

Osher Lifelong Learning Institute
OLLI *at* **SOU**
Southern Oregon University



Fall 2024 Course Catalog

September 16 to November 22, 2024

sou.edu/olli • 541.552.6048 • olli@sou.edu

Come for the Classes, Stay for the Connections

THE REAL HEART OF SOUTHERN OREGON.



THE HEART OF SOUTHERN OREGON.

Ask a dozen people where to find it and you'll get a dozen answers.

But, of course, Rogue Valley Manor senior living might just be the correct answer.

Not only is there so much to do both on campus and off, but it also has the nicest, most incredible group of seniors you could ever meet.

Come see for yourself. Call now to schedule a personal tour.



ROGUE VALLEY
Manor

Call today for more information
or to schedule a visit.

541.210.5246 • retirement.org/rvm

Osher Lifelong Learning Institute
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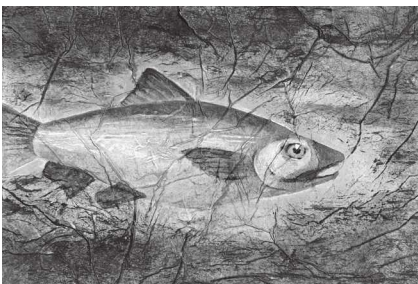
**Contacting
 OLLI at SOU**

Phone: 541-552-6048
 Email: olli@sou.edu
 Web: sou.edu/olli

Mailing Address
 1250 Siskiyou Blvd.
 Ashland, OR 97520

**SOU Campbell Center
 (Office and Classrooms)**
 655 Frances Lane
 Ashland, Oregon

Office Hours
 Monday-Friday
 9:00 am to 4:00 pm



On the Cover

The cover artwork is an acrylic mixed-media painting titled "Salmon Swim" by OLLI supporter Pam Haunschild. See her mural in OLLI's member lounge, and more of her nature inspired paintings at Art & Soul Ashland Gallery, Second Street Gallery in Bandon or online at www.pamhaunschild.com.

Catalog Staff

Editor: Peg Evans
 Assistant Editor: Mary Moreaux
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 & Anne Coleman, Co-chairs
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FALL 2024 Course Catalog

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OLLI

MEMBERSHIP BENEFITS

OLLI at SOU membership entitles you to:

- ▶ Take as many OLLI courses as you can schedule.
- ▶ Attend OLLI at SOU members-only events and activities and one-time programs.
- ▶ Participate in the OLLI at SOU travel pilot program.
- ▶ Create or participate in Shared Interest Groups, which are ongoing meetings of enthusiasts with a common interest that provide in-depth learning and activities.
- ▶ Vote in OLLI at SOU elections, including the annual election of Council directors.
- ▶ Receive Zoom support by contacting the OLLI office.
- ▶ Receive emails and invitations with details about OLLI events and programs.
- ▶ Visit the OLLI website and read the weekly Newsflash e-newsletter.

Volunteer Opportunities:

When you volunteer, we all grow! As a member-driven organization, OLLI at SOU's volunteers make up the creative forces powering our classes, governance and planning, member support, communications, social events, fundraising, gardening, office support—and so much more. Volunteering offers you the opportunity to make a difference at OLLI at SOU and to make more connections. To learn how you can get involved, contact Megan Rutherford at 541-552-6583 or olli@sou.edu.

SOU benefits to OLLI members:

- ▶ Participate in the SOU one-credit course program. If you are 65 or older and have lived in Oregon for the past 12 months, you are registered in at least one OLLI course, and you complete the one-credit student application, then you become an SOU student as well for the term. This allows you to check out books from the SOU Hannon Library, using your driver's license or another form of photo ID.
- ▶ Receive a discount on select music and theater performances at SOU's Oregon Center for the Arts. Call the box office at 541-552-6348 for details.
- ▶ Get a discount on tickets to SOU sports events. Call the Athletic Dept. at 541-552-6772 for details.
- ▶ Receive a \$10 discount on a Friends of the Hannon Library at SOU membership. Call the Library at 541-552-6816 for details.

