

**Osher Lifelong
Learning Institute**
at CSU, Chico

Virtual Spring Term

FEBRUARY 8–APRIL 30, 2021



Registration Opens **January 21**
Classes Begin **February 8**



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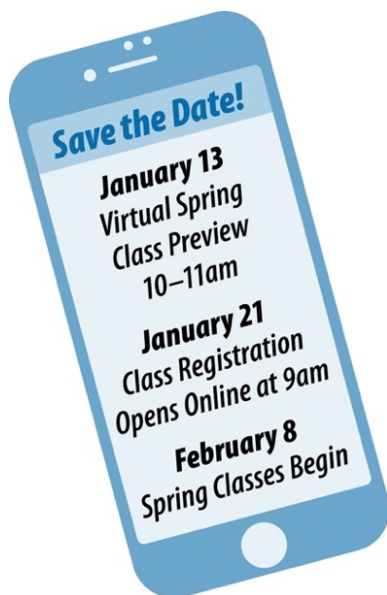
Welcome to OLLI Spring 2021!

About Us

Membership in OLLI at CSU, Chico opens a world of discovery for older adults passionate about indulging a quest for knowledge within a community of several hundred fellow lifelong learners.

We offer three academic terms per year—fall, spring, and summer—and dedicate months to curating each one. Whether you are tackling a new subject or want to pick up where you left off with prior interests, as a member you're able to participate in special workshops, research, and social networking. Add exclusive access to OLLI courses ranging from art to history to current events...and beyond! We seek to shine a light on a diverse range of voices and subjects, from explorations of how the brain works to journeys through philosophic fiction.

Our mission is to create and facilitate a public space for the community and campus to experience the joys and benefits of lifelong learning. We celebrate the insatiable curiosity of older adults and their ongoing quest to learn about, engage with, and contribute to the world around them.



A New Approach to Learning

Just as in-person OLLI classes and events vary in format and style, there's variety in OLLI Spring '21 term, too.



OLLI Class Preview

The Spring 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 all members!

New to OLLI This Spring?

Pay just a few dollars more and receive the recordings of our fall classes in addition to the upcoming spring & summer classes! View the fall schedule at <https://rceonline2.csuchico.edu/olli/classes/schedule/2020f> then sign up for the "Spring & Summer + Fall" membership bundle.

How Do You Zoom?

If you have a computer—or even just a smartphone or tablet—you can participate in our classes! A Zoom account isn't required to attend a class session. Anyone can join in using their laptop or desktop (Windows or Mac), tablet, or smartphone (iPhone or android). If you'd like to test your system, learn more about Zoom, or watch some training videos to prepare for your classes, visit our website:

rce.csuchico.edu/osher#zoom



Spring 2021 Schedule at a Glance

MONDAY CLASSES

Retirement Planning & Investments: 2021	Steven Cliadakis	8:30–9:30 AM	Feb 08–Feb 22
Demystifying Annuities	Steven Cliadakis	8:30–9:30 AM	Mar 01–Mar 08
Cracker Barrel	David Price	10–11:30 AM	Feb 08–Apr 26
® Hail to the Celts	Lynn Elliott	10–11:30 AM	Feb 08–Apr 26
Estate Administration: Trust or Probate	Dana Campbell	10–11 AM	Mar 01–Mar 08
Special Needs Trusts	Dana Campbell	10–11 AM	Apr 05–Apr 12
Add Value to Your Home-Simply!	Curt Keables	1–2 PM	Feb 08–Mar 08
Sleep and Dreams - CANCELLED	Susan Bollinger	1–2:30 PM	Feb 08–Mar 08
French 1	Leanne Ulvang	1–2 PM	Feb 08–Apr 26
Music and Musicians	Walter Coffey	1–3 PM	Feb 08–Apr 26
® Russian Culture and Art History	Mary Claire Morin	1–2:30 PM	Feb 08–Apr 26
French 2	Leanne Ulvang	2:10–3:05 PM	Feb 08–Apr 26
® Holiday Guide Rose Care: Section 1	Jan Burnham	3–4:30 PM	Feb 08
® Armchair Travel Sketching Studio Time	Marvey Mueller	3–4:30 PM	Feb 08–Apr 26
French 3: Conversation	Leanne Ulvang	3:10–4 PM	Feb 08–Apr 26

TUESDAY CLASSES

® Intro to Watercolor Painting	Cris Guenter	10–11:30 AM	Feb 09–Mar 02
Mindfulness for Health and Wellbeing	Rosann Lampkin	10–11:30 AM	Feb 09–Mar 09
® Firewise Landscape	Joyce Hill	10–11 AM	Mar 30–Apr 27
Shakespeare: Slow-reading Macbeth	Jack Ayer	10:30 AM–12 PM	Feb 09–Apr 27
Tuesday Tunes	Bitz Haley	10:30 AM–12 PM	Feb 09–Apr 27
® Exploring Antiracism	Laura Nice	1–2:30 PM	Feb 09–Mar 09
Reading Poetry for Insight and Reflection	Dennis Daniel	1–2:30 PM	Feb 09–Apr 27
® Essential Knowledge: Your Drinking Water	David Kehn	1–2:30 PM	Feb 16
® The Artistry of Janet Turner	Laura Nice	1–2:30 PM	Mar 30–Apr 27
® Healthier You! Enloe Medical Center Lecture Series	Suzie Lawry-Hall	3–4:30 PM	Feb 09–Mar 09
® Let's Knit	Gale Ulvang	3–4:30 PM	Feb 09–Apr 27

