

OSHER
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INSTITUTE



BETTER
THAN
SUMMER
CAMP!



Osher Lifelong Learning Institute

at CSU, Chico

Virtual Summer Term

JUNE 1-30, 2020

The screenshot shows a Zoom meeting window titled "OLLI Zoom Class: The West Coast Trail: The Hike of a Lifetime". The main content is a presentation slide with the following text:

The West Coast Trail: The Hike of a Lifetime

Vancouver, Canada | Traveled by: Ann Nikolai

The slide features a map of the West Coast Trail in British Columbia, Canada, with various locations labeled such as Union Bay, Nanaimo, Port Renfrew, and Victoria. Below the map are several small images showing hikers and scenic views.

On the right side of the Zoom window, there is a grid of 16 participant video thumbnails. At the bottom of the Zoom window, there is a control bar with buttons for Mute, Stop Video, Invite, Manage Participants, Polling, Share Screen, Chat, Record, Breakout Rooms, and More. An "End Meeting" button is located in the bottom right corner.



- Web: olli.csuchico.edu
- Phone: 530-898-6679
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Welcome to OLLI Summer 2020!

Great News!

Our Summer 2020 term will continue as planned...with a twist!

This term, our Class Preview and all summer classes will be held online thanks to the fearlessness of our volunteer instructors and community partners, who remain committed to leading their classes in stay-at-home style. Together we're embracing a (very) steep learning curve and adoption of new technology as another opportunity for lifelong learning.

A friend recently said to me, "Social distancing does not have to mean social isolation." While we never imagined the need to factor social distancing into our programming plan, we are motivated by our desire to stay connected—in new ways. If this change and the technology leave you feeling frustrated or alienated, know that you're not alone. We're here to help, with the patience and humility that comes with having just learned this new way—the *Zoom Way*—a few short weeks ago. Stumble along with us and we'll all feel a lot better!



A New Approach to Learning

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



OLLI Class Preview

This summer's 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 type questions to 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 in the early morning of your class meeting. At the appointed time of the class, you'll use that email link to enter the virtual classroom. Just like on the cover photo of this catalog, 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 at a scheduled time each week.

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 by 10am on the day they are scheduled.

How Do You Zoom?

If you have a computer—or even just a smart phone or tablet—you can participate in our classes! Links to your live classes and recordings will be emailed to you the day before the class(es). There are online training videos and instructions to help you get to know Zoom, and we'll be offering online training sessions called "OLLI Sandboxes" through the summer term to help familiarize you with the technology. Look for an invitation in Bits & Bytes, OLLI's weekly e-bulletin, or email us at olli@csuchico.edu to schedule some time in the OLLI Sandbox. It's fun. Really!

Live-Online Classes



How to Manage Your Money During the Coronavirus Pandemic

Mondays, June 1–22 • 9–10:30am

Peer Leader: Steve Cliadakis

As the coronavirus spreads throughout the world, people have perished, stock prices plunged, businesses halted, jobs were lost, and our lifestyle changed overnight. How does this pandemic affect the financial decisions we make? This class will cover the basic principles of financial planning and how they are applied to scenarios such as the extreme event we are currently experiencing.

Steve Cliadakis is a Certified Financial Planner and an Accredited Investment Fiduciary. He started his career designing computer chips and later became involved in managing company operations and finances, and personal finances. He earned an MBA in Finance & Investments from Adelphi University and studied electrical engineering at State University New York (SUNY) at Stony Brook.

Cracker Barrel

Mondays, June 1–29 • 10:30am–12pm

Peer Leader: David Price

A scintillating review of current themes in the media will be discussed each class. Class members present a topic, discuss that topic, 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 always welcome to present.

David Price holds a BA 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.

SHOWTIME! Backstage with Chico Performances

Tuesdays, June 2–23 • 9:30–11am

Peer Leader: Stephen Cummins

Ever wondered what it takes to bring world-class artists to Chico's venerable Laxson Auditorium? How are shows selected each year? How much do headliner performances cost? What sort of special requests do artists have when they are here? Executive Director for University Public Engagement Stephen Cummins and his staff will talk about bookings, contracts, community outreach, and marketing for one of this town's premier attractions.