OLLI Leadership 2024–2025

Council Directors

Laura Simonds, President
John Schuyler, Vice President
and President-Elect
Paul Christy, Treasurer
Joyce Avery, Secretary
Colet Allen, Director
Mary Devlin, Director
Myrna Hall, Director
Ann Magill, Director
Sarah Tisch, Director

Standing Committees

Communications
Chair TBA
Curriculum
Ginny Blankinship and
Anne Coleman, Co-chairs
Finance
Paul Christy, Chair
Fundraising
Dwight Wilson, Chair
Membership
Chair TBA
Leadership Development
and Recruitment
Chair TBA
Programs and Activities
Karla Langland, Chair
Venue and Technology
Lorraine Vail, Chair

OLLI at SOU Administration

Administrative Director
Heather Inghram
Office Assistant
Paige Jensen
Program Specialist
Megan Rutherford

Greetings from the OLLI Council President

Like this catalog's cover image of the fall Coho salmon migration, this is also the time for returning to classes at OLLI at SOU. By signing up now as a new or returning member, the fall begins a new 2024-25 year to enjoy lifelong learning and OLLI's many offerings.

This past year brought many changes that helped rebuild and strengthen OLLI at SOU's foundation as we move forward into this new year. We made infrastructure improvements, formed new or revised standing committees (Communications, Membership, Programs and Activities), became fully staffed with three full-time employees, tested a course pilot program at the Rogue Valley Manor, and hit a record high in fundraising. Whew—what a busy and productive year!

2024–25 promises to be equally productive. We hope that you'll be intrigued and motivated by some of the new activities and projects. Watch the weekly Newsflash for announcements and information on the following:

- A Travel Pilot Project. Many members expressed interest in an OLLI travel program, and we heard you! Starting with “baby steps,” we intend to offer day or short overnight trips and a couple of longer trips in the Western US.
- New website. Again, we heard our members express frustration with our website, and this summer brings an entirely new website. More modern and informative, easy to navigate. Be sure to make it your “go-to” source of information, along with the Newsflash.
- 2030 Strategic Plan. As we've done in the past with the 2020 and 2025 plans, a Strategic Plan Task Force will begin work on developing our next five-year plan.
- Rogue Valley Manor—new Medford venue. After three successful terms testing the Manor as a potential new Medford class venue, the Council officially approved it for classes each term going forward. Check out this catalog to discover what will be offered there.
- Fully operational committees. Several committees need to be fully launched with new committee members, and roles and responsibilities. Volunteering at OLLI can be fun and satisfying, as well as another opportunity to make connections. If you are interested in volunteering, see the contact information on page 2.

If you're a new or returning member, there is a lot for you to engage in. We're proud of OLLI's rich and successful past. Be part of our future, which certainly looks bright!

Sincerely,



Laura Simonds
OLLI at SOU Council President



Laura Simonds

Did you know?

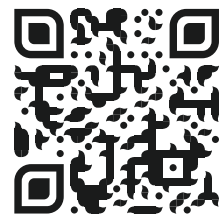
Membership fees only cover about *half* of our operating costs!
Annual giving is an essential part of a thriving OLLI at SOU.

Give to OLLI at SOU



Make your donation by check or give online at giving.sou.edu/olli

Help OLLI plan confidently for the future by setting up an automatically recurring gift—monthly, quarterly, or annually.



Gifts to OLLI's Annual Fund support organizational operations and other areas of need.
To learn more or to donate over the phone, contact the OLLI at SOU office at 541-552-6048.

Please welcome new Provost Casey Shillam

When I first met new Provost and Vice President for Academic and Student Affairs Casey Shillam, Ph.D., R.N., F.A.A.N, she was on campus interviewing to replace long-time provost and faculty member Sue Walsh. I found Casey to be thoughtful, generous, and filled with optimism. In fact, I was ready to hire her after just 20 minutes. In my mind, Casey was the ideal person to step in and lead the university's academic organization.

Casey's academic background is rooted in healthcare. She earned a doctoral degree in nursing from OHSU and specializes in aging and geriatric care. Casey's work on aging and health policy has made significant impacts regionally and nationally. In Oregon, she shaped legislation through the House Committee on Health Care to address the healthcare workforce shortage, resulting in actionable steps with measurable outcomes to address critical issues. At the federal level, she co-chaired the Department of Health & Human Services RAISE Family Caregiving Advisory Council, which provided the U.S. Congress with the first national caregiving strategy and federal funding priorities.



