



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

## Three Ways to Learn This Summer!

Online Learning • Outdoor Meetups • In the Classroom

**SUMMER 2022 CLASS CATALOG • JUNE 1–28**



- ▶ Summer Class Previews: May 11 & 12
- ▶ Registration Begins: May 19
- ▶ Classes Begin: June 1

For those ages 50 and better! The **Osher Lifelong Learning Institute** in Chico, California is a learning community comprised of 1,000+ 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](http://olli.csuchico.edu)**  
**530-898-6679**

# Summer 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 birdwatching to Beethoven, drawing to domestic politics, hiking to history, and more! You can attend a class in person, or you can join us in our virtual classrooms via Zoom. Most of our online classes are recorded, allowing members to view these classes anytime, at your leisure. Explore the more than 30 classes offered this summer 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 Summer!

*Proof of vaccination(s) + booster required for all in-person classes, meetups, and activities.*

### 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!). Look for the in-person designation on the OLLI class pages on the OLLI website.

### Live-Online Classes

OLLI uses Zoom for interactive, live-online classes allowing you to participate from home using your computer, tablet, or smart phone. Zoom classes can also be recorded, making it easy to watch (or re-watch) classes on demand.

### Outdoor Meetups

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

## Membership

Membership is required to participate in OLLI classes, activities, and events. Your membership lets you take as many classes as you'd like each term with no additional per-class fee, though a few classes may have a small supplies or admissions fee.

**Fees:** • Summer Only: \$75 • Summer Classes + Fall/Spring Recordings: \$145

## Ways to Join OLLI & Register for Classes

**Registration Site:** [olli.csuchico.edu](http://olli.csuchico.edu)

**Phone:** (530) 898-6679

**In-Person Drop Off:** OLLI Main Office,  
Aymer J. Hamilton building on Chico State campus

**Mail:** 400 W. First Street, Chico, CA 95929-0792

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*In accordance with OLLI at Chico State policy, no refunds will be given, but unused fees will help to support our programs.*

## MONDAY CLASSES

	Cracker Barrel: In-Person	David Price	9:30–11	Jun 6–27	The Social Chico: Bradley 2
	Cracker Barrel: Online	David Price	9:30–11	Jun 6–27	Link to be Provided
\$	Food Entrepreneurship: Reviving a Local Treasure	Joni Samples	9:30–11	Mon & Wed, Jun 6–29	The Social Chico: Bradley 1
	Creating Small Collage Books	Debbie Vermette	12:30–2:30	Jun 6–27	The Social Chico: Bradley 1

## TUESDAY CLASSES

	Regenerative Agriculture: Carbon Farming to Build a Resilient Future	Logan Smith	9:30–11:30	Jun 14	The Social Chico: Bradley 2
	Drawing in 3 Dimensions	Dick Kennedy	10–11:30	Jun 7–28	Link to be Provided
	Taking and Editing Photos on Your iPhone	Cris Guenter	10–11:30	Jun 7–14	Link to be Provided
	Development of Gender and Sexuality	Gail Walton	10–12	Jun 7–28	Link to be Provided
	Slow-Reading Shakespeare: Sonnets	Jack Ayer	10:30–12	Jun 7–28	Link to be Provided
	Let's Talk Roses	Jan Burnham	12:30–2	Jun 7–28	The Social Chico: Bradley 1
	Nine Rooms of Your Life	Valerie Althoff	3–4	Jun 7–28	The Social Chico: Gordon 1

## WEDNESDAY CLASSES

	Sketching Outdoor Meetups	Marvey Mueller	8:30–10	Jun 1–22	See Description
	Healthy Steps	MaryJo Brown	8:45–9:45	Jun 1–22	Terraces
	Conservatorships 101	Dana Campbell	9:30–11	Jun 1–15	The Social Chico: Gordon 1
	Heroes for Hard Times	Robin Dizard	9:30–11	Jun 1–22	The Social Chico: Bradley 1
	Perspective 4 Artists	Dick Kennedy	10–11:30	Jun 1–22	Link to be Provided
	History and Function of the Ford Model A Car	Len Spesert	1–2	Jun 1–22	The Social Chico: Bradley 2
	Play Reading for Fun	Pam Loyd	1–2:30	Jun 1–22	Link to be Provided
\$	Science Fiction Book Group	Sydney Wilde	1–2:30	Jun 1–22	Link to be Provided
	Time Travel: Eboracum, Jorvik, York	Leanne Ulvang	1–2:30	Jun 1–22	Link to be Provided
	Art Talks: Writing to Works of Art	Joan Goodreau	1:45–3	Jun 1–15	See Description
	Homing In on Homelessness - The Path from Crisis to Care: In-Person	Janet Rechtman	5–6:30	Jun 15	The Social Chico: Bradley 2
	Homing In on Homelessness - The Path from Crisis to Care: Online	Janet Rechtman	5–6:30	Jun 15	Link to be Provided