WEDNESDAY CLASSES

Reading Homer in Greek	Jack Ayer	9–10:30 AM	Feb 10–Apr 28
Have Fun Drawing Cartoons	Dick Kennedy	10–11 AM	Feb 10–Apr 28
® New Cat Science	Dr. Elizabeth Colleran	10–11:30 AM	Feb 10–Apr 28
Wisdom through Meditation	Gayle Womack	10:30 AM–12 PM	Feb 10–Apr 28
Writing Your Stories: Turning Memory into Memoir	Jeanette Keables	11 AM–12:30 PM	Feb 10–Mar 10
Costly Mistakes of Estate Planning	Miste Cliadakis	1–2:30 PM	Feb 10
® Smorgasbord Physics	Scott Perry	1–2:30 PM	Feb 10–Mar 10
Fake or Fortune: Inside the Art World	Walter Coffey	1–2:30 PM	Feb 10–Apr 28
Save or Shred: Organizing Financial Documents	Miste Cliadakis	1–2:30 PM	Feb 17–Feb 17
® CSU, Chico Faculty Lecture Series	Sandra Flake	1–2:30 PM	Feb 24–Apr 28
French for Travelers	Leanne Ulvang	1:30–2:30 PM	Feb 10–Apr 28
Writer's Workshop	Jeanette Keables	1:30–3 PM	Feb 10–Apr 28
® Arts and People of Japan	Katherine Harper	3–4:30 PM	Feb 10–Apr 28

THURSDAY CLASSES

Ⓡ But Paul Said: Women and Church Leadership	Ginger Harwood	9–10:30 AM	Feb 11–Mar 11
Ⓡ Holiday Guide Rose Care: Section 2	Jan Burnham	10–11:30 AM	Feb 11
Ⓡ Brain Restorative Sleep Introduction	Leonard Matheson	10–11 AM	Feb 11–Mar 11
Winnie the Pooh Revisited	Rosie Potestio	10–11:30 AM	Feb 11–Mar 11
Ⓡ Learn How to Draw	Susan Levine	10–11:30 AM	Feb 11–Apr 29
Ⓡ Climate Change: How We Know It's Real & What It's Already Doing	Gordon Gregory	10–11:30 AM	Apr 01–Apr 15
Ⓡ Creativity and Originality in Composition	Russell Burnham	10–11:30 AM	Apr 01–Apr 29
Ⓡ TED Talks	Jean Baker-Stapleton	10:30 AM–12 PM	Feb 11–Apr 29
Ⓡ OLLI Book Group	Marian Milling	10:30 AM–12 PM	Feb 18–Apr 22
Ⓡ The Spiritual in Art: 1885-1914	Dolores Mitchell	1–2:30 PM	Feb 11–Mar 11
Ⓡ Great Decisions	William Tefteller	1–2:30 PM	Feb 11–Apr 29
Women Authors of Science Fiction	Sydney Wilde	1–2:30 PM	Feb 11–Apr 29
SING! Music Therapy for Vocal Health	Erin Haley	3–4:30 PM	Feb 18
Music Therapy in Hospice and Grief	Pam Sachs	3–4:30 PM	Feb 25

FRIDAY CLASSES

Poetry for Pleasure	Paul Belz	9–10 AM	Feb 12–Apr 30
OLLI Wisdom Works	Janet Rechtman	10–11:30 AM	Feb 12–Apr 30
Ⓡ What's Your Name?	Robin Dizard	10–11:30 AM	Feb 12–Apr 30
Ⓡ Arts & Eats	Maureen Fredrickson	1–2 PM	Feb 12–Mar 12
Ⓡ Artisan Bread Making ~ Beginning	Doreen Fogle	1–3:30 PM	Apr 09
Ⓡ Artisan Bread Making ~ Advanced	Cathryn Hudin	1–3:30 PM	Apr 16

PRE-RECORDED CLASSES

Making the Most of Your iPhone and iPad	Linda Perry	Link will be emailed:	Feb 08
OLLI USA!	Ann Nikolai	Links will be emailed:	Feb 08–Apr 26
Earth's Geological Wonders	Stewart Monroe	Links will be emailed:	Feb 09
Hummingbirds in the Chico Area	Joyce Bond	Link will be emailed:	Feb 22
Women of Ancient Egypt	Sue Monroe	Links will be emailed:	Apr 01
Bicycle-Friendly Driver Training	Becky Warren	Links will be emailed:	Apr 05–Apr 12
Defensive Walking for Seniors	Becky Warren	Link will be emailed:	Apr 19

Ⓡ Live-online class that will also be recorded.

We'd like to acknowledge OLLI's Business Sponsors, whose generous gifts support the cognitive and social benefits of OLLI, help us deliver excellent programming, and enable us to offer fee assistance to members who couldn't otherwise afford to participate.

Thank you!



OLLI.CSUCHICO.EDU

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Live-Online Classes

Monday Classes

Retirement Planning & Investments: 2021

Mondays, Feb 08–Feb 22 • 8:30–9:30AM **Peer Leader:** Steven Cliadakis

This class will discuss how the COVID-19 pandemic, federal relief packages, low interest rates, and tax changes may affect your investments and retirement planning. We will share the financial market perspectives of several economists and explore the changing investment trends and best practices. We will discuss various investment vehicles, such as mutual funds, index funds, ETFs, and others. We'll finish by highlighting the principles of financial planning and how they can be applied to your own retirement income requirements, wealth transfer strategies, and other goals.

Steve Cliadakis 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.

Demystifying Annuities

Mondays, Mar 01–Mar 08 • 8:30–9:30AM **Peer Leader:** Steven Cliadakis

Annuities can be confusing and many people don't fully understand all the details involved in these investment vehicles. Annuities may be a reasonable option for people concerned about insufficient retirement income, market volatility, or longevity risk. This class will discuss fixed and variable annuities and the various riders and terms associated with them. Costs will also be discussed. Annuities may not be a good fit for everyone, but it is worthwhile to have a better understanding of them when considering an overall retirement plan strategy.

(See bio above.)

Cracker Barrel

Mondays, Feb 08–Apr 26 • 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.

® Hail to the Celts

Mondays, Feb 08–Apr 26 • 10–11:30AM

Peer Leader: Lynn Elliott

The Celtic Fringe is composed of six nations: Brittany, Cornwall, Ireland, the Isle of Man, Scotland, and Wales. Through their ancient language and culture, [they] are the inheritors of nearly three thousand years of unbroken cultural tradition. "The continuing existence of a Welsh [and Celtic] identity is in itself a remarkable historical fact.... At any time since the eleventh century, it could have disappeared, but for the determination of one generation or another that it should not.... [It] is a history of unending resistance and unexpected survival." (Emyr Humphreys, *The Taliesin Tradition*)

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.

