



Osher Lifelong Learning Institute

at CSU, Chico

Virtual Fall Term

SEPT. 14–DEC. 11, 2020



Registration Opens **August 27**
Classes Begin **September 14**



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Welcome to OLLI Fall 2020!

Welcome! From OLLI Advisory Council Chairman, William Tefteller

Physically Distanced; Socially Connected

The past few months have brought historic changes to our everyday lives that have disrupted routines and kept us apart. I've missed seeing my friends, and I have worried about the health and happiness of fellow members. Since March, OLLI has been working hard to preserve our community of learners in new and creative ways. At first I resisted because it wasn't the same. Then I logged onto my first Zoom class, where 50 familiar faces greeted me! Seeing those smiling faces convinced me that we can all enjoy continued participation in OLLI, regardless of our experience with distance education. We've learned a lot in a short time about how to make online learning more interactive, and we're eager to share the 57 mostly live-online classes that cover a wide-array of topics. On behalf of the Advisory Council, staff, and the volunteer instructors who make this all possible, we wish you the best in health and the spirit of adventure that will reunite us this fall.



A New Approach to Learning

Just as in-person OLLI classes and events vary in format and style, there's variety in OLLI Fall '20 term, too.



OLLI Class Preview

The Fall Class Preview will be held as a Zoom Webinar and livestreamed on Facebook. You'll still hear from the OLLI team and some Peer Leaders about upcoming classes and will have the chance to ask questions of the presenters. Preview will also be recorded for later viewing.

Live-Online Classes

These are just like in-person meetings—except your meeting place is the computer. You will receive a link via email to your online class. At the appointed time of the class, you'll use that email link to enter the virtual classroom. Once there, you'll see and hear your instructor, presentation materials, and the others enrolled in the same class. It's a great way to connect, converse, and learn in an interactive environment!

Pre-Recorded Presentations

More traditional, lecture-style classes will be pre-recorded. Much like going to an OLLI class and listening to a presentation accompanied by PowerPoint slides, these informative classes can be watched at your leisure. Links for these recordings will be emailed to members who are enrolled.

How Do You Zoom?

If you have a computer—or even just a smart phone or tablet—you can participate in our classes! If you're new to Zoom, there are online training videos and instructions to help you get to know Zoom, and we'll be offering online training sessions called "Zoom Mini Boot Camps" to help familiarize you with the technology. It's fun. Really!

Tablet & Smart Phone Users

Tuesdays @ 1pm
Jul 28–Aug 25

Desktop & Laptop Users

Thursdays @ 1pm
Jul 30–Aug 27

Learn more and to sign up for a Boot Camp, visit olli.csuchico.edu.



Live-Online Classes

Sustainable, Responsible and Impact Investing

Mondays, Sep 14–Sep 21 • 8:30–9:30AM **Peer Leader:** Steven Ciadakis

How can I invest in socially responsible companies? What is Sustainable Investing; Environmental, Social & Governance (ESG) Investing; and Impact Investing? How can these investment approaches align with my personal values and financial objectives? Interest in Sustainable Investing is growing and there is a wide range of investment options available. This class will introduce the concept of Sustainable Investing and discuss several variations of this approach.

Steve Ciadakis is a Certified Financial Planner (CFP®) and an Accredited Investment Fiduciary (AIF®). He started his career designing computer chips and later managed company operations and finances. He earned an MBA in finance and investments from Adelphi University and a BE in electrical engineering from State University New York (SUNY) at Stony Brook.

Behavioral Finance and the Psychology of Investing

Mondays, Sep 28–Oct 05 • 8:30–9:30AM **Peer Leader:** Steven Ciadakis

What is "Behavioral Finance" and how does it work? What is the psychology behind risk-taking and investing? What makes people feel the way they do when making financial decisions? This class will highlight the theories of leading Behavioral Finance academics and discuss how they attempt to explain irrational investor behavior. The goal is to explore how we may develop a better understanding of our cognitive and emotional selves to help us make better financial decisions.

(See bio above.)

Cracker Barrel

Mondays, Sep 14–Dec 07 • 10–11:30AM **Peer Leader:** David Price

A scintillating review of current themes in the media will be discussed each class. Class members present a topic, discuss it, then open the floor for discussion and debate. Poetry, literature, scientific discovery, and educational progress are examples of the issues dealt with. Special guests are welcome to present.

David Price holds a bachelor's degree in history, University of San Francisco; commissioned as US Army Infantry Officer through ROTC; served 30 years and retired as full Colonel; served throughout US and in Korea, Germany, Iraq, and Saudi Arabia. Retired after 22 years as police officer, detective, and sergeant for the City of Anderson, CA.

Add Value to Your Home—Simply!

Mondays, Sep 14–Oct 12 • 1–2:00PM **Peer Leader:** Curt Keables

We will spend six weeks discussing simple ideas to help class members add value to their homes before they plan to sell. Topics include: What is Curb Appeal & How Can You Improve Yours? To Inspect or Not to Inspect? Is Staging Necessary? Best Return on Your Investment; plus, ideas for those on a fixed income.

Curt Keables has lived in Chico since 1983. A graduate of Butte College and CSU, Chico, Curt worked for Safeway for 33 years before retiring in 2016. He then began working for Coldwell Banker. Curt is married to Jeanette, and they are the parents of eight children. One of his favorite things is playing hide and seek and jumping on the trampoline with his grandchildren. Curt loves the outdoors, including camping, hiking, and backpacking.

Want to Learn Spanish in Mexico? Learn How! Sect. 1

Monday, Sep 14 • 1–2:00PM **Peer Leader:** Memo Keswick

Explore how to sign up on your own for studying Spanish with a university such as "UNINTER" in Cuernavaca, Mexico. Spanish study may be done remotely (ZOOM) or in person, post COVID-19 difficulties. Studying with and forming relationships with educated native Spanish speakers is the best way to learn!

Memo Keswick has a bachelor's degree in Spanish and has worked with Spanish speakers, traveling and studying often in Spanish speaking countries. He also has a long history in teaching world dances and playing in non-professional World Dance bands. He currently performs in "Ritmi," a local Chico musical group, and leads a local singing project known as "Petya's Singers."