## THURSDAY CLASSES

	Birding at Pine Creek Access and Indian Fishery	Joyce Bond	9–11	Jun 16	See Description
	Birding at the Washout and Big Chico Creek Access	Joyce Bond	9–11	Jun 2	See Description
	Chico State University Farm Tour	Sarah DeForest	9–11	Jun 9	See Description
	Knitting Nuances	Gale Ulvang	10–11	Jun 2–23	Link to be Provided
	Beginning Guitar: Level 2	Phil Elkins	10–11:30	Jun 2–23	The Terraces
	Create Unique Cartoon Characters	Dick Kennedy	10–11:30	Jun 2–23	Link to be Provided
	Understand Your Medicare Prescription Drug Plan	Victoria Brennan	2–3:30	Jul 14	Link to be Provided
	Eat More Plants: Plant-Based Cooking Demos	Denise Rose	3–5	Jul 21–Aug 11	Link to be Provided
\$	OLLI Theatre Club	Ann Nikolai	5–9	Jun 2–23	See Description

## FRIDAY CLASSES

	Inside the Restaurant Business	Walter Coffey	9:30–11	Jun 3–24	The Social Chico: Bradley 2
	Music and Musicians	Walter Coffey	12:30–2:30	Jun 3–24	The Social Chico: Bradley 2
\$	LaRocca Vineyards Tasting Room	Phaedra LaRocca	3–5	Jun 10	See Description
\$	Let's Get Cooking: Ragu alla Bolognese	Andrew Friefeld	Fri: 6–6:30 & Sat: 10–1	Fri & Sat, Jun 3 & 4	Link to be Provided

## SATURDAY CLASSES

\$	Gale Vineyards Winetasting: Section 1	Steve Gale	12–2	Jun 18	See Description
\$	Gale Vineyards Winetasting: Section 2	Steve Gale	12–2	Jun 25	See Description

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

☐ Name \_\_\_\_\_ OLLI Acct Username \_\_\_\_\_

☐ Address \_\_\_\_\_ ☐ City \_\_\_\_\_ ☐ Zip \_\_\_\_\_

☐ Email \_\_\_\_\_ ☐ Cell Phone \_\_\_\_\_

☐ Male ☐ Female Are you retired? ☐ Yes ☐ No OLLI shares most updates and information by email and on our website to conserve resources. If you do not have access to a computer or email account, please check here to receive the information by mail. [ ☐ ]

## MONDAY CLASSES

Cracker Barrel: In-Person Creating Small Collage Books  
Cracker Barrel: Online Food Entrepreneurship (Mon & Wed)

## TUESDAY CLASSES

Development of Gender and Sexuality Nine Rooms of Your Life Taking and Editing Photos on Your iPhone  
Drawing in 3 Dimensions Regenerative Agriculture  
Let's Talk Roses Slow-Reading Shakespeare: Sonnets

## WEDNESDAY CLASSES

Art Talks: Writing to Works of Art History & Function of the Ford Model A Car Play Reading for Fun  
Conservatorships 101 Homing In on Homelessness: In-Person Science Fiction Book Group  
Healthy Steps Homing In on Homelessness: Online Sketching Outdoor Meetups  
Heroes for Hard Times Perspective 4 Artists Time Travel: Eboracum, Jorvik, York

## THURSDAY CLASSES

Beginning Guitar: Level 2 Chico State University Farm Tour Knitting Nuances  
Birding: Pine Creek Access & Indian Fishery Create Unique Cartoon Characters OLLI Theatre Club  
Birding: Washout & Big Chico Creek Access Eat More Plants Understand Your Medicare Prescription Plan

## FRIDAY CLASSES

Inside the Restaurant Business Let's Get Cooking (Fri & Sat)  
LaRocca Vineyards Tasting Room Music and Musicians

## SATURDAY CLASSES

Gale Vineyards Winetasting: Section 1 Gale Vineyards Winetasting: Section 2

**Class Registration  
Opens May 19 @ 9am**

### Class Selections:

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

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### 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](http://olli.csuchico.edu) beginning May 2 or mail this form & payment to the OLLI office (address below).