Janet Fratella

This background will be incredibly important as we move forward with the senior housing project planned to be constructed adjacent to campus and near the Campbell Center. Casey is also a veteran of the U.S. Air Force. During her military service, Casey was a Korean linguist based in Osan Air Base, South Korea, and the National Security Agency at Ft. Meade, Maryland.

In just three short months, Casey has already created a roadmap for her tenure. Her priorities will touch every corner of our campus, and I am confident that her leadership will reposition SOU's academic and student affairs programs to be among the top tier of those at similarly sized public universities.

Among Casey's highest priorities is increasing community outreach and engagement in the region. As a regional university, this is of paramount importance. SOU has the expertise in its faculty and staff to stimulate economic development, analyze possible solutions to thorny issues, and support various organizations throughout the valley.

I am confident that Casey will welcome the thoughts and ideas from OLLI members. You will find Casey to be someone who genuinely wants input and will value any and all engagement. Casey is best reached via email to provostsoffice@sou.edu.

My best to all of you,

A handwritten signature in cursive script that reads "Janet Fratella".

Janet Fratella
Vice President of University Advancement
and Executive Director, SOU Foundation

A quick guide to registering for OLLI courses

1

Join OLLI at SOU if you are not yet a 2024–25 member.

Visit the OLLI website: sou.edu/olli or see page 71.

2

August 12–23, submit up to three **Priority Registration** course requests.

NOTE: When a course has limited enrollment, you can increase your odds of getting into the course by how you prioritize your requests.

3

On August 30, receive the status of Priority Registration course requests by email or mail.

4

Beginning September 3, register for any open course during **Open Registration**.

Two Registration Periods

PRIORITY REGISTRATION

Priority Registration is a two-week period five weeks before the start of the term. Registering during the Priority Registration period increases your chances of getting the course(s) you want but it is no guarantee if the course is oversubscribed and has a Waitlist.

NEW: It is best to submit your priority registration requests as early as possible as the Waitlist is *ordered by the earliest date/time that the request was submitted*.

- ▶ Priority Registration enables you to request and prioritize up to three courses. To prioritize your requests, be sure to add your requests to the Cart in your preferred order (1st, 2nd, 3rd).
- ▶ After submitting your request(s), you will receive an email confirming the requests were received. If you do not receive the email confirmation, contact the OLLI office for immediate assistance.
- ▶ Priority course requests are processed the week after Priority Registration ends. You will receive an email confirming the status (**Registered** or **Waitlisted**) for each of the first three courses you entered.
 - If you request more than three courses during this period, the additional courses are dropped. You can re-submit those course requests during Open Registration.
- ▶ A computer-generated lottery will fill each course in the following sequence:
 1. All single course requests are registered first.
 2. If space remains, all requests that include multiple courses are processed according to the priority sequence in which they were added to the Cart.

OPEN REGISTRATION

Open Registration begins one week after Priority Registration ends.

- ▶ During Open Registration, you can register for courses in real-time, anytime, until a course is closed to registration. When registering online, if a course is oversubscribed, the **Add to Waitlist** button will appear instead of the **Add to Cart** button.

Important: Immediately after you submit your request (by clicking Purchase), you will receive a confirmation email. If you do not receive the email confirmation, contact the OLLI office for immediate assistance.




Registration Tip

The online catalog at sou.edu/olli has the most up-to-date information and is the fastest, safest way to register. If you wish, office staff can submit your course requests. If OLLI at SOU staff registers for you and you do not receive a confirmation email by the following workday, contact the OLLI office for assistance.

Important Registration Dates – Fall 2024


Aug 12, 9:00 a.m.	Priority Registration Begins
Aug 23, 4:00 p.m.	Priority Registration Ends
Aug 30	Priority Course Assignments Emailed/Mailed
Sep 3, 9:00 a.m.	Open Registration Begins
	Open Registration continues until a course is closed to registration. For the most up-to-date information on courses, visit our online course catalog at sou.edu/olli .
Sep 16	Fall Term Begins
Nov 22	Fall Term Ends

Identification of a Course Type and Location

 **In-person** course numbers include a letter at the end that denotes where the course meets.

A = Ashland **M** = Medford

 **Online** course numbers do not have a letter.

 **Hybrid** courses offer simultaneous in-person and online participation options. Register for the one option that you prefer. The in-person section will have a letter at the end of the course number — for example, SOC139A. The online section has no letter at the end — for example, SOC139.

