

OLLI Osher Lifelong Learning Institute
at Chico State | *where learning never retires...*

Three Ways to Learn This Fall! In the Classroom • Outdoor Meetups • Online Learning

FALL 2022

CLASS CATALOG • SEPTEMBER 12 — DECEMBER 9



- ▶ Fall Class Previews: August 17 & 18
- ▶ Registration Begins: August 25
- ▶ Classes Begin: September 12

Wildflowers of Bidwell Park! Photo by Jason Halley

For those ages 50+ the **Osher Lifelong Learning Institute** in Chico, California is a learning community comprised of 680 members. We welcome adults who have a desire to learn, engage, build new friendships, and take an active part in discovering more about the world. **Join us!**

olli.csuchico.edu
530-898-6679

FALL 2022 AT OLLI CHICO

About Us

Membership in OLLI at Chico State opens a world of discovery for older adults who share interests in a variety of subjects, from music to myths, gardening to the Ganges, drawing to domestic politics – and more! You can attend a course in person or you can join us in our virtual classrooms via Zoom. A number of classes are recorded, allowing members to view these classes anytime, at your leisure. Explore the more than 80 classes offered this fall in the style that suits you best – online or on-ground. Join now to learn, grow, socialize, and make new friends!

3 Ways to Learn This Fall!

In the Classroom

OLLI has designated classrooms at The Social Chico, a privately-owned, off-campus facility, where the majority of in-person classes are held. And parking is free!

Outdoor Meetups

OLLI provides an amazing variety of activities and courses that take place outside a traditional classroom.

Live-Online Classes

OLLI uses Zoom for interactive, live-online classes allowing you to participate from home using your computer, tablet, or smart phone. Some classes are recorded, making it easy to watch (or re-watch) classes at your leisure.

Join OLLI

Starting July 1, you can join OLLI for fall, spring, and summer terms. Membership is required to participate in OLLI classes, activities, and events. Your paid membership lets you take as many classes as you'd like each term, with no additional per-class fees, though a few classes may have small supplies or admissions fees.

Fees: Fall, Spring & Summer Bundle \$230
Fall & Spring Bundle \$215
Instructor-Only Fall, Spring & Summer Bundle \$185

Installments Available!
See the Fall '22 Membership Form, page 21.

Additional Membership Benefits:

- Access to online lectures from 124 other OLLI programs across the country
- Discounted meals at OLLI-partner dining facility
- Free parking at primary classroom complex, The Social Chico
- One-on-one technical and Zoom support from OLLI staff and volunteers
- Subscription to OLLI's *Bits & Bytes* e-newsletter sent out twice a month

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FALL '22 SCHEDULE AT A GLANCE

Classes Listed by Day & Start Time to Help You Plan

* = Counts toward class limit. \$ = Additional fee. @ = Recorded class.

MONDAY CLASSES

	How to Protect Yourself from Financial Scams & Fraud	Steven Cliadakis	8:30-9:30	Sep 12-Sep 19	Gordon 1
	Retirement Planning & Investments in a Changing Economy	Steven Cliadakis	8:30-9:30	Sep 26-Oct 03	Gordon 1
*	24-Form Tai Chi	Mike McCluskey	8:30-9:30	M & Th, Sep 12-Dec 08	The Terraces
	Cracker Barrel: In-Person	David Price	9:30-11	Sep 12-Dec 05	Bradley 2
	Cracker Barrel: Online	David Price	9:30-11	Sep 12-Dec 05	Link to be Provided
	The Cost of Discipleship	Terry Hunt	9:30-11	Sep 12-Dec 05	Bradley 1
@	Myths, Legends, and Tales of the Celts	Lynn Elliott	10-11:30	Sep 12-Dec 05	Link to be Provided
*	Sing Gospel Music	Phil Elkins	11-12:30	Sep 12-Nov 28	The Terraces
	Beginning Guitar: Level 2	Phil Elkins	11-12:30	Sep 19-Dec 05	The Terraces
	National Security and the US Intelligence Community	Terry Wilson	12:30-2	Sep 12-Dec 05	Gordon 1
	French 1	Leanne Ulvang	1-2	Sep 12-Dec 05	Link to be Provided
@	Illustration: Art and History, Part 2	MaryClaire Morin	1-2:30	Sep 12-Dec 05	Link to be Provided
	French 2	Leanne Ulvang	2:05-3	Sep 12-Dec 05	Link to be Provided
*	Armchair Travel Sketching Journal	Marvey Mueller	3-4:30	Oct 31-Dec 05	Bradley 1
	French 3: Conversation	Leanne Ulvang	3:05-4	Sep 12-Dec 05	Link to be Provided

TUESDAY CLASSES

*	Hike Hard & Learn in Upper Bidwell Park	Pamela Waldsmith	8:30-12:30	Nov 29-Dec 06	Various Locations
*	Skeleton Keys: How Forensic Anthropology Helps Solve Crimes	Eric Bartelink	9-10	Aug 30-Sep 20	Gordon 1
	Aviation History: Bomber Barons over Europe in WWII	Gary Hendrickson	9:30-11	Sep 13-Dec 06	Bradley 2
	Forgiveness	Rosie Potestio	9:30-11	Nov 01-Dec 06	Bradley 1
	Emergency Preparedness	Richard Utter	10-11	Nov 01-Nov 29	Gordon 1
*	108-Form Tai Chi: Beginning	Lenora Wong	10-11	Tu & Fr, Sep 13-Dec 09	Center for Spiritual Living
	Dante's Divine Comedy and Our Journey towards Wholeness	Daniel Christian	10-11:30	Sep 13-Oct 04	Link to be Provided
@	Keeping a Sketchbook	Cris Guenter	10-11:30	Sep 13-Oct 11	Link to be Provided
*	Skeptic's Guide to the Universe	Gary Hedlind	10-11:30	Sep 13-Oct 11	Bradley 1
@	Drawing Prompts and Possibilities	Cris Guenter	10-11:30	Nov 01-Nov 29	Link to be Provided
	Tuesday Tunes: In-Person	Bitz Haley	10:30-11:45	Sep 13-Nov 08	Haley's Martial Arts Center
	Tuesday Tunes: Online	Bitz Haley	10:30-11:45	Sep 13- Nov 08	Link to be Provided
\$	Inclusivity Book Group	Marcia Moore	10:30-12	Sep 13-Dec 06	Link to be Provided
	Slow-Reading Shakespeare: As You Like It	Jack Ayer	10:30-12	Sep 13-Dec 06	Link to be Provided
*	108-Form Tai Chi: Intermediate	Lenora Wong	11-12	Tu & Fr, Sep 13-Dec 09	Center for Spiritual Living
	Reading Poetry for Meditation and Reflection	Susan Bollinger	1-2:30	Sep 13-Dec 06	Link to be Provided
@	Let's Keep Knitting	Gale Ulvang	3-4:30	Sep 13-Dec 06	Link to be Provided
@	Healthier You: Enloe Lecture Series	Jack Meyer	3-4:30	Nov 01-Dec 06	Link to be Provided

WEDNESDAY CLASSES

*	HOOFRS: Revisited	Lois Olson	8-4	Oct 26-Nov 16	Various Locations
	Staying Healthy Over 50	Rylan Willis	8:30-10	Sep 21	Link to be Provided
* \$	Lincoln on Democracy	Charles Copeland	9:30-11	Sep 14-Dec 07	Bradley 1
	Drawing with Humor	Dick Kennedy	10-11	Sep 14-Dec 07	Link to be Provided
	Demystifying Annuities: Online	Miste Cliadakis	10-11:30	Sep 14	Link to be Provided
	Estate Planning 101	Dana Campbell	10-11:30	Sep 14-Sep 28	Gordon 1
\$	Science Fiction Book Group	Sydney Wilde	10-11:30	Sep 14-Dec 07	Link to be Provided

WEDNESDAY CLASSES, CONT.

@	What's New with Medicare in 2023	Tatiana Fassieux	10-11:30	Nov 02	Link to be Provided
* \$	Learn to Draw While Keeping it Fun!	Janet Lombardi Blixt	10-12	Sep 14-Dec 07	See Notes
	Trash and the Neal Road Landfill: Section 1	Eric Dugger	10-12	Oct 12	See Notes
	Trash and the Neal Road Landfill: Section 2	Eric Dugger	10-12	Oct 26	See Notes
	Life Talks: Creating Conversations	Peggy Jennings-Severe	10:30-12	Nov 02-Nov 16	Gordon 1
	Chico State Faculty Lecture Series: In-Person	Sandra Flake	12:30-2	Sep 14-Dec 07	Bradley 2
@	Chico State Faculty Lecture Series: Online	Sandra Flake	12:30-2	Sep 14-Dec 07	Link to be Provided
	Demystifying Annuities: In-Person	Miste Ciadakis	12:30-2	Sep 21	Gordon 1
	Estate Settlement: What You Need to Know	Miste Ciadakis	12:30-2	Sep 28	Gordon 1
@	Claude Monet: Observation and Calculated Design	Dolores Mitchell	1-2:30	Sep 14-Oct 12	Link to be Provided
	Flirting with French	Leanne Ulvang	1:30-2:30	Sep 14-Dec 07	Link to be Provided
	Writer's Workshop	Paul Belz	1:30-3	Sep 14-Dec 07	Bradley 1
	Art Speaks: Writing to Art	Joan Goodreau	2-3:30	Nov 02-Nov 30	See Notes
@	Arts of Islam	Katherine Harper	3-4:30	Sep 14-Dec 07	Link to be Provided