Stephen Cummins is the director of University Public Events for CSU, Chico. Cummins manages the Chico Performances presenting program; the National Public Radio affiliate for Northstate Public Radio, KCHO and KFPR; the University Box Office; and the historic performance venue Laxson Auditorium. Cummins received a doctoral degree in community college leadership education from National Louis University.

Intro to Drawing on Paper

Tuesdays, June 2–23 • 10–11:30am

Peer Leader: Cris Guenter

An introduction to the basic foundational skills for drawing. Techniques for working with pencils, colored pencils, crayons, and markers will be presented. Learners will need a sketchbook or drawing tablet (approximately 9"x 12") and a #2 pencil for the first class. Besides class discussions based on drawing content, the instructor will demonstrate techniques and provide resources for learners to complete drawing exercises on their own between class sessions.

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, and was named CSU, Chico's Outstanding Teacher for 2000 and California's Outstanding Visual Art Educator for 2001–2002.

Tuesday Tunes

Tuesdays, June 2–23 • 10:30–12pm

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!

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!

Do You Know Your Unique Core Values?

Tuesdays, June 9–23 • 1–2:30pm

Peer Leader: Roy Cook

Many people have never even thought about what their values are. Have you? I mean really looked at your values? Why are they so important? Your values are the principles, beliefs, and attitudes that guide your decisions, actions, and behaviors. When you act in a way that is in conflict with your heart, your life feels more like a struggle. When you make choices and take actions that align with your values, you experience greater fulfillment and happiness.

Roy Cook has led several classes for OLLI, including How the West Came to Dominate the World, Art About Town, Museums and More, and Core Values. Marketing career launched at Procter & Gamble. Became an entrepreneur, running a national marketing company dealing with top 50 Blue Chip Companies before retiring.

Join the OLLI Party Line! Our new "always-on" Zoom meeting room lets you • Test out your computer, smart phone, or tablet • Connect with members • Get comfortable with Zoom • Available online 24-7! **OLLI Meet Ups** are the place to be every Monday–Friday from 1–2pm. OLLI staff and volunteers will join you on the Party Line to chat, answer questions, and troubleshoot just in time for summer classes! Visit olli.csuchico.edu to get started!



Live-Online Classes, Continued

Get-To-Know Passages Speaker Series

Tuesdays, June 2–23 • 3–4:30pm **Peer Leader:** Katherine Bruce

Passages is a non-profit program helping caregivers/older adults lead healthier and more rewarding lives by providing and supporting the critical services and community resources needed. Passages programs include Long-Term Care Ombudsman, Health Insurance Counseling and Advocacy Program (HICAP), Multi-Purpose Senior Services Program (MSSP), and Caregiver Support Center. Classes will cover topics like Medicare, selecting a long-term care facility, disaster preparedness for seniors, and more.

Katherine Bruce is a graduate of Chico State with a bachelor's degree in health science. She has been with Passages for 10 years working in the HICAP and LTC Ombudsman program. She is married and has a daughter who keeps her on her toes and always laughing.

Meditation: Summer School with Eckhart Tolle

Wednesdays, June 3–24 • 10:30am–12pm

Peer Leader: Gayle Womack

Come and share what it means to discover the deeper you through readings and meditations from Eckhart Tolle's book *The New Earth*.

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.

Hidden Reality

Wednesday & Thursday, June 24–25 • 10–11:30am

Peer Leader: Scott Perry

Explore questions like: What distinguishes hard science from soft science and pseudoscience? How does science work as a baloney detector? With regard to understanding the universe how enlightening is physics? Will science open doors that we should probably not enter? Should we rely on science as a cure all for our mistakes? How should science inform the public and public policy? Should we beware of technological enchantment?

Scott Perry earned his bachelor's degree in physics from Chico State and a master's degree in physics from UC Davis. Taught physics and astronomy for 30 years for Sacramento City College and American River College. He has enjoyed teaching a variety of classes for OLLI since the spring of 2005.