OLLI at SOU primary course locations are as follows. Visit our website at sou.edu/olli for directions and parking information.

Ashland

SOU Campbell Center
655 Frances Lane
Ashland, OR 97520

Medford

RCC/SOU Higher Education Center
101 S Bartlett Street
Medford, OR 975204

























NOTE: Addresses for courses held at other locations are included in each course description.

OLLI COURSES FALL 2024




Courses are listed by day of the week, then chronologically by start date.
Course descriptions begin on Page 11.

For the most up-to-date information on courses, visit the online course catalog at sou.edu/olli

In-person:  Online:  Hybrid: 

TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
Monday							
Understanding Insulin Resistance and Diabetes	STEM309M	Aitken	9/16	4	10-11		59
Elizabethan Times: A Day in the Life	HIST301A	Jaffe	9/16	6	11-noon		24
First Chapter Novel Workshop	ARTS137A	Rhamey	9/16	5	11-12:30		22
Gutenberg to TikTok: Media History and Its Impact	HIST313A	Meyer	9/16	8	11-noon		25
The Five C's to Rebuild Trust in Our Society	SOC315	Simonds	9/16	5	11-12:30		66
Introduction to Guitar Playing	ARTS309A	R. Walker	9/16	8	1-3		14
Moving Forward on Your Own After Losing a Partner	LIFE126	Rubin	9/16	4	1-2:30		31
Plant Propagation for the Home Gardener	REC314A	Koenig / Lyssand	9/16	2	1-3		54
Ten Classic Musical Films: Part 3	ARTS269A	Sutton	9/16	9	1-4		12
Free the Feet, Ankles, Toes, and Legs	MOV313A	Forest	9/16	6	2-3		37
Absolute Beginners Pickleball	REC103A	Frank	9/16	5	2:30-4		51
Introduction to Tai Chi for Health and Longevity	MOV144A	Forest	9/16	6	3:30-4:30		38
Wines of the Rogue Valley: Blends	STEM318A	Pratt	9/16	6	3:30-5		60
Tai Chi for Health and Longevity: A Yang Short Form	MOV311A	Forest	9/16	6	5-6		40
Have Fun Learning About Birds	NAT130A	Rio	9/30	4	9-10:30		41
Hiking Ashland's Trails with Your Canine Friend	MOV312A	Hall	9/30	6	9-10:30		38
Physics for Nonphysicists: Radiation	STEM100A	Johnson	10/7	5	11-12:30		57
Let's Go to the Ashland Independent Film Festival	ARTS121A	Vail / Ferguson	10/7	3	3:30-5:30		11
Understanding Insulin Resistance and Diabetes	STEM309A	Aitken	10/14	4	9-10		59
The Symphony: Origins, History, Forms, and Instruments	ARTS337M	Evans	10/14	5	10-11:30		15
A World of Reliquaries	ARTS324	Taylor	10/14	5	11-12:30		18
WWII Ashland, Honoring the Fallen, Locating MIAs	HIST308A	Hasselmann	10/14	3	1-3		27
Life Happens. Now What? Life Transition Skills	LIFE127	Rubin	10/21	4	1-2:30		30
Advanced Beginners Pickleball	REC137A	Frank	10/21	5	2:30-4		52