THURSDAY CLASSES

*	Birding in the Chico Area: Section 1	Joyce Bond	9-11	Sep 15-Dec 01	Various Locations
*	Birding in the Chico Area: Section 2	Joyce Bond	9-11	Sep 29-Dec 08	Various Locations
@	Athena Militant: The Untold Story of Women's Military Organizations, 1870-1900	Gary Mitchell	9:30-11	Sep 15	Link to be Provided
	Music of the Carter Family	Rebecca Herring Reiner	9:30-11	Sep 15-Dec 08	Bradley 2
@	TED Talks	Joe Matthews	9:30-11	Sep 15-Dec 08	Link to be Provided
*	Feng Shui in the 21st Century	Valerie Althoff	10-11	Sep 15-Oct 13	Bradley 1
	Capitalism in China: Rise of a Global Giant	Mark Yourek	10-11:30	Sep 15-Oct 13	Link to be Provided
	My Neighbor's Voice: Building Community Through Deep Listening	Mary Anne Inglis	10-11:30	Sep 15-Oct 13	Link to be Provided
	Race in American Art & Literature: Playing in the Dark Fridays	Robin Dizard	10-11:30	Sep 15-Dec 08	Gordon 1
@	Parables to Die For: Jesus & His Dangerous Social Critique	Ginger Hanks Harwood	10-12	Sep 15-Oct 13	Link to be Provided
*	Mindfulness for Health and Well-being	Rosann Lampkin	10-12	Oct 06-Dec 08	Gordon 2
	Tectonic Shifts & Current Geo-Politics	George Wright	12:30-2	Sep 08-Oct 13	Gordon 1
	Great Decisions: In-Person	William Tefteller	12:30-2	Sep 15-Dec 08	Bradley 2
@	Great Decisions: Online	William Tefteller	12:30-2	Sep 15-Dec 08	Link to be Provided
*	Writing Short Plays	Pam Loyd	1-2:30	Sep 15-Dec 08	Link to be Provided
@	Publishing, Audiobooks, Writing, and Literary Agents Explained	Rick Bleiweiss	3-4	Oct 13	Link to be Provided

FRIDAY CLASSES

*	Women's Hike to Paynes Creek Point	Lorraine Smith	8:30-4	Nov 04	Various Locations
	Poetry for Pleasure	Paul Belz	9-10	Sep 16-Dec 02	Gordon 1
*	Explore Your Public Lands: Gray Lodge Wildlife Area	Vickie Stoll	9-4	Nov 18	See Notes
	The Ganges and Mekong Rivers with Sue Perkins	Walter Coffey	9:30-11	Sep 16-Dec 09	Bradley 2
	Cribbage: Learn and Play	Susan Levine	10-11:30	Sep 16-Dec 09	Bradley 1
* \$	Garden Gourmands	Debi Durham	11-12	Sep 23-Oct 14	See Notes
	Music and Musicians	Walter Coffey	12:30-2:30	Sep 16-Dec 09	Bradley 2
@	Artisan Bread Making: Beginning	Cathryn Hudin	1-3	Nov 18	Link to be Provided
@	Artisan Bread Making: Advanced	Cathryn Hudin	1-3	Dec 02	Link to be Provided
*	Birding at Llano Seco for the Waterfowl Fly-Out	Joyce Bond	4-6:30	Dec 09	Various Locations

SATURDAY CLASSES

	Always Whole: Wholeness Practices for Everyday Life	Suzanne Bonneau Miller	9-12	Sep 24	Bradley 1
	Anthro is Fun!: Sharing Food, Sharing Power	Victoria Leo	10-11	Sep 24-Oct 08	Link to be Provided

WAYS TO REGISTER AND/OR JOIN OLLI

Registration Opens August 25 & Runs Throughout Fall

Get Started Today!



Online

olli.csuchico.edu



Phone

530-898-6679



Email

olli@csuchico.edu



Mail

OLLI at Chico State
400 W. First St.
Chico, CA 95929-0792



In Person

Aymer J. Hamilton
Bldg., Room 118B
Chico State Campus

For the health and safety of our OLLI community, proof of vaccination(s) + booster are required for all in-person activities.

Learn with a Friend!

Learning is great when you get to do it with friends! When you refer someone you know, and they also join OLLI, you can **pre-register for classes this fall**. Contact the OLLI office by August 20 to confirm.



Accessibility and Safety

OLLI is committed to making our classes accessible to everyone. Our main classroom spaces at The Social Chico have accessible parking, sound systems to amplify instructors' voices, and reserved seating for those with visual or hearing difficulties. The classrooms are wheelchair accessible and there are wheelchair-accessible restrooms in The Social Chico's main building. We also offer many classes on Zoom for those who prefer to learn from home.

Proof of COVID vaccination is required for all in-person classes. Masks are optional and always welcome. There are HEPA air purifiers in all four of our main classrooms at The Social Chico. If you are experiencing symptoms of COVID-19 or any other communicable illnesses, such as a cold or the flu, please stay home.



IN THE CLASSROOM

108-Form Tai Chi: Beginning *

Tue & Fri(s), Sep 13–Dec 09 • 10AM–11 AM • Center for Spiritual Living
Instructor(s): Lenora Wong

This is the longest of the six major Yang-style tai chi movements, taking about 25 minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class you will learn the first third of the forms, or about 36 moves, in a workshop environment. **Note:** This class meets twice a week.

108-Form Tai Chi: Intermediate *

Tue & Fri(s), Sep 13–Dec 09 • 11AM–12PM • Center for Spiritual Living
Instructor(s): Lenora Wong

This is the longest of the six major Yang-style tai chi movements, taking about 25 minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class we will review the first 36 forms in a workshop environment. Additional forms will be taught as the group is ready. **Note:** This class meets twice a week.

24-Form Tai Chi *

Mon & Thu(s), Sep 12–Dec 08 • 8:30AM–9:30AM • The Terraces
Instructor(s): Mike McCluskey, Mary McCluskey

This is the shortest of the six major Yang-style tai chi movements, taking about six minutes to complete. Tai Chi is known for developing balance, strength, and flexibility. It is a form of meditation in movement. In this class you will learn all 24 forms and by the end be able to join other groups wherever you go. **Note:** This class meets twice a week.

Always Whole: Wholeness Practices for Everyday Life

Sat(s), Sep 24 • 9AM–12PM • Bradley 1
Instructor(s): Suzanne Bonneau Miller, Laura Grattan

This workshop is designed to awaken you to your inherent wholeness. We will explore and practice direct experience of wholeness and presence for greater choice, creative insight, and joy in daily life. We've all read numerous books and participated in discussions on these fascinating, yet seemingly out of reach and intangible concepts. Lift the perceptual veil and enable direct access to that which already is. Let's now move from the conceptual to the experiential by exploring active practices of wholeness with an intention of ease, effortlessness, and enjoyment.

Armchair Travel Sketching Journal *

Mon(s), Oct 31–Dec 05 • 3PM–4:30PM • Bradley 1
Instructor(s): Marvey Mueller

This 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. Prerequisite: one of the previous sketching classes.

Art Speaks: Writing to Art

Wed(s), Nov 02–Nov 30 • 2PM–3:30PM • Janet Turner Print Museum, Chico State
Instructor(s): Joan Goodreau, Jean Varda

OLLI students will have an opportunity to look at the prints in the Janet Turner collection at Chico State and write about them. This class is for beginning writers as well as experienced ones. Jean Varda and Joan Goodreau, authors and OLLI members, will guide students through the art-to-writing process. There will also be a print exhibition at the Turner gallery in the fall that we will be using to inspire our poems and short fiction/non-fiction.

Aviation History: Bomber Barons over Europe in WWII

Tue(s), Sep 13–Dec 06 • 9:30AM–11AM • Bradley 2
Instructor(s): Gary Hendrickson

After America's entry into WWII, the United States Army Air Forces (USAAF) initiated a new concept to warfare: daylight strategic bombing. This class will explore the aircraft types used and the personalities of the people involved.

Beginning Guitar: Level 2

Mon(s), Sep 19–Dec 05 • 11:30AM–12:30PM • The Terraces
Instructor(s): Phil Elkins

This class is for people who know how to play the basic A to G chords on guitar, although class members may bring other stringed instruments to play, e.g. mandolin, bass, ukulele, banjo, harmonica, or squeeze box. Or sing along without an instrument! Songs and lyrics will be emailed each week, featuring artists like Johnny Cash, Bob Dylan, The Beatles, The Everly Brothers, The Drifters, and other favorites from the 1950s and 1960s. **Note:** This class will meet on the second and fourth Monday of each month.

Chico State Faculty Lecture Series: In-Person

Wed(s), Sep 14–Dec 07 • 12:30PM–2PM • Bradley 2
Instructor(s): Sandra Flake

Chico State's tradition of academic excellence goes back more than 130 years. With 1,000 faculty members and 15,500 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Cracker Barrel: In-Person

Mon(s), Sep 12–Dec 05 • 9:30AM–11AM • Bradley 2

Instructor(s): David Price

A scintillating review of current themes in the media will be discussed in 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.

Cribbage: Learn and Play

Fri(s), Sep 16–Dec 09 • 10AM–11:30AM • Bradley 1

Instructor(s): Susan Levine

Cribbage is a great card game for two people: fast, unpredictable, and portable. Though the game has many rules, this class will take you through all facets of the game, step by step. By the time you have finished this class, you will not only know the game well, but you will also know how to teach the game to others. If you already know the game, come play with us. Been looking for someone to play with? Maybe you will find a new friend and opponent here!

Demystifying Annuities: In-Person

Wed(s), Sep 21 • 12:30PM–2PM • Gordon 1

Instructor(s): Miste Cliadakis

Have you ever heard radio hosts say, "I hate annuities," "Annuities are bad," or "Annuities have lots of fees"? This class is designed to demystify what you may have heard about annuities. For example, you may not know that there are four main types of annuities, that some annuities have zero fees, that some annuities are liquid, or that some annuities act much like a CD. Annuities can be complex investment products, and they may not be for everyone. Learn the pros and cons of the various annuities. **Note:** This will be a one-day class offered as part of my Women & Money: Take Control of Your Finances series. This class is only open to women.

Emergency Preparedness

Tue(s), Nov 01–Nov 29 • 10AM–11AM • Gordon 1

Instructor(s): Richard Utter

Emergency situations can be painful and expensive in terms of human suffering, property loss, and emotional wear and tear. Some of these impacts can be lessened or avoided with careful preparation. This course is about reducing or avoiding the negative impacts of emergency events through planning and preparation. Participants will review their unique personal situations, then take steps to improve their resiliency and responsiveness to whatever comes their way.

Estate Planning 101

Wed(s), Sep 14–Sep 28 • 10AM–11:30AM • Gordon 1

Instructor(s): Dana Campbell

This course is designed to assist you in planning the transfer of your wealth to spouses, children, grandchildren, and any other people or organizations you want to benefit from your estate. We will explore the advantages and disadvantages of different methods for wealth transfer to enable you to make better decisions regarding your

own estate. Plan on both lecture and discourse, as many exciting things can be learned from information and experiences of participants. I look forward to taking this journey with you.