French 1

Mondays, Sep 14–Dec 07 • 1–2:00PM
Peer Leaders: Leanne Ulvang, Michèle Martens

This is a class in basic French grammar, usage, and vocabulary for people who have studied some French in the past. Its focus is communicating with others in written and spoken French. The course will continue from where we left off in Spring 2020. Therefore, if you are new to French, you should consider enrolling in French for Travelers for an introduction to the sounds of, and expressions in, French.

Leanne Ulvang earned a Bachelor of Arts in Medieval & English History from Pomona College and a JD from the University of Santa Clara. In over a dozen years as peer leader, she has acquired teaching skills, improved her French, and had a great deal of fun.

Michèle Martens is a native French speaker who divides her time between her homes in Chico and in the south of France. She assists with French pronunciation, expressions and customs.

Modern and Contemporary Asian Art History

Mondays, Sep 14–Dec 07 • 1–2:30PM **Peer Leader:** Mary Claire Morin

We will explore the modern cultures of Asia and how history and culture have influenced contemporary art there. The Far East (Japan, Korea and China) will be our focal point, as well as the contemporary issues that have impacted artists there. Together we will attempt to unravel the meaning of contemporary art and discover new artworks and artists to love or dislike!

Mary Claire Morin, originally from Portland, Oregon, earned a bachelor's degree in history, but decided to go back to school in her fifties. She received a second bachelor's in art history and recently completed a master's in history at Sac State. She loves learning and discussing culture and art, and she is especially interested in East Asia, but has not been able to travel there. So, she'll be taking you there with her, virtually!

Rewiring Your Brain for Spiritual & Personal Development

Mondays, Nov 02–Dec 07 • 1–2:30PM **Peer Leader:** Harry Keshet

Over the last decade, neuropsychology has made remarkable discoveries about how the brain functions and how to change it. The old belief that we are programmed solely through our genetics is no longer tenable. Research shows we can change existing brain pathways and create new ones, enabling us to create new habits, thoughts, beliefs, attitudes, and even emotions. The course examines the latest brain research, offers practices to improve brain functioning, as well as methods for self-directed well-being and spiritual development.

Harry Keshet, PhD, is a clinical and business psychologist with broad experience in helping people learn skills for living positively and helping companies solve business problems and create healthy work environments. His long-term interests are studying the connections between the mind, the brain, and spirituality and developing the art of teaching by sharing knowledge, humor, personal experiences, and class participation.

Want to Learn Spanish in Mexico? Learn How! Sect. 2

Mondays, Nov 09 • 1–2:00PM **Peer Leader:** Memo Keswick

Explore how to sign up on your own for studying Spanish with a university such as "UNINTER" in Cuernavaca, Mexico. Spanish study may be done remotely (ZOOM) or in person, post COVID-19 difficulties. Studying with and forming relationships with educated native Spanish speakers is the best way to learn!

Memo Keswick has a bachelor's degree in Spanish and has worked with Spanish speakers, traveling and studying often in Spanish speaking countries. He also has a long history in teaching world dances and playing in non-professional World Dance bands. He currently performs in "Ritmi," a local Chico musical group, and leads a local singing project known as "Petya's Singers."

French 2

Mondays, Sep 14–Dec 07 • 2:10–3:05 PM **Peer Leader:** Leanne Ulvang

You know a fair amount of French, but you sometimes blank on a verb conjugation or wonder when to use which relative pronoun or a particular tense?

You want to express your thoughts in French with more facility? Be prepared for classes that focus on grammar, usage, creating French sentences, and improving listening skills, plus reading French writings to hone our skills.

Leanne Ulvang earned a Bachelor of Arts in Medieval & English History from Pomona College and a JD from the University of Santa Clara. In over a dozen years as peer leader, she has acquired teaching skills, improved her French, and had a great deal of fun.

Armchair Travel Sketching Studio Time

Mondays, Sep 14–Nov 30 • 3–4:30PM **Peer Leader:** Marvey Mueller

A class for seasoned sketchers will focus on development of skills through practice using a different theme each week. There will be guidance from the instructor but not specific lessons. This class requires a pre-requisite of one of the previous sketching classes. Special Note(s): No class meetings during October.

Marvey Mueller has carried a sketch diary on her travels for the past 25 years. She has been a member of the Tuesday Morning Painters at the Chico Art Center for 17 years. She has taught sketching classes through Road Scholar and for the Chico Art Center.

Estate Planning 101

Mondays, Nov 02–Nov 16 • 3–4:30PM **Peer Leader:** Dana Campbell

What is an Estate Plan? What is Probate? Do I need a Will or a Trust, Advance Health Care Directive, Durable Powers of Attorney? This introductory course will address these questions and others to help you develop effective tools for making informed decisions regarding the management of your affairs during your life and assist your family after your passing. The structure of the course is both lecture and discourse, as participants possess amazing information and knowledge that enhances everyone's learning.

Dana Campbell is a partner of Tyree & Campbell, LLP and enjoys working with clients on estate and probate matters. In addition to knowledge of the law, she been a CPA for more than 30 years. She's looking forward to working with you to explore the ins and outs of estate planning, and welcomes input from class members because she believes that we all grow and learn from each other.

French 3: Conversation

Mondays, Sep 14–Dec 07 • 3:10–4:00PM
Peer Leaders: Leanne Ulvang, Jane Ziad, Claude Geffray

On parle français dans cette classe, sans traduction (si nous avons de la chance). On doit avoir l'envie d'entendre et de parler mieux le français, et peut-être un jour le parler couramment. Il n'y a pas de textes.

Leanne Ulvang earned a Bachelor of Arts in Medieval & English History from Pomona College and a JD from the University of Santa Clara. In over a dozen years as peer leader, she has acquired teaching skills, improved her French, and had a great deal of fun.

Jane Ziad was raised on a ranch in Glenn County and graduated from CSU, Chico with a B.A. in Speech and Drama. She then spent 20 years living outside the USA,

in Australia and England. She was Executive Director of the Lassen Park Foundation for 17 years and was Director of Fund Development and Communication for Girl Scouts of Northern California for 14 years. An active community volunteer, Jane was in the Rotary Club of Durham and the American Association of University Women. Since girlhood, she has pursued her interest in France and French, studying and traveling whenever possible.

