what it is, how it 'works' or is expressed in cells, how it's copied as cells proliferate, how it undergoes mutations, and the consequences. Examples of how DNA science factors into all the issues above, and more, will be the focus of our lectures and discussions. Some science background is suggested (a basic review of 'baby biochemistry' necessary for building molecules will be included).

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**STEM173** · 6 Sessions

class size 35

Friday · 11:00AM–12:00PM

1/15/2021–2/19/2021

**INSTRUCTOR:** *John Kloetzel obtained his Ph.D. in biology from The Johns Hopkins University and taught a wide variety of university-level biology courses for 37 years. His research in cell biology (using protozoan cells) ranged from electron microscopy to gene sequencing. Since 2011 he has taught OLLI courses on cell biology, the human microbiome, epigenetics, gene editing, and mitochondria.*

## NEW! Landscapes Revealed: What Gets Served on Plates

Earth's surface is all cracked up! The upper brittle layer of our planet is broken into large pieces called plates that are always on the move—that's plate tectonics. It is at the edges of these plates that most geologic action, such as earthquakes and volcanic activity, occurs. On the U.S. West Coast, we live "on the edge," and we can explore the different types of plate boundaries using nearby examples. In this class, we will examine the characteristics of plate boundary types—divergent, convergent, and transform—and the landscape that results. We will also see why geologic action can occur in the middle of a plate—for example, where there are underlying "hot spots." Locations to be explored will include the basin + range province of eastern Oregon, the Cascadia subduction zone on the Oregon coast, the offshore Juan de Fuca mid-ocean spreading ridge, the San Andreas fault in California, and the Yellowstone and Hawaiian hot spots. No prior geologic experience is needed, only your curiosity.

Distance learning methods/tools to be used

- Email
- Blog postings of course material
- Zoom videoconferencing

**STEM171** · 4 Sessions  
class size unlimited  
Tuesday · 3:30–4:30PM  
1/5/2021–1/26/2021

**INSTRUCTOR:** *Karen Grove is a geologist with a Ph.D. from Stanford University. She was a professor of geosciences at San Francisco State University for 26 years where she taught a wide variety of courses at introductory to graduate levels and did research focused on the tectonic evolution of western California. She is currently engaged in learning more about the tectonics of the Pacific Northwest.*

## Podcasts: Engaging the Mind While Hands Are Busy

If you like to listen to something to engage your mind while your hands are occupied, be it with housecleaning, yard work, driving, or exercising, then join this class to explore the vast number of podcasts that are available. The course will be primarily demonstration and discussion with the opportunity for students to try out what they've learned between sessions. We'll start by defining podcasts and discussing their benefits. We'll go on to discover how to listen to podcasts from a computer or from a mobile device such as an iPad, iPhone, Alexa, or Google Assistant. We will explore where to find the

best podcasts and what makes a podcast worth a listen. Sessions will be recorded for replay. The instructor will be using Apple products, but, if the student can transfer information to Android products without assistance, they are welcome to join. PowerPoint slides will be emailed prior to class sessions. Help sessions with individuals or small groups will be available if needed.

Distance learning methods/tools to be used

- Zoom videoconferencing

**NOTE:** Students should have a basic knowledge of how to use the Internet. They should have experience using their mobile device, be familiar with the Apple App Store or Google Play store, and know their passwords.

**STEM124** · 5 Sessions  
class size 24  
Wednesday · 1:00–2:00PM  
2/10/2021–3/10/2021

**INSTRUCTOR:** *Maureen Wilson-Jarrard's professional career ranged from elementary school educator to education technology specialist. She taught children how to use Mac computers and professors how to use online learning platforms. Her work at Peace Corps Headquarters included developing an online curriculum based on water in Africa. Fascinated with learning technology, she is primarily self-taught and refers to her own learned experience in her instruction.*

## OLLI Scholarship Program

### Lifelong Learning for Everyone

Thanks to the generous support of the Osher Foundation, OLLI members, and other donors, OLLI at SOU offers scholarships to those in financial need. Prospective OLLI members who are interested in joining or renewing their membership, but cannot afford to pay the full membership fee, may apply for a scholarship in exchange for performing volunteer work for OLLI.