**Membership Type:** ☐ Summer Only: \$75 ☐ Summer Classes + Fall/Spring Recordings: \$145

☐ 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





## Beginning Guitar: Level 2

Thu(s), Jun 2–23 • 10:00–11:30 AM • The Terraces

Instructor: 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.

## Conservatorships 101

Wed(s), Jun 1–15 • 9:30–11:00 AM • The Social Chico: Gordon 1

Instructor: Dana Campbell

Conservatorships can be an amazing tool to assist those who cannot help themselves, especially if Power of Attorney is not enough. They are, however, complex and sometimes difficult to manage. Should you consider a conservatorship for a loved one, young or old, who lacks capacity? We will discuss creation and maintenance of a conservatorship and court interaction. Lastly, we will explore unique scenarios where a temporary conservatorship may be an answer. Come, join, and share - interactive is always better!

## Cracker Barrel: In-Person

Mon(s), Jun 6–27 • 9:30–11:00 AM • The Social Chico: Bradley 2

Instructor: 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.

## Creating Small Collage Books

Mon(s), Jun 6–27 • 12:30–2:30 PM • The Social Chico: Bradley 1

Instructor: Debbie Vermette

We'll be making a small book, collaging the cover, and experimenting with color and collage on the inside pages. No experience or art background needed. Learn something new and have fun at the same time!

## Food Entrepreneurship: Reviving a Local Treasure \$

Mon/Wed(s), Jun 6–29 • 9:30–11:00 AM • The Social Chico: Bradley 1

Instructor: Joni Samples

Join OLLI instructor Joni Samples as she navigates the restaurant business for the first time with her recent purchase of the Lassen Steakhouse. Hear from several key players, including a pastry chef and restaurant manager. The fourth and final session will take place at the Lassen Steakhouse, where OLLI members can explore the property, sample food, and taste wine from the New Clairvaux Vineyard! *Note:* This class will meet in Bradley 1 on June 6, 13, and 20 from 9:30–11am. Our final day will be on Wed., June 29, when we'll meet at the Lassen Steakhouse from 11am–3pm.

## Gale Vineyards Winetasting: Section 1 \$

Sat(s), Jun 18 • 12:00–2:00 PM • 9345 Stanford Ln., Durham, CA

Instructor: Steve Gale

Visit our tasting room in Durham and enjoy wine tasting, local food pairings, gifts, and more. Each of our estate varietals are grown using organic farming practices and are dry farmed, producing rich, concentrated fruit. We prune our vines using the Old World technique of “head pruning” to protect the fruit and yield a fuller, richer flavor. Join us for this one-time class where we will enjoy good company, great wine, and all the Stanford Oaks Estate has to offer! *Note:* There will be a \$15 tasting fee.

## Gale Vineyards Winetasting: Section 2 \$

Sat, Jun 25 • 12:00–2:00 PM • 9345 Stanford Ln., Durham, CA

Instructor: Steve Gale

Visit our tasting room in Durham and enjoy wine tasting, local food pairings, gifts, and more. Each of our estate varietals are grown using organic farming practices and are dry farmed, producing rich, concentrated fruit. We prune our vines using the Old World technique of “head pruning” to protect the fruit and yield a fuller, richer flavor. Join us for this one-time class where we will enjoy good company, great wine, and all the Stanford Oaks Estate has to offer! *Note:* There will be a \$15 tasting fee.

## Healthy Steps

Wed(s), Jun 1–22 • 8:45–9:45 AM • The Terraces

Instructor: MaryJo Brown

*Healthy Steps* is a gentle dance/exercise program that is safe for all levels of fitness. The class includes gentle warm up, balance, and cardio designed to build your immune system and stamina. Boost your endorphins with upbeat music and camaraderie. You move at your own pace, sitting or standing. Minimal space is needed to move around for this 60-minute, in-person class with a break in the middle. Wear comfortable clothes and shoes to move around in and bring a water bottle. *Note:* To find out more, go to [healthysteps-maryjo.com](http://healthysteps-maryjo.com).

\$ = Additional fee.

## Heroes for Hard Times

Wed(s), Jun 1–22 • 9:30–11:00 AM • The Social Chico: Bradley 1  
Instructor: Robin Dizard

Can anyone make the world better? Should they try? Safeguarding the vulnerable, extending human rights, negotiating for peace and justice are difficult, some would say, impossible. So, do we need heroes? Heroes have to be able to imagine as well as act, exercise patience, and persuade others to share their vision. Are any available? Some examples to consider are Benjamin Lay, Harriet Tubman, Ida B. Wells, Paul Robeson, Frederick Douglass, and Diana Beresford-Kroeger. Prepare to be amazed.