Estate Settlement: What You Need to Know

Wed(s), Sep 28 • 12:30PM–2PM • Gordon 1

Instructor(s): Miste Cliadakis

You may know in the back of your mind that someday you will be responsible for settling the estate of a parent, spouse, sibling, or other loved one. What does it mean to be named as an estate executor or trustee? What will you be responsible to do, on your own and with professionals? This class will summarize the major responsibilities of the executor/trustee and will provide a number of related tips and resources. Ample time will be available for Q&A. **Note:** This class is offered as part of my Women & Money: Take Control of Your Finances series and is only open to women.

Feng Shui in the 21st Century *

Thu(s), Sep 15–Oct 13 • 10AM–11AM • Bradley 1

Instructor(s): Valerie Althoff

Feng shui has been around for centuries, but the world is different now, and feng shui must adapt to the challenges we face in today's world. This class looks at ways to balance and harmonize your spaces, with all the technology and "stuff" we deal with on a regular basis. Your spaces are a reflection of your life. Change your spaces, change your life. This is more important than ever in today's complex world! In this class, we will work with the floor plan of your home for opportunities to enhance areas of your life. We take a deeper look at the energy of who you are and why you relate to the world as you do.

Forgiveness

Tue(s), Nov 01–Dec 06 • 9:30AM–11AM • Bradley 1

Instructor(s): Rosie Potestio

Forgiveness is the conscious, deliberate decision to release feelings of resentment toward someone or something that has harmed you, regardless of whether they deserve it. This is a personal decision to let go of negative emotions which then enables us to move forward and leave that past behind. Forgiveness is not forgetting nor does it deny the seriousness of an offense, but it brings us peace of mind and freedom to enjoy the today. Forgiving can lead to healthier relationships and greater spiritual and psychological well-being.

Great Decisions: In-Person

Thu(s), Sep 15–Dec 08 • 12:30PM–2PM • Bradley 2

Instructor(s): William Tefteller, Myron Flindt, David Price

"Great Decisions" is the Foreign Policy Association's public education program about United States foreign policy and global affairs issues. Topics include: changing demographics, outer space, climate change, The Quad Alliance, industrial policy, drug policy in Latin America, and the White House agenda. We will select four topics each semester, plus additional topics of interest to the class.

How to Protect Yourself from Financial Scams & Fraud

Mon(s), Sep 12–Sep 19 • 8:30AM–9:30AM • Gordon 1

Instructor(s): Steven Cliadakis

The Federal Trade Commission (FTC) received over 2.8 million fraud complaints in 2021, accounting for \$5.8 billion in financial losses, a \$2.4 billion increase from 2020. The most common types of fraud were imposter scams; online shopping scams; and fake sweepstakes, prizes, and lotteries. The FTC cited that 25% of all reported losses originated from social media platforms, and investment-related fraud totaled \$1.6 billion. The class will cover some of the most common financial scams, discuss tactics fraudsters use, and outline how to avoid falling prey to them.

Learn to Draw While Keeping it Fun! * \$

Wed(s), Sep 14–Dec 07 • 10AM–12PM • See Note

Instructor(s): Janet Lombardi Blixt

Whether you're exploring a new interest in art or rekindling an old one, this class will lead you on the first steps of your journey. You will discover that learning to draw is really all about learning to see things through an artist's eye. You'll learn about focus and observation, both of which are key in developing the fundamentals of sketching. Main topics will include composition, perspective, shading, and proportion, using graphite and charcoal. You will develop observational skills through various still life setups, photos, and nature. **Note:** There will be an additional fee of \$150 payable to the instructor at the first session. This class will meet at Chico Art School, 261 E 3rd St.

Life Talks: Creating Conversations

Wed(s), Nov 02–Nov 16 • 10:30AM–12AM • Gordon 1

Instructor(s): Peggy Jennings-Severe

Learn simple, effective, and sustainable tools for having more meaningful and satisfying conversations with your spouses, children, grandchildren, friends, and acquaintances. Participants will also learn how to build traditions that allow for and create an environment that supports connections and a sense of community. This workshop is highly interactive and fun!

Lincoln on Democracy * \$

Wed(s), Sep 14–Dec 07 • 9:30AM–11AM • Bradley 1

Instructor(s): Charles Copeland

We will slow-read eight speeches and additional selections from *Lincoln on Democracy*, edited by Mario M. Cuomo. We will follow Lincoln's development as a politician, how he responded to the threat of the spread of slavery in the 1850s, and his delicate balancing act between constitutional rule of law and emancipation during the Civil War. As we confront autocratic challenges from Russia, China, and others, we are well served revisiting how Lincoln articulated his struggle to preserve and strengthen American democracy. **Note:** The book is available at Barnes & Noble, Amazon, and other booksellers.

Mindfulness for Health and Well-being *

Thu(s), Oct 06–Dec 08 • 10AM–12PM • Gordon 2

Instructor(s): 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 other mindfulness masters, the course will include practice in sitting and walking meditation, and a gentle flowing movement called qigong. Readings and audio tapes from world-renowned mindfulness teachers are used. This class will provide the foundation for the intention, commitment, and practice of mindfulness, fostering and promoting health and well-being. **Note:** In addition to the seven-week class, there will be a day-long event on Saturday, December 3. Details will be disclosed closer to the start of class.

Music and Musicians

Fri(s), Sep 16–Dec 09 • 12:30PM–2:30PM • Bradley 2

Instructor(s): Walter Coffey

Each week we'll view and discuss 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, jazz to 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.

Music of the Carter Family

Thu(s), Sep 15–Dec 08 • 9:30AM–11AM • Bradley 2

Instructor(s): Rebecca Herring Reiner

The original Carter Family recorded over 300 songs between 1927 and 1943. They would become known as the "First Family of Country Music," their old-time Appalachian songs and musicianship profoundly impacting the bluegrass, country, folk, gospel, pop, and rock musicians who followed. In each class, we will trace some Carter Family history, then learn a few of their songs. Musicians bring your instruments, but you don't need to be a musician to participate. Interest and enthusiasm will suffice. We'll do it jug-band style!

National Security and the US Intelligence Community

Mon(s), Sep 12–Dec 05 • 12:30PM–2PM • Gordon 1

Instructor(s): Terry Wilson

This class will offer a description of the 17 intelligence agencies that comprise the US intelligence community. It will include the five basic intelligence sources and a description of the six steps of the intelligence cycle. We will drill down into several of the intelligence agencies, such as the DIA (Defense Intelligence Agency). Relevant books and periodicals will be recommended. Time permitting we will examine the polygraph examination, detection dogs, and contemporary spies and traitors.

Poetry for Pleasure

Fri(s), Sep 16–Dec 02 • 9AM–10AM • Gordon 1

Instructor(s): 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. **Note:** We meet every other Friday, skipping breaks and holidays. We will meet September 16, 30, October 7, November 4, 18, and December 2.

Race in American Art & Literature: Playing in the Dark Fridays

Thu(s), Sep 15–Dec 08 • 10AM–11:30AM • Gordon 1

Instructor(s): Robin Dizard

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

Retirement Planning & Investments in a Changing Economy

Mon(s), Sep 26–Oct 03 • 8:30AM–9:30AM • Gordon 1

Instructor(s): Steven Cliadakis

This class will discuss how tax law changes, rising interest rates, and a changing economy may affect your investments and retirement plans. We will share the financial market perspectives of respected economists and explore the investment trends and best practices in a constantly changing economic landscape. We will discuss various investment vehicles, such as mutual funds, index funds, ETFs, alternative investments, and others. The class will finish by highlighting the principles of financial planning and how they can be applied to your personal retirement goals.

lobby

Sing Gospel Music *

Mon(s), Sep 12–Nov 28 • 11:30AM–12:30PM • The Terraces

Instructor(s): Phil Elkins

Sing and/or play popular gospel songs. Bring your voice, guitar, violin, cello, harmonica, squeeze box, or other instrument and join a group of people singing and playing for fun. This is not meant to be religious. It's just a place to enjoy great music. Join us! **Note:** This class will meet on the first and third Monday of each month.

Skeleton Keys: How Forensic Anthropology Helps Solve Crimes *

Tue(s), Aug 30–Sep 20 • 9AM–10AM • Gordon 1

Instructor(s): Eric Bartelink

This class will cover the science of forensic anthropology (the forensic study of human skeletal remains), including the investigation of crime scenes, forensic casework, and the development of forensic standards. Each session will cover a different aspect of

forensic anthropology and time will be allotted for questions. We will first outline the practice of forensic anthropology, followed by the application of forensic anthropology to crime scenes and to human identification. Then we will focus on the development of forensic standards and why they are important for criminal trials.

Skeptic's Guide to the Universe *

Tue(s), Sep 13–Oct 11 • 10AM–11:30AM • Bradley 1

Instructor(s): Gary Hedlind

The class covers core concepts that every skeptic should know: Mechanisms of deception, memory fallibility, fallibility of perception, metacognition issues, science versus pseudoscience, and skepticism and the media. We will suggest tools useful for helping us recognize our own biases and cognitive barriers to rational assessment.

Tectonic Shifts & Current Geo-Politics

Thu(s), Sep 08–Oct 13 • 12:30PM–2PM • Gordon 1

Instructor(s): George Wright

This class will explore the political implications of the United States' "proxy war" with Russia fought in Ukraine in order to assess the status of the current "geo-political world order." In doing that the course will: 1) discuss the historic geo-political contours of the integrated inter-state world capitalist system, with a focus on the period from 1815 to 1945; 2) examine the configuration of the world order between 1945 and 1991; and, 3) place the Russian-Ukrainian Crisis within the context of shifting geo-political plate tectonics since 1991.

The Cost of Discipleship

Mon(s), Sep 12–Dec 05 • 9:30AM–11AM • Bradley 1

Instructor(s): Terry Hunt

In this class, we explore how seven of the world's religions shaped the lives of one or two of their greatest followers, and in return how the religions and the cultures that gave birth to these disciples were challenged and changed by the vision and the sacrifices made. Perhaps the deepest question we will raise is how this could have happened unless the disciples were responding to a mystical force that challenged all three: the disciples, their religions, and their cultures. **Note:** The seven religions are: Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, and Christianity. The class participants may choose to read *The World's Religions* by Huston Smith.

The Ganges and Mekong Rivers with Sue Perkins

Fri(s), Sep 16–Dec 09 • 9:30AM–11AM • Bradley 2

Instructor(s): Walter Coffey

Most American PBS viewers know Sue Perkins as one of the original hosts on *The Great British Baking Show*. She has also presented a number of travel series on British television. Over nine class meetings, we'll view her travels down the Ganges from its source and up the Mekong through South Vietnam, Laos, Cambodia, and Thailand. We'll also take a whirlwind tour through Japan or travel along the TransAlaska highway, one of the worlds' most dangerous roads.