To apply for a scholarship, please email the OLLI office at [olli@sou.edu](mailto:olli@sou.edu) or call 541.552.6048 and request a scholarship application form.

## The Evolutionary Psychology of Morality

Historically, morality has been studied as if it were a human invention. This has been the approach of philosophical thinking in the field of ethics for over 2,000 years. Recently, biologists have been studying morality as an adaptation, attempting to discover how morality functions and how it evolved. We'll examine five types of moral adaptation, all of which share a commonality: they enhance survivorship and reproductive success. Genetically based traits that enhance survivorship and reproduction will pass on copies of genes that produce those traits in their offspring. Over time, both the traits and the suite of genes producing them will increase. Seven sessions cover: 1) evolution and misconceptions, 2) genes and behavior, 3) Jonathan Haidt's five dimensions of morality, 4) kin selection and caring, 5) reciprocal altruism and fairness, 6) hierarchy and xenophobia, and 7) disgust and liberty. Classes will include videos, lecture, PowerPoint presentations, and group discussion.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**STEM140** · 7 Sessions

class size 30

Tuesday · 3:30–5:00PM

1/19/2021–3/2/2021

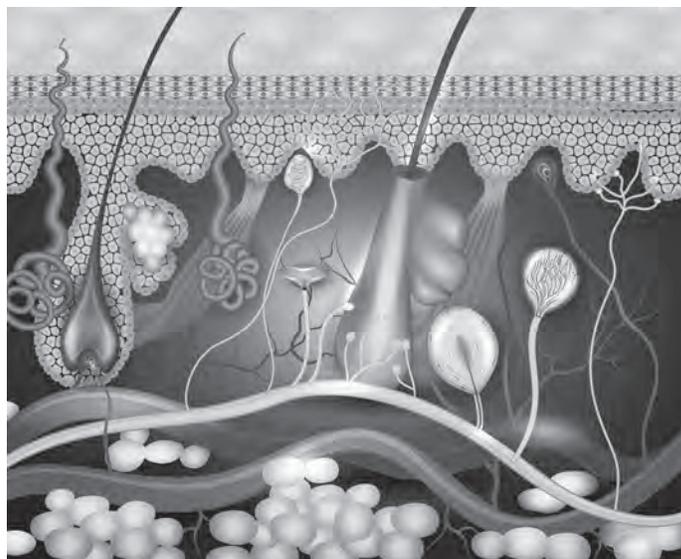
**INSTRUCTOR:** *Dave Ferguson earned a master's degree in biology from UC Davis. He taught biology at the high school level for 35 years and taught The Evolutionary Psychology of Morality as part of the International Baccalaureate Theory of Knowledge course.*

## The Science of Skin: More Than Meets the Eye

Our skin and its appendages comprise the largest and most visible organ in the human body. Through lecture, discussion, and demonstration, this course will help you look beyond appearance issues at the surface to form a new appreciation for the science of skin: its structure and function, the all-important sense of touch, what skin communicates internally and externally, what lives in and on skin, interactions with other body systems, how skin ages, common skin conditions, and future developments with regard to skin. No science background is required.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email



**NOTE:** There is a possibility of an optional fifth session to provide additional time for Q&A or discussion of topics covered in the first four classes.