Estate Administration: Trust or Probate

Mondays, Mar 01–Mar 08 • 10–11AM

Peer Leader: Dana Campbell

Intended as a primer for estate administrators, we will explore the intricacies of probate and of trust administration. We will discuss strategy, requirements, and dangers lurking in the administration of estates. If you are currently administering an estate or may be responsible for an administration in the future, please join us for discourse and fellowship. You are not alone! We will also briefly touch upon why administering a trust is so much easier than having to complete a probate. Join me for an interesting discussion.

I love the law and enjoy working with clients on estate and probate matters. In addition to knowledge of the law, I have been a CPA for more than 30 years. I am looking forward to teaching this class and hopefully can allay some fears and provide guidance. I welcome input from class members because I believe that we all grow and learn from each other.

Special Needs Trusts

Mondays, Apr 05–Apr 12 • 10–11AM

Peer Leader: Dana Campbell

Special Needs Trusts are a unique planning opportunity available to individuals, whether planning for a disabled individual's continuing care or for a long-term care situation in which the individual would like to shelter wealth for inheritance purposes. If MediCal is on the horizon for long-term care, a Special Needs Trust is an excellent planning tool to assist with qualification, and potentially shelter assets to be able to move to the next generation.

I love the law and enjoy working with clients on estate and probate matters. In addition to knowledge of the law, I have been a CPA for more than 30 years. I am looking forward to teaching this class and hopefully can allay some fears and provide guidance. I welcome input from class members because I believe that we all grow and learn from each other.

Add Value to Your Home-Simply!

Mondays, Feb 08–Mar 08 • 1–2PM

Peer Leader: Curt Keables

We will discuss simple ideas to help you add value to your home before you 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.

CANCELLED Sleep and Dreams

Peer Leader: Susan Bollinger

We will look into some research on sleep, particularly how sleep changes with age. The majority of the class will be devoted to looking at methods to understand our dreams. Small groups will be used to discuss and work toward understanding how your dreams work for you.

My academic experience consists of a BA from Stanford University, a teaching credential from U.C. Berkley and a MA in Counseling Psychology at CSUC. I worked as an individual and group counselor and then became a High School and Intermediate School Counselor. I also taught evening classes of "Sleep and Dreams" for Butte College for about ten years. My real learning has come from some special teachers and mentors, life, and a lot of traveling.

French 1

Mondays, Feb 08–Apr 26 • 1–2PM

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 Fall 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 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.

Music and Musicians

Mondays, Feb 08–Apr 26 • 1–3PM

Peer Leader: Walter Coffey

Each week we'll view and discuss either a feature-length documentary or two shorter films. The films will generally feature a performer or composer, the impact of their environment on their music, and the impact of their music on other musicians and on society. Or the focus might be on a style of music from swing to country to jazz or rock. This is a class for the open-minded and intellectually curious because, paraphrasing Mick Jagger, you might not always hear what you like but sometimes you just might like what you hear. **Special Notes:** There is a website for this class at ollivideos.blogspot.com

Walter Coffey majored in political science at the University of California at Berkeley during the Free Speech Movement and hasn't stopped talking since. Managing to avoid graduating he moved on to hold more than 20 different jobs, developing either a broad and varied work history or a reputation for not being able to hold a job. Finally settling into working as a self-employed bookseller he continues to judge books by their covers. He shared peer-leader duties for the Chico Book Group class for several years and until writing this paragraph has successfully avoided referring to himself in the third person.

© Russian Culture and Art History

Mondays, Feb 08–Apr 26 • 1–2:30PM

Peer Leader: Mary Claire Morin

We will be exploring Russian art and culture from its beginnings to present day. What were the influences on early Russian art? Where has it been found? Who made it? Who were the movers and shakers of Russian society? Let's get ready for an interesting search for answers while looking at fabulous art!

Originally from Portland, Oregon, Mary Claire Morin 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!

French 2

Mondays, Feb 08–Apr 26 • 2:10–3:05PM

Peer Leaders: Leanne Ulvang, Lise Talley

You know a fair amount of French, but you sometimes blank on a verb conjugation or wonder when to use which preposition? 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.

Lise Talley is a native Frenchwoman who had a career as an educator. She helps us speak proper French.

® Holiday Guide Rose Care: Section 1

Monday, Feb 08 • 3–4:30PM

Peer Leader: Jan Burnham

Although there are lots of "what to do in the garden each month" guides, it is easy to forget what to do when. I have tied annual rose care to specific holidays, making it easier to remember the what and the when. General information regarding specific activities for rose care will also be covered.

Jan has always loved to garden and has loved roses since she and her husband purchased their first home in 1977. Since she has retired from the University, she has had more time to follow her passion, becoming an ARS Consulting Rosarian and ARS Horticulture Judge. She is an active member of Butte Rose Society, including serving two years as President.

® Armchair Travel Sketching Studio Time

Mondays, Feb 08–Apr 26 • 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 Notes:** Prerequisite: Open to former students of this class or by permission of peer leader when skill level has been assessed.

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.

French 3: Conversation

Mondays, Feb 08–Apr 26 • 3:10–4PM

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.

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

Tuesday Classes

® Intro to Watercolor Painting

Tuesdays, Feb 09–Mar 02 • 10–11:30AM

Peer Leader: Cris Guenter

This course provides foundational skills for beginning watercolor painting. Participants will discover basic techniques, ways to use the different watercolor brushes, and the differences in watercolor papers. There will be in-class demonstrations and painting by all, as well as watercolor exercises to explore on your own after each class session. **Special Notes:** Watercolor materials and papers can get expensive. And since this an introductory course, Dr. Guenter has created a reasonably-priced, good-quality materials list (linked in the online class schedule) with everything you need for the class—portable pan watercolor set and palette, set of brushes, watercolor tablet, and a pad of watercolor postcards. The materials will cost approximately \$60. Dr. Guenter will be demonstrating with the materials from this list. However, if you already have materials for doing watercolors such as your own brushes and pan or tube watercolors that is fine. You are free to use them in this class.

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.

