



# Osher Lifelong Learning Institute

at CSU, Chico

## Virtual Summer Term

JUNE 1-28, 2021

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### Exploring Antiracism: Conversations Inspired by This Year's Book in Common

Linguistic Justice

Religion & Social Justice

What to Do with Confederate Monuments

The Difference Between 'Not Racist' & 'Antiracist'

"BEING AN ANTIRACIST REQUIRES PERSISTENT SELF-AWARENESS, CONSTANT SELF-CRITICISM, AND REGULAR SELF-EXAMINATION." - IBRAM X. KENDI

Slide 1 of 33 English (United States) Notes Comments

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- Summer Virtual Class Preview: Thursday, May 13, 10–11AM
- Registration Opens: Thursday, May 20



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# Welcome to OLLI Summer 2021!

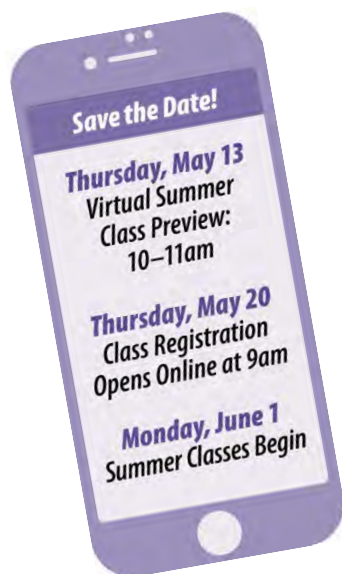
## About Us

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 1,000 fellow lifelong learners.

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.

We offer three academic terms per year—fall, spring, and summer—and dedicate months to curating each one. 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.

We want OLLI to be a place where member conversations—comfortable and uncomfortable, rooted in curiosity and respect—happen, whether during OLLI classes or in unstructured social time spent together. Our Curriculum Team is committed to exploring broader conversations on diversity and what it means to OLLI as we endeavor to become more inclusive in our lessons, activities, and events.



## A New Approach to Learning

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



### OLLI Class Preview

The Summer 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 classes. 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 Summer?

Pay just a few dollars more and receive the recordings of our fall and spring classes in addition to the upcoming summer classes! View the fall and spring class schedules using links on the OLLI website under the Summer Term information. Then sign up for the "**Summer + Spring & Fall Recordings**" 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](https://rce.csuchico.edu/osher#zoom)



# Summer 2021 Schedule at a Glance

## MONDAY CLASSES ~ Live-Online

|   |   |                |           |           |
|---|---|----------------|-----------|-----------|
|   | Travel Sketchers Meet-ups ( <i>Exception: Meets In Person</i> ) | Marvey Mueller | 8:30–10   | Jun 7–28  |
|   | Cracker Barrel  | David Price    | 10–11:30  | Jun 7–28  |
| Ⓜ | Taking and Editing Photos on Your iPhone                        | Cris Guenter   | 10–11:30  | Jun 7–14  |
| Ⓜ | Book in Common Lunch Club                                       | Ann Nikolai    | 12–1      | Jun 7–28  |
| Ⓜ | Stoicism: Philosophy for the Modern World                       | Gary Hedlind   | 1–2       | Jun 7–28  |
|   | Music and Musicians   | Walter Coffey  | 1–3       | Jun 7–28  |
|   | Gentle Yoga   | Gina Bartiromo | 1:30–2:30 | Jun 14–28 |

## TUESDAY CLASSES ~ Live-Online

|   |   |                 |            |          |
|---|---|-----------------|------------|----------|
| Ⓜ | Chico Performances Presents: Life in the Livestream | Stephen Cummins | 9:30–10:30 | Jun 1–15 |
|   | Healthy Steps, Gentle Exercise                      | Maryjo Brown    | 10–10:30   | Jun 1–24 |
| Ⓜ | Intro to Drawing on Paper                           | Cris Guenter    | 10–11:30   | Jun 1–22 |
|   | Winnie-the-Pooh Revisited                           | Rosie Potestio  | 10–11:30   | Jun 1–22 |
|   | Tuesday Tunes                                       | Bitz Haley      | 10:30–12   | Jun 1–22 |
|   | Exploring Octavia Butler, Sci-Fi Author             | Sydney Wilde    | 1–2:30     | Jun 1–22 |
| Ⓜ | How Places Shape Us                                 | Ann Schulte     | 2–3:30     | Jun 1–01 |