**STEM105** · 4 Sessions

class size 60

Monday · 3:30–5:00PM

2/8/2021–3/1/2021

**INSTRUCTOR:** *Anne Bellegia received a B.A. in science from Pennsylvania State University. She is a former marketer of and consultant on numerous prescription and over-the-counter healthcare products, including several in the dermatology area. She has taught at OLLI previously on this same topic as well as on ways to harness the power of touch.*

## Upgrade Your Toolkit for Solving Math Problems

Math tasks for which the plan of attack is clear might be called “exercises,” while enthusiasts often save the word “problems” for situations in which the methodology is unclear. Problem solving can be thought of as the act of working toward a solution when we don’t know precisely how to reach it. It requires persistence and a shift in approach when the one we’ve tried leads to a dead end. We will examine problem-solving strategies such as drawing a picture, writing an equation, and looking for patterns. With practice, we can learn to recognize strategies likely to bear fruit when given a problem that challenges us. Class time will be used to solve problems together and, perhaps, also in smaller groups. Let’s have fun looking at problems collected during the instructor’s 40+ years as a teacher. Here’s an example: In how many ways can 10 people (all different heights) line up so that nobody is sandwiched between two taller people? No prerequisite knowledge is required. All are welcome!

Distance learning methods/tools to be used

- Zoom videoconferencing (with class meetings at specific times)
- Email

**STEM172** · 5 Sessions  
class size 30  
Tuesday · 11:00AM–12:30PM  
1/12/2021–2/9/2021

**INSTRUCTOR:** *Irv Lubliner is excited to teach math, music, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother's writings about her experiences during the Holocaust, the book that will serve as the theme of one of his winter courses.*

## **NEW!** Using Apple Apps and iCloud

This course was designed to help participants learn how to use a variety of apps and how to sync them across Apple devices via iCloud. Students will learn: (1) the benefits of cloud applications for managing everyday tasks, (2) how to set up and manage iCloud applications to enable efficient syncing across devices, (3) how to share applications with others and control their level of access, and (4) privacy and security issues pertaining to iCloud apps. Applications addressed will include Apple Calendar, Notes, Reminders, Photos, Contacts, Find iPhone, Find Friends, and iCloud Drive (including Pages, Numbers, and Keynote). We will explore a range of apps to pursue commonalities across applications and introduce the basics for making it all work.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email
- Course webpage

**STEM174** · 5 Sessions  
class size 30  
Thursday · 1:00–3:00PM  
2/11/2021–3/11/2021

**INSTRUCTOR:** *Neal Strudler has an M.A in elementary education and a Ph.D. in curriculum and instruction with an emphasis in educational technology from the University of Oregon. A former elementary teacher and assistant principal, he later served as a professor of educational technology and teacher education in Nevada for 26 years.*

## 1905: Einstein's Miracle Year

In 1905 Einstein published four papers on three subjects that each changed the future of physics. Who proved that matter is made up of atoms? Einstein. Whose theory is behind the device that keeps the automatic garage door from coming down on your foot? Einstein's. Whose theory prevents you from driving too fast? Einstein's, although the police probably have a greater effect. Learn what physicists were thinking before 1905. Learn about Brownian motion, the photoelectric effect, and special relativity. Learn how physics changed after 1905. This course, part of the series of OLLI courses Physics for Nonphysicists, is designed to teach real physical principles to those without a scientific or mathematical background. Because OLLI has no members who are dummies, the course is not titled Physics for Dummies. The class will be composed of lectures and Power Point presentations with time for questions.

Distance learning methods/tools to be used

- Zoom videoconferencing
- LearnerNotes
- Email

**STEM122** · 5 Sessions  
class size 99  
Tuesday · 11:00AM–12:30PM  
1/5/2021–2/2/2021

**INSTRUCTOR:** *Although he has never moved at near the speed of light, John Johnson has radiated energy in the many courses he taught for nonphysicists at SOLIR/OLLI. He has degrees from Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University.*



# Social Sciences

Includes current events, economics, finance, political science, sociology, philosophy, geography, and education.

## Citizens for the Rule of Law

This will be a four-week course on how the rule of law has suffered great harm for the last few decades. We will look at a number of issues such as the emergency powers of the presidents, Congress refusing to do its legislative job, the filibuster, the pardon power, and the 4th Amendment. In addition, we will analyze how these particular issues have weakened the rule of law and then discuss what can be done to repair the problem.