Claude Geffray is a native French speaker who monitors and advises on our grammar, usage and pronunciation in class.

Reading Poetry for Insight and Reflection

Tuesdays, Sep 15–Dec 08 • 10–11:30AM **Peer Leader:** Dennis Daniel

Each week we will examine three or four poems, mostly from the Western tradition, some in translation from other languages. We will look at classic themes such as: self-discovery, fear, compassion, insight, aging and mortality, relationships, et al. Our goal will be to see how the poem works and what it says to us as readers with divergent backgrounds. We will read each poem in depth and appreciation.

Dennis Daniels has both a bachelor's and master's degree in English, as well as a Master of Divinity. He has used poetry interpretively for 30 years in classes and worship services, and he owns a library case full of poetry books and another full of Biblical Commentary. He sees the Bible as literature and has been known to treat poetry as scripture. He has been teaching this class continuously with no repetitions for five years, finding no paucity of useful material.

Intro to Drawing on Paper

Tuesdays, Sep 15–Oct 06 • 10–11:30AM **Peer Leader:** Cris Guenter

This course provides foundational skills for drawing, and techniques for working with pencils, colored pencils, crayons, and markers. The instructor will also demonstrate techniques and provide resources to help learners do recommended drawing exercises between class sessions. This course is required prior to taking "Intro to Drawing & Painting on the iPad." Special Note(s): Bring a sketchbook or drawing tablet (approximately 9"x 12") and a #2 pencil to the first class. During the first class, we'll review drawing tools used in the course so you can make informed choices for what you'll want to acquire and what you may already have.

Cris Guenter is both artist and educator. She is Professor Emerita in the School of Education at CSU, Chico and was named the 2008 National Art Educator of Year by the National Art Education Association. She has been exhibiting her artwork in regional, national, and international exhibitions since 1972. She is currently a national trustee for the National Art Education Foundation.

Intro to Drawing & Painting on the iPad

Tuesdays, Nov 03–Dec 01 • 10–11:30AM **Peer Leader:** Cris Guenter

This course provides foundational skills for drawing and painting on the iPad. Learners will learn to navigate two digital art iPad apps and will explore tools and techniques for creating digital drawings and paintings. Prerequisite: You must take "Intro to Drawing on Paper" prior to taking this course. Special Note(s): Participants should bring fully-charged iPads to this course. Prior to the first session, download and install two apps from the App Store: 1. ArtRage (\$4.99)

and 2. Tayasui Sketches (free, but a pro-version with more cool tools can be purchased within app for \$5.99.) An Apple Pencil or capacitive stylus are not required, but if you have one, you're welcome to bring it to class.

(See bio above.)

Shakespeare: Slow-reading Antony and Cleopatra

Tuesdays, Sep 15–Dec 08 • 10:30AM–12PM **Peer Leader:** Jack Ayer

"Give me my robe. Put on my crown. I have immortal longings in me." So says the Queen of Egypt as she puts the asp to her breast in this immortal but under-appreciated high point in the Shakespeare canon. You don't have to know anything about the play, or the Queen, or even Shakespeare himself. You will need a reading copy; email me for suggestions.

Jack Ayer spent his working life as a professor, lawyer, and newspaper reporter, and dabbled in high culture along the way. "OLLI gives me the chance to indulge myself in Shakespeare and in Ancient Greek culture, collaborating with other OLLIvians of a similar bent."

Tuesday Tunes

Tuesdays, Sep 15–Dec 08 • 10:30AM–12PM **Peer Leader:** Bitz Haley

Start your Tuesday with music and songs. Join us in a fun, informal, weekly sing-along. Bring your voices and/or musical instruments. The operative word is "fun." If you like music, you will like this class. All levels welcome! Special Note(s):

Bitz Haley has had a lifelong love of and appreciation for music of all genres. As a child, she played some piano, ukulele, flute, saxophone, and recorder. Never a master of any of these, she always had fun trying. Now that she sees her second childhood fast approaching, she has decided it is time to learn to play the guitar and sing out loud!

Science Fiction Masters: Asimov, Heinlein & Herbert

Tuesdays, Sep 15–Dec 08 • 1–2:30PM **Peer Leader:** Sydney Wilde

This class will look at the lives, themes, biases and worlds of three masters of Speculative Fiction. These writers helped shape the goals and directions of real science as we know it today, and they have a lot to say about the social, environmental, and technical challenges facing us now. We will meet twice a month. The first class each month will look at the author; the second class will explore their novels with an eye to what they can tell us about society today. Special Note(s): We will read and discuss, "Caves of Steel" (Asimov), "Stranger in a Strange Land" (Heinlein), and "Dune" (Herbert). If time allows we may also discuss "Dune Messiah."

Sydney Wilde is a retired Unitarian Universalist Minister. She has been a devotee of Science Fiction since she was 7 years old. She once dreamt of becoming the first woman on Mars. Her first career was in Science teaching Immuno-Hematology (Blood Banking). Later, in seminary, Sydney studied the psychological and cultural impact of Myth, Ritual, and Story on civilization from a Jungian perspective. Science Fiction and Science, she believes, are the new Mythologies which still inform our culture today.

Tuesdays, Nov 10–Dec 08 • 1–2:00PM **Peer Leader:** Leonard Matheson

Len Matheson is a neurorehabilitation psychologist who has formal training in gerontology. He has 50 years of clinical practice, integrated with research and academic medicine. He has won awards for teaching difficult ideas and information.

Tuesdays, Sep 15–Oct 13 • 3–4:30PM **Peer Leader:** Suzie Lawry-Hall

Suzie Lawry-Hall is the community outreach coordinator for Enloe Medical Center.

Tuesdays, Sep 15–Dec 08 • 3–4:30PM **Peer Leader:** Gale Ulvang

Gale Ulvang has been a knitter for most of her life, and she has a special fondness for knitting lace. She is also an experienced bodyworker, willing to share postural tips and techniques for better knitting ergonomics. She has integrated using internet resources to find patterns and expand skills and wants to pass along that knowledge to others.