## WEDNESDAY CLASSES ~ Live-Online

|   |   |                |          |          |
|---|---|----------------|----------|----------|
|   | Cartooning & the Comics                           | Dick Kennedy   | 10–11    | Jun 2–23 |
| Ⓜ | Climate Change and Wildfire                       | Gordon Gregory | 10–11:30 | Jun 16   |
|   | Beyond Meditation!                                | Gayle Womack   | 10:30–12 | Jun 2–23 |
| Ⓜ | Life Beyond Earth: When Chemistry Becomes Biology | Victoria Leo   | 10:30–12 | Jun 23   |
|   | Ingmar Bergman Makes a Movie                      | Walter Coffey  | 1–2:30   | Jun 2–23 |
|   | Play Reading for Fun                              | Pam Loyd       | 1–2:30   | Jun 2–23 |

## THURSDAY CLASSES ~ Live-Online

|   |   |                  |          |          |
|---|---|------------------|----------|----------|
|   | Sketch Before You Paint                   | Dick Kennedy     | 10–11    | Jun 3–24 |
| Ⓜ | Ethics of Storytelling                    | David Swanson    | 10–11:30 | Jun 3–24 |
| Ⓜ | Community Partners Lecture Series         | Gayle Womack     | 1–2      | Jun 3–24 |
| Ⓜ | Understanding your Medicare Appeal Rights | Tatiana Fassieux | 1–2      | Jun 17   |
| Ⓜ | The Nine Rooms of Your Life               | Valerie Althoff  | 1–2:30   | Jun 3–10 |
| Ⓜ | Fibonacci Magic                           | Gale Ulvang      | 3–4      | Jun 17   |

## FRIDAY CLASSES ~ Live-Online

|   |                                    |                     |       |          |
|---|------------------------------------|---------------------|-------|----------|
| Ⓜ | Introduction to Cultural Geography | Lori Murphy Cole    | 10–11 | Jun 4–25 |
| Ⓜ | Arts & Eats                        | Maureen Fredrickson | 1–2   | Jun 4–25 |

## PRE-RECORDED CLASSES

|  |                                      |               |                        |               |
|--|--------------------------------------|---------------|------------------------|---------------|
|  | Owls in the Chico Area               | Joyce Bond    | Link will be emailed:  | Jun 15        |
|  | Do You Know Your Unique Core Values? | Roy Cook      | Link will be emailed:  | Jun 1         |
|  | Roaming Roman Ruins (England)        | Leanne Ulvang | Links will be emailed: | Wed, Jun 2-23 |

Ⓜ Live-online class that will also be recorded.



# Live-Online Classes

## Monday Classes

### Travel Sketchers Meet-ups (*Meets in Person*)

**Mondays, Jun 07–28 • 8:30–10 AM** Peer Leader: Marvey Mueller

Weekly meet-ups for local outdoor sketching events will be arranged following all CDC and CSU, Chico protocols. Join us as we gather (socially-distanced), with our folding chairs and sketching materials. Sites to be chosen will have convenient parking and restrooms. This will be a group effort and no formal instructions will be given, although fellow sketchers are often friendly and constructive critics. Special Notes: All participants must bring their own materials and chairs, and they must provide their own transportation to chosen sites. Face masks required.

*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.*

### Cracker Barrel

**Mondays, Jun 07–28 • 10–11:30 AM** 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.*

### ® Taking and Editing Photos on Your iPhone

**Mondays, Jun 07–14 • 10–11:30 AM** Peer Leader: Cris Guenter

This class will introduce learners to basic foundational skills in establishing a composition for a photo, using the Rule of Thirds, and considering the values in a photo. This content will be followed by an introduction to the many photo editing tools available on an iPhone and how to use them with the photos that you have taken. Special Notes: This course is for iPhone users. The iPhone should have the most current operating system and recent updates on it.