Distance learning methods/tools to be used

- Zoom videoconferencing
- E-mail

**SOC159** · 4 Sessions

class size 20

Wednesday · 11:00AM–12:00PM

1/6/2021–1/27/2021

**INSTRUCTOR:** *Betsy Massie taught 11th and 12th grade alternative students U.S. history and the U.S. Constitution. She has taught previous OLLI classes focused on the Constitution in our everyday lives and has prepared and delivered a Ted Talk on the Constitution entitled “Use It, or Lose It.”*

## **NEW!** Disaster Preparedness: Alameda, Cascadia, Zombies

Are you curious about what happened behind the scenes during the Alameda fire? Do you want to become better



prepared for future natural disasters, especially wild-fires and earthquakes such as an eventual Cascadia earthquake (and perhaps zombie attacks—covered by the CDC’s website)? After an in-depth case study of the Alameda fire, we’ll discuss alert systems, family disaster plans, evacuation versus sheltering in place, emergency supplies and go bags, community programs, training courses, and online resources.

Distance learning methods/tools to be used

- Zoom videoconferencing

**SOC149** · 3 Sessions

class size unlimited

Wednesday · 1:00–3:00PM

1/6/2021–1/20/2021

**INSTRUCTORS:** *Terri Stewart is city of Ashland Fire & Rescue CERT program coordinator. She coordinates citizen efforts through education, training, and grant writing and is an adjunct at SOU. Steve Weyer, an avid crossword solver and developer of a crossword-solving app, has also participated in Community Emergency Response since 2010, co-led training programs for CERT members and neighborhood groups, and supported community disaster trainings.*

## Hot News and Cool Views

If you have “tuned out” after too many years of network news and the increasingly divisive state of politics in this country, it is time to tune back in! Hot News and Cool Views has been a forum for open, polite, and fascinating discussions of political and social topics ranging from local issues to global ones. For many years the course was taught by Bruce Barnes. Now Rick Vann will be “carrying the torch” and continuing the momentum built by Barnes and the students over the years. The instructor will email an agenda and list of topics with supporting news articles and information before each meeting. Students will be encouraged to email ideas and topics in ahead of each class as well. As 2020 started off with events that led to enormous socio-economic change and will end with our electing a president, there will be no shortage of powerful and relevant topics for us to dive into each week!

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**SOC139** · 10 Sessions

class size unlimited

Tuesday · 9:00–10:30AM

1/5/2021–3/9/2021

**INSTRUCTOR:** *Rick Vann is a sales management and marketing professional with decades of experience in the food service equipment/restaurant industry. He has a bachelor of science*

degree in marketing from San Diego State University. His corporate executive experience coupled with his interaction with government entities at local and state levels combine to offer a “real world” perspective on the interaction and impact of politics on business and vice versa.

## How Congress Works (or Doesn’t)

This class will include a review of Article I of the U.S. Constitution and how the work of the Congress has evolved in the 233 years since the Constitutional Convention. We will review how an idea becomes law, that is, the legislative process. The course will also include review of the relationship between the Congress and the executive branch in 2021, the leadership of the House and Senate, and the election of members to the House and Senate. And, we’ll discuss the systemic problems and issues that have contributed to dysfunction in the legislative branch of the U.S. government. Each class will include a presentation leading to class discussions, either in a whole group setting or in smaller working groups.

Distance learning methods/tools to be used

- Zoom videoconferencing

**SOC161** · 10 Sessions  
class size unlimited  
Thursday · 11:00AM–12:00PM  
1/7/2021–3/11/2021

**INSTRUCTOR:** David Runkel covered Congress for *The Philadelphia Bulletin*, served as the communications director for the House Banking and Financial Services Committee, and directed a four-day orientation program for newly elected members of Congress at Harvard’s Kennedy School of Government in coordination with the House Administration Committee.