Tuesdays, Nov 03–Dec 01 • 3–4:00PM
Peer Leaders: Bill Brouhard, Brian Spilman, Ed Johanson

adults to age in place. These and other concepts are giving shape to Valley's Edge, a 1,448-acre intergenerational community in Chico.

Brian Spillman is Vice President of Land Acquisition and Forward Planning at Silverado Homes, Inc. Brian earned a B.A. in Economics from UC Davis and has over 30 years' experience as a builder and developer. Silverado Homes has been a leader and innovator in senior housing spanning active adult, independent living assisted living and memory care.

Wednesdays, Sep 16–Dec 09 • 9–10:00AM **Peer Leader:** Jack Ayer

Jack Ayer spent his working life as a professor, lawyer, and newspaper reporter, and dabbled in high culture along the way. "OLLI gives me the chance to indulge myself in Shakespeare and in Ancient Greek culture, collaborating with other OLLIvians of a similar bent."

Wednesdays, Sep 16–Dec 09 • 10–11:00AM **Peer Leader:** Dick Kennedy

Dick Kennedy, a retired graphic designer and illustrator, received his art degree at Michigan State University before moving to Chico in 1975. He worked as a draftsman, production artist, and art director before running his own freelance graphics business. Dick has taught both cartooning and the fundamentals of drawing for OLLI.

Climate Change: How We Know It's Real and What It's Already Doing

Wednesdays, Nov 04–Dec 02 • 10–11:30AM

Peer Leader: Gordon Gregory

This course will cover the science, effects, and future of climate change. Each session is timed to allow for questions, and participants can email the instructor at any time. We'll focus on why almost all climate scientists are convinced human-caused global warming is real, discuss briefly the science behind the greenhouse effect, and examine what global warming is doing to the planet today and is projected to do in the future. We will also discuss actions individuals, communities, nations, and the world can take to avoid the worst effects of climate change.

Gordon Gregory is a former newspaper reporter and editor who covered the environment and natural resources in Montana and Oregon. He has a BS in medical science with a focus on chemistry and a master's degree in journalism. He is a founder of the Chico chapter of Citizens' Climate Lobby.

Wisdom through Meditation

Wednesdays, Sep 16–Dec 09 • 10:30AM–12PM

Peer Leaders: Gayle Womack, Cathryn Hudin

Wisdom through meditation is a piece of advice yogis have given for thousands of years, saying "Take a deep breath and relax." Learn how to discover your own personal truth and wisdom by calming the busy mind. Presentation of concepts, discussion, practice, and meditation principles define this course.

Gayle Womack's favorite activities are reading, meditating, going to the gym, and being outdoors. Blessed with a blended family of six adult children since 1970, her expertise comes from the wisdom of living with a large family, her love of individuals, and discovering the many facets of living a life with inner wisdom.

Cathryn Hudin is an artisan, using her hands to shape her creations. It began with dough as soon as she could reach the counter in her mother's kitchen. She loves to cook and baking is one of her specialties.

Write Away: Exploring Poetry, Fiction & Creative Nonfiction

Wednesdays, Sep 16–Dec 09 • 11–12:30PM

Peer Leader: Jeanette Keables

Support a community of writers as we explore poetry, fiction, and creative nonfiction. We will study writing techniques and craft in each genre by highlighting the work of established authors and then composing our own poetry and prose. The primary work in this course will include reading, writing, revision, and collaboration with other students. Students will have the opportunity to provide feedback through the writers' workshop. Please come ready to explore the exciting world of creative writing! Special Note(s): Please bring a laptop or writer's notebook with pen or pencil to every class meeting.

Jeanette Keables is a long-time resident of Chico. She is a wife, mother, and grandmother. Jeanette holds a master's degree in English from CSU, Chico with an emphasis in creative writing. She has taught both creative writing and academic

writing at Chico State. Most weeks, Jeanette can be found at the public library packing out more books than she can possibly read.

Intermediate Spanish Conversation

Wednesdays, Sep 16–Dec 09 • 1–2:00PM

Peer Leader: Memo Keswick

For members who want to improve their ability to converse in Spanish and meet other Spanish speakers. Spanish study abroad and other online learning tools may be used. Specific themes will be chosen based on participants' fluency levels. Guest Spanish speakers may be invited. Special Note(s): Guest participants or teachers possible. Participants determine their own levels of Spanish language ability. Peer leader welcomes all who want to "improve."

Memo Keswick has a bachelor's degree in Spanish and has worked with Spanish speakers, traveling and studying often in Spanish speaking countries. He also has a long history in teaching world dances and playing in non-professional World Dance bands. He currently performs in "Ritmi," a local Chico musical group, and leads a local singing project known as "Petya's Singers."

CSU, Chico Faculty Lecture Series

Wednesdays, Sep 16–Oct 14 • 1–2:15 PM

Peer Leader: Sandra Flake

CSU, Chico's tradition of academic excellence goes back more than 130 years. With 1,000 faculty members and 17,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Sandra Flake retired from the English Department at CSU, Chico, where she enjoyed teaching general education courses in American Indian Literature and Literature for Life for several years, following a long career in academic administration (Provost at CSU, Chico and the University of West Florida, academic dean at the University of Northern Colorado and the University of Wisconsin-La Crosse). She earned her doctorate in English, with a focus on fiction, at the University of Wisconsin, Milwaukee, and taught literature and composition there and, subsequently, at the University of Minnesota where she also directed a learning center.

Save or Shred: Organizing Financial Documents

Wednesday, Sep 16 • 1–2:30PM

Peer Leader: Mistie Cliadakis

As your financial life gets more complicated, it's difficult to know how long to keep documents and when it's safe to get rid of them. Some things you'll need to hold on to for your whole life; others for just a few months. Learn tips on organizing your financial documents, how long to keep them, and best practices for safeguarding your personal data. Special Note(s): This class is offered as part of my Women & Money Series.

Mistie Cliadakis is a financial advisor and partner at Altum Wealth Advisors in Chico. She is also an Accredited Investment Fiduciary (AIF®) and a Certified Wealth Strategist (CWS®). Previously, Mistie was a financial advisor and Vice President at Tri Counties Bank in charge of regulatory compliance for the bank's investment program. Along with her husband, Steve, Mistie enjoys cooking, painting, and traveling.