Mindfulness for Health and Wellbeing

Tuesdays, Feb 09–Mar 09 • 10–11:30AM

Peer Leader: Rosann Lampkin

This course will teach participants about the research behind and efficacy of mindfulness practice. It is an experiential course that can be easily incorporated into daily life. Based on the work of Jon Kabat-Zinn and others, the course will include practice in sitting and walking meditation, gentle yoga, and chi gong. Readings and audio tapes from world-renowned mindfulness teachers are utilized. This class will provide the foundation for the intention, commitment, and practice of mindfulness, fostering and promoting health and wellbeing.

Rosann is a retired school psychologist who worked for Chico USD. At the end of her career, she began providing classes in Mindfulness for Chico Unified teachers and trained 65 participants in that program. For the past year, she has been providing the Mindfulness for Health & Wellbeing class for the Chico OLLI program. As a longtime (& forever) student of mindfulness, she is really enjoying working with OLLI participants, sharing her passion and joy regarding mindfulness and the powerful changes it can bring to the life of its practitioners.

® Firewise Landscape

Tuesdays, Mar 30–Apr 27 • 10–11AM

Peer Leader: Joyce Hill

Join the Butte County UC Master Gardeners for a course on rethinking your landscape design and maintenance routines to incorporate best practices for adapting to our changing climate. Some of the topics include considerations for California habitats, yard maintenance, garden design using defensible space guidelines, natural regeneration, erosion, mulching, fire ecology, post-fire care of trees and land, and characteristics of plants that provide the best fire resistance.

Shakespeare: Slow-reading Macbeth

Tuesdays, Feb 09–Apr 27 • 10:30AM–12PM

Peer Leader: Jack Ayer

Yet who would have thought the old man to have had so much blood in him? says the sleepwalking Lady Macbeth at a high point of what might be Shakespeare's most popular tragedy. This is a discussion group, not a lecture or "viewing" group. We'll get under the hood and try to understand what makes it go. No prior exposure to *Macbeth* or Shakespeare necessary. You'll want a text. Email me for suggestions, jdayer@ucdavis.edu.

Spent my working life as a professor, lawyer, newspaper reporter. 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, Feb 09–Apr 27 • 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!

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!

Exploring Antiracism

Tuesdays, Feb 09–Mar 09 • 1–2:30PM

Peer Leader: Laura Nice

The conversations in this class are inspired by this year's Book in Common, *How to Be An Antiracist* by Ibram X. Kendi. CSU, Chico faculty member Laura Nice will facilitate a lecture series featuring topics that include "Linguistic Justice: Thinking about Black Language and Identity;" "Religion and Social Justice: The Case of Liberation Theology;" "The difference between 'not racist' and antiracist;" and "What should we do with Confederate monuments?"

Special Notes: CSU, Chico professors Kate McCarthy and Kim Jaxon will join as featured guest lecturers.

Laura Nice is a professor of Comparative Religion and Humanities in the College of Humanities and Fine Arts at CSU, Chico. She is also the Coordinator of the Book in Common and serves as Director of Special Projects for, and loves welcoming visitors to, the Janet Turner Print Museum.

Reading Poetry for Insight and Reflection

Tuesdays, Feb 09–Apr 27 • 1–2:30PM

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 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.

Essential Knowledge: Your Drinking Water

Tuesday, Feb 16 • 1–2:30PM

Peer Leader: David Kehn

In this class you'll learn about where your water comes from, your water quality, the equipment needed to deliver it, and the day-to-day operations required to produce safe, reliable, and quality water needed for our community to thrive.

David Kehn is a Superintendent for California Water Service Chico, Professional Civil Engineer, and has experience in both water engineering and operations. As an avid fisherman, David considers himself an environmentalist at heart and is passionate about protecting and conserving water resources from source to tap.

The Artistry of Janet Turner

Tuesdays, Mar 30–Apr 27 • 1–2:30PM

Peer Leader: Laura Nice

In this class, OLLI members will explore the art and impact of Dr. Janet Turner (1914-1988), and are invited to join the Janet Turner Print Museum staff in the design and implementation of a summer online exhibition featuring Turner's prints. In this five-week series, we will look closely at Turner's work (including plates, steps, blocks, and prints), as well as other materials from her archive, to celebrate a true Chico treasure.

Laura Nice is a professor of Comparative Religion and Humanities in the College of Humanities and Fine Arts at CSU, Chico. She is also the Coordinator of the Book in Common and serves as Director of Special Projects for, and loves welcoming visitors to, the Janet Turner Print Museum.

Healthier You! A Lecture Series Presented by Enloe Medical Center

Tuesdays, Feb 09–Mar 09 • 3–4:30PM

Peer Leader: Suzie Lawry-Hall

This lecture series consists of distinct classes, each designed to address a unique area of health-related issues. Presented by highly-qualified physicians and other caregivers, these classes will provide you an opportunity to learn more about staying healthy and active. Each class is a complete topic. You are invited to attend any combination of the offerings during the series.

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

® Let's Knit

Tuesdays, Feb 09–Apr 27 • 3–4:30PM

Peer Leader: Gale Ulvang

Knitting with others is a wonderful learning environment. This class is designed to give knitters who have mastered the basic stitches of knit and purl a chance to work on a project of their choosing while we hang out online with other knitters. All levels of ability are welcome! Gale contributes to the class by offering tips and suggestions for patterns, yarn, and tools based on her years of knitting experience.

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 loves sharing that knowledge with others.

Wednesday Classes

Reading Homer in Greek

Wednesdays, Feb 10–Apr 28 • 9–10:30AM

Peer Leader: Jack Ayer

A small group of us has been struggling for several years to read Homer's Iliad (Book I) in Greek. If you're at the right fluency level (not too little, not too much), you might want to join us. If you want Ancient Greek of other sorts, contact us: we might be able to work out some tutoring. Disclaimer: None of us is proficient at Greek, but we help each other along. Email jdayer@ucdavis.edu for more info. **Special Notes:** The text is *Homeric Greek: A Book for Beginners*. We're about 2/3 of the way through. Email jdayer@ucdavis.edu for more info.

Spent my working life as a professor, lawyer, newspaper reporter. 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.