*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.*

### ® Book in Common Lunch Club

**Mondays, Jun 07–28 • 12–1 PM**

Peer Leader: Ann Nikolai

The Book in Common is a shared community read designed to promote discussion and understanding of important issues. The 2020-21 book, *How To Be An Antiracist*, by Ibram X. Kendi, was selected by a group of CSU, Chico and Butte College faculty and staff, as well as members of the local community. Join us in discussing a new chapter each week, whether or not you were part of the spring series of guest presentations on the same book. The summer class will function more like a traditional book club. Special Notes: For more information about the Book in Common program and related activities, visit [www.csuchico.edu/bic](http://www.csuchico.edu/bic)

*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 earned her undergraduate degree at the University of Pennsylvania.*

### ® Stoicism: Philosophy for the Modern World

**Mondays, Jun 07–28 • 1–2 PM**

Peer Leader: Gary Hedlund

Stoicism dates all the way back to Greece circa 300 BCE. Elements of stoic philosophy may serve as useful tools for dealing with the anger, anxiety, and angst of the modern world. Stoics were focused on virtue, on recognizing, reacting, and doing what was right, regardless of whether it was to one's own benefit. We will look at some of the tools of stoicism in a prelude to a broader and more inclusive course on stoicism to be offered in the fall. Special Notes: No prerequisites or previous knowledge will be necessary to find this course personally useful.

*I have been an OLLI peer leader for the past several years, primarily offering classes in logic, skepticism, and propaganda. I earned a B.A in English at CSU, Chico and an M.A. in English and Comparative Literature at UC Irvine. I spent 38 years in education at both the secondary and community college level. I feel blessed to be part of the OLLI program.*



## Music and Musicians

**Mondays, Jun 07–28 • 1–3 PM**

**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.

*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.*

## Gentle Yoga

**Mondays, Jun 14–28 • 1:30–2:30 PM** **Peer Leader:** Gina Bartiromo

This class offers a stretch-oriented, gentle approach to practicing yoga with minimal need to get up and down from the mat. My teaching style invites a body-focused practice allowing you to tune in to you, inspiring an inner knowing and encouraging a sense of peace. With lifestyles that require so much outward energy, it is essential to refuel. As an Intuitive Life Coach and Yoga Instructor, my intention is to create a serene setting that allows for this contemplative inner knowing—a filling station for body and soul. Special Notes: For safety reasons, this class is not meant for a novice who has never done yoga before.

*Gina Bartiromo is a Certified Intuitive Life Coach and Yoga Instructor with a Master's in Holistic Health Education. Gina completed her yoga instructor training at Kripalu Center for Yoga and Health in Massachusetts, the first and largest yoga and retreat center in the United States. Rather than emphasizing the perfect pose, Kripalu yoga integrates body, mind, and spirit using consciousness and compassion to accentuate our unique potential. Gina has also privately trained with Lakshmi Voelker and is a certified Lakshmi Voelker Chair Yoga® Instructor.*

## Tuesday Classes

### ® Chico Performances Presents: Life in the Livestream

**Tuesdays, Jun 01–15 • 9:30–10:30 AM**

**Peer Leader:** Stephen Cummins

With their venue closed during the pandemic, Chico Performances pivoted to virtual delivery of performing arts content to Northern California. Director

Stephen Cummins and members of the University Public Engagement team will share the creative ways they've continued their field trip series for schools, business opportunities they've engaged in to bring the visual arts to your homes, talk about what they've learned since Laxson Auditorium went dark more than a year ago, plus the devastating impact of the pandemic on presenters, art houses, and service entertainment.

*Stephen Cummins is the director of University Public Engagement at 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 historical performance venue Laxson Auditorium. Cummins received a doctoral degree in community college leadership education from National Louis University. He holds a master's degree in theater from the University of Urbana-Champaign, and a bachelor's in drama from the University of Texas at Austin. Cummins is the former director of performing arts for the College of Dupage in Glen Ellyn, Illinois.*

## Healthy Steps, Gentle Exercise

**Tuesdays, Jun 01–24 • 10–10:30 AM** **Peer Leader:** Maryjo Brown

Healthy Steps is a gentle dance/exercise program that is safe for all levels of fitness. The class includes gentle warm up, balance, and cardio designed to build your immune system and stamina. Boost your endorphins with upbeat music and camaraderie. You move at your own pace, sitting or standing. Minimal space is needed to move around for this 30-minute, online class. No specialized workout equipment needed, just a desire to move and feel better! Special Notes: Comfortable clothes, a chair, and water are needed. For more information about Healthy Steps, visit [healthysteps-maryjo.com](http://healthysteps-maryjo.com).