## History and Function of the Ford Model A Car

Wed(s), Jun 1–22 • 1:00–2:00 PM • The Social Chico: Bradley 2  
Instructor: Len Spesert

This class will survey the contributions of Henry Ford to the early American automobile industry and examine the attributes of the revolutionary Model A. Much of what is known as today's American car-culture tracks back to the affordable Model A, even though the last one was produced 90 years ago. At each class, a different model - roadster, coupe, sedan, or pickup - will be on display and available for hands-on review.

## Homing In on Homelessness: The Path from Crisis to Care: In-Person

Wed, Jun 15 • 5:00–6:30 PM • The Social Chico: Bradley 2  
Instructor: Janet Rechtman

Since 2018, 15,000 residents of Butte County lost their homes to wildfire, damage compounded by the high cost of replacement housing. In Chico today, 1,200+ homeless people live in tents, vehicles, or on the street. This class provides data-based insights into the challenges involved in the search for and provision of adequate housing. Local speakers will provide informed perspectives about the effects of our housing crisis on individuals and families, as well as on larger contexts of politics, environment, economy, and sense of community.

## Inside the Restaurant Business

Fri(s), Jun 3–24 • 9:30–11:00 AM • The Social Chico: Bradley 2  
Instructor: Walter Coffey

Many of us dream of packing in the day job and starting a restaurant, but few are brave enough. Especially when it means quitting a job in the city, risking life savings with a young family to support - all with no catering experience whatsoever. Enter Russell Norman, star of the mercurial and cutthroat London restaurant scene, who has opened several restaurants himself. Each week we'll see Norman shepherd a different restaurant from concept to reality.

## LaRocca Vineyards Tasting Room \$

Fri, Jun 10 • 3:00–5:00 PM • 222 W 2nd St., Chico  
Instructor: Phaedra LaRocca

Good organic whole food is the basis of life and sound judgement. Learn how this family-owned business got its inspiration and is flourishing with three generations of LaRocca involvement. Their hard work celebrates sustainability and thrivability through organic agriculture – and their natural wines prove it. Join Phaedra LaRocca in her downtown Chico tasting room for a short history lesson about her family's wine business and to taste the fruits of their labor! *Note:* \$10 tasting fee, waived with purchase of wine.

## Let's Talk Roses

Tue(s), Jun 7–28 • 12:30–2:00 PM • The Social Chico: Bradley 1  
Instructor: Jan Burnham

This will be a free-format class centered around rose topics of particular interest to enrollees or selected by the instructor based on weather, pests, and other rose-growing related issues. Enrollees have the option of submitting questions or possible topics for discussion.

## Music and Musicians

Fri(s), Jun 3–24 • 12:30–2:30 PM • The Social Chico: Bradley 2  
Instructor: 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 to jazz or rock. This is a class for the open-minded and intellectually curious because, paraphrasing Mick Jagger, you might not always hear what you like but sometimes you just might like what you hear.

## Nine Rooms of Your Life

Tue(s), Jun 7–28 • 3:00–4:00 PM • The Social Chico: Gordon 1  
Instructor: Valerie Althoff

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

## Regenerative Agriculture: Carbon Farming to Build a Resilient Future

Tue, Jun 14 • 9:30–11:30 AM • The Social Chico: Bradley 2  
Instructor: Logan Smith

This class introduces topics such as agriculture history, research, and practices to a general audience. This workshop briefly reviews agriculture's climate change strategies. Upon completion of this workshop, attendees will understand the basics of carbon farm planning and how to apply these ideas.

\$ = Additional fee.



## **Cracker Barrel: Online**

Mon(s), Jun 6–27 • 9:30–11:00 AM • Link to be Provided

Instructor: 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.

## **Create Unique Cartoon Characters**

Thu(s), Jun 2–23 • 10:00–11:30 AM • Link to be Provided

Instructor: Dick Kennedy

Draw cartoon heads and bodies, along with all features. Learn to morph (relocate, resize, stretch, squeeze, and exaggerate) to explore the infinite possibilities for creating your own unique characters. Bring your characters to life and give each their own personality. Make your characters talk and think. Absolutely no drawing ability required. All that's required is a pencil, some inexpensive paper, and a sense of humor. *Note:* This class is being offered in partnership with the Chico Art Center.