Writing Short Plays

Wednesdays, Sep 16–Dec 09 • 1–2:30PM **Peer Leader:** Pamela Loyd

This is a workshop-style class in which we will discuss concepts and techniques, share what we have written, and spend part of each class writing short exercises to develop skills. Prompts will be offered to stimulate your ideas. There will be an opportunity for some of the plays to be staged at the OLLI Play Festival.

Pam Loyd is a retired college counselor and psychology instructor, where her chosen mission was to help students develop positive life skills and healthy relationships. On retiring, she rekindled her love for creative writing and theater through playwriting and starting the OLLI play festivals. Pam has written numerous short plays and has had several of them published.

French for Travelers

Wednesdays, Sep 16–Dec 09 • 1:30PM–2:30PM

Peer Leaders: Leanne Ulvang, Michèle Martens

This class is for those who want to focus on pronunciation, politesse and practicalities - the vocabulary and idioms helpful for travelers in French-speaking countries (or as armchair travelers). The class is conducted mainly in English, with the aim of explaining how to say and understand basic French expressions.

Leanne Ulvang earned a Bachelor of Arts in Medieval & English History from Pomona College and a JD from the University of Santa Clara. In over a dozen years as peer leader, she has acquired teaching skills, improved her French, and had a great deal of fun.

Michèle Martens is a native French speaker who divides her time between her homes in Chico and in the south of France. She assists with French pronunciation, expressions and customs.

Writers' Workshop

Wednesdays, Sep 16–Dec 09 • 1:30PM–3:00PM

Peer Leader: Jeanette Keables

The workshop serves a community of writers interested in sharing their writing and responding to the work of others. Following the classic writer's workshop format, this class will be an opportunity for students to receive feedback for their own work and provide meaningful support to fellow writers. Special Note(s): Members of Writers' Workshop will need to have access to a printer and printer paper in order to share work with other members of the group.

Jeanette Keables is a long-time resident of Chico. She is a wife, mother, and grandmother. Jeanette holds a master's degree in English from CSU, Chico with an emphasis in creative writing. She has taught both creative writing and academic writing at Chico State. Most weeks, Jeanette can be found at the public library packing out more books than she can possibly read.

Documentaries of Significant Events in U.S. History

Thursdays, Sep 17–Dec 10 • 10–11:30AM **Peer Leader:** Robert Main

Stories about significant achievements and failures that have occurred in the history of the United States, reported by historians and presented in documentary films.

Robert Main is a retired Army officer with 22 years active duty military service and Professor Emeritus at CSU, Chico. His 44 years teaching experience include 24 years with CSU, Chico and 19 years with OLLI. He has a bachelor's degree in journalism from the University of Missouri, a master's in mass media from Stanford University, and a PhD in education from the University of Maryland.

Energy Healing and Protection

Thursdays, Nov 05–Dec 10 • 10–11:30AM

Peer Leader: Lee Shaw

Everything is made of energy. What happens when energy gets blocked in body, mind, or emotions? We will explore non-traditional ways to move energy and encourage our body's natural healing. We'll talk about creating and cleansing sacred space within and around us and how to set protective boundaries. We'll develop an understanding of energy, how it functions in our body, and we will put together an energy "tool box," including breath and sound work. Special Note(s): Everyone needs to have a journal or notebook.

Lee Shaw is a retired social worker and an "Usui Holy Fire" Reiki Master. She has worked with people for over 35+ years and knows that we have to work on and heal our body, mind, and spirit to be "Whole." It's never too late to start.

TED Talks

Thursdays, Sep 17–Dec 10 • 10:30AM–12PM

Peer Leaders: Gayle Womack, Joe Matthews

TED Conferences, LLC is a media organization that posts talks online for free distribution under the slogan "ideas worth spreading." TED's early emphasis was on technology and design, consistent with its Silicon Valley origins, but it has since broadened its repertoire to include talks on many scientific, cultural, and academic topics. Join us for the opportunity to view and discuss various TED Talks and get to know fellow OLLI members better.

Gayle Womack's favorite activities are reading, meditating, going to the gym, and being outdoors. Blessed with a blended family of six adult children since 1970, her expertise comes from the wisdom of living with a large family, her love of individuals, and discovering the many facets of living a life with inner wisdom.



Ethics of Aging

Thursdays, Sep 17–Oct 15 • 1–2:30PM

Peer Leader: David Swanson

Heathy life extension will be possible as technology continues to develop. Anti-aging pills, genetic manipulation, artificial organs, computer conscious containers, designer reproduction, achieving sustainability via spiritual practice, heaven on earth as a way of life. These approaches to life extension involve ethical considerations. From this point of view are we obligated to die so that our children can flourish in their lives. Or do we need children to carry on community if we will no longer die?

David Swanson has a master's degree in bioethics from Medical College of Wisconsin and Clinical Pastoral Education from UC Davis Medical Center, as well as a PhD in Bioengineering from Stanford. He has authored or coauthored over 200 medical science publications. More recently acting as a hospital chaplain, he has discovered personal story telling as a means for "digging deep" into our lives and inspiring a re-visioning of the future. He completed writing his memoir in 2018.

Great Decisions

Thursdays, Sep 17–Dec 10 • 1–2:30PM

Peer Leaders: William Tefteller, Myron Flindt

The Great Decisions study group is the Foreign Policy Association's public education program to study U.S. foreign policy and global affairs issues. Topics for Fall 2020: Modern Slavery & Human Trafficking; U.S. Relations with the Northern Triangle; China's Road into Latin America; and The Philippines and the U.S. The optional 2020 study guide costs approximately \$30 plus shipping at www.fpa.org.

William Tefteller earned his Bachelor of Science in Electrical Engineering from the University of Arkansas in 1969. He enlisted in the Air Force and flew C-141 transports. After the Vietnam war, he served as an electrical engineer and C-5 aircraft pilot, logging almost 7000 hours of flying time.

Myron Flindt's professional background is in elementary education, but his passion is in technology. He particularly enjoys learning how to use new software programs and build websites. Last spring, he had the opportunity to assist in the iPad User Group where he learned how to use this device and shared what he learned with others. Myron also enjoys reading, biking, hiking, fly fishing, gardening, and music.