Have Fun Drawing Cartoons

Wednesdays, Feb 10–Apr 28 • 10–11AM

Peer Leader: Dick Kennedy

Learn to draw cartoon heads and bodies along with other features. "Morph" (relocate, resize, push-pull, and exaggerate) to explore possibilities for creating your own unique characters. Bring your characters to life and give each a unique personality. Make your characters talk and think. Explore single and multi-panel comic strips. Absolutely no drawing ability required. **Special Notes:** Supplies required: a pencil, ball point pen, and some inexpensive paper. This is a live-online class only. It will not be recorded.

Retired graphic designer & illustrator Dick Kennedy received his art degree at Michigan State 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 cartooning & fundamentals of drawing for OLLI.

® New Cat Science

Wednesdays, Feb 10–Apr 28 • 10–11:30AM

Peer Leader: Dr. Elizabeth Colleran

® Live-online class that will also be recorded.

Ever wonder why the creature living in your house runs wildly through it as if pursued by a ghost? Leaves mice parts on the doormat for you? Even the most adoring cat owner may not understand the complexities of the feline, the importance of the carnivore connection and how cats think. We will trace the evolution of the domestic cat from solitary hunter to occupant of our bedrooms. Cats remain independent, predatory, and wary of social contact yet bond with us in powerful relationships. This course will illuminate their ancient quirks and how they inform our daily lives with them.

Dr. Colleran is an author, feline medicine educator, consultant, and feline specialist. She founded two feline practices, one here in Chico. She is a published author and frequent contributor to several peer-reviewed publications. Her next book for veterinarians, "The Senior Cat: Medicine and Management in the Golden Years," will be published in 2021.

Wisdom through Meditation

Wednesdays, Feb 10–Apr 28 • 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'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.

Writing Your Stories: Turning Memory into Memoir

Wednesdays, Feb 10–Mar 10 • 11AM–12:30PM

Peer Leader: Jeanette Keables

"Memories are what people are made of," said Bill Roorbach. During this six-week course, you will mine personal memory and craft stories into a tangible collection. Previous writing experience isn't necessary to benefit from this course, just a willingness to write your stories, share with others, and provide feedback for fellow writers.

Costly Mistakes of Estate Planning

Wednesday, Feb 10 • 1–2:30PM

Peer Leader: Miste Cliadakis

Many people make the wrong choices when it comes to estate planning. If not done properly, you could leave your loved ones facing hard decisions when you pass away or become incapacitated. Learn how to avoid the most common mistakes that could damage your financial succession and legacy. **Special Notes:** This class is offered as part of my Women & Money Series and is open to everyone.

Miste 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, Miste 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, Miste enjoys cooking, painting, and traveling.

© Smorgasbord Physics

Wednesdays, Feb 10–Mar 10 • 1–2:30PM

Peer Leader: Scott Perry

In this class we will examine the physical principles involved in five very different arenas: 1. Atmospheric Light Show (mirages, rainbows, sun dogs, aurora, lightning and much more) 2. Scaling a Dinosaur (We will learn how archeologists apply physics to understanding the past by teasing out various clues) 3. Physics in Sport (golf, baseball, bicycles, football, caber toss, hammer throw, boomerang throw, and more) 4. Flying, Soaring & Flapping (from the bumble bee and the hummingbird to a jet airliner) 5. Physics in the Kitchen

Scott Perry earned his bachelor's degree in physics from CSUC 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. Retired to his home town of Chico in 2004. He has thoroughly enjoyed teaching a variety of classes for OLLI since the spring of 2005. Studying Spanish has become a very enjoyable and rewarding retirement activity that Scott wants to share with interested OLLI members.

Fake or Fortune: Inside the Art World

Wednesdays, Feb 10–Apr 28 • 1–2:30PM

Peer Leader: Walter Coffey

The course presents the BBC series where Journalist Fiona Bruce teams up with art dealer Philip Mould—dubbed "the art detective"—to investigate remarkable stories beneath the surface of paintings. From Paris and Amsterdam to Cape Town, the banks of the Nile and New York, the team employs old-fashioned detective skills and the latest forensic testing to reveal compelling tales of lost masterpieces, forgers, and Nazi-looted art. The episodes include an investigation into what the hosts believe is an unrecognized painting by Monet.

Walter Coffey majored in political science at the University of California at Berkeley during the Free Speech Movement and hasn't stopped talking since. Managing to avoid graduating he moved on to hold more than 20 different jobs, developing either a broad and varied work history or a reputation for not being able to hold a job. Finally settling into working as a self-employed bookseller he continues to judge books by their covers. He shared peer-leader duties for the Chico Book Group class for several years and until writing this paragraph has successfully avoided referring to himself in the third person.

Save or Shred: Organizing Financial Documents

Wednesday, Feb 17 • 1–2:30PM

Peer Leader: Miste 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 Notes:** This class is offered as part of my Women & Money Series and is open to everyone.

© Live-online class that will also be recorded.

Miste 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, Miste 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, Miste enjoys cooking, painting, and traveling.

© CSU, Chico Faculty Lecture Series

Wednesdays, Feb 24–Apr 28 • 1–2:30PM

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! **Special Notes:** This class will meet on Wednesdays: 2/24, 3/3, 3/10, 4/7, 4/14, 4/21 & 4/28

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.

French for Travelers

Wednesdays, Feb 10–Apr 28 • 1:30–2:30PM

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 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.

Writer's Workshop

Wednesdays, Feb 10–Apr 28 • 1:30–3PM

Peer Leader: Jeanette Keables

The Writer's Workshop serves a community of writers interested in sharing their writing and responding to the work of others. Following a workshop format, this class will be an opportunity for students to receive feedback for their written work and provide meaningful support to fellow writers. All genres are welcome.

® Arts and People of Japan

Wednesdays, Feb 10–Apr 28 • 3–4:30PM **Peer Leader:** Katherine Harper

To understand the art is to know the people. In this class, we will explore Japan's long history through its extraordinary and elegant creations. We will begin with prehistory and continue through until 1867 when Japan's last feudal ruler collapsed. Through viewing the great monuments and other works, we will gain insight into Japan's remarkable culture.

Katherine Harper has a PhD. in the Art History of India from UCLA. She retired from Loyola Marymount University in Los Angeles after 37 years. She has lived and traveled extensively throughout Asia.