## **Development of Gender and Sexuality**

Tue(s), Jun 7–28 • 10:00 AM–12:00 PM • Link to be Provided

Instructor: Gail Walton

This topical class is designed for those who wish to develop a broader and deeper understanding of children's gender and sexuality development. You will learn about the theoretical explanations of gender and sexuality development and discover how biological, social, cultural, and cognitive influences impact concepts of gender and sexuality.

## **Drawing in 3 Dimensions**

Tue(s), Jun 7–28 • 10:00–11:30 AM • Link to be Provided

Instructor: Dick Kennedy

Paper is a two-dimensional surface. The lines you draw on it are flat and two dimensional. In order to give the appearance of three-dimensional images on your paper you need to create an illusion. Relax and have fun while learning to apply the art fundamentals that will add that third dimension to your drawings. All that's required is a pencil, eraser, some inexpensive paper, and a sense of humor. *Note:* This class is being offered in partnership with the Chico Art Center.

## **Eat More Plants: Plant-Based Cooking Demos**

Thu(s), Jul 21–Aug 11 • 3:00–5:00 PM • Link to be Provided

Instructors: Denise Rose, Georgie Campas

Whole food, plant-based dietary patterns are supported by major medical organizations as an excellent strategy for optimizing health, maintaining a healthy body weight, and significantly reducing risk for chronic disease. Plant-based recipes will be demonstrated, along with science that explains why plant-based eating is so healthy. This class is valuable for anyone wanting to transition to a plant-based lifestyle or for those who want to add more healthy plant food into their present diet. *Note:* This is a late summer class, beginning July 21. Recipes will be shared in advance of each class.

## **Homing In on Homelessness: The Path from Crisis to Care: Online**

Wed, Jun 15 • 5:00–6:30 PM • Link to be Provided

Instructor: Janet Rechtman

Since 2018, 15,000 residents of Butte County lost their homes to wildfire, damage compounded by the high cost of replacement housing. In Chico today, 1,200+ homeless people live in tents, vehicles, or on the street. This class provides data-based insights into the challenges involved in the search for and provision of adequate housing. Local speakers will provide informed perspectives about the effects of our housing crisis on individuals and families, as well as on larger contexts of politics, environment, economy, and sense of community.

## **Knitting Nuances**

Thu(s), Jun 2–23 • 10:00–11:00 AM • Link to be Provided

Instructor: Gale Ulvang

How often have you said, "I wish I'd known that before I started" in the middle of a new knitting project? This class offers knitters at all experience levels a framework for creating successful knitting results. In four sessions, we'll consider pattern and yarn choices, reading patterns, tool selection, and handy techniques for cast ons, bind offs, selvages, and finishing. We'll work from a simple pattern with both a chart and written instructions to practice what we're learning.

## **Let's Get Cooking: Ragu alla Bolognese \$**

Fri/Sat, Jun 3–4 • Fri: 6–6:30 PM & Sat: 10AM–1PM • Link to be Provided

Instructors: Andrew Friefeld, Lisa Friefeld

This class is based on a recipe modified from one published in *Cooks Illustrated*. We are true foodies and have been making this recipe for over a decade. The first session, Friday from 6–6:30PM, will be a review of the ingredients and some important prep work that needs to be completed at least three hours prior to cooking. The second session, Saturday from 10AM–1PM, will be the final preparation and cooking of this classic recipe. We hope you enjoy this recipe as much as we do! *Note:* Instructors will email the list of ingredients to be purchased prior to the first meeting.

\$ = Additional fee.

## Perspective 4 Artists

Wed(s), Jun 1–22 • 10:00–11:30 AM • Link to be Provided

Instructor: Dick Kennedy

Perspective techniques are used by artists to create the realistic impression of depth in their drawings and paintings. Because it's a difficult subject, many artists have never learned, struggle with, or have chosen to ignore it altogether. This is your chance to learn the techniques of perspective in an easy, fun way. Learn to see the world as an artist sees it. All that's required is a pencil, eraser, ruler, some inexpensive paper, and a sense of humor. *Note:* This class is being offered in partnership with the Chico Art Center.

## Play Reading for Fun

Wed(s), Jun 1–22 • 1:00–2:30 PM • Link to be Provided

Instructor: Pam Loyd

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

## Science Fiction Book Group \$

Wed(s), Jun 1–22 • 1:00–2:30 PM • Link to be Provided

Instructor: 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 book for June will be *Heroes*, by Victoria Leo, who was an OLLI Volunteer Instructor during the Fall 2021 term. *Heroes* is available as an e-book for \$2.99 or in paperback for \$9.99.