Neurotransformational Learning

Wednesdays, June 3–24 • 3–4:30pm **Peer Leader:** Dr. Joni Samples

In Neurotransformational Learning, we'll look at how your brain works and what new things you might learn to keep your brain active and healthy. Because it's summer, I'll be asking you to try out some new activity—your choice, of course, but I'll want to know what it's doing for you. I'll want to know not just about the new skill, but how it's affecting your body and your brain. Join me and find out what neuroplasticity can do for you!

Dr. Joni Samples is a keynote speaker at conferences and has led events in the United States, Australia, and the Republic of Georgia. She also writes regularly as a columnist for the Southeast Education Network and manages a publishing house, Engage!

Bass Guitar Rhythms and Beats 101

Wednesdays, June 3–24 • 6:30–7:30pm **Peer Leader:** Tom Daley

Listening to the bass beat, in any type of music, connects the listener to the depth of the composition, especially in jazz, rock, country, and ensemble genres. You may play air bass or real bass, acoustic, stand-up, electric, and vocal-beat/boom. Participants are offered various formats to learn and review master rhythms and beats, recorded, printed, and live. Time signatures are explored. All life has a rhythm and a beat. Tune into it.

Tom Daley has played simple bass rhythms, bass, and guitar for many years. Background as an educator in communication.

Demystifying the Spiritual Experience

Wednesdays, June 10–17 • 7–8pm

Peer Leaders: Christine Mac Shane & Lynn Bachus

This is an introduction to and the understanding and function of many familiar spiritual practices from energy work, chakras and their care, psychometry, and more. Learn the what, how, and why of many familiar spiritual terms.

Christine Mac Shane and Lynn Bachus have studied and practiced various spiritual disciplines, including Reiki, meditation, energy work, psychometry, clairvoyance, and mediumship.

Great Decisions

Thursdays, June 4–25 • 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. 2020 topics: Climate Change and the Global Order, India and Pakistan, Red Sea Security, Modern Slavery and Human Trafficking, U.S. Relations with the Northern Triangle, China's Road into Latin America, The Philippines and the U.S., and Artificial Intelligence and Data.

William Tefteller earned his BS 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 enjoyed a career in elementary education, but his passion is in technology. He particularly enjoys learning how to use new software programs and how to build websites. He also enjoys reading, biking, hiking, fly fishing, gardening, and music.

Medicare Rights & Protections: Know Your Options

Thursday, June 4 • 10–11:30am

Peer Leader: Tatiana Fassieux

This workshop will focus on Medicare beneficiaries' rights to appeal denied coverage, file complaints, and knowing when you can change coverage, including Medigaps, Part D, Medicare Advantage plans, etc. Registration required to ensure sufficient handouts.

Tatiana Fassieux is former Board Chair of California Health Advocates (CHA), an organization dedicated to Medicare advocacy and education, and which supports 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 in an advisory role.

Art on a Summer Morning

Friday, June 5 • 10–11:30am

Peer Leader: Dolores Mitchell

Dolores will explain her approach to painting and offer some simple hands-on exercises. No experience in art making is required. Participants will be able to watch Dolores work on a painting, look through her sketch books, and see the developmental stages of a painting on her computer. Class will include an easy exercise in composing a painting, transparent glazing over test strips, and sketching in the garden.

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.



Pre-Recorded Presentations

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

Mondays, June 1–15

Peer Leader: Gordon Gregory

The class will cover the science, effects, and future of climate change, with an emphasis on wildfire risk. We'll focus on how we know climate change is happening and will examine its current and future effects. We will also discuss how to reduce the risks from it. The second session will be a discussion about how warming temperatures drive wildfire, particularly in our region.

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 an MA in journalism. He is a founder of the Chico chapter of Citizens' Climate Lobby.

OLLI USA!

Mondays, June 1–22

Technology is an integral part of the 124-strong network of Osher institutes across the country. Forward thinking Institutes began to experiment with digital and distance learning technologies to benefit early adopters and importantly, mobility-impaired members. In a span of just weeks, a global pandemic has helped us prove to one another that creating community and the use of technology are not mutually exclusive. Sign up to receive a curated set of links to pre-recorded lectures from OLLIs across the country.