## **NEW!** Nonviolent Action for Social and Political Change

This course will examine whether nonviolent action is actually a pragmatic choice. Nonviolence is often touted as a moral and ethical decision and is often confused with a passive or weak response to dictatorships and social injustice of all kinds. But is this the case? We will examine the research that has sought to answer these questions. We will look at Erica Chenoweth’s work, introduce the six principles and six steps to social change taught in Kingian nonviolence training, look at Gene Sharp’s “198 methods of non-violent action,” and review several cases where mass action achieved great change. This class will not provide detailed training in how to practice nonviolent methods but will allow us to talk about these methods and to consider how we as individuals might build on this knowledge as we work

for social and political change. No book is required, and we will read brief passages, view lectures and documentaries, and hold regular discussions in class.

Distance learning methods/tools to be used

- Zoom videoconferencing
- LearnerNotes

**SOC160** · 5 Sessions  
class size 18  
Thursday · 1:00–2:30PM  
1/14/2021–2/11/2021

**INSTRUCTOR:** Ursula Shepherd has an M.A. in social sciences and a Ph.D. in ecology and biogeography and was a professor at the University of New Mexico. She is NOT an expert in the field of nonviolent activism, but she has trained and participated in nonviolent actions over her lifetime. Shepherd is interested in continuing to gain strength in her own activism while sharing what she has learned with others.

### PASSION CREATIVITY PERFORMANCE



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 OCAatSOU |  OCAatSOU | Website: [oca.sou.edu](https://oca.sou.edu)

## Strategies for Social Justice

Have you ever wondered why some efforts for social justice are successful? In this course we will learn about the model explained in Ronald Heifetz's book "Leadership Without Easy Answers." (It is not necessary to get a copy of the book.) We will start with a case example from over 100 years ago when Margaret Sanger fought to provide access to information about birth control, followed by the fight for voting rights during the 1960s. We will then focus on the current protests for police reform and racial reckoning. This class will be a combination of lecture and small group discussion.

Distance learning methods/tools to be used

- Zoom videoconferencing
- Email

**SOC121** · 2 Sessions

class size 16

Monday, Wednesday · 1:00–2:00PM

2/1/2021–2/3/2021

**INSTRUCTOR:** *Adrienne Simmons held a variety of leadership position at Providence Health and Services for over 30 years. This included serving as Regional Director of the Strategic Learning Department which provided training on change management. She has certification in CAP ( Change Acceleration Process). Adrienne is passionate about social justice issues, and how they can be accomplished using change management tools.*

## **NEW!** Understanding the Fight Against Climate Change

In this class, students will learn a history of the efforts to design and adopt policies to confront climate change from the Kyoto Protocol through the responses to climate change by many organizations including the Sierra Club, Citizens Climate Lobby, Pachamama Alliance, The Transition Movement, Project Drawdown, and others. In addition, we will explore the efforts used by the petroleum industry to thwart the reduction of the use of fossil fuels, thereby slowing down progress in this difficult effort. Students will engage in discussions on easy ways to reduce one's individual carbon footprint and explore what local groups are doing to help make the planet more sustainable. Our class will be a combination of lecture, presentation, and discussion. No prerequisite reading or procurement of material is required. Additional outside reading and/or video suggestions will be given during the course.

Distance learning methods/tools to be used

- Zoom videoconferencing

**SOC138** · 5 Sessions

class size unlimited

Tuesday · 3:30–5:00PM

2/2/2021–3/2/2021

**INSTRUCTOR:** *Flavia Franco is a resident of Ashland since 2017 and formerly of the San Francisco Bay Area. Franco was a senior financial analyst with an MBA from San Jose State University. Since 2006, she slowly became involved with various environmental and political groups. As a proponent of and believer in the scientific facts regarding the environmental impacts on our world, she is now focused on the fight against climate change in the Rogue Valley.*

## Technology Help

Have questions or concerns about taking online classes? For help and information, please visit the OLLI at SOU webpage at [inside.sou.edu/olli](https://inside.sou.edu/olli)

This information will be updated frequently.