Tuesday

Addiction Issues in Oregon: How Did We Get Here?	SOC318A	M. Rhoades	9/17	6	9-10:30		60
Beginning Excel for PCs	STEM138M	Campbell	9/17	8	9-10:30		55
Hot News & Cool Views	SOC139A	Vann	9/17	10	9-10:30		63
Unraveling the Mysteries of Consciousness	PERS273	Kalb	9/17	5	10:45-12:30		50
Beginning Guitar: Chords	ARTS332M	Lawson	9/17	10	11-noon		13
Best American Short Stories of the Century, Part 2	LIT112A	Kelly	9/17	8	11-12:30		33
Have You Had a Spiritual Experience?	PERS274A	Larson	9/17	3	11-12:30		46
Lesbian Culture, Community, and Relationships	SOC316A	Felicity	9/17	6	11-12:30		63
Listening to the Quiet Honest Voice Within	PERS318	Aquino	9/17	4	11-12:30		47
Making Art, Making Meaning	ARTS335A	Maitland-Gholson	9/17	6	11-12:30		20
Get Tippy with the Drunkard's Path: Quilting Curves	ARTS331A	Young	9/17	6	1-3		19
Poetry and Lyrics	ARTS325	Caraher	9/17	8	1-2:30		14
Relax, Let Go, and Sleep Like a Baby	PERS312A	Hubler	9/17	8	1-3		49
Becoming a Refugee: Four Ukrainian Women's Stories	PERS315	Paré	9/17	4	1:30-3:30		44
The Kiss of Eldering Beauty: Poetry of Compassion	PERS319A	Washington	9/24	5	9-10:30		50
A New Twist in Japanese Braiding: Kumihimo Flat	REC310A-1	P. Foster	9/24	3	1-3		51

TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
Aspects of Southern Oregon History	HIST195	LaLande	9/24	7	1-3:30		24
Submarines: Cold War to Recent Disasters	STEM307A	McCarthy	9/24	6	1-3		58
Fun with Collagraph Printing: Two-Day Workshop	ARTS330A	Cavecche	9/24	2	3:30-6:30		19
The Power and the Glory: A Century of Auto Racing	HIST315A	J. Davis	10/1	8	9-10:30		27
Russian Drama's Golden Age	LIT318A	Graybill	10/1	7	11-12:30		34
Cut-Up Poetry	ARTS276A	Ehrman	10/1	4	3:30-5		22
Mindful Movement: QiGong and Stretching	MOV125	Raynolds	10/8	4	9-10:30		39
Purifying Yourself Through Deep Nature Immersion	PERS326A	Gibson	10/8	2	11-12:30		49
Another Side of the Ancients	HIST304A	Drury	10/8	4	3:30-5		24
Growing a Garden for Beauty and Biodiversity	NAT102	McKenzie	10/15	5	11-12:30		41
Journey Between Your Heart and Soul, Enhanced	PERS269A	Kaufman	10/15	5	3:30-5:30		46
A New Twist in Japanese Braiding: Kumihimo Flat	REC310A-2	P. Foster	10/22	3	1-3		51
Exploring Digital Photography	ARTS296A	Palermi	10/29	4	9-10:30		18
Wendell Berry's "Jayber Crow"	LIT320A	Chetron	10/29	4	11-12:30		35
Introduction to Mathematical Logic	STEM317A	Scott	10/29	4	1-2:30		56
Cook Along: Eggs-tra Ordinary!	REC136	Schack	10/29	2	3:30-5:30		53
Exotic Travel	LANG105	T. Davis	10/29	4	3:30-5		28
Fall Prevention and the Experience of Balance	MOV307A	G. & S. Burnett	10/29	4	3:30-5		37
Knitting for Beginners	REC312A	Malette / Hansen	10/29	3	3:30-5		54
Expression Through Movement: Unlock Your Body	MOV309	Pinneau	11/5	3	9-10:30		36
The Deficit Myth	SOC317A	Woosnam	11/12	2	1-3		65