Trash and the Neal Road Landfill: Sections 1 & 2

Section 1: Wed(s), Oct 12 • 10AM–12PM • See Note

Section 2: Wed(s), Oct 26 • 10AM–12PM • See Note

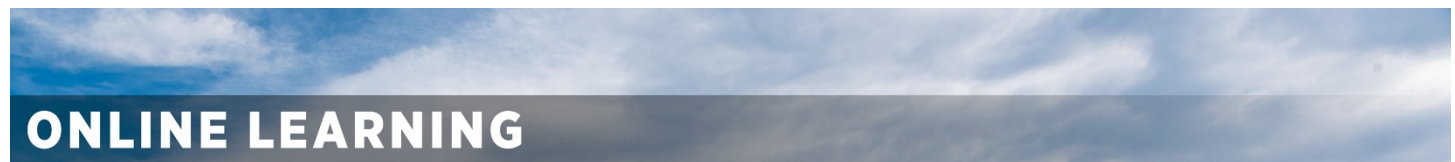
Instructor(s): Eric Dugger, Eric Miller

The class will present a brief history of the disposal of trash through time, regulations affecting the disposal of trash, and the history of the Neal Road Recycling and Waste Facility (Landfill). Learn about the recycling and diversion of wastes from the landfill, landfill operations, monitoring, amounts of waste disposed, as well as effects of disasters, electrical power generation, equipment used, and the future of landfill and related topics. Class will be outside to allow observation of landfill operations. **Note:** Bring walking shoes, sunscreen, hat, glasses, and water as the majority of class will be outside. You may also bring a folding chair.

Tuesday Tunes: In-Person

Tue(s), Sep 13–Nov 08 • 10:30AM–11:45AM • Haley's Martial Arts Center

Instructor(s): Bitz Haley



Anthro is Fun!: Sharing Food, Sharing Power

Sat(s), Sep 24–Oct 08 • 10AM–11AM • Link to be Provided

Instructor(s): Victoria Leo, Rick Baird

Part of the *Anthro is Fun* series, this class focuses on two of the most important aspects of world-wide human culture: How we obtain food and how we exert power in our society. We will explore the ways that humans, through prehistory and around the world today, share food resources. Do we grow it, buy it, steal it, trade for it? We will also explore how humans share power around the world. **Note:** All course learning materials are online, so you can learn at your own pace. Optional Zooms are scheduled for questions and discussion.

Artisan Bread Making: Advanced @

Fri(s), Dec 02 • 1PM–3PM • Link to be Provided

Instructor(s): Cathryn Hudin

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.

Artisan Bread Making: Beginning @

Fri(s), Nov 18 • 1PM–3PM • Link to be Provided

Instructor(s): Cathryn Hudin

In this one-day class, participants will learn how to use four ingredients (flour, yeast, salt, and 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.

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! **Note:** This class meets on the second and fourth Tuesday of each month.

Writer's Workshop

Wed(s), Sep 14–Dec 07 • 1:30PM–3PM • Bradley 1

Instructor(s): Paul Belz

The Writer's Workshop serves a community of writers interested in sharing their writing and responding to other writers' work. We will focus on fiction, memoir, creative non-fiction, poetry, travel writing, stories for children, and other types of writing. 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.

Arts of Islam @

Wed(s), Sep 14–Dec 07 • 3PM–4:30PM • Link to be Provided

Instructor(s): Katherine Harper

The Arts of Islam introduces the architecture and arts of the western Islamic world dating from the seventh through the seventeenth centuries. We will review Islamic monuments on the Arabian Peninsula, throughout the Middle East, North Africa, Spain, Turkey, and Iran. Particularly, we will look at the art of the book, paintings, ceramics, and metalworks.

Athena Militant: The Untold Story of Women's Military Organizations, 1870–1900 @

Thu(s), Sep 15 • 9:30AM–11AM • Link to be Provided

Instructor(s): Gary Mitchell

Long forgotten by history, women engaged in organized military activities in large numbers from 1870 to 1900. Their actions challenged the long-held view that the military was an endeavor where women were incapable of participating. Their courage and persistence contributed to the passage of Women's Suffrage.

Capitalism in China: Rise of a Global Giant

Thu(s), Sep 15–Oct 13 • 10AM–11:30AM • Link to be Provided

Instructor(s): Mark Yourek

Many Americans are only dimly aware that capitalism is alive and well in "communist" China. But China is now an overwhelmingly capitalist country, emerging as a formidable rival to the US. How is China doing it? In this course, we compare the US and Chinese models of capitalism and government, their respective strengths and

weaknesses, and the factors that may determine the long-term future of each country. Which will be stronger? Which will be more stable? Which will be more influential?

Chico State Faculty Lecture Series: Online @

Wed(s), Sep 14–Dec 07 • 12:30PM–2PM • Link to be Provided

Instructor(s): Sandra Flake

Chico State's tradition of academic excellence goes back more than 130 years. With 1,000 faculty members and 15,500 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Claude Monet: Observation and Calculated Design @

Wed(s), Sep 14–Oct 12 • 1PM–2:30PM • Link to be Provided

Instructor(s): Dolores Mitchell

Monet's devotion to painting the colors of specific times of day is well known. In my class, I'll discuss less familiar aspects of his art in which Monet blends observation with calculated design.

Cracker Barrel: Online

Mon(s), Sep 12–Dec 05 • 9:30AM–11AM • Link to be Provided

Instructor(s): David Price

A scintillating review of current themes in the media will be discussed in 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.

Dante's Divine Comedy and Our Journey towards Wholeness

Tue(s), Sep 13–Oct 04 • 10AM–11:30AM • Link to be Provided

Instructor(s): Daniel Christian

This class will introduce students to the power of Dante's story for life right here, right now. The *Divine Comedy* is not an ancient, dead text but rather is alive and well, inviting readers to pursue the examined life with a spirit of serious joy. We will explore C. S. Lewis's *A Grief Observed* as an exercise in preparation for joining Dante's pilgrimage. The following three classes will introduce *Inferno*, *Purgatorio*, and *Paradiso* respectively.

Demystifying Annuities: Online

Wed(s), Sep 14 • 10AM–11:30AM • Link to be Provided

Instructor(s): Miste Cliadakis

Have you ever heard radio hosts say, "I hate annuities," "Annuities are bad," or "Annuities have lots of fees"? This class is designed to demystify what you may have heard about annuities. For example, you may not know that there are four main types of annuities, that some annuities have zero fees, that some annuities are liquid, or that some annuities act much like a CD. Annuities can be complex investment products, and they may not be for everyone. Learn the pros and cons of the various annuities. **Note:** This Zoom class is open to all. It will not be recorded.

Drawing Prompts and Possibilities @

Tue(s), Nov 01–Nov 29 • 10AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

If you like to draw or wish you were more inspired to draw, join us for four sessions of drawing together online. Each class will feature one or more fun and inspiring drawing prompts that we will all work on at the same time. Our drawings may go in very different directions based on how we each interpret the prompts, and that is perfectly fine. Being able to draw together can help inspire us to continue drawing on our own.

Note: Required Materials: Sketchbook or paper, HB, B, or 2B pencil. Optional Materials: colored pencils, markers, watercolor and/or Inktenze pencils, graphite crayon.

Drawing with Humor

Wed(s), Sep 14–Dec 07 • 10AM–11AM • Link to be Provided

Instructor(s): Dick Kennedy

This class will teach you drawing in a humorous way. You'll be introduced to easy methods for learning the fundamentals of drawing. You'll learn to construct your drawings using basic building blocks. You'll have fun exploring the many possibilities available for creating humorous people, props, and scenes. No experience required, just a sense of humor and a desire to learn. A pencil and some inexpensive paper is all that's needed.

Flirting with French

Wed(s), Sep 14–Dec 07 • 1:30PM–2:30PM • Link to be Provided

Instructor(s): Leanne Ulvang, Michele Martens

Formerly "French for Travelers", this course is for those who want to focus on pronunciation, politesse, and practicalities –the vocabulary and idioms helpful as an introduction to French and for travelers in French-speaking countries. The class is conducted mainly in English, with the aim of explaining how to say and understand basic French expressions. Note: flirting WITH French, not flirting IN French!

French 1

Mon(s), Sep 12–Dec 05 • 1PM–2PM • Link to be Provided

Instructor(s): Leanne Ulvang, Michele Martens

This course is for people who have studied some French in the past. We study basic French grammar, usage, and vocabulary. The focus is communicating with others in written and spoken French. If you are new to French, consider enrolling in "Flirting with French" (formerly "French for Travelers") for an introduction to the sounds of, and expressions in, French.

French 2

Mon(s), Sep 12–Dec 05 • 2:05PM–3PM • Link to be Provided

Instructor(s): Leanne Ulvang

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.

French 3: Conversation

Mon(s), Sep 12–Dec 05 • 3:05PM–4PM • Link to be Provided

Instructor(s): 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.

Great Decisions: Online @

Thu(s), Sep 15–Dec 08 • 12:30PM–2PM • Link to be Provided

Instructor(s): William Tefteller, Myron Flindt, David Price

“Great Decisions” is the Foreign Policy Association's public education program about United States foreign policy and global affairs issues. Topics include: changing demographics, outer space, climate change, The Quad Alliance, industrial policy, drug policy in Latin America, and the White House agenda. We will select four topics each semester, plus additional topics of interest to the class.

Healthier You: Enloe Lecture Series @

Tue(s), Nov 01–Dec 06 • 3PM–4:30PM • Link to be Provided

Instructor(s): Jack Meyer

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 with an opportunity to learn more about staying healthy and active. Each class is a complete topic and participants are invited to attend any combination of the offerings during the series.

Illustration: Art and History, Part 2 @

Mon(s), Sep 12–Dec 05 • 1PM–2:30PM • Link to be Provided

Instructor(s): MaryClaire Morin

This class picks up where Part 1 left off. There is so much more to cover! We will look at illustration history in Japan, China, and Korea, with emphasis on fashion illustration and illustrators who concentrated on cartooning. I'll also talk about nature illustrations, the human body, and whatever else strikes our collective class fancy!