## Slow-Reading Shakespeare: Sonnets

Tue(s), Jun 7–28 • 10:30 AM–12:00 PM • Link to be Provided

Instructor: Jack Ayer

Group participation as Shakespeare fans share their favorite sonnets and discuss what makes particular sonnets work better than others. No prior exposure to Shakespeare required. This is the first "Slow-reading Shakespeare" class to showcase sonnets. *Note:* You'll want access to an edition of the sonnets. There are numberless choices, including, for serious enthusiasts, a couple of first-class modern editions with commentaries. Email me for specifics at [jdayer@ucdavis.edu](mailto:jdayer@ucdavis.edu).

## Taking and Editing Photos on Your iPhone

Tue(s), Jun 7–14 • 10:00–11:30 AM • Link to be Provided

Instructor: Cris Guenter

This class will introduce learners to basic foundational skills in establishing a composition for a photo, using the Rule of Thirds, and considering the values in a photo. This content will be followed by an introduction to the many photo editing tools available on an iPhone and how to use them with the photos that you have taken. *Note:* This class is for iPhone users. The iPhone should have the most current operating system and recent updates on it. The instructor will be using an iPhone 11 Pro for demonstrations, but other iPhones will work if they are at least an iPhone 7.

## Time Travel: Eboracum, Jorvik, York

Wed(s), Jun 1–22 • 1:00–2:30 PM • Link to be Provided

Instructor: Leanne Ulvang

Enjoy virtual travel to York at historic moments, from its founding by the Romans in 71 CE, occupation by the Norse (who called it Jorvik) in the early middle ages, through religious and political clashes of the Tudor and Stuart era, and finally exploring key industries of the modern era, including railways, confections, and tourism.

## Understand Your Medicare Prescription Drug Plan

Thu, Jul 14 • 2:00–3:30 PM • Link to be Provided

Instructors: Victoria Brennan, Tatiana Fassieux

We all hate hearing that a prescribed medication isn't covered. This class will provide helpful tools to appeal denials of prescription drug coverage, regardless of the type of prescription drug plan you have. Participants are encouraged to share their prescription drug coverage experiences.

# OUTDOOR MEETUPS

## Art Talks: Writing to Works of Art

Wed(s), Jun 1–15 • 1:45–3:00 PM • Meetup location to be provided.

Instructors: Joan Goodreau, Jean Varda

This class will give students a chance to enjoy works of art and respond to them in writing. We will enjoy art from local artists and write about them together in class. *Note:* We will meet at lower Bidwell Park, with specific details to come in an email to those enrolled.

\$ = Additional fee.



## Birding at Pine Creek Access & Indian Fishery

Thu, Jun 16 • 9:00–11:00 AM • Meetup location to be provided.

Instructor: Joyce Bond

Bring your binoculars and go birding at two more hotspots along River Road! This field trip will start at Pine Creek Access Area, where we'll likely see ducks and shorebirds, herons and egrets, osprey at their nest, and maybe otters. Then we'll go to nearby Indian Fishery to look for songbirds and woodpeckers along the loop trails in the cooler shade of the woods. This outing will involve about two miles of walking.

## Birding at the Washout and Big Chico Creek Access

Thu, Jun 2 • 9:00–11:00 AM • Meetup location to be provided.

Instructor: Joyce Bond

Bring your binoculars and go birding at two hotspots along River Road! This field trip will start at the Washout, where we'll see a variety of shorebirds, herons and egrets, and songbirds in and along the river. Then we'll go across the street to Big Chico Creek Access Area, where we'll look for birds along the loop trail in the cooler shade of the woods. This outing will involve about two miles of walking.

## Chico State University Farm Tour

Thu, Jun 9 • 9:00–11:00 AM • 311 Nicholas C Shouten Ln, Chico

Instructor: Sarah DeForest

The University Farm serves as the center for agricultural education, literacy, and research for a significant portion of Northern California. We welcome opportunities to show off our "living laboratory" to students, youth, farmers and ranchers, and the public. Please join us for a guided tour!

## OLLI Theatre Club \$

Thu(s), Jun 2–23 • 5:00–9:00 PM • Meetup locations to be provided.

Instructor: Ann Nikolai

Four evenings of entertainment! Join us for a pre-show dinner to be followed by a play or movie. Whenever possible, someone from the production will join us for dinner to give us insight into what we're about to see. Assigned seats will be purchased in advance so we can sit together. Dinners are optional and will be scheduled closer to the dates of the performances. Come enjoy local talent and socialize with fellow show lovers. *Note:* Participants will need to pay for their meal and theatre tickets. Details will be sent by email to those enrolled.