*MaryJo Brown has been an educator and resident of Chico since 1974. Moving, dancing, and being active have always been important to her, while sharing with others has been one of her core missions. She has been a licensed Healthy Steps Instructor since 2006 and has taught locally and online. The Healthy Steps Lebed Method is a 35-year-old program that uses gentle, safe, and therapeutic movements. The program was designed by cancer survivor and professional dancer Sherry Lebed Davis and physician/brothers Drs. Marc and Joel Lebed.*

### ® Intro to Drawing on Paper

**Tuesdays, Jun 01–22 • 10–11:30 AM** **Peer Leaders:** Cris Guenter

This course provides foundational skills for drawing and techniques for working with pencils, colored pencils, crayons, and markers. The instructor will demonstrate techniques and provide resources to help learners do recommended drawing exercises between class sessions. Those who have taken the course previously are welcome to join us and continue working on their drawings in progress. This course is required prior to taking "Intro to Drawing and Painting on the iPad."

Materials list: • 2B, 4B, 6B drawing pencils • Sketchbook • Kneaded eraser • Prismacolor pencils (red, blue, and yellow OR the 12 pencil set) • Prismacolor colorless blender pencil • Crayola crayons (box of 8 is fine) • Chisel tip markers • Fine tip markers • Polyester batting – You only need a wad about the size of an

apricot. Ask friends or family if they have any first. Then try Walmart or JoAnn Fabrics. It comes in a big bag.

*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.*

## Winnie-the-Pooh Revisited

**Tuesdays, Jun 01–22 • 10–11:30 AM Peer Leaders:** Rosie Potestio

Continuing our journey, we will read more adventures of Winnie-the-Pooh and friends. Then we will discuss and share our stories. This summer, we will be meeting Tigger and Eeyore, so if you love these classic tales, join us. This will be new material so you need not have attended the spring class. Special Notes: This class will not be recorded.

*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.*

## Tuesday Tunes

**Tuesdays, Jun 01–22 • 10:30 AM–12 PM 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 Octavia Butler, Sci-Fi Author

**Tuesdays, Jun 01–22 • 1–2:30 PM Peer Leader:** Sydney Wilde

This class is a continuation of our spring class, Women Sci-Fi Writers. In it we will explore, *Dawn*, book one of the *Xenogenesis Trilogy* by Octavia E. Butler. An alien race calls on one woman, Lilith Iyapo, to revive humankind after Earth's apocalypse in this science-fiction classic from the award-winning author. Earth will be re-inhabited, grass will grow, animals will run, and people will learn to survive the planet's untamed wilderness. But their children will not be human. At least not exactly. Special Notes: This is more of a book group than a class. If we wish, we may continue to explore Octavia Butler and the rest of her Trilogy through August.

*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.*

## How Places Shape Us

**Tuesday, Jun 01 • 2–3:30 PM**

**Peer Leader:** Ann Schulte

David Gruenewald writes that "places teach us about how the world works and how our lives fit into the spaces we occupy. Further, places make us: as occupants of particular places with particular attributes, our identity and our possibilities are shaped." Join us for a conversation about how place shapes who we are and what that means for engagement in our communities. Class participants are also invited to join Professor Schulte's Critical Perspectives in Education class for future teachers as guests on June 8, 10–11am.

*Ann Schulte is a CSU, Chico professor in the School of Education, is Director of the Office of Civic Engagement, and Faculty Fellow for Rural Partnerships. Ann is a designated advocate and consultant for the Rural Schools Collaborative, an organization that works to strengthen the bonds between rural schools and communities through place-based engagement, rural philanthropy, and developing teacher-leaders. She works to build connections and partnerships among and between the faculty and staff of the University with our 12 county regional partners aimed at developing socially and environmentally responsible students, faculty, and staff.*

## Wednesday Classes

### Cartooning & the Comics

**Wednesdays, Jun 02–23 • 10–11 AM Peer Leader:** Dick Kennedy

Create cartoon characters and put them to use. Explore single and multi-panel comics. Learn to observe and find humor in the world around you. No drawing ability required, just a sense of humor! Special Notes: Supplies required are a pencil & some inexpensive paper. Our Zoom sessions will open 30-minutes early for questions and conversation.