Wednesday

The Challenges of Literary Translation	LIT319A	Jaffe	9/18	3	9-10:30		34
Accessing Inner Guidance	PERS102A	Lash	9/18	4	11-noon		43
Enjoy German!	LANG109A	Gorsch-Nies	9/18	10	11-12:30		28
Ethics in an Age of Existential Crisis	SOC314	Kastenberg	9/18	10	11-noon		62
Etruscan Art	ARTS318A	Renwick	9/18	4	11-12:30		18
Mindfulness for Self-Discovery	PERS307	Perloff	9/18	8	11-12:30		48
The Music of J.S. Bach: The Solo Keyboard Works	ARTS326	Evans	9/18	7	11-12:30		15
Van Gogh's Life, Art, and Emulating His Style	ARTS339A-1	Wilkinson	9/18	3	11-12:30		21
Front Porch Music	ARTS307A	Hale	9/18	7	1-2:30		13
Fun with Russian	LANG166M	Levitt / Taylor	9/18	10	1-2:30		28
Make a Multimedia eBook: Your Words and Pictures	ARTS334A	M. Walker	9/18	5	1-3:30		20
Ten Classic Comedy Films: Part 3	ARTS203A	Sutton	9/18	10	1-4		12
Write Your Memoir	ARTS340A	Ticehurst	9/18	4	1-2:30		23
Understanding Medicare: The ABCs (and D)	LIFE120A	B. Foster	9/18	2	3:30-5		32
Pickleball Round Robin Fundamentals	REC313A	Frank	9/25	2	8:30-11:30		54
The Magic of Microsoft Access	STEM315	Settles	9/25	7	11-12:30		58
Mat Pilates for a Strong Core	MOV310A	Marcotulli	9/25	6	11:30-12:30		38
Longevity Through the Breath: Science and Practice	PERS270A	Flot	10/2	8	9-10:30		48
Meet the Faculty: SOU School of Social Sciences	SOC311A	Walcher	10/2	3	11-12:30		64
The Constitution in Everyday Life	SOC146	Massie	10/2	4	11-noon		65
Introduction to Afternoon Tea and Tea Blending	REC315A	Nash	10/2	2	3:30-5:30		53
Van Gogh's Life, Art, and Emulating His Style	ARTS339A-2	Wilkinson	10/9	3	11-12:30		21
The Fixation of Our Beliefs	SOC320A	Frangadakis	10/9	2	1-3		66
Walking Ashland's Trails	MOV147A	DeMerritt / Greenwood	10/16	6	9-11		40
English Country Dance	MOV106A	Friendly	10/16	6	11-12:30		36
Plumbing the West: Dams, Ditches, and Diversions	NAT111A	Schuyler	10/16	6	11-12:30		42
Conscious Aging and the Enneagram	PERS322A	Widup	10/16	6	1-3		44
Experiments in Artificial Intelligence	STEM210	Jarrard	10/16	5	1-2:30		56
RE-Examining "Wokeness"	SOC300A	Kohler	10/23	4	9-10:30		64

TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
Peace of Mind When Buying or Selling Your Home	LIFE305A	Berns	10/23	5	11-12:30		31
Building an Orchestra	ARTS341A	Majkut	10/30	3	11-noon		13
Coming of Age: The Rise of Orphan Genes	STEM316A	Wurtele	10/30	4	1-2:30		56
Fanning the Female Flame After Menopause	PERS259A	Preslar	11/6	3	1-3		45

Thursday

DIY FUNDamental Stock Analysis for Beginners	LIFE141	Couey / Smith	9/19	8	9-10:30		30
Everyone Can Be a Pundit: 2024 Presidential Race	SOC112A	Runkel	9/19	10	9-10		62
Anyone Can Do Basic Home Repairs, Especially You	REC152A	Hrdlicka	9/19	8	11-12:30		52
Autumn Decor: Pumpkins and Wreaths	REC311A	Ortiz	9/19	3	11-12:30		52
Fake News, Filter Bubbles, and Fact Checking	SOC301	Yucht	9/19	4	11-12:30		62
Mentoring: Gifting the Next Generation	PERS248A	Tully / Chertkov	9/19	6	11-12:30		48
Playful Art for Everyone	ARTS311A	Esposito / Fields	9/19	4	11-12:30		20
Better Together: The Work of the City of Ashland	SOC312	Cotta	9/19	9	1-2:30		60
Biblical Deconstruction and 21st Century Religion	PERS316	Ackroyd	9/19	7	1-2:30		44
Early Buddhist Thought in India	SOC313	Roby	9/19	10	1-3		61
Mining for Gold: Practices to Enrich Your Writing	ARTS336A	Oberhansly	9/19	5	1-3		22
Retirement and Your Money: What You Should Know	LIFE121A	Bleicker	9/19	3	1-2:30		32
Using Apple Apps and iCloud	STEM174	Strudler	9/19	6	1-3		59
How to Write a Romantic Novel	ARTS308A	Portnoy	9/19	8	3:30-5		22
Sapiens: From Hunter-Gatherers to Age of Science	HIST120A	Wetmore	9/19	5	3:30-5:30		26
Protecting Yourself from Scams	LIFE307A	Twomey	9/26	4	9-10:30		31
Time, Tempo, and Timbre with Three Women Composers	ARTS338A	Clarke	9/26	3	9-10:30		16
Inventing the Next Chapter of Your Life	PERS324	Halpern	9/26	8	11-12:30		46
If "Differ We Must": Lincoln in a Divided America	HIST314A	Stitham	9/26	5	1-3		26
Guitar Styles Throughout the World	ARTS342A	Ruiz / Fellman	9/26	4	3:30-5		14
Embracing the Sacred Feminine	PERS323A	Reed	10/3	6	1-2:30		45
Listening to Divine Mind with Sydney Banks	PERS321A	Altman	10/3	4	1-2:30		47
Introduction to Screenwriting	ARTS333A	Copley	10/3	7	3:30-5		11
Rilke's French Poetry	LIT317A	Petermann	10/10	6	1-2:30		34
Spanish via Songs	LANG167A	Coppedge	10/17	4	9-10:30		29
Doppelganger: The Double in Literature and Film	LIT316A	Rothschild	10/17	6	11-12:30		33
The Range of Light	NAT302A	Schuyler	10/24	5	9-10:30		42
Journey Between Your Heart and Soul, Enhanced	PERS269	Kaufman	10/24	5	3:30-5:30		46
See like a Geologist: The Landscapes of Patagonia	STEM314A	Grove	10/31	4	1-3		57