Thursday Classes

® “But Paul Said:” Women and Church Leadership

Thursdays, Feb 11–Mar 11 • 9–10:30AM **Peer Leader:** Ginger Harwood

This course examines the cultural context of Paul's life and ministry in 1st Century Roman Empire, identifying the social mores, legal structure, and political implications of gender relations in his setting. It considers Paul's overall pronouncements on the roles of women in early Christian groups, with reference to both his Jewish roots and larger Gentile community. Full consideration is given to passages typically applied to bar women from leadership roles, as well as the evidence of his actual practice regarding women's contribution to the movement.

Dr. Ginger Hanks Harwood graduated with a degree in Religion and Ethics from the University of Denver/Iliff School of Religion joint Ph.D. Program. She served as a hospital chaplain before starting her career as a university professor of religion. She has taught classes in Bible, gender studies, ethics and nineteenth-century American religious history. An international speaker and scholar, she is a member of the American Academy of Religion and the Society of Religious Literature. She has published in the areas of ethics, gender studies, and American religious history. She still teaches classes on Bible topics and ethics.

® Holiday Guide Rose Care: Section 2

Thursday, Feb 11 • 10–11:30AM **Peer Leader:** Jan Burnham

Although there are lots of “what to do in the garden each month” guides, it is easy to forget what to do when. I have tied annual rose care to specific holidays, making it easier to remember the what and the when. General information regarding specific activities for rose care will also be covered.

Jan has always loved to garden and has loved roses since she and her husband purchased their first home in 1977. Since she has retired from the University, she has had more time to follow her passion, becoming an ARS Consulting Rosarian and ARS Horticulture Judge. She is an active member of Butte Rose Society, including serving two years as President.

® Brain Restorative Sleep Introduction

Thursdays, Feb 11–Mar 11 • 10–11AM **Peer Leader:** Leonard Matheson

The mature brain needs 5 cycles (≈ 90 mins / cycle) of deep and restful sleep to maintain its health, but sleep duration is a function of sleep quality. Restless or anxious sleep is not brain-restorative. If you've had enough sleep, you will awaken spontaneously, with your thoughts consolidated and clarity developing, ready for a successful day! This course introduces a self-paced approach based on neuroscience to help you protect and develop your brain. **Special Notes:** Homework is expected, designed to facilitate the student's skill development.

Len 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.

Winnie the Pooh Revisited

Thursdays, Feb 11–Mar 11 • 10–11:30AM **Peer Leader:** Rosie Potestio

Children's books contain some deep spiritual truths, and the books about Winnie the Pooh are no exception. Let's get together once a week for 5 weeks to read together a few of Pooh's adventures and talk about some of these deeper truths. Each week we will read a particular section and discuss questions that will help to guide us into uncovering these spiritual truths. Join me as we (ad)venture into the Hundred Acre Wood and meet new and old friends, Pooh, Christopher Robin, and friends.

Rosie Potestio, Certified Inter-Faith Spiritual Director—a companion on life's spiritual journey. Drawing from her love of the world's major faith traditions and her extensive training in energy work, she maintains a private practice, focusing on spiritual empowerment and strengthening the soul.

® Learn How to Draw

Thursdays, Feb 11–Apr 29 • 10–11:30AM **Peer Leader:** Susan Levine

This course is based on the book by Betty Edwards, *Drawing On The Right Side Of The Brain*. The 1979 book incorporates the new knowledge of how the brain works to help people learn to draw what they see. Using exercises to tap into the spatial side of the brain, students will learn to shut down the verbal side of their brain that tells them they can't draw. This allows the student to “see the way an artist does” and draw what they see. Though Susan is not an artist, she has successfully taught 11-year olds to discover their untapped drawing abilities.

A graduate of CSU, Chico, Susan 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.

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

Thursdays, Apr 01–Apr 15 • 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.

© Creativity and Originality in Composition

Thursdays, Apr 01–Apr 29 • 10–11:30AM Peer Leader: Russell Burnham

Creativity and originality; is there a difference between these attributes? To examine this question a short course will offer discussion and guided listen focusing on unique works by a variety of 18th-, 19th-, and 20th-Century composers.

Russell Burnham earned his bachelors, masters, and doctorate degrees from The School of Music of Louisiana State University where he studied clarinet with Paul Dirksmeyer and composition with Dinos Constantinedes. Burnham also attended the Blossom Festival School at Kent State University, where he studied with Robert Marcellus. Dr. Burnham is past Director of the Chico Chamber Music Workshop. He taught single reeds, theory, history-literature, and general studies courses at California State University, Chico for 38 years. He served as principal clarinetist with the North State Symphony. In 2004 he was Composer In Residence for the San Francisco Choral Artists.

© TED Talks

Thursdays, Feb 11–Apr 29 • 10:30 AM–12PM

Peer Leaders: Jean Baker-Stapleton, Joe Matthews, Gayle Womack

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. **Special Notes:** There will be no TED Talks class meetings on 2/18, 3/11, 4/1 & 4/22. OLLI Book Group will "substitute" on those dates so be sure to register for that class if you'd like to continually meet during this class time.

Jean Baker-Stapleton: I've lived all around the country and finally made it to Chico in 1985 when my husband accepted an appointment to Chico State and my daughter became a freshman that same fall. After my retirement in 2010, OLLI became the arena for intellectual stimulation and developing new friendships.

© Live-online class that will also be recorded.

© OLLI Book Group

Thursdays, Feb 18–Apr 22 • 10:30AM–12PM Peer Leader: Marian Milling

This 'We'll Get Through This' edition of OLLI Book Group will meet four times in spring. Why the name? Well, it looks like we'll continue to have a lot of reading time on our hands well into 2021. The chosen titles are readily available, have been around for a while, are set in the United States, and are by authors who have written many books. So if someone likes one, they can read more. Multiple copies will be available at the Chico Branch Library. Discussions will include some background about the author and other relevant information. **Special Notes:** Class meets four times, 2/18, 3/11, 4/1 & 4/22. It's expected that you'll have read each book by the discussion date:

- Feb. 18: *Empire Falls* by Richard Russo
- March 11: *In the Midst of Winter* by Isabelle Allende
- April 1: *English Creek* by Ivan Doig
- April 22: *Digging to America* by Anne Tyler

Marian has been a member of the OLLI Book Group for about 10 years and co-led it last year. She has a library background and was happy to pull together some titles that should provide thought-provoking reading and stimulate good discussions.