Learn Tai Chi Basics

Tuesdays, June 2–23

Peer Leader: Lenora Wong

Tai Chi is a slow, no impact form of exercise that enhances flexibility and mobility. It is a form of meditation in movement. The aim is to learn the sequence of movements of the Yang style of Tai Chi Chuan in this series of on-going classes.

Lenora Wong learned Tai Chi in 1978 and has taught Tai Chi since 1983 in Long Beach, San Diego, and at the University of Hawaii, as well as locally.

Smart Cycling

Tuesdays, June 2–9

Peer Leaders: Becky Warren & Eunice Lopez

Students will start with the basics of choosing and fitting a bike and helmet, choosing what to wear, making simple adjustments to the bike, pre-ride safety checks, safe/efficient carrying systems, and fixing a flat. Advanced topics will include rules of the road, bike laws, riding predictably, bike handling, where to ride, hazards, and how to avoid crashes.

Becky Warren is a Health Educator Specialist for Butte County Public Health. She specializes in pedestrian and bicycle safety for adults and children and is certified as a League of American Bicyclists League Cycling Instructor. Her background includes teaching physical education and English at the high-school level.

Eunice Lopez, MPH, works as a public health education specialist for Butte County Public Health. She enjoys riding a variety of bikes, as well as advocating for bicycle and pedestrian safety. Eunice is certified as a League Cycling Instructor through the League of American Bicyclists.

Lessons from the Black Death

Tuesdays, June 2–23

Peer Leaders: Leanne Ulvang & Robin Dizard

Could a pandemic in the Middle Ages have something useful to tell us about the current coronavirus pandemic? The Black Death ravaged Europe from 1347 to 1351, killing about 50% of the population. In four recorded lectures, we will examine aspects of society's response to the plague—from the most vulnerable to those in power, with a look at its impact on economic life, belief systems, burial practices, and the arts.

Leanne Ulvang earned a BA 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.

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



Pre-Recorded Presentations, Continued

I Didn't Know My iPhone Could Do That

Wednesday, June 24

Peer Leader: Linda Perry

With each new generation of operating system, what you're able to do with an iPhone changes. We'll look at useful hidden features of iOS 13. Do you get a lot of spoof calls? Learn how to silence unknown callers. Do you sometimes have trouble reading small print on menus? Learn how to magnify what the camera on your phone sees. Learn how to hide those pictures of an ugly mole that you just sent to your dermatologist so no one else can see them. Grab your iPhone and get ready to learn these and other new tricks.

Linda Perry has a BA (Psycholinguistics) and MA (Educational Psychology) from UC Davis. She is a retired K-12 educator and worked as an educational consultant helping teachers infuse Apple technology into the curriculum.

Armchair Visit to Turtle Bay & Sundial Bridge

Thursday, June 4

Peer Leader: Joyce Bond

Take a virtual trip to the Turtle Bay Museum and Exploration Park, including the Forest Camp, Parrot Playhouse, and Aquatic Adventures. Learn more about the history of the beautiful Sundial Bridge.

Joyce Bond earned a college degree in anthropology and archaeology at the University of Montana. She began birding in the 1990s while living in the Northeast, and after moving to the West Coast, had many new species to learn!

Practice Tai Chi Flow

Thursdays, June 4–25

Peer Leader: Lenora Wong

Tai Chi is a slow, no impact form of exercise that enhances flexibility and mobility. It is a form of meditation in movement. The aim of this class series is to learn the sequence of movements of the Yang style of tai chi chuan .

Lenora Wong learned Tai Chi in 1978 and has taught Tai Chi since 1983 in Long Beach, San Diego, and at the University of Hawaii, as well as locally.