Contemporary World Cinema

Thursdays, Sep 17–Dec 10 • 1–4:00PM

Peer Leader: Peter Hogue

Viewing and discussion of major contemporary films by great international directors, with particular emphasis on foreign-language films, including many which have not been shown in local theaters.

Peter Hogue taught modern literature and cinema studies in the Department of English at CSU, Chico from 1971–2006. He was co-chair of Chico State's University Film Series, 1973–1990, and film reviewer (as Juan-Carlos Selznick) for Chico News & Review, 1978–to date.

Memoir

Thursdays, Nov 05–Dec 10 • 1–2:30PM

Peer Leader: David Swanson

Join us for a trip down story lane by writing your memoir, a legacy for family, friends, and beyond. We will write 3–4 pages per week and submit them for feedback and expansion. Course participants will interact with each other in presenting and discussing their writing. Your memoir will emerge and evolve. By the end of the course, you will have a finished story ready to share with family, friends, or possible publication. Special Note(s): The textbook for the class, "How to Write a Memoir in 30 Days" (Roberta Temes, 2013), will be given to participants at the first meeting. Examples of memoirs include: Krystalynn Martin's "Please Excuse our Smoke, It's Just the Memories of Paradise;" Brian Fries' "A Fire Story;" Caitlin Doughty's "Smoke Gets in Your Eyes;" and Joan Didion's "A Year of Magical Thinking."

David Swanson has a master's degree in bioethics from Medical College of Wisconsin and Clinical Pastoral Education from UC Davis Medical Center, as well as a PhD in Bioengineering from Stanford. He has authored or coauthored over 200 medical science publications. More recently acting as a hospital chaplain, he has discovered personal story telling as a means for "digging deep" into our lives and inspiring a re-visioning of the future. He completed writing his memoir in 2018.

The Art of Capturing People, Places, and Objects from Direct Observation (\$)

Thursdays, Sep 03–Sep 24 • 3–4:30PM

Peer Leader: Suhita Shirodkar

Join popular Urban Sketch Artist Suhita Shirodkar, who returns to OLLI for her second workshop. Through Suhita's demonstrations, you will learn to capture the essence of a scene using deeper observation skills. She will teach you strategies for expressing your interpretations of people, places, and objects into rich colorful sketches and paintings. Homework should be submitted no later than five days after each session if you want it reviewed for the next week. This class is good for advanced beginners and up who are ready to stretch themselves and have fun in the process.

Special Notes: This workshop was originally held during Intersession by the artist at a special reduced fee for OLLI members. Due to popular demand, she has generously offered to hold the workshop again this fall at the same reduced fee of \$235, which will be paid directly to the artist/instructor. A materials list will be provided to attendees prior to the start of class.

Suhita Shirodkar is a freelance illustrator and teacher who travels the world teaching with Urban Sketchers. Her fluid style and intensity of color bring all of her subjects to life.

What's New with Medicare in 2021

Thursday, Oct 15 • 2–3:30PM

Peer Leader: Tatiana Fassieux

This class will benefit those who are already enrolled in Medicare. In this session, participants will learn about any changes that will take place in 2021 to the Medicare program, including the prescription drug benefit Part D.

Tatiana Fassieux is former Board Chair of California Health Advocates (CHA), an organization dedicated to Medicare advocacy and education in support of California's 26 Health Insurance Counseling & Advocacy Programs (HICAP). She served as Passages' Program Manager for the agency's HICAP for 15+ years and currently serves as the Community Resources & Outreach Coordinator.

Poetry for Pleasure

Fridays, Sep 25–Dec 04 • 9–10:00AM

Peer Leaders: Paul Belz, Terry Matthews

Reading poetry helps you to know things more fully, it commands your attention, and it can sustain good conversation. In this class participants select poetry from favorite sources to read aloud with fellow enthusiasts. Special Note(s): Class meets every other Friday: 9/25, 10/9, 10/23, 11/6, 11/20, and 12/4.

Paul Belz has taught science and environmental education workshops in a wide range of settings for preschool and elementary school children for many years. His experience also includes teaching workshops for teachers and a community college class on early childhood environmental education, and he's written a number of published articles on this topic. Paul is also a passionate hiker, world traveler, published poet, and vegetarian cook.

Dolores Mitchell's Paintings of the Sutter Buttes

Friday, Sep 18 • 10–11:30AM

Peer Leader: Dolores Mitchell

The geology, mythology, and agriculture of the Sutter Buttes has inspired over 50 of my paintings. I have painted this volcanic setting on location and from memory in all seasons and times of day. I'll start my talk by showing how artists such as Turner, Sargent, and Bierstadt painted mountains, and I will discuss the geology of the Sutter Buttes and their spiritual significance to Native Americans. I will also show sketches and stages of development for 12 of my Sutter Buttes paintings.

Dolores Mitchell received a BA in Studio Art and PhD in Art History from UCLA in 1970 and taught Renaissance to 20th Century Art History at CSU, Chico for 30 years. She co-founded Chico's Avenue 9 Gallery, where she exhibited her art until the gallery closed in 2015.

Race in American Art & Literature: Playing in the Dark

Fridays, Sep 25–Dec 11 • 10–11:30AM

Peer Leader: Robin Dizard

In nine sessions we will look into events in America's journey from the seventeenth century to the twenty-first century, guided by literary and artistic materials. Why do many of us know little of black Americans' lives, nor much about black American history? Questions we raise in this course will help answer that. Our inquiry will include asking: When did slavery start in America and when did it end? Why are monuments being targeted in protests? Do differences in skin

color really matter? Special Note(s): The nine sessions are: Founding Fathers, Finding Mothers; Middle Passage; Lives of Slaves in America & the Slave Codes; Freedom and Pursuit; Passing (from black to white); Black-face (from white to black); Post-Civil War: Slavery under a new name; Black Oratory: Frederick Douglass, Sojourner Truth, Malcolm X; Iconoclasts: Why mascots, flags and monuments become the focus of protests.