“I'm really enjoying the Zoom classes. It's great not to have to drive or get dressed up and to see the names and faces of fellow students rather than the backs of their heads. I appreciate that OLLI's volunteer instructors are providing me with stimulating ideas and ways to connect.”

Colet Allen, member



# Osher Lifelong Learning Institute Membership Application

Membership:  
 new member  
 renewing member

Member Information	First name	Middle initial	Last name
	Date of birth		
	Day phone		Cell phone
	Street address		<input type="checkbox"/> This is a change of address
	City	State	Zip
	Email address		<input type="checkbox"/> This is a change of Email

Volunteering	<input type="checkbox"/> I'm interested in volunteering! Please have the Volunteer Coordinator contact me.
	<input type="checkbox"/> I'm already volunteering and satisfied with my role.
	<input type="checkbox"/> I just want to take classes. (And I know I can find more information on the back to learn more.)

Payment and Donation Options	<b>The OLLI Annual Membership fee is not refundable.</b>	
	Payment of your OLLI registration dues and your donation can be combined. We accept checks and credit cards (no debit cards).	
	If you wish to apply for a reduced-fee scholarship, please contact the office for more information.	
	Annual membership payment @ \$125 per person:	\$ _____
	<b>Little-known fact:</b> The OLLI annual membership fee covers about half of OLLI's total operating cost.	
	I want to support the OLLI annual fund with my tax deductible gift of:	\$ _____
	This is a joint gift with _____	
	<input type="checkbox"/> Please keep my gift anonymous	
	<b>Total payment amount</b> (membership fee + annual fund donation):	\$ _____ (TOTAL)
	<b>To pay by check:</b> Make check payable to "OLLI". OLLI is an affiliate of the SOU Foundation. OLLI's federal tax I.D. number is 23-7030910.	
<b>To pay by credit card:</b> <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard		
Card number: _____		
Expiration date:    /    /	3- or 4-digit security number on back of card: _____	
Print your name as it appears on your card: _____		
Signature: _____		
Note: If you prefer, you may pay by credit card over the telephone by calling the OLLI office at 541.552.6048. OLLI's <i>postal address</i> is 1250 Siskiyou Blvd., Ashland OR 97520.		

Questions? Email [olli@sou.edu](mailto:olli@sou.edu) or telephone 541.552.6048

# Volunteer at OLLI!



## Keep Membership Affordable

OLLI is a volunteer-run program, and volunteers do essential work that helps keep costs down.



## Make Friends & Create Community

Working together on a project or committee is a great way to get to know people.



## Use Your Skills/ Try Something New

Put your skills and experience to good use, **OR** explore your options, and learn new skills.



## Optimize your health and happiness

Meaningful activities are good for your health—physical, mental, **and** emotional.



## OLLI at SOU is YOUR OLLI

We're a member-run organization, and volunteers are behind **everything** that happens here.

OLLI at SOU's enthusiastic volunteer culture creates community and shared commitment. Research shows that active volunteers are happier, have better health, live longer, and feel like they have more time.

At OLLI, we believe in a "people first" approach, and OLLI has opportunities that match every area of interest, ability or availability. We want to get to know you, and connect you with engaging and meaningful activities that will deepen your connections to the OLLI community. OLLI thrives when everyone pitches in. And, as any volunteer will tell you, you gain more than you give by volunteering.

## *Volunteers can contribute remotely in many ways!*

**Yes!** I want to become an active partner in OLLI's success, and increase my connections and engagement. Call me and let's talk about what I like to do and how I can get more involved.

**Yes!** I'm currently active and volunteering at OLLI in a satisfying capacity. I'll let you know when I'm ready for more or different responsibilities.