## Sketching Outdoor Meetups

Wed(s), Jun 1–22 • 8:30–10:00 AM • Meetup locations to be provided.

Instructor: Marvey Mueller

Join us as we gather with our folding chairs and sketching materials. Sites to be chosen will have convenient parking and restrooms. This will be a group effort and no formal instructions will be given, although fellow sketchers are often friendly and constructive critics. *Note:* Participants must bring their own materials and chairs and provide their own transportation to chosen sites.



**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 am a newcomer to Chico, and I love being in the vibrant and expansive energy of California!

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

**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.

**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 hopes to utilize 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.

**MaryJo Brown** ~ MaryJo Brown has been an educator and resident of Chico since 1974. Moving, dancing, and being active have always been important to

her, while sharing with others has been one of her core missions. She has been a licensed Healthy Steps instructor since 2006 and has taught locally and online. The Healthy Steps Lebed Method is a 35-year-old program that uses gentle, safe, and therapeutic movements. The program was designed by cancer survivor and professional dancer Sherry Lebed Davis and physician/brothers Drs. Marc and Joel Lebed.

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

**Georgie Campas** ~ Dr. Denise Rose and Georgie Campas have been teaching whole food, plant-based eating for several years. They have a social media

presence on both Facebook and YouTube under the name Happy Vegan Couple. Georgie loves to teach people how to prepare and cook healthy plant food that is delicious and simple to make, drawing on his life-long experience as family cook and from earlier restaurant jobs.

**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 this class and hopefully can allay some fears and provide guidance. I welcome input from class members because I believe that we all grow and learn from each other.

**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.

**Sarah DeForest** ~ Like many of the College of Agriculture staff, Sarah DeForest is a proud graduate of the program. After earning her degree in animal science, she returned to Chico to work for her alma mater not once, but twice. The first time was as the college's outreach coordinator, recruiting students to join the College of Agriculture. After a brief foray into workforce development, Sarah returned to Chico in 2007 as director of advancement, cultivating philanthropic support for the college. Now as director of external relations, Sarah connects the College of Agriculture with alumni, donors, and the community through publications, events, and outreach.

**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*, and *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.

**Phil Elkins** ~ Phil is from East Los Angeles, was drafted and sent to Vietnam as a medic. He moved to Chico in 1975, where he made Senor 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.

**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.

**Andrew Friefeld** ~ Andy earned his master's degree in electrical engineering (EE) at Chico State in 1993. He later moved to Tucson, Arizona, where he earned his PhD from University of Arizona in EE with a minor in applied mathematics. While studying in Tucson, he met his wife, Lisa. They both enjoy busy lives working hard, mountain biking, hiking, camping, wine tasting, and going to fantastic restaurants. When they first began dating, they decided to try to cook challenging and interesting recipes together. Andy and Lisa have been together 25 years now and are still cooking!

**Lisa Friefeld** ~ Lisa received her bachelor's degree in sociology and elementary certification at University of Colorado at Boulder. She then owned and operated three, large pre-schools in Tucson, Arizona. It was there that she met her husband Andy, who was studying at University of Arizona. They both enjoy busy lives working hard, mountain biking, hiking, camping, wine tasting, and going to fantastic restaurants. When they first began dating, they decided to try to cook challenging and interesting recipes together. Andy and Lisa have been together 25 years now and are still cooking!

**Steve Gale** ~ Steve moved to Chico to study for a degree in physical education and biology. His interest in biology likely stemming from his home-brewing experiences with wine and beer. Steve fell in love with the city and became a permanent resident. After graduating in the mid-seventies, he found part-time employment as a teacher at Butte College and as a bartender at some of the city's finer dining establishments. In 1980, he purchased Stanford Oaks Estate, located on Stanford Lane adjacent to Butte Creek. Now married, Steve and his wife, Creasia, host 10 to 20 weddings each year for up to 200 guests at their Stanford Lane property.

**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.

**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.

**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.

**Phaedra LaRocca** ~ Born and raised in Butte County, Phaedra grew up in the vineyard helping her parents farm and make wine. At 18, she left home to study and graduate from UC Santa Cruz, where she furthered her knowledge on the benefits of organic agricultural and organic food. Upon returning to Chico, she pursued a master's in Ag Business at Chico State, leaving just ten units shy to join forces with her father and dive into LaRocca Vineyards. As second generation, she's now the winemaker and sales force. Maneuvering through the Camp Fire, followed by the pandemic, LaRocca Vineyards has downsized and is proud to present their fine organic wines. Nothing added, nothing missing!