Robin Dizard is Professor Emerita of American Studies and English at Keene State College in Keene, New Hampshire. She has published in the "Massachusetts Review," "Pedagogy," "Slavery and Abolition," and "Multi-ethnic Literature of the US."

Exploring the Googleverse

Fridays, Sep 18–Oct 23 • 1–2:30PM

Peer Leader: Kaitlyn Zeichick

With over 100 online apps and services, Google has created a virtual universe of tools and products. This lecture series will go over how to use some of the most common Google apps, including Google Sheets, Google Calendar, Google Maps, Google Docs, and Google Photos. We'll start with the basics and then move on to some interesting tips and tricks for each app!

Kaitlyn Zeichick grew up in Chico. For the past four years she's been studying Cognitive Science with a concentration in Computer Science at Scripps College. She recently graduated with her bachelor's degree, and is now spending time attempting to climb all of California's 14ers (mountains over 14,000 feet).

Artisan Bread Making ~ Beginning

Friday, Nov 06 • 1–3:30PM

Peer Leaders: Doreen Fogle, Cathryn Hudin

In this one-day class, participants will learn how to use four ingredients (flour, yeast, salt & water) to make many kinds of bread, just like those lovely French baguettes. This class is based on the book "The New Artisan Bread in Five Minutes a Day," and it is a prerequisite to the advanced Artisan Bread Making classes. There are two sections of this course, each with the same content.

Cathryn Hudin is an artisan, using her hands to shape her creations. It began with dough as soon as she could reach the counter in her mother's kitchen. She loves to cook and baking is one of her specialties.

Doreen Fogle is a graduate of CSU, Chico. She worked for 20 years as a software engineer in San Jose, then moved to Magalia and telecommuted for several years before retiring. Doreen has been making Artisan Bread in Five Minutes a Day since 2007.

Artisan Bread Making ~ Advanced

Section1: Friday, Nov 13 • 1–3:30PM

Section2: Friday, Dec 04 • 1–3:30PM

Peer Leaders: Cathryn Hudin, Doreen Fogle

Building on the techniques learned in the beginning-level class, you'll learn to transform the basic dough into more beautiful, specialty seasonal bread. Prerequisite: Artisan Bread Making, Beginning.

(See bios above.)



On-Site & Email Classes

Basic Dog Obedience

Wednesdays, Sep 09–Oct 14 • 9–10AM

Peer Leader: Debra Folsom

The basic obedience commands of Heel, Sit, Stay, Come, Down, No, and Come to Heel will be covered. All work will be done on leash or a long check cord. Owners will be taught how dogs learn, importance of consistency, effective discipline, and reward principles. Dogs must be at least 5 months of age and fully vaccinated. Special Note(s): The first session will be 90 minutes, without dogs. We'll meet on the lawn behind the tennis courts. Park on the far side of the courts. Bring a lawn chair.

Debra Folsom has been training dogs professionally for over 35 years and has trained several Retriever Field Champions and Master Hunter Retrievers. She was the owner of an 85-dog, full-service boarding, breeding and training kennel for 30 years. Debra has taken part in obedience trials, developed obedience training programs, and instructed dog owners and their dogs in basic obedience to help them become manageable and good canine citizens that are a joy to own.

Creating Karma Flags

Thursdays, Oct 15–Oct 29

Peer Leader: Debbie Vermette

Create your own Karma flags to hang in your home and uplift your spirits. Easy to follow directions for each step will be emailed to class members. You'll pick the theme, such as nature, dance, food, photos, etc. and create your flags from card stock, decorative papers, acrylic or watercolor paint, beads, magazine and internet pictures. A fun and rewarding project!

Debbie Vermette has a degree in Graphic Arts and has a special passion for collage.



Pre-Recorded Presentations

The Aging Eye

Mondays, Sep 14–Oct 12

Peer Leader: Benjamin Gilbert, MD

Our eyes exhibit age-related changes in performance as we get older, particularly as we reach our 60s. Some of these changes are perfectly normal and don't signify any sort of disease process. And though cataracts can be considered an age-related disease, they are common in older adults and can be readily corrected with surgery. Dr. Gilbert explores these common changes, as well as more serious age-related eye diseases.

Understanding more about our aging eyes and what we can do as we notice changes can help improve our eye health and overall quality of life. Special Notes: There will be four weeks of pre-recorded presentations, and the last class on October 12 will be a live class meeting at 3pm.

Dr. Benjamin Gilbert, MD is owner, partner, and surgeon of Chico Eye Center. After graduating from the United States Military Academy at West Point, he served as an Engineer Officer in the United States Army. Dr. Gilbert is an instrument rated pilot and enjoys sailing, biking, and running. He and his wife, Dr. Vally Gilbert, have two sons and two daughters. He is currently serving in the air national guard.

Myths, Legends, and Heroic Tales of the Celts

Mondays, Sep 14–Nov 16

Peer Leader: Lynn Elliott

W.B. Yeats once said, "Celtic myths are the visions of a world expressed by people who believed trees to be divine, that could take a human or grotesque shape and dance among the shadows." Once a powerful people who dominated much of Europe, the Celts were reduced to a few small groups after the Roman invasions. However, their mythology survived, thanks largely to the efforts of medieval Irish and Welsh monks who wrote down the stories.

Dr. Lynn Elliott is an emeritus professor and former chair of English at CSU, Chico. He received an "Outstanding Teacher" award and many grants, including two from the National Endowment for the Humanities. He is also an award-winning playwright and screenplay writer.

Lewis & Clark

Mondays, Sep 14–Dec 11

Peer Leader: Stewart Monroe

The Lewis and Clark Expedition was one of the great journeys of exploration in the developing United States, a journey that would take more than three years from inception to completion. We will follow Lewis and Clark's route from its origin to its end, focusing on the expedition itself, the river systems they followed, and the geology of the regions they traversed. Truly, it was an expedition into a vast region that was largely unknown to Europeans.

Stewart Monroe has degrees in geology from CSU, Chico and the University of Montana. His professional experience includes working for an oil company, but mostly he taught geology at Central Michigan University in Mt. Pleasant. Stew has resided in Chico since 2000, where he has taught many geology courses and conducted several field trips for OLLI.

OLLI USA!