Armchair Visit to Butte Meadows

Thursday, June 18

Peer Leaders: Joyce Bond & Lorraine Smith

Bring your virtual binoculars and enjoy exploring Butte Meadows for mountain birds and plants. We'll look for American Dippers at a creek and visit a bog of carnivorous pitcher plants. Then a short hike at Butte Creek House Ecological Reserve and a longer hike on the trail at Jonesville Snowmobile Park. Highlights: Mountain Chickadees, Pileated and White-headed Woodpeckers, wild Bleeding Hearts, and Leopard Lilies.

Joyce Bond (See bio above)

Lorraine Smith grew up in rural Northern California. After enjoying a career in higher education, Lorraine is thrilled to have more time now to pursue her love of the outdoors, learning something new every day about the natural world.

OLLI Theater Club

Thursdays, June 4–25

Peer Leader: Ann Nikolai

In "watch party" style, we'll screen local theater options together.

Ann Nikolai is the OLLI Program Director and has dedicated more than 25 years to promoting educational opportunities to non-traditional populations. She holds degrees in Sociology/African American Studies and Public Administration and attended the Institute of Educational Management at Harvard University

Armchair Traveler

Fridays, June 5–26

Peer Leader: Ann Nikolai

Entertaining, educational and fun presentations on exotic locations throughout the U.S. and around the world. Different presenters each week share personal adventures, special interests, expertise, and travel tips to a vibrant OLLI audience. From Sri Lanka to Antarctica, Europe to New England, we have a destination for you that will mesmerize and delight. Join us!

Ann Nikolai (See bio above)



Online Clubs & Groups

OLLI Hikers Facebook Group

Six years ago, a few hikers got together to offer an outdoor hiking class. Since then, more than 300 OLLI members have participated in hikes, including overnight excursions. While they can't hike in groups this summer, they can share pictures and stories about solo treks and are inspiring each other to get out into nature. Join the OLLI Hikers Facebook Group at

www.facebook.com/groups/ollichicohikers

Drawing Club

OLLI Drawing Club is open to anyone who enjoys drawing and has a desire to learn. Members will connect and receive lessons, tips, and tricks via email. You'll have the opportunity to share with other members. As a member you only need to read your e-mail, watch some videos, and practice your drawing! To join, email Dick Kennedy at dkartguy@yahoo.com



SUMMER 2020 MEMBERSHIP & CLASS REQUEST FORM

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

Please check the box(es) if the information is being updated since the last time you registered.

Name _____ Member ID # _____

Address _____ City _____ Zip _____

Email _____ Cell Phone _____

Male Female Are you retired? Yes No

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

Registration Opens May 21 @ 9am

Monday Classes

Climate Change	Manage Money During Pandemic
Cracker Barrel	OLLI USA!

Tuesday Classes

Do You Know Your Unique Core Values?	Lessons from the Black Death	Learn Tai Chi Basics
Get-To-Know Passages Speaker Series	SHOWTIME! w/ Chico Performances	Tuesday Tunes
Intro to Drawing on Paper	SMART Cycling	

Wednesday Classes

Bass Guitar Rhythms and Beats 101	Hidden Reality	Meditation: Summer with Eckhart Tolle
Demystifying the Spiritual Experience	I Didn't Know My iPhone Could Do That	Neurotransformational Learning

Thursday Classes

Armchair Visit: Butte Meadows	Great Decisions	OLLI Theater Club
Armchair Visit: Turtle Bay & Sundial Bridge	Medicare Rights & Protections	Practice Tai Chi Flow

Friday Classes


Armchair Traveler	Art on a Summer Morning
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Class Selections:

Please write in your class selections below AND circle them to the left.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____

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): _____ 

Register & Pay Fees Online at OLLI.CSUCHICO.EDU Beginning May 21 or Mail This Form & Payment to the OLLI Office (Address Below)

Summer fee is \$75. [] Check Enclosed, Payable to *Chico State Enterprises* or [] Charge My Credit Card:

VISA/MC Card # _____

Exp. _____ 3- or 4-Digit Code: _____

Have you already paid for summer? Not quite sure? Contact the OLLI office to confirm before paying so you don't pay twice.

- olli@csuchico.edu
- 530-898-6679

Osher Lifelong Learning Institute at CSU, Chico
California State University, Chico
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Be a Zoomer Boomer!

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

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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