Inclusivity Book Group \$

Tue(s), Sep 13–Dec 06 • 10:30AM–12PM • Link to be Provided

Instructor(s): Marcia Moore, Deborah Schwenger

Over the past three years, OLLI has been exploring issues of diversity, equity, and inclusion. These classes have provoked many questions, around which much stimulating conversation has followed. We agree that looking at unconscious racism is a self-examination that requires other voices. In this class we will read the book *Caste* by Isabel Wilkerson and use, at least in part, a study guide prepared for Oprah's Book Club. We plan to focus on how this book is and can be relevant to our daily lives.

Note: The book is available at Barnes and Noble, Amazon, and other booksellers.

Keeping a Sketchbook @

Tue(s), Sep 13–Oct 11 • 10AM–11:30AM • Link to be Provided

Instructor(s): Cris Guenter

Get into the sketchbook habit! Keeping a sketchbook helps you generate creative thinking by capturing ideas, observations, and inspirations that may lead to more creations. What you keep in the sketchbook is for you. There is no pressure to share or show anything. Maintaining a sketchbook (daily, if you are up for it!) sharpens your skills with the media you choose to use. Join us for a fun course that will help you start (or revisit) keeping a sketchbook. **Note:** This course is a stand-alone course offered via Zoom. Materials List: A sketchbook that is approximately 6"x9" in size; a 2B drawing pencil; favorite pens and fine tip markers; a kneaded eraser; other assorted art media that you have and like to use such as colored pencils, markers, watercolors, watercolor and/or Inkntense pencils, and graphite crayons.

Let's Keep Knitting @

Tue(s), Sep 13–Dec 06 • 3PM–4:30PM • Link to be Provided

Instructor(s): 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.

My Neighbor's Voice: Building Community Through Deep Listening

Thu(s), Sep 15–Oct 13 • 10AM–11:30AM • Link to be Provided

Instructor(s): Mary Anne Inglis, Victoria Chance

My Neighbor's Voice (MNV) is committed to encouraging respectful conversations about the things that matter most. Using MNV Listening Cards, we focus on one topic each week: Our Society, Civil Rights and Responsibilities, Health and Environment, and Political Thought. During class, we have a moderated listening practice with our cards. Each participant takes turns answering questions and listening to their neighbor answer a related question. At the end of several listening rounds, we open the forum up for free discussion of the topic of the day.

Myths, Legends, and Tales of the Celts @

Mon(s), Sep 12–Dec 05 • 10AM–11:30AM • Link to be Provided

Instructor(s): Lynn Elliott

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

Parables to Die For: Jesus & His Dangerous Social Critique @

Thu(s), Sep 15–Oct 13 • 10AM–12PM • Link to be Provided

Instructor(s): Ginger Hanks Harwood

This class approaches the parables in the social, cultural, and political setting of first-century Palestine. It will ask what the listeners of that setting might have heard when Jesus gave these parables, what they might have felt about the various characters Jesus sketched, and how the teachings might have challenged them personally. Taking seriously the fact that Jesus was executed as a revolutionary, it will probe why the Roman-backed government found the teachings the parables contained troublesome.

Publishing, Audiobooks, Writing, and Literary

Agents Explained @

Thu(s), Oct 13 • 3PM–4PM • Link to be Provided

Instructor(s): Rick Bleiweiss

Publishing executive and Grammy-nominated record producer Rick Bleiweiss shares lessons learned in his roles as a senior executive in a publishing company and as a published author, including information and advice about publishers and publishing, literary agents, query letters, audiobooks, writing, and more.

Reading Poetry for Meditation and Reflection

Tue(s), Sep 13–Dec 06 • 1PM–2:30PM • Link to be Provided

Instructor(s): Susan Bollinger

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, and relationships. 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.

Science Fiction Book Group \$

Wed(s), Sep 14–Dec 07 • 10AM–11:30AM • Link to be Provided

Instructor(s): Sydney Wilde

This class will discuss favorite science fiction authors, their books, and the human, political, and scientific issues they raise. The books and authors will be chosen by Sydney from suggestions by participants. This is a fun, free-flowing gathering of science fiction enthusiasts. Please join us and bring your ideas, insights, and suspension of disbelief. **Note:** Our chosen books will be available in e-books, audio, paperback, and hard-bound formats, new and used; ranging in cost from \$0 (library) or \$2.99 – \$11 on Amazon, Barnes & Noble, and/or other commercial outlets.

Slow-Reading Shakespeare: As You Like It

Tue(s), Sep 13–Dec 06 • 10:30AM–12PM • Link to be Provided

Instructor(s): Jack Ayer

Once again, we will try to take apart a Shakespeare play and figure out how and why it works. *As You Like It* is one of the most congenial of all Shakespeare offerings, with plenty of opportunities to explore its place in the culture of its time. I'll do some talking as necessary to sketch background and add context, but will try to let it

function as a group discussion. No prior exposure to Shakespeare necessary. **Note:** You will need a copy of the play. There are many options: email me for guidance at jdayer@ucdavis.edu.

Staying Healthy Over 50

Wed(s), Sep 21 • 8:30AM–10AM • Link to be Provided

Instructor(s): Rylan Willis, Haley Willis

In this class we'll talk about what happens to our body and brain as we age, with tips for staying healthy and advice on when you should seek out physical therapy or speech therapy services.

TED Talks @

Thu(s), Sep 15–Dec 08 • 9:30AM–11AM • Link to be Provided

Instructor(s): Joe Matthews

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

Tuesday Tunes: Online

Tue(s), Sep 13–Nov 08 • 10:30AM–11:45AM • Link to be Provided

Instructor(s): 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! **Note:** This class meets on the second and fourth Tuesday of each month.

What's New with Medicare in 2023 @

Wed(s), Nov 02 • 10AM–11:30AM • Link to be Provided

Instructor(s): Tatiana Fassieux, Victoria Brennan

Passages Health Insurance Counseling & Advocacy Program (HICAP) is offering this class to assist current Medicare beneficiaries make the best choices possible for their health care needs in the upcoming Annual Enrollment Period beginning October 15 and ending December 7.

Writing Short Plays *

Thu(s), Sep 15–Dec 08 • 1PM–2:30PM • Link to be Provided

Instructor(s): Pam Loyd

Learn to write a short 10- to 20-minute play. We will cover the basics of playwriting, including format, structure, character, conflict, and dialogue. This is a workshop-style class in which we discuss concepts and techniques, share what we have written, and write short exercises to develop skills. Prompts will be offered to stimulate your ideas. There will be an opportunity for some of the plays to be performed in the annual OLLI Play Festival.



OUTDOOR MEETUPS

Birding at Llano Seco for the Waterfowl Fly-Out *

Fri(s), Dec 09 • 4PM–6:30PM • Various Locations

Instructor(s): Joyce Bond

Visit the Llano Seco Viewing Platform to learn to identify the ducks and geese that spend the winter here. Then, at dusk, the waterfowl fly out from the ponds to nearby fields to feed at night. This can be an impressive sight with the large number of flocks in the air. Bring a folding chair and binoculars, and we'll sit back and enjoy the scenic view as we watch them flying against the sunset and full moon.

Birding in the Chico Area: Section 1 *

Thu(s), Sep 15–Dec 01 • 9AM–11AM • Various Locations

Instructor(s): Joyce Bond

Through observation and the use of binoculars and field guides, class participants learn to identify birds in their natural habitat. We will meet once a month at different birding locations for field trips that typically involve one to two miles of walking. **Note:** This class will meet on September 15, October 6, November 3, and December 1. Please register for only one section.

Birding in the Chico Area: Section 2 *

Thu(s), Sep 29–Dec 08 • 9AM–11AM • Various Locations

Instructor(s): Joyce Bond

Through observation and the use of binoculars and field guides, class participants learn to identify birds in their natural habitat. We will meet once a month at different birding locations for field trips that typically involve one to two miles of walking. **Note:** This class will meet on September 29, October 13, November 17, and December 8. Please register for only one section.

Explore Your Public Lands: Gray Lodge Wildlife Area *

Fri(s), Nov 18 • 9AM–4PM • See Note

Instructor(s): Vickie Stoll, Lorraine Smith

The North State is home to rich, diverse public lands: refuges, parks, forests, and reserves. Your public lands provide vital wildlife habitat and protect our natural resources. On this field trip, we'll explore Gray Lodge, with guidance from a California Department of Fish and Wildlife Naturalist and enjoy an easy two-mile nature walk on level paths. We will identify birds, enjoy stunning views of the Sutter Buttes, and learn about this haven for over 300 species of wildlife. Come explore your public lands with us! **Note:** Specific instructions, including where to meet, what to bring, and information about entrance fees, will be provided the week before.

Garden Gourmands * \$

Fri(s), Sep 23–Oct 14 • 11AM–12PM • See Note

Instructor(s): Debi Durham, Debra Barger

California's temperate climate allows an amazing array of plants to be grown locally. Edible gardens, pollinator gardens, native gardens, contemplative gardens, and demonstration gardens are some of the many varieties to tour. Inspired by the successful model of the "Arts & Eats" OLLI class, "Garden Gourmands" will focus on touring the art of garden landscapes combined with eating locally. Join two Master Gardeners as we explore different area gardens followed by a no-host lunch at various local eateries to enjoy the bounty of Butte County. **Note:** Registered participants will receive the specific garden location/address via email one week before each tour. There will be a no-host lunch held after each class from 12–1 PM.

Hike Hard & Learn in Upper Bidwell Park *

Tue(s), Nov 29–Dec 06 • 8:30AM–12:30PM • Various Locations

Instructor(s): Pamela Waldsmith, Richard Utter

Bidwell Park is to be enjoyed and protected. Experienced hikers will get a strenuous workout and learn about Bidwell Park and its flora, fauna, volunteerism, and history. We will hike up to six miles, with 1,000' elevation change on less familiar trails. Get your endorphins pumping and meet some new hiking friends in your own Bidwell backyard. **Note:** We will be moving almost continually, and at a good fitness pace, for three or more hours on uneven terrain. Mandatory items: two liters of water, first aid kit, ID and medical cards (or copies) inside your backpack. Sturdy hiking shoes and layered clothing necessary. Hiking poles highly recommended.

HOOFRs: Revisited *

Wed(s), Oct 26–Nov 16 • 8AM–4PM • Various Locations

Instructor(s): Lois Olson, Cynthia Weeks-Finnegan

The focus of this class will be on sharpening our skills in app usage, aligning our expectations when planning hikes, and building our HOOFRs community of informed, active hikers. Questions about your eligibility? Contact Lois (7ljoto@live.com) or Cindy (tomkevin11@yahoo.com) for more information. Prerequisite: HOOFRs 1 or 2. **Note:** One in-person classroom meeting on October 26, and three outdoor hikes (November 2, 9, and 16).