*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.*

### Climate Change and Wildfire

**Wednesday, Jun 16 • 10–11:30 AM Peer Leader:** Gordon Gregory

This class focuses on the linkage between our warming planet and the increasing destructiveness of wildfires in the western U.S. We will discuss how climate change not only leads to higher temperatures, but to shorter wet seasons and

longer fire seasons. We will also see how forest management practices, particularly efforts to eliminate fire from the landscape, have led to overgrown forests. We'll look, too, at how the explosion of development within the urban/wildland interface is contributing to the terrible losses we are experiencing.

*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.*

## **Beyond Meditation!**

**Wednesdays, Jun 02–23 • 10:30 AM–12 PM**

**Peer Leader:** Gayle Womack

How can the process of being a meditator be helpful to you on a day-to-day basis? I will share my years of experience, plus readings from favorite sources to learn how to pay attention to the breath and stay in the present moment.

*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.*

## **🌐 Life Beyond Earth: When Chemistry Becomes Biology**

**Wednesdays, Jun 23 • 10:30 AM–12 PM**

**Peer Leaders:** Victoria Leo, Rick Baird

Is there life on other worlds? How can we tell from a distance? This one-session class explains what scientists look for when they search for life in our solar system and beyond.

*Victoria Leo brings a graduate biology degree and college teaching expertise, as well as science-fiction (Heroes, Enemies, Alliances) authorship, to bear on this exciting question.*

*Rick Baird earned degrees in chemistry and chemical engineering with honors at Caltech and MIT, and has been an astrophotographer and amateur astronomer for decades.*

## **Ingmar Bergman Makes a Movie**

**Wednesdays, Jun 02–23 • 1–2:30 PM** **Peer Leader:** Walter Coffey

In 1963 documentary filmmaker Vilgot Shoman was given access to Ingmar Bergman's process of writing, filming, and producing *Winter Light*. Bergman allowed the crew to film rehearsals and was interviewed for the project, which became *Ingmar Bergman Makes a Movie*. One critic called the film "the best documentary I've ever seen on the filmmaking process." For the fourth class we'll watch *Winter Light* with a greater understanding of what Bergman intended and

how he achieved it. Special Notes: Both the documentary and the film are in Swedish with English subtitles.

*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.*

## **Play Reading for Fun**

**Wednesdays, Jun 02–23 • 1–2:30 PM**

**Peer Leader:** Pam Loyd

Short plays will be read aloud, with participants choosing roles and encouraged to express their characters through voice and facial expressions. All the fun of easy acting, without having to memorize lines or be on stage! A different play will be read each week (mostly comedies, but perhaps a drama or mystery added to the mix). Class will consist of an initial reading, then group discussion about the play and characters, followed by a second reading. Plays will be emailed to participants ahead of time.

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

## **Thursday Classes**

### **Sketch Before You Paint**

**Thursdays, Jun 03–24 • 10–11 AM**

**Peer Leader:** Dick Kennedy

Plan and lay out your composition before you start to paint. In this course you'll learn how to apply drawing fundamentals (including perspective) that artists use to construct landscapes and urban scenes. Special Notes: Only supplies required are a pencil & inexpensive paper, but a ruler or straight edge would be useful. Our Zoom sessions will open 30-minutes early for questions and conversation.

*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.*

## ® Ethics of Storytelling

**Thursdays, Jun 03–24 • 10–11:30 AM Peer Leader:** David Swanson

Stories have become the “glue” that holds our society together. Fictional stories shed light on our understanding of ourselves. Nonfiction stories communicate the “facts” in a broader context than given in a news report. Some stories inform, while blessing with enhanced dimensionality. Yet sometimes stories inform while also distorting facts with reduced dimensionality. This four-week class attempts to examine story narrative for blessing and distortion and offer narrative alternatives where warranted. We will examine storytelling in education, religion, medicine, and politics.

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

## ® Community Partners Lecture Series

**Thursdays, Jun 03–24 • 1–2 PM Peer Leader:** Gayle Womack

OLLI sponsors support our lifelong learning program and contribute to the enrichment of the larger community. Each week, a local business partner will talk about the work they do, how they chose it, and why it matters so much to Chico and surrounding areas.

*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.*

## ® Understanding your Medicare Appeal Rights

**Thursday, Jun 17 • 1–2 PM Peer Leader:** Tatiana Fassieux

This course will provide participants with the tools necessary to appeal denials of care or coverage for those with Medicare. Special Notes: Whether you're covered by regular Medicare or by a Medicare Advantage plan, including prescription drug coverage, you have certain protections and rights to appeal denials. This includes those who have retiree coverage as secondary to Medicare.