© The Spiritual in Art: 1885-1914

Thursdays, Feb 11–Mar 11 • 1–2:30PM Peer Leader: Dolores Mitchell

This class looks at artists who expressed in their art personal interpretations of the Bible and of such spiritual movements as Theosophy during the years of 1885 to 1914. Some of the artists we will consider are Vincent Van Gogh, Paula Modersohn Becker, Odilon Redon, Wassily Kandinsky, and Hilma af Klint.

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. Dolores now focuses her energies on painting.

© Great Decisions

Thursdays, Feb 11–Apr 29 • 1–2:30PM

Peer Leaders: William Tefteller, Myron Flindt

Great Decisions is the Foreign Policy Association's public education program to study U.S. foreign policy and global affairs issues. Topics for 2021 are: Global Supply Chains and National Security, Persian Gulf Security, Brexit and the EU, Struggles Over the Melting Arctic, China's Role in Africa, Korean Peninsula, Roles of International Organizations in a Global Pandemic, and The End of Globalization? We will also add some foreign policy topics of interest to the class. Optional study guide costs approximately \$32, plus shipping at https://www.fpa.org/great_decisions/?act=GreatDecisions_materials

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: My professional background is in elementary education, but my passion is in technology. I particularly enjoy learning how to use new software

programs and how to build websites. Last spring, I had the opportunity to assist in the iPad User Group where I learned how to use this device and shared what I learned with others. I also enjoy reading, biking, hiking, fly fishing, gardening, and music.

Women Authors of Science Fiction

Thursdays, Feb 11–Apr 29 • 1–2:30PM

Peer Leader: Sydney Wilde

This class will look at the lives, themes, biases, and worlds of three of the best known woman authors of science fiction. These writers helped shape the goals and directions of science fiction as we know it today, and they have a lot to say about the social, environmental, and cultural challenges facing us now. We will to discuss the authors and their books with an eye to what they can tell us about our culture today. **Special Notes:** We will explore Ursula LeGuinn and her novels *Left hand of Darkness* and *The Lathe of Heaven*. Both stories offer insight into human nature and today's societal mores. We will also discuss the works of Anne McCaffrey in *The Ship Who Sang* and *To Ride Pegasus*, and we will explore the fine line between Fantasy and Science Fiction. I am still considering a third author and would welcome suggestions.

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.

SING! Music Therapy for Vocal Health

Thursday, Feb 18 • 3–4:30PM

Peer Leaders: Erin Haley, Pam Sachs

Do you have to repeat yourself often? Do you ever hear “What did you say?” Do you want to sing but don’t feel you can? Music therapists use music and singing as an effective and engaging way to improve and maintain vocal health. Pam and Erin will teach how and why music works for overall vocal health, explain what is happening in your body as you sing, and give you exercises easily done at home. End with our NO EXPERIENCE REQUIRED sing along!

Erin Haley is a board-certified music therapist. She received her bachelor’s degree in Psychology with a minor in Music from CSU, Chico, followed by a Master’s degree in Music Therapy from University of the Pacific, in Stockton, California. She completed training in Neurologic Music Therapy in Fort Collins, Colorado in 2014, and re-certified in March of 2019. Erin owns Haley Music Therapy in Chico, and also started a The Music Therapy Impact Fund, a non-profit grant program through North Valley Community Foundation.

Pam Sachs taught music in the SF Bay area for 20 years and then attended the University of the Pacific in Stockton from 2012–2014 to obtain her Certification Equivalency in Music Therapy. She moved to Chico in 2017 when her husband retired, to have her whole family close by. Pam has a private practice in Chico, and works with Erin through the Music Therapy Impact Fund, serving patients on hospice in Butte County.

Music Therapy in Hospice and Grief

Thursday, Feb 25 • 3–4:30PM

Peer Leaders: Pam Sachs, Erin Haley

In the hospice setting, music is a therapy used to promote overall well-being for patients, families, caregivers, and the bereaved. Music therapy brings spiritual, physical, and emotional comfort. Pam and Erin will show the group how a hospice session works, leading you in songs that evoke different moods and can ease anxiety and pain. You’ll hum along with a harp, do a musical meditation, and learn about heartbeat recordings and musical life reviews.

See bios above.

Friday Classes

Poetry for Pleasure

Fridays, Feb 12–Apr 30 • 9–10AM

Peer Leader: Paul Belz

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 Notes:** We meet every two weeks, 2/12, 2/26, 3/12, 4/2, 4/16, 4/30.

I have taught science and environmental education workshops in a wide range of settings for preschool and elementary school children for many years. My experience also includes teaching workshops for teachers and a community college class on early childhood environmental education. I've written a number of published articles on this topic. I am also a passionate hiker, world traveler, published poet, and vegetarian cook.

OLLI Wisdom Works

Fridays, Feb 12–Apr 30 • 10–11:30AM

Peer Leader: Janet Rechtman

These challenging times invite OLLI members to extend themselves in service to the greater community. In this offering, a group of 6-8 members will meet a) to agree on the “what, how, and so what” of an approach to community engagement, b) to practice the approach, and c) use this approach to support others. Participants will share their expertise and experience as we build this road by walking. Will it work? It’s up to us to find out.

Janet Rechtman recently retired from the University of Georgia where she co-led the nonprofit leadership development practice at the J. W. Fanning Institute of Leadership Development. With more than 40 years’ experience as a volunteer leader and consultant to nonprofit organizations, she provided individual coaching and leadership development, as well as technical assistance to nonprofits in areas of strategic planning, evaluation, marketing and communications. Janet moved to Chico in late 2018 to be close to family. This class continues her lifelong exploration of the lived experience of leaders whose practice connects them to communities, nonprofits, and social justice.

® What's Your Name?

Fridays, Feb 12–Apr 30 • 10–11:30AM

Peer Leader: Robin Dizard

Questions this class asks, and might answer are: What is your name? Were you named in honor of someone? Did you ever change your given name or surname or have it altered by others? What old family lore attaches to your name? Pursuing these and related topics, the class explores histories of names, nick-names and name-calling. We will search out information and entertainment, alike. Participants may find they want to write about their discoveries.