**No thank you.** I just want to take classes for now.

**Questions? Contact Pauline Black,  
OLLI Volunteer Coordinator,  
at [blackp@sou.edu](mailto:blackp@sou.edu), or call 541.552.6975.**



OLLI at SOU

# Course Request Form

WINTER 2021

Want to save paper and stamp?  
Register online at [inside.sou.edu/olli](https://inside.sou.edu/olli)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Please complete this form and mail it to:

OLLI at SOU  
1250 Siskiyou Blvd.  
Ashland, OR 97520

The OLLI offices are closed until further notice due to COVID-19. Please email [olli@sou.edu](mailto:olli@sou.edu) or call 541.552.6048 if you need assistance.

### Course Requests Lottery: Monday, November 9 to Friday, November 20

During this phase of registration, your course requests are limited to a maximum of 3 courses. The results of your course requests will be emailed or mailed to you by Monday, December 7.

Choice	Course Number	City	Course Title
1			
2			
3			

### Open Enrollment Begins Monday, December 14

Once Open Enrollment begins, members may register for as many additional courses as desired on a space-available basis. Sign up online or by using this form. Multiple forms may be required if adding more than three courses.



OLLI at SOU

# Registration and Getting the Courses You Want

## Course Requests Lottery

There are **two** registration periods. The first is named “**Course Requests**”. During this two-week period, you can make **up to three course requests** either online, or by submitting the paper registration form to the office **anytime** before the deadline. When doing this, be sure to **prioritize** your courses to optimize your chance to be enrolled in a high-demand course. When submitting online, you will **immediately** receive an email confirmation. If not, contact the office. After the “Course Requests” registration period closes, courses are filled in this order by a computer lottery:

1. The 1st priority course of Council Members and Committee Chairs as a thank-you for their work.
2. All submissions with only 1 course request
3. All requests assigned 1st Priority
4. All requests assigned 2nd Priority
5. All requests assigned 3rd Priority

**Note: The online system does not restrict your lottery requests to three courses. If you do request more than 3 courses, the additional requests will not be processed and need to be submitted during Open Enrollment.**

## How to assign Priority online

When you submit your courses online, and the list of courses are in your priority preference, you are done. If you need to reprioritize the list: (1) click on “My Account” on the top banner, (2) click on “Course Priorities” found in the list on the top right of the page, and (3) assign priority to each course in the list, and (4) click on “Save Priorities” on the top of that table.

## Notification of Lottery Results

A week after the “Course Requests” period ends, an email, or postal mail if no email, is sent with the course request status: Registered or Waitlisted.

## How the Waitlist Works

If there are more requests than registration spaces available, and your request was not picked in the lottery, your name will be added to the waitlist which is sorted by the random number assigned by the lottery.

## Open Enrollment Registration

A week after the “Course Requests” notifications are sent, you can register for as many courses as you like. This registration is done **first-come, first-served**. The website and the office has a list of “open” courses. Registration can be done either online, or by submitting a registration form to the office at any time. You can also register for a course with a waitlist. When a registration space becomes available, the office contacts the next person on the waitlist.

## Making Changes:

**Adds:** During either of the two registration periods, you may add courses online or submit a revised course request form to the office.

**Drops:** As soon as you know you cannot attend a course, please notify the OLLI office by emailing [olli@sou.edu](mailto:olli@sou.edu) or calling 541.552.6048. When you drop a course, it frees up a registration space for someone else. Drops cannot be done online.

**Questions: Please contact the OLLI office at 541.552.6048.**

# DID YOU HEAR?

We are proud to announce OLLI & Rosebud Media's partnership. Look for future collaborations with OLLI instructors and content in the Mail Tribune, MailTribune.com, Ashland Tidings, AshlandTidings.com and on RosebudChannel.com.

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ZOOM INTO OLLI WINTER 2021