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

## ® The Nine Rooms of Your Life

**Thursdays, Jun 03–10 • 1–2:30 PM Peer Leaders:** Valerie Althoff

Feng shui teaches that there are nine unique areas of your life, and each of these areas is reflected in your living spaces. It says that what you hold to be true, how you feel about life, will be created in these spaces. Change your spaces, change your life. This is a highly interactive and fun class, and you will learn that creating the life you want begins by looking at your living spaces.

*Most of my career has been devoted to administrative assisting and training/customer service. In 2000 I became certified as a feng shui consultant and since then have helped many people find balance and harmony in their lives by introducing them to the valuable tool of feng shui. I am a newcomer to Chico, and I love being in the vibrant and expansive energy of California!*

## ® Fibonacci Magic

**Thursday, Jun 17 • 3–4 PM Peer Leader:** Gale Ulvang

Who knew that a 13th century trade specialist would be credited with a sequential formula that appears spontaneously in nature and is used to create visually pleasing designs in gardens, fabrics, architecture, and photography? Fibonacci's book, *Liber Abaci*, revolutionized 13th century trade and banking. Yet what he is most noted for is the nerdy mathematical puzzle he posed at the end of his book, which we now call the Fibonacci Sequence. This single session combines a presentation and time to discuss what you learned.

*Gale Ulvang, a life-long knitter, has made a hobby out of collecting odd bits of information and techniques she can use to improve her knitting projects. She promotes using internet resources to find patterns and expand skills and loves sharing that knowledge with others. She learned the Fibonacci sequence as a scheme for striping in hats and scarves and was inspired to learn more about how it can improve artistic composition.*

## Friday Classes

### ® Introduction to Cultural Geography

**Fridays, Jun 04–25 • 10–11 AM Peer Leader:** Lori Murphy Cole

This course will introduce the cultural elements of geography worldwide, including the study of population, migration, language, religion, and geopolitics.

*Lori earned her B.A., M.A. and a Lifetime Community College Credential from CSU, Chico and began teaching at several California community colleges before moving to Oregon in 1980. At Chemeketa Community College in Salem she taught and managed programs inside five Salem-area prisons before assuming leadership of several other departments. She retired as Dean in 2006 and immediately went back to the classroom and currently teaches online. Her joys include a curvy road on her Harley, her garden, and her dog Phil.*



## ® Arts & Eats

**Fridays, Jun 04–25 • 1–2 PM**     **Peer Leader:** Maureen Fredrickson

Join us 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!

*Maureen Fredrickson is a lifelong learner and educator. She taught grade school and middle school for more than 40 years in Chico, where she grew up. Maureen loves visiting with friends, adding to her art collection, and catching up with family members. Her granddaughter Clarissa has made guest appearances in her OLLI classes.*



## Pre-Recorded Presentations

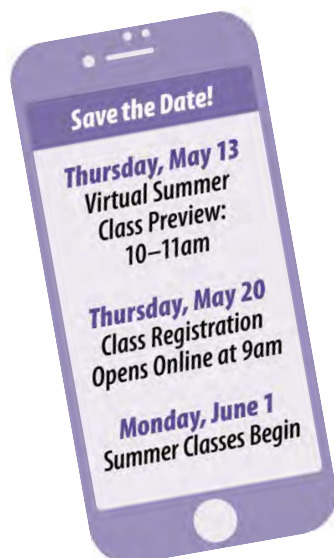
### Do You Know Your Unique Core Values?

**Tuesday, Jun 01**

**Peer Leader:** Roy Cook

You've heard how important it is to set goals. You've probably also heard a million different life hacks to help you reach them: get more sleep, meditate, journal. That's all helpful advice, but when push comes to shove, it won't help you lead a more fulfilling, peaceful life. That's because the key to success is how you pick the best goals - for you. The goals you set must be consistent with your inner core values. This one-hour, pre-recorded presentation is intended as a guide to self-examination and value-oriented living. Special Notes: I will be referencing my new book, *A Fool's Errand: Why Your Goals Are Falling Short and What You Can Do About It* (Lioncrest Publishing, 2020). The book includes 122 most common core values, among other helpful tools to get you started. It is available at Amazon.com, though not required to participate in this class.