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."

® Arts & Eats

Fridays, Feb 12–Mar 12 • 1–2PM

Peer Leader: Maureen Fredrickson

Join us this spring on Zoom for a virtual tour of local museums, art galleries, and studios presented by guest artists and art administrators in Chico and surrounding areas. While we can't meet for treats together afterwards, let's keep the "Eats" in our class title and bring a favorite snack to our virtual gatherings!

® Artisan Bread Making ~ Beginning

Friday, Apr 9 • 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.

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.

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.

® Artisan Bread Making ~ Advanced

Friday, Apr 16 • 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.

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.



Pre-Recorded Presentations

Making the Most of Your iPhone and iPad

Monday, Feb 08

Peer Leader: Linda Perry

iOS 14 came out in the fall of 2020. In this class, you'll learn about some of the key features and enhancements of the newest operating system. We'll cover organization of apps, widgets, privacy enhancements, cycling directions in Maps (for those of you who are cycling more during the pandemic), as well as changes to the Messages app and more. Plus if you are trying to learn a foreign language, the new translation app could be quite helpful once we all get to travel again!

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

OLLI USA!

Mondays, Feb 08–Apr 26

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 is the program director of OLLI at CSU, Chico 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.

Earth's Geological Wonders

Tuesday, Feb 09

Peer Leader: Stewart Monroe

Geological wonders stand apart from things we usually see, they must be rare, or at least infrequent, they must create a lasting impression, and make us curious about their origin. These features, all of intense interest, are found on all continents. Our main focus in this course is on geological wonders in North America but we will also look at examples from other parts of the world. In all cases our investigations will emphasize the geological processes responsible for their origin.

Stewart Monroe has degrees in geology from Chico State College 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. He has resided in Chico since 2000 where he has taught many geology courses and conducted several field trips for OLLI.

Hummingbirds in the Chico Area

Monday, Feb 22

Peer Leader: Joyce Bond

Do you have hummingbirds coming to a feeder or flowers in your garden and wonder what kind they are? Have you seen any that look different from the others? The Anna's Hummingbird is a year-round resident in our area, but other species of hummingbirds also migrate through or may occasionally visit. This is a PowerPoint presentation with photos and narrative on the kinds of hummingbirds you might see at your feeders or flowers in the Chico area.

Originally from Pennsylvania, I moved to Paradise in 2006 and now live in Chico. I got my college degree in anthropology / archaeology at the University of Montana and lived in several other states, most recently Florida. I began birding in the 1990s while living in the Northeast, and after I moved to the West Coast, I had a lot of new species to learn! I'm working as a freelance editor, which gives me a flexible schedule so I can participate in OLLI classes. My other interests include photography, watercolor painting and plein air sketching, gardening and wildflowers, hiking, and road trips.

Women of Ancient Egypt

Thursday, Apr 01

Peer Leader: Sue Monroe

We will look at the culture of ancient Egypt and what life was like for women, with an emphasis on women who ruled as kings during the Pharaonic era.

Sue Monroe attended University of Montana and Central Michigan University, earning a degree in English Literature. Her career was in marketing for Dana Corp. Sue moved to California with her husband Stew in 1997 to retire. In 2000, she moved to Chico. Since retiring she has traveled as much as possible and developed a deep interest in history, especially that of the Italian Renaissance and Ancient Egypt. She had been teaching history classes for OLLI since 2002.

Bicycle-Friendly Driver Training

Mondays, Apr 05–Apr 12

Peer Leader: Becky Warren

Are you confused about how to drive safely around bicycles? What do you do when you encounter someone riding in the traffic lane instead of on the side of the road? What do road markings for bicyclists mean, and how should motorists navigate through them? In this training you will learn the laws that pertain to motorists and bicyclists as they share the roads, when bicyclists are allowed to ride in traffic lanes, and how to avoid common collisions that occur between vehicles and bicycles.

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.

Defensive Walking for Seniors

Monday, Apr 19

Peer Leader: Becky Warren

Put on a pair of comfy shoes. Check! Grab a water bottle. Check! Cell phone in pocket, and you're ready to go. Right? Sounds good, but just as motorists learn to drive defensively, pedestrians can learn strategies for being a defensive walker when sharing the environment with motorized vehicles. Learn how to identify and mitigate the risks of intersections, backing vehicles, drivers not seeing you, and placing too much trust in the system.

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.

Social Connections on Zoom

During the spring term, stay connected outside the "classroom" on the OLLI Party Line! Chat with friends, share stories, play games, or start the day with an early morning stretch—together!

Mondays, 3pm | Crafts
Mondays, 4pm | Happy Hour
Tuesdays, 8:30am | Coffee Klatch
Thursdays, 7pm | Book Talk
Fridays, 8:30am | Morning Stretch

Have an activity you'd like to host? Let us know!



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



SPRING '21 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 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.

Spring '21 & Summer '21 Bundle + Fall '20 Recorded Class Sessions

- ☐ 2 Payments of \$97.50 or
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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: _____

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Helping OLLI at CSU, Chico Grow

Why Your Gift Matters

By making a gift today, you will help sustain our year-round program of dynamic learning. We, like many nonprofit organizations, have had to dramatically reimagine and recreate ourselves in light of the pandemic, while working to maintain the intellectual exploration and discovery that our members value. Your support helps us navigate the fraught months ahead and helps ensure that when the world finally rights itself, we will be better positioned to fling open the doors (literally) and welcome back more faculty and more courses.

Beginning with our first Annual Fund Campaign in 2014, our members came out in force to support our annual goal. Each year, new people come on board to help sustain this lifelong learning program.

Donors are listed by the year of their first gift to the OLLI Annual Fund.

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*Narushima, Miya; Liu, Jian; Diestelkamp, Naomi. "Lifelong learning in active ageing discourse: it's conserving effect on wellbeing, health and vulnerability." *Aging Society*, 38(4) April, 2018.

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OLLI Spring Virtual Class Preview

Save the Date!

January 13
Virtual Spring
Class Preview
10–11am

January 21
Class Registration
Opens Online at 9am

February 8
Spring Classes Begin

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

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

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