Women's Hike to Paynes Creek Point *

Fri(s), Nov 04 • 8:30AM–4PM • Various Locations

Instructor(s): Lorraine Smith, Vickie Stoll

This moderate out-and-back hike in the Sacramento River Bend Area is six and a half miles with 500' elevation gain. We'll hike through varied landscapes, meandering along a bluff overlooking the Sacramento River with excellent views of Lassen Peak. After a short climb up to Paynes Creek Point, we'll eat lunch and enjoy more views. We'll look and listen for birds (perhaps we'll see the beautiful Lewis's Woodpecker), and learn about the flora and fauna along our path. The return route takes us through the picturesque Perry Ravine. **Note:** Further details will be provided prior to the hike. Sturdy hiking boots required; hiking poles recommended.



VOLUNTEER INSTRUCTOR BIOS

Valerie Althoff ~ Most of my career life has been devoted to administrative assisting, training, and 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 love being in the vibrant and expansive energy of California!

Jack Ayer ~ Spent my working life as a professor, lawyer, and newspaper reporter. Dabbled in high culture along the way. OLLI gives me the chance to indulge myself in Shakespeare and in Ancient Greece, collaborating with other OLLIvians of a similar bent.

Rick Baird ~ Rick Baird co-teaches with his wife, Victoria Leo, in astronomy, anthropology, and creative arts. He owns eight telescopes and three astronomy cameras, and can name every geographical feature on Mars. He earned degrees at Caltech and Massachusetts Institute of Technology.

Debra Barger ~ Debi Durham and Debra Barger are both UC Cooperative Extension Master Gardeners who have explored area plants and pollinators for several decades and revel in the locavore food options which abound. They will facilitate the many food connections to public and private gardens in Butte County.

Eric Bartelink ~ Dr. Eric Bartelink is a professor of biological and forensic anthropology at Chico State. He serves as the co-director of the human identification laboratory and director of the stable isotope preparation laboratory. He provides forensic anthropology and isotopic services to law enforcement on unidentified human remains cases and conducts bioarcheological research in California.

Paul Belz ~ 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.

Rick Bleiweiss ~ Rick Bleiweiss is a publishing executive, author, former music industry executive and Grammy-nominated record producer. Since 2006 he has been head of business development for Blackstone Publishing & Audio and has acquired works by bestselling authors and celebrities, including Rex Pickett, Robert Downey Jr., James Clavell, Catherine Coulter, and Nicholas Sansbury Smith. At 77 years old, his first novel, *Pignon Scorpion & The Barbershop Detectives* was published to great acclaim.

Susan Bollinger ~ My academic experience consists of a BA from Stanford University, a teaching credential from UC Berkley, and an MA in counseling psychology at Chico State. 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 10 years. My real learning has come from some special teachers and mentors, life, and a lot of traveling.

Joyce Bond ~ 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.

Suzanne Bonneau Miller ~ Suzanne, owner of InnerSight Life Coaching, focuses on intra- and inter-personal communication for greater insight and attention to the whole Self. With 28+ years of experience as a communication specialist and professor, her expertise includes overall personal development across the lifespan.

Victoria Brennan ~ Victoria is a Chico State alumna, having spent the last decade in service to the community through her various work and volunteer experiences. She is currently pursuing an MPA and uses her skills and perspective in the position of outreach coordinator for the HICAP

Program. Providing the aging population in our area with access to resources to improve their quality of life is an incredibly fulfilling and rewarding opportunity.

Dana Campbell ~ 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 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.

Victoria Chance ~ Victoria Chance is a former high school English teacher in Travelers Rest, South Carolina. She taught in the public system for 27 years. She graduated from Furman University and has an MA in contemplative education from Naropa University. She is a board member of Greenville's Interfaith Forum and a member of St. James Episcopal Church. Her husband Bob is an art professor at Furman University. She has two children, Cody Chance and Anna Chance Friddle, and two grandchildren, Olivia and Savannah James.

Daniel Christian ~ Dan has taught Dante for nearly 40 years. In addition, he had the opportunity to deliver numerous public presentations on the *Divine Comedy*, mostly while living and teaching in Baltimore, Maryland. He has published a number of essays in scholarly journals and recently published an extended review of a new Dante book by poet Seth Steinzor, *Once Was Lost*. Finally, he created and edited *Educating the Eye (I): Essays from High School Students Inspired by Dante*, a first-of-its-kind anthology of essays by high school students inspired by Dante that promotes writing from young people who not only read Dante with care but also courageously "let Dante read them."

Steven Cliadakis ~ 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.

Miste Cliadakis ~ 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 where she was in charge of regulatory compliance for the bank's investment program. Along with her husband, Steve, Miste enjoys cooking, painting, and traveling.

Walter Coffey ~ 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 volunteer instructor 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

Charles Copeland ~ I taught high school Advanced Placement U.S. History for 25 years. In the St. John's College Classics seminar program, I have discovered that slow-reading a text with like-minded seekers is very satisfying: literature, Western and non-Western philosophy, cultural and scientific history. I study geology at Chico State, currently helping develop a self-guided field trip to our local extinct and eroded volcano called Mt. Yana. I have recently become a docent at the Jonesville Hotel.

Robin Dizard ~ Robin Dizard is professor emerita of English and American Studies. She taught at Keene State College, Keene, New Hampshire. African American and Caribbean literature are her special areas. Her articles have appeared in *The Massachusetts Review*, *Pedagogy*, *Multi-Ethnic Literature of the United States*, *Slavery and Abolition*, and the *Encyclopedia of Women's Autobiography*. Reading books and discussing current events are among her favorite things to do.

Eric Dugger ~ A retired civil engineer with 20 years of experience at the Butte County Neal Road Recycling and Waste Facility, Eric oversaw monitoring, operations, design, budgeting, and many other aspects of the local facility. He is MOLO and HazWoper certified.

Debi Durham ~ Debi Durham and Debra Barger are both UC Cooperative Extension Master

Gardeners who have explored area plants and pollinators for several decades and revel in the locavore food options which abound. They will facilitate the many food connections to public and private gardens in Butte County.

Phil Elkins ~ Phil is from East Los Angeles and was drafted and sent to Vietnam as a medic. He moved to Chico in 1975, where he made Señor Felipe's Salsas available at most health food stores across the country for 25 years. He does a radio show called "L.A. Sounds" on KZFR 90.1 FM Chico on Wednesday afternoons, and he has written four books on growing up in East L.A. and surviving Vietnam.

Lynn Elliott ~ Dr. Lynn H. Elliott is professor emeritus and former chair of English at Chico State. Besides his prose and award-winning playwriting, he is also a multiple award-winning national and international screenplay writer. He has taught this class before and from it developed a screenplay that won awards at the Dublin (Ireland) International Film Festival, besides other venues.

Tatiana Fassieux ~ 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 Community Resources & Outreach Coordinator.

Sandra Flake ~ Sandra Flake retired from the English Department at Chico State, 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 Chico State 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.

Myron Flindt ~ Myron Flindt earned a BA in history and an elementary teaching credential from Chico State in 1971. He spent 37 years as an elementary school teacher. He enjoys doing research, learning about technology, walking, biking, and

reading. In addition to volunteering for OLLI, he is active in the Chico Apple Users Group.

Claude Geffray ~ Claude is a native French speaker who monitors and advises on grammar, usage, and pronunciation in OLLI French classes.

Joan Goodreau ~ Joan Goodreau's recent books are *Where to Next?*, *Strangers Together: How My Son's Autism Changed My Life*, and *Another Secret Shared*. Her short plays have appeared in the annual OLLI Play Festival. A Pushcart nominee, Joan has been awarded a Hedgebrook Writing Residency to complete her play, *Covid Silence*. Her poems, stories, and articles have appeared in numerous periodicals and anthologies in North America.

Laura Grattan ~ Laura is a speech-language pathologist who has 40 years of experience in meditation, self-inquiry, and creative studies. She was privately trained in self-inquiry and creative studies by Rochelle Myers, who is the co-developer of the *Creativity in Business* class at Stanford. Laura's focus is on integrating spiritual insights into everyday life.

Cris Guenter ~ Cris Guenter is both an artist and an educator. She is professor emerita in the School of Education at Chico State and was named the 2008 National Art Educator of the 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.

Bitz Haley ~ 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!

Ginger Hanks Harwood ~ Dr. Ginger Hanks Harwood graduated with a degree in religion and ethics from the University of Denver/Iliff School of Religion joint PhD 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.

Katherine Harper ~ 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.

Gary Hedlind ~ I have been an OLLI instructor for the past several years, primarily offering classes in logic, skepticism, and propaganda. I earned a BA in English at Chico State and an MA 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.

Gary Hendrickson ~ My father was a pilot in WWII and operated an agricultural aviation business. I soloed a 1946 Aeronca at age 15, attended Sacramento City College and Cal Poly San Luis Obispo, majoring in aeronautical engineering and minoring in history. I flew jet fighters off and on aircraft carriers, then returned to civilian flying as a certificated flight and ground school instructor. I was a pilot in command of fire bombing aircraft for 35 years and operated an agricultural aviation business for 46 years. Hobbies include restoring antique airplanes, hunting, fishing, and a passion for history.

Rebecca Herring Reiner ~ Rebecca holds BA and MA degrees in American history from Texas Tech University, as well as designated subject teaching credentials in Spanish, social sciences, and basic education in California. But more importantly, she has had a lifelong interest in American traditional music. Her primary areas of focus are the blues, gospel, and the Carter Family. She plays stand-up bass, and owns a myriad of stringed instruments that she has never learned to play well!

Cathryn Hudin ~ I love baking and learned by helping my mother at a young age. In this era of hurry, I believe in slowing down and watching the dough rise. I feel bread is truly the staff of life, so come and enjoy making your own fresh bread, with only a few minutes of prep! This will give you a sense of accomplishment while you are eating your tasty loaf.

Terry Hunt ~ Terry Hunt has a BA in psychology from Alma College. His professional career began as a high school English teacher and director of drama. While teaching he worked on an MA in American literature at Michigan State University and later

earned a Master of Divinity from Virginia Seminary. He is also a graduate of the post-graduate training program of the Gestalt Institute of Cleveland. Terry is an avid cyclist and lover of nature, with an interest in how humans grow spiritually.