Mondays, Sep 14–Dec 11

Peer Leader: Ann Nikolai

Distance education has become the new norm for the 124 Osher institutes across the country. In a span of just weeks, a global pandemic caused OLLI leaders to see that creating community and the use of technology are not mutually exclusive, and we are now sharing curriculum across our programs. Sign up to receive a curated set of links to pre-recorded lectures from OLLIs across the country.

Ann Nikolai is the current program director of OLLI and has dedicated more than 20 years to promoting educational opportunities to non-traditional populations. She earned her master's degree in Public Administration at San Francisco State University, attended the Institute of Educational Management at Harvard University, and she earned her undergraduate degree at the University of Pennsylvania.

Home Curing Olives

Mondays, Sep 14

Peer Leader: Susan Levine

If you have ever tasted a home-cured olive, you know it's not the same as store-bought olives. Using the guidelines developed by UC Davis, Susan and her husband have been curing and sharing olives since 1980. We invite you to see how we do it.

Susan Levine is a graduate of CSU, Chico and has enjoyed teaching in several aspects of her life for many years. While working as a library clerk for elementary schools here in Chico, she taught hundreds of kids to play cribbage. As a longtime adult volunteer in Girl Scouts, she helps train troop leaders to take their girls camping, and she has been leading OLLI classes as a Peer Leader since 2010. She is married to retired local CPA, Bernie Levine.

Gleaming Saxons

Wednesdays, Sep 16–Dec 09

Peer Leaders: Leanne Ulvang, Robin Dizard

This course will illuminate the 600 years of Saxon England, referred to dismissively by some as "the Dark Ages." As new research shows, the era was marked by technological, artistic, and literary achievements. Join us as we light the way to a better understanding of the legacies of this culture. Those who have taken classes from either Leanne or Robin will correctly anticipate a few excursions beyond English borders.

Leanne Ulvang earned a Bachelor of Arts in Medieval & English History from Pomona College and a JD from the University of Santa Clara. In over a dozen years as peer leader, she has acquired teaching skills, improved her French, and had a great deal of fun.

General Election Ballot Measures

Tuesday, Oct 06

Peer Leader: Carolyn Dusenbury

This review of the California ballot measures on the November 2020 ballot is a Pros & Cons program of the League of Women Voters. It discusses what a measure is about, how much it will cost, who supports it and opposes it, and the money that each side has invested in passing or opposing the measure. This is a non-partisan session. The League does not address information about candidates or political parties.

Carolyn Dusenbury coordinates the Pro & Con presentations for the League of Women Voters of Butte County.





CLASSES HAVE DIFFERENT START DATES THROUGHOUT THE SEMESTER. PLEASE CONSULT THE CLASS SCHEDULE.

FALL 2020 MEMBERSHIP FORM

Membership for those aged 50+ or retired is required to participate in OLLI classes, activities, and events. OLLI instructors, also called "Peer Leaders," are also required to join. Joining OLLI at CSU, Chico supports its programs and enables you to enjoy our full range of offerings, make new friends, and socialize with people who share common interests.

Your Contact Information: *Please check the box(es) if the information is being updated since the last time you registered.*

☐ Name _____ Member ID # _____

☐ Address _____ ☐ City _____ ☐ Zip _____

☐ Email _____ ☐ Home Phone # _____

☐ Cell Phone # _____ ☐ Emergency Contact Phone# _____

☐ Emergency Contact's Name & Relationship to You: _____

OLLI shares information by email and on our website. If you do not have access to a computer or email account, please check here to receive the information by mail. [☐]

Available Membership Options: *Installments Now Available!*

If you wish to pay your membership fee installments, make your selection next to the option you prefer and enter your credit card information below. As with membership fees paid in one sum, there are no refunds and no cancellations of your recurring billing installments until your membership is paid in full.

Fall '20, Spring '21 & Summer '21 Bundle

- ☐ 2 Payments of \$115 or
- ☐ 5 Payments of \$46 or
- ☐ Single Payment of \$230

Fall '20 & Spring '21 Bundle

- ☐ 2 Payments of \$107.50 or
- ☐ 5 Payments of \$43 or
- ☐ Single Payment of \$215

Peer Leader Fall '20 & Spring '21 & Summer '21 Bundle

- ☐ 2 Payments of \$92.50 or
- ☐ 5 Payments of \$37 or
- ☐ Single Payment of \$185

Informed Consent Agreement:

As a participant in the ***Osher Lifelong Learning Institute at CSU, Chico***, I understand that risk of accident and injuries can arise out of participation in program activities and agree to release from liability and hold harmless the CSU, Chico Research Foundation, its programs, the Trustees of the California State University, and their officers and employees, from claims against them arising from injuries or property damage which might occur in connection with this activity. I certify that I am in good health and have the capacity to participate in programs of this nature. I give permission to be medically treated for illness or injury occurring during participation in the above activity, and certify that I am covered by medical insurance and/or willing to bear financial responsibility for any costs incurred in medical treatment. I also give permission for photos taken during OLLI classes or activities to be published.

Signature (Required): _____ Date: _____

Membership Payment:

☐ Check(s) enclosed, payable to "Chico State Enterprises." ☐ Charge My Credit Card \$ _____

VISA/MC Card # _____

Exp. _____ 3-Digit Card Security Code: _____

Refund Policy: *No refunds will be given but any unused membership fees will help to support our programs. Thank you.*

Osher Lifelong Learning Institute at CSU, Chico
California State University, Chico
400 W. First Street
Chico, California
95929-0792



Save the Date!

August 19
Virtual Fall
Class Preview:
10am–12pm

August 27
Class Registration
Opens Online at 9am

September 14
Fall Classes Begin

OLLI Fall Virtual Class Preview

You are invited to the **OLLI Virtual Fall Class Preview!** Learn about fall classes, plan your schedule, and hear from some of the volunteer instructors who'll be leading you on a virtual adventure in August.

The link to join will be posted at **olli.csuchico.edu** and shared in the **Bits & Bytes** e-newsletter.

***All are welcome.
Invite a friend!***

Make New Friends • Get Techie • Get Artsy
Go Back to School • Feel Connected • Join OLLI!

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