*I've led several classes for OLLI over the years, diving deeper into my love of history, art, architecture, theater, classical and jazz music, dance, opera, cuisine, travel, reading, learning, teaching, mentoring, and philanthropy. I was born in Portland, Oregon and attended Oregon State University, studying engineering, physics, and mathematics. I became an entrepreneur in my 50s, running a national marketing company before retiring. In 2009, my wife Bernice and I moved from San Francisco to her family home in Willows. In 2020, I published my first book, *A Fool's Errand, on core values.**



### Owls in the Chico Area

**Tuesday, Jun 15**

**Peer Leader:** Joyce Bond

Everybody loves owls! The Great Horned Owl may be the most commonly seen and heard in our area, but many different kinds of owls live here: Burrowing Owls, which are like feathered prairie dogs living in burrows underground; tiny, adorable Northern Pygmy Owls; Barn Owls, often found in—you guessed it—barns; and more! This is a PowerPoint presentation with photos and sound recordings of these and other owl species you might see or hear in the Chico area, along with my prerecorded narrative.

*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.*

### Roaming Roman Ruins (England)

**Wednesdays, Jun 02–23**

**Peer Leader:** Leanne Ulvang

Britain, part of the Roman empire for four centuries, is awash with ruins of Roman structures. Join me for a whimsical, virtual tour of Roman ruins located in England. Our roaming will take us to ruins I've visited, and those I have yet to see. I'll select the sites to show based on my own curiosity or level of fascination. The class will consist of four, prerecorded lectures.

*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*



# SUMMER 2021 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 20 @ 9am**

## Monday Classes

|                           |   |  |
|---------------------------|---|--|
| Book in Common Lunch Club | Music and Musicians                       | Travel Sketchers Meet-ups ( <i>In person</i> ) |
| Cracker Barrel            | Stoicism: Philosophy for the Modern World |  |
| Gentle Yoga               | Taking and Editing Photos on Your iPhone  |  |

## Tuesday Classes

|   |                                |                           |
|---|--------------------------------|---------------------------|
| Chico Performances: Life in the Live Stream | Healthy Steps, Gentle Exercise | Owls in the Chico Area    |
| Do You Know Your Unique Core Values?        | How Places Shape Us            | Tuesday Tunes             |
| Exploring Octavia Butler, Sci-Fi Author     | Intro to Drawing on Paper      | Winnie-the-Pooh Revisited |

## Wednesday Classes

|                             |                              |                               |
|-----------------------------|------------------------------|-------------------------------|
| Beyond Meditation!          | Ingmar Bergman Makes a Movie | Roaming Roman Ruins (England) |
| Cartooning & the Comics     | Life Beyond Earth            |                               |
| Climate Change and Wildfire | Play Reading for Fun         |                               |

## Thursday Classes

|                                   |                         |                                      |
|-----------------------------------|-------------------------|--------------------------------------|
| Community Partners Lecture Series | Fibonacci Magic         | The Nine Rooms of Your Life          |
| Ethics of Storytelling            | Sketch Before You Paint | Understanding Medicare Appeal Rights |

## Friday Classes

|             |                                    |
|-------------|------------------------------------|
| Arts & Eats | Introduction to Cultural Geography |
|-------------|------------------------------------|

## 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](http://OLLI.CSUCHICO.EDU) Beginning May 20 or Mail This Form & Payment to the OLLI Office (Address Below)

[ ] Summer Classes Only: \$75      [ ] Summer Classes + Fall '20 & Spring '21 Recordings: \$145

[ ] 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](mailto:olli@csuchico.edu)
- 530-898-6679

# Summer Intersession Programs

Here is your opportunity to participate in lifelong learning all year 'round. For four weeks in August, we've got something going on! These courses are offered online. Details and registration for intersession programs will be posted at [olli.csuchico.edu](http://olli.csuchico.edu).

## Inside/Outside: Taking Your Watercolor & Sketching Skills from Home to the Outside World

Instructor: Suhita Shirodkar  
Tuesdays & Fridays, August 17–27, 9–10:30AM  
Fee: \$250 for the series.

A series of live-online workshops in which we start by drawing scenes and objects around our homes and then apply those concepts to the wider world of sketching outside. Each week, we will switch subjects and look at them deeply. Through the subjects and scenes that we sketch, we will touch a myriad range of topics including color, value, seeing in line, seeing in shape, focus, composition, and more.