Mary Anne Inglis ~ Mary Anne Inglis is co-founder of My Neighbor's Voice (MNV). She graduated from Duke University with a degree in international relations. She is a member of St. John in the Wilderness Episcopal Church and a board member of A Rocha USA, a Christian conservation organization engaged in ecological awareness and habitat improvement. Previously, she managed her husband's US congressional campaigns (SC-4) and taught ESL for the past 10 years. She and her husband live on a small farm in South Carolina and enjoy supporting each other in climate advocacy.

Peggy Jennings-Severe ~ Peggy is a retired community college administrator who has written three books, *Life Talks: A Guide to Bringing Back Conversation*, *Life Talks: The Conversations Continue*, and *Life Talks Wisdoms*. Peggy possesses a master's degree in counseling psychology. In addition to conducting Life Talks workshops, she is a presenter for leadership programs throughout the area.

Dick Kennedy ~ Retired graphic designer and illustrator Dick Kennedy received his art degree at Michigan State University. He worked as a draftsman, production artist, and art director before running his own freelance graphics business. Dick has taught cartooning and drawing fundamentals for OLLI.

Rosann Lampkin ~ Rosann is a retired school psychologist who worked for the Chico Unified School District. 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 eight years, she has been providing classes on mindfulness for OLLI. As a longtime (and forever) student of mindfulness, Rosann loves working with the OLLI program and sharing her passion and joy regarding the powerful changes mindfulness can bring to the lives of its practitioners.

Victoria Leo ~ Victoria Leo teaches anthropology, astronomy, and creative arts. She is a science fiction author based in Ashland, Oregon.

Susan Levine ~ A graduate of Chico State, 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 long-time adult volunteer in Girl Scouts, she helped train troop leaders to take their girls camping. She has been leading OLLI classes as a volunteer instructor since 2010. She is married to retired local CPA Bernie Levine.

Janet Lombardi Blixt ~ Janet Lombardi Blixt began painting at the age of seven, and over the course of her artistic endeavors has developed an appreciation of the mentorship process that she desires to share with emerging artists. Janet's paintings are done in an expressionistic yet representational style, primarily in oils, pastel, watercolor, and acrylic. She opened the Chico Art School in 2009, where students learn the basics of drawing and painting in a fun, supportive environment. Instruction is given in small class settings, allowing individual attention. The school nurtures the creative spirit in all of us, no matter what skill level.

Pam Loyd ~ 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 annual OLLI Play Festival. Pam has written numerous short plays and has had several of them published.

Michele Martens ~ 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.

Joe Matthews ~ TED is dedicated to researching and sharing knowledge that matters, which is something Joe Matthews has been committed to his entire life. Joe is a retired surgeon, who was affiliated with Enloe Medical Center. He received his medical degree from Boston University School of Medicine and practiced medicine for more than 20 years. Joe enjoys curating and facilitating TED talks and presentations, with a focus on engaging members in conversation.

Mary McCluskey ~ Mary has been practicing tai chi for nearly 28 years and learned from the same master teacher as her husband and co-leader Mike McCluskey. She assisted in all previous tai chi classes taught by Mike.

Mike McCluskey ~ Mike has been doing tai chi for 29 years. His teacher was the Chinese National Tai Chi Champion who married a US citizen, came to the United States, and opened a tai chi teaching center. Mike has taught tai chi on and off for the last 10 years. He enjoys outdoor activities, acting, and music.

Jack Meyer ~ Jack Meyer is the business development specialist for Enloe Medical Center and a proud OLLI sponsor.

Eric Miller ~ Eric has 30 years of environmental experience (15 years in solid waste). He earned a BS in hydrology, Colorado State University; MBA, UC Davis; and he is SWANA certified in MOLO and composting.

Gary Mitchell ~ Gary Mitchell is a lifelong student of military history, a graduate of West Point, and a research junkie. Over a period of years, he uncovered the long-forgotten details presented in this course.

Dolores Mitchell ~ 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 Chico State 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.

Marcia Moore ~ Marcia Moore is a retired cardiologist who has been concerned about issues of racial justice, equity, and diversity for most of her adult life. She also has been a book lover since she was a toddler and able to touch and be touched by books. She is looking forward to sharing thoughts and experiences with other OLLI members guided by the books we will be reading together.

MaryClaire Morin ~ Originally from Portland, Oregon, MaryClaire 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 Sacramento 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!

Marvey Mueller ~ 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.

Lois Olson ~ Lois came to Northern California 12 years ago. She's a retired critical care nurse and was formerly a rock and ice climber, mountaineer, mountain bike rider, and kayaker. She's an avid hiker and lover of the outdoors, birding, reading, and traveling.

Rosie Potestio ~ Rosie Potestio is a 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.

David Price ~ David Price holds a BA in history, University of San Francisco. He was commissioned as a US Army Infantry Officer through ROTC, served 30 years, and retired as a full colonel. He served throughout the United States and in Korea, Germany,

Iraq, and Saudi Arabia. Dave retired after 22 years as a police officer, detective, and sergeant for the City of Anderson, California.

Deborah Schweninger ~ I have been living in Butte County since 2017, with my dog, Otis. I love Chico's vibe, with a big university, a bustling farmers' market, and fabulous trees. I am a retired kindergarten teacher and a lifelong learner. I love to travel and discover valuable perspectives about myself and others. My personal awareness of racial inequity has been a gradual life lesson, deeply influenced by both my experience traveling and by my time spent in the classroom.

Lorraine Smith ~ Lorraine grew up in rural Northern California. She went on her first camping trip at age seven months and has taken every opportunity to get outdoors ever since. After enjoying a career in higher education, Lorraine is thrilled to have more time now to pursue her love of all things outdoors – hiking, birding, camping, kayaking, and learning something new every day about the natural world.

Vickie Stoll ~ Vickie is an East Coast transplant who came west to pursue a dream career with the United States Forest Service. Now retired, and still a firm believer in the Forest Service motto, "Caring for the land and serving people," she believes getting outdoors is a wonderful way to share a love for nature and to serve the community.



William Tefteller ~ William Tefteller earned his BS in electrical engineering from the University of Arkansas in 1969. He was commissioned 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 7,000 hours of flying time.

Leanne Ulvang ~ Leanne Ulvang earned a BA in medieval & English history from Pomona College and a JD from the University of Santa Clara. In over a dozen years as volunteer instructor, she has acquired teaching skills, improved her French, and learned that OLLI is a great place to indulge her passions for language, history, and gardens.

Gale Ulvang ~ 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.

Richard Utter ~ Richard worked for several years in business continuity and personal preparedness with extensive experience in emergency preparedness. As a volunteer, he is a Boy Scouts of America merit badge counselor for the emergency preparedness, first aid, and personal management merit badges. He has experienced a variety of emergencies, large and small, in the military, in scouting, and in everyday life.

Jean Varda ~ Jean Varda gave her first poetry reading in 1971 at Stone Soup Gallery in Boston, Massachusetts. This was followed by performances on street corners, in prisons, and in churches with her mentor, storyteller Brother Blue. She has lead poetry workshops and open mics across the country. Her poetry has appeared in *California Quarterly*, *Third Wednesday*, *Boston Literary Magazine*, and numerous other literary journals. She presently leads a prompt workshop in her home to help other poets get inspired.

Pamela Waldsmith ~ Past life included firefighting, secretarial, and teaching for 36 years. Travel abroad includes China, Philippines, Indonesia, Bali, Vietnam, Costa Rica, and Peru. Travel in the United States has covered much of the Southwest and the Northwest. My passions include hiking, walking, fitness, pickleball, plant identification,

birding, nerdy facts about the natural world, kayaking, cultural experiences of the world, reading, and having new experiences with old and new friends.

Cynthia Weeks-Finnegan ~ Cynthia moved from the Bay Area to Northern California in 1978 and eventually settled in Chico in 2000. Raising her two children in the great outdoors, she and her family enjoyed cross-country and downhill skiing, snowboarding, hiking, and camping. Since retiring in 2014 from a 30-year career working with children with special needs, free time activities include orcharding, gardening, pottery, grandparenting, traveling, camping, snowshoeing, backpacking, and hiking. She is also a Master Gardener and formed a private hiking group called the Mountain Sisters.

Sydney Wilde ~ Sydney Wilde is a retired Unitarian Universalist minister. She has been a devotee of science fiction since she was seven 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.

Haley Willis ~ Haley Willis is a speech language pathologist, mother, Chico State instructor, and business owner. Haley has an extensive background in treating patients who have experienced a stroke or brain injury, or who suffer from dementia. She provides individualized services to help people increase their independence, improve their memory, and achieve their goals.

Rylan Willis ~ Rylan Willis is a physical therapist, father, outdoor enthusiast, and black belt in Kenpo Karate. Rylan is also a certified manual physical therapist and has certifications in tai chi for arthritis and fall prevention. Rylan strives to help people achieve their movement goals through education and physical therapy.

Terry Wilson ~ Terry Wilson holds DVM and PhD degrees from Cornell and Ontario Veterinary College. He also served in the US Army. He has worked in academia, at the Plum Island Animal Disease Center, and in other federal agencies. Terry was project director in the Caribbean-South America on animal and human public health projects. Terry

has experience with foot-and-mouth disease, bird flu, Mad Cow Disease, West Nile virus, and monkey pox. He recently served with the National Animal Health Emergency Response Corps on the Avian Influenza Task Force. Terry has experience in biological terrorism and warfare and has published over 100 publications.

Lenora Wong ~ I learned the long form of 108 tai chi movements in 1978 and began teaching in the early 1980s. I taught at Butte Community College, City of Oroville, Oroville Park, Long Beach Senior Center, Long Beach City College, and one class at Golden West College for Nurses from China. I received a BS from University of Hawaii 1963.

George Wright ~ George Wright is professor emeritus from the Department of Political Science at Chico State, where he taught political science and international politics between 1970 and 2003. He received his PhD from the Department of Politics at the University of Leeds (UK). Courses he taught include "Politics of Developing Nations," "Politics of Globalization," "Politics of Third World Nations," and "American Foreign Policy." His publications include *The Destruction of a Nation: United States Policy Toward Angola Since 1945*, published by London-based Pluto Press in 1997.

Mark Yourek ~ Mark Yourek is a business professional who has worked for major corporations in the United States and around the world. He is a student of economics and international relations and holds an MBA from University of California Los Angeles and a BA in international relations from University of Southern California.