**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 OLLI play festivals. Pam has written numerous short plays and has had several of them published.

**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.

**Ann Nikolai** ~ Ann is the program director of OLLI at Chico State and has dedicated more than 25 years to promoting educational opportunities to non-traditional populations. She earned her MA in public administration at San Francisco State University, attended the Institute of Educational Management at Harvard University, and she earned her undergraduate degree at the University of Pennsylvania.

**David Price** ~ David Price holds a BA in history, University of San Francisco; commissioned as US Army Infantry Officer through ROTC; served 30 years and retired as full colonel; served throughout the United States and in Korea, Germany, Iraq, and Saudi Arabia. Retired after 22 years as police officer, detective, and sergeant for the City of Anderson, California.

**Janet Rechtman** ~ Dr. Rechtman is a member of the Board of Directors of The League of Women Voters in Chico. The League of Women Voters is a nonpartisan political organization encouraging informed and active participation in government. It influences public policy through education and advocacy. Dr. Rechtman will facilitate this important conversation, along with fellow members of The League and the wider community.

**Denise Rose** ~ Dr. Denise Rose and Georgie Campas have been teaching whole food, plant-based eating for several years. They have a social media presence on both Facebook and YouTube under the name Happy Vegan Couple. With a doctorate in sociology and an enthusiastic educator, Denise brings a sociological perspective to issues of public health.

**Joni Samples** ~ Dr. Joni Samples' impressive background and experience in education is matched by her limitless commitment to connecting communities. While her career accolades include Superintendent of the Year for the State of California and special education teacher in Orange County, she has recently taken on a new venture of being a restaurateur with her purchase of the Lassen Steakhouse in Vina, California. A true lifelong learner, Joni uses her optimistic and curious nature to seek out opportunities and guide her through new experiences.

**Logan Smith** ~ Logan Smith returned to his alma mater in the fall of 2018 as an assistant professor in the College of Agriculture. Smith earned his BA in animal science at Chico State in 2002, followed by a master's in animal biology and PhD in molecular, cellular, and integrative physiology, both from UC Davis. He later completed a post-doctoral fellowship in human health at Oregon Health Sciences University. Smith is currently a faculty affiliate with the Center for Regenerative Agriculture & Resilient Systems.

**Len Spesert** ~ Len Spesert attended Chico State and received his BS degree in agriculture and a MBA degree. During his business career, he managed farming and agricultural processing and marketing companies in California and Oregon. Len is now retired and enjoys restoring Model A Ford cars. He currently has four Model A cars in various stages of restoration. He also serves on the board of directors of the Chico Area Chapter of the Model A Ford Club of America.

**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.

**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.

**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, prisons, and 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.

**Debbie Vermette** ~ Debbie has been experimenting with collage for years and loves the no-rules approach. Each project is a new adventure in fun and creativity!

**Gail Walton** ~ Dr. Gail Walton graduated from the University of Texas at Dallas in 1992 with a degree in human development. She also has an MA in special education. Her research interests include infant perception and cognition, the development of perfectionism, and emotional development in young children. Gail has taught over 30 different classes since 1992. Currently, she teaches marriage and family relationships, children's gender and sexuality development, prenatal and infant development, and research methods at Chico State.

**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.

## Special Thank You!

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



# OLLI Osher Lifelong Learning Institute

at Chico State | *where learning never retires...*

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## Registration Opens May 19 & Runs Throughout Summer

A paid OLLI membership is required to register for and attend summer classes. Visit the OLLI website at [olli.csuchico.edu](http://olli.csuchico.edu) or use the form inside the catalog to get started.

## Ways to Register and/or Join OLLI



### Online

[olli.csuchico.edu](http://olli.csuchico.edu)



### Phone

530-898-6679



### Email

[olli@csuchico.edu](mailto: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

## SUMMER '22 CLASS PREVIEWS

OLLI Class Previews give you a sample of what OLLI has to offer. Learn about the summer term, plan your schedule, and hear from some of the volunteer instructors who'll be leading summer classes.

### Live-Online Class Preview

Wednesday, May 11, 10–11AM

The link to join will be posted at [olli.csuchico.edu](http://olli.csuchico.edu) and shared in the *Bits & Bytes e-newsletter*.

### In-Person Class Preview

Thursday, May 12, 10–11AM

The Social Chico, Bradley 2  
1400 W 3rd Street  
Chico, CA 95928

## *Join us & invite a friend!*