## Creating Good Habits

Instructor: Dr. Joni Samples  
Mondays & Wednesdays, August 2–11, 10–11AM  
Fee: \$15/class; \$45 for the series.

Many of us have created habits through the years that help us survive. But they may not be working as well now, and we're not sure why. You may have heard that you can change a habit in just 21 days? Unfortunately, our brains don't work like that. In this live-online class, we will look at the possibilities of creating habits that work for you. Each week we will look at a specific topic (mental, physical, emotional, and trauma) and explore ways in which to create productive habits that can help you thrive.

## Healthier You Lecture Series

Presented by: Enloe Medical Center  
Thursdays, August 5–26, 3–4PM  
No fee.

OLLI sponsor Enloe Medical Center is dedicated to educating our community about health and wellness programs and resources available through Enloe. Presented by highly-qualified physicians and other caregivers, each Intersession lecture will offer a unique perspective and information about staying healthy and active.

# A Special Thank You!

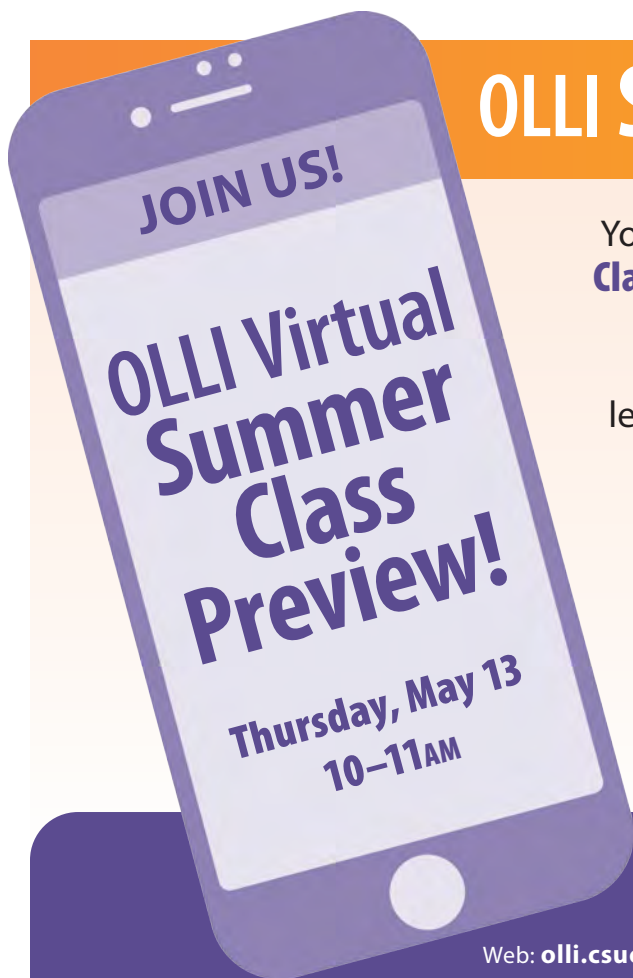
We'd like to acknowledge OLLI's Business Sponsors, whose generous gifts support the cognitive and social benefits of OLLI, help us deliver excellent programming, and enable us to offer fee assistance to members who couldn't otherwise afford to participate.



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



# OLLI Summer Virtual Class Preview



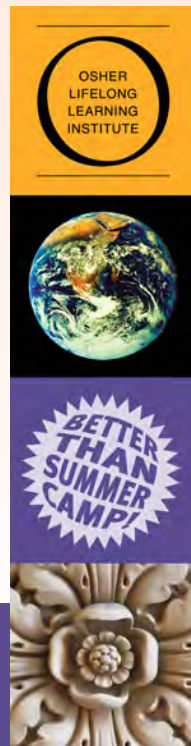
You are invited to the **OLLI Virtual Summer Class Preview!** Learn about summer classes, plan your schedule, and hear from some of the volunteer instructors who'll be leading you on a virtual adventure in June.

The link to join will be posted at **[olli.csuchico.edu](http://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!

Web: **[olli.csuchico.edu](http://olli.csuchico.edu)** • Phone: 530-898-6679 • E-mail: [olli@csuchico.edu](mailto:olli@csuchico.edu)



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