Jane Ziad ~ Jane Ziad was raised on a ranch in Glenn County and graduated from Chico State with a BA in speech and drama. She then spent 20 years living outside the United States, in Australia and England. She was executive director of the Lassen Park Foundation for 17 years and was director of Fund Development and Communication for Girl Scouts of Northern California for 14 years. An active community volunteer, Jane was in the Rotary Club of Durham and the American Association of University Women. Since girlhood, she has pursued her interest in France and French, studying and traveling whenever possible.

SPECIAL THANK YOU!

At OLLI Chico, community is at the heart of who we are. Our lifelong learning program exists through the heartfelt contributions of our volunteers – members and community partners who serve as guides, visionaries, teachers, and loyal supporters. We couldn't let this moment pass without recognizing those whose hard work and tireless support keep OLLI at the forefront of active learning and engagement.

Program Enrichment Committee

With pandemic responsibilities abating, OLLI is refocusing on program enrichment opportunities, with help from veteran volunteers as well as new volunteer leaders: Betty Bilbo, Lynn Cannon, Paul Coots, Louise Cummins, Jerry Dunham, Myron Flindt, Gary Hedlind, Dick Kennedy, Joe Matthews, Marcia Moore, Paul Moore, Lois Olson, David Price, Sara Simmons, William Tefteller, Sydney Wilde.

Office Volunteers

As we resume in-person classes, these volunteers serve as knowledgeable greeters and guides, providing administrative support services: Carla Bee, Paul Coots, Ellen Copeland, Gail Herrit, Zoe Race, Margaret Rader, Jim Salber, Donna Sandberg, Debbie Vermette.

Instructors and Hosts

Take a moment to read the biographies of the fall instructors in this catalog. Current and retired faculty, teachers, lawyers, hobbyists, engineers, nurses, mechanics, entrepreneurs, and administrators have devoted countless hours to enhancing our learning experience this fall.

Membership & Outreach Team

Long-time OLLI ambassadors, these volunteers promote OLLI at farmers' markets, recruit new members, and educate Chico about our program: Joan Buck, Carla Dunham, Peggy Fashing, Pat Gee, Roxanna Grassini, Sally Martin, Nancy McCartney, Paul Moore, Ginny Rose, Gwen Rust, Bettye-Ann Stephens, Donna Wilson.

Zoom Trainers

These Zoom-savvy members dedicate their time to training and assisting instructors and members online: Cris Guenter, Sue Kennedy, Leanne Ulvang, Gale Ulvang.

Donors

Individual donations totaled more than \$33,000 from 20 percent of OLLI members in 2021-22. Your generosity provided fee assistance for members who needed a lift; new computer equipment to help us stay connected and engaged; air purifiers to keep us safe; and a financial boost when revenue targets fell short due to membership losses in the pandemic.

Business Sponsors

Connecting with local businesses helps expand programming, improve public image, and build prestige in the community. OLLI sponsorships also offset major expenses, like classroom rental fees, and they contribute to our reserve fund, which has sustained us through the darkest months of the pandemic.



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BUILDING COMMUNITY



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FALL '22 CLASS REQUEST FORM

Classes have different start dates throughout the semester. Please consult the class schedule.

Classes with * Count Toward 3-Class Limit

MONDAY CLASSES

24-Form Tai Chi *	French 1	Myths, Legends, and Tales of the Celts
Armchair Travel Sketching Journal *	French 2	National Security & US Intelligence Community
Beginning Guitar: Level 2	French 3: Conversation	Retirement Planning & Investments
Cracker Barrel: In-Person	How to Protect from Financial Scams	Sing Gospel Music *
Cracker Barrel: Online	Illustration: Art and History, Part 2	The Cost of Discipleship

TUESDAY CLASSES

108-Form Tai Chi: Beginning *	Forgiveness	Reading Poetry for Meditation and Reflection
108-Form Tai Chi: Intermediate *	Healthier You: Enloe Lecture Series	Skeleton Keys *
Aviation History	Hike Hard & Learn in Upper Bidwell Park *	Skeptic's Guide to the Universe *
Dante's Divine Comedy	Inclusivity Book Group	Slow-Reading Shakespeare: As You Like It
Drawing Prompts and Possibilities	Keeping a Sketchbook	Tuesday Tunes: In-Person
Emergency Preparedness	Let's Keep Knitting	Tuesday Tunes: Online

WEDNESDAY CLASSES

Art Speaks: Writing to Art	Drawing with Humor	Lincoln on Democracy *
Arts of Islam	Estate Planning 101	Science Fiction Book Group
Chico State Faculty Lecture Series: In-Person	Estate Settlement: What You Need to Know	Staying Healthy Over 50
Chico State Faculty Lecture Series: Online	Flirting with French	Trash and the Neal Road Landfill: Section 1
Claude Monet	HOOFRS: Revisited *	Trash and the Neal Road Landfill: Section 2
Demystifying Annuities: In-Person	Learn to Draw While Keeping it Fun! *	What's New with Medicare in 2023
Demystifying Annuities: Online	Life Talks: Creating Conversations	Writer's Workshop

THURSDAY CLASSES

Athena Militant: The Untold...	Great Decisions: Online	Race in American Art & Literature
Birding in the Chico Area: Section 1 *	Mindfulness for Health and Well-being *	Tectonic Shifts & Current Geo-Politics
Birding in the Chico Area: Section 2 *	Music of the Carter Family	TED Talks
Capitalism in China: Rise of a Global Giant	My Neighbor's Voice	Writing Short Plays *
Feng Shui in the 21st Century *	Parables to Die For	
Great Decisions: In-Person	Publishing, Audiobooks, Writing...	

FRIDAY CLASSES

Artisan Bread Making: Advanced	Explore Your Public Lands: Gray Lodge *	The Ganges and Mekong Rivers
Artisan Bread Making: Beginning	Garden Gourmands *	Women's Hike to Paynes Creek Point *
Birding at Llano Seco *	Music and Musicians	
Cribbage: Learn and Play	Poetry for Pleasure	

SATURDAY CLASSES

Always Whole: Wholeness Practices Anthro is Fun!: Sharing Food, Sharing Power

**Class Registration
Opens Aug. 25 @ 9AM**

Class Selections:

Write your class selections below AND highlight or circle your choices at left.

[illegible]

Mail Completed Form To: OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

Membership for those aged 50+ or retired is required to participate in OLLI classes, activities, and events. OLLI volunteer instructors are also required to join. Joining OLLI at Chico State supports our programs and enables you to enjoy OLLI's 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 _____ ☐ OLLI Account Username _____

☐ 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 don't have access to a computer or email account, please check here to receive the information by mail. [☐]

Available Membership Options: *Installments Available!*

Make your selection next to the option you prefer and enter your credit card information below.

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

Fall '22, Spring '23 & Summer '23 Bundle

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

Fall '22 & Spring '23 Bundle

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

Instructor Bundle: Fall '22 & Spring '23 & Summer '23

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

Informed Consent Agreement:

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

Signature (Required): _____ Date: _____

Membership Payment: Join & pay fees online at olli.csuchico.edu or mail this form & payment to the OLLI office (address below).

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

VISA/MC Card # _____

Exp. _____ 3-Digit Card Security Code: _____

Mail Form & Payment To: OLLI at Chico State • 400 W. 1st St • Chico, CA 95929-0792

Special Events This Fall!

BROADWAY SACRAMENTO PRESENTS...

Come From Away

Join OLLI members and friends for a trip to Broadway Sacramento for the Tony-nominated musical *Come From Away*. This *New York Times* Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. On 9/11, the world stopped. On 9/12, their stories moved us all.

September 25, 2022 at Broadway Sacramento

Trip time is approximately 9:45AM–5:30PM

Tickets are \$225 for members or guests

Registration & payment due by July 22, 2022

For tickets, visit the “Trips and Tours” page at olli.csuchico.edu



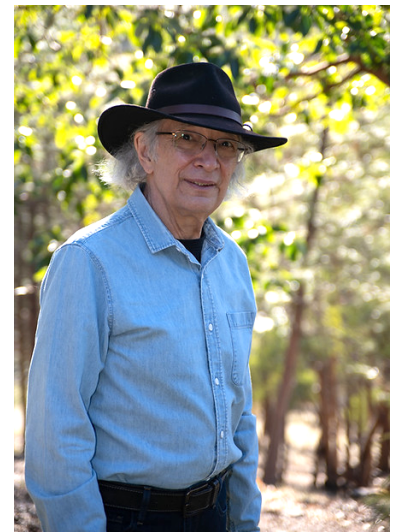
FALL SPEAKER SERIES

Publishing, Audiobooks, Writing, and Literary Agents Explained

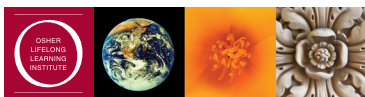
October 13, 3-4PM, online

Publishing executive and Grammy-nominated record producer Rick Bleiweiss shares lessons learned in his roles as a senior executive in a publishing company and as a published author, including information and advice about publishers and publishing, literary agents, query letters, audiobooks, writing, and more.

Rick Bleiweiss is a publishing executive, author, former music industry executive and Grammy-nominated record producer. Since 2006 he has been head of business development for Blackstone Publishing & Audio and has acquired works by bestselling authors and celebrities, including Rex Pickett, Robert Downey Jr., James Clavell, Catherine Coulter, and Nicholas Sansbury Smith. At 77 years old, his first novel, *Pignon Scorbion & The Barbershop Detectives* was published to great acclaim.



For more information, visit the “Special Events” page at olli.csuchico.edu



OLLI at Chico State
400 W. First Street
Chico, CA 95929-0792

Three Ways to Learn This Fall!

- In the Classroom
- Outdoor Meetups
- Online Learning



In August, we will highlight our fall experience through an online class preview on Zoom followed by an in-person preview. The fall preview events will give you a sample of what OLLI has to offer. Both events are open to the public. Invite your friends!

Live-Online Class Preview

Wednesday, August 17, 10:30–11:30AM

We encourage everyone familiar with Zoom to join us online once again for the Virtual Class Preview. Learn about fall classes, plan your schedule, and hear from some of the volunteer instructors who'll be leading classes starting September 12.

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

In-Person Class Preview

Thursday, August 18, 10:30AM–Noon

Chico Masonic Family Center
1110 W. East Avenue, Chico.

Free parking, coffee, and snacks.
Come learn what OLLI has planned for fall!

***Join us
& invite a friend!***