Friday

Everyone Can Be a Pundit: 2024 Presidential Race	SOC112M	Runkel	9/20	10	9-10		62
The Healthy Brain and Aging	SOC319A	Greenwell	9/20	5	11-12:30		66
Adapt Your Own Script for Readers Theater	ARTS300A	Stephens / McMinimy	9/20	10	1-3		17
Rag Quilting for Beginners	ARTS343A	Brantley	9/20	6	1-3		21
Using Apple Apps and iCloud	STEM174A	Strudler	9/20	6	1-3		59
Inventing the Next Chapter of Your Life	PERS324A	Halpern	9/27	8	11-12:30		46
If "Differ We Must": Lincoln in a Divided America	HIST314	Stitham	9/27	5	1-3		26
Relocating Outside the US in Retirement	LIFE306A	McCoy	10/4	3	11-noon		32
Acting for Readers Theater	ARTS327A	Stephens / McMinimy	10/4	8	1-3		16
Authentic Movement: Moving From the Inside Out	MOV301A	Odegaard / Petermann	10/11	6	9-11:15		36
Ayurveda: Art of Living	PERS320A	Dunfee	10/25	2	11-12:30		43
AI and You	STEM209A	T. Davis	10/25	5	1-3		55

Course Descriptions



One or more of these courses may present one aspect of a matter of public debate. Views expressed by the instructor/facilitator are not necessarily those of OLLI or Southern Oregon University. Furthermore, some students may find the material discussed or presented in one or more courses to be offensive or emotionally disturbing. Please read the course description carefully before registering for a course and contact the OLLI office if you have any questions or concerns.

Arts: Film/TV/Radio

NEW! Introduction to Screenwriting

Beginning with short, timed writing prompts, and the use of role play and embodiment of character sketches, participants will explore how to develop ideas into stories appropriate for the screen. The overarching goal is to have new screenwriters recognize the importance of visual writing and cinematic dialogue with the option to devise a seven-page screenplay demonstrating a specific thesis and point of view. The course will clarify the value of the collaborative process and will function as the writer's group for constructive criticism. Class sessions will begin with a short timed writing prompt, followed by a mini-lecture on new content, and culminating in group exercises. In the process, students will learn about the eight-step arc in a story and will develop an understanding of narrative scene construction, utilizing FREE Highland 2 screenplay software. Students are encouraged, but not required, to work independently on story development outside of class time.

NOTE: Participants should be prepared to engage in some basic theatre practices, which include scene study and improvisation. Personal laptops for writing will be needed.

ARTS333A · 7 Sessions
Campbell Center – Room C
class size 13
Th · 3:30–5:00PM
10/3/2024–11/14/2024

INSTRUCTOR: *Russell Copley holds a MA in modern drama studies from University College in Dublin, Ireland and a BA in English and drama from University of Cape Town, South Africa. He served as Assistant Principal and Arts Coordinator at the renowned Ramon C. Cortines School for the Visual*

& Performing Arts in Los Angeles. He is also a professional actor and theatre director. He recently directed the 2024 Oregon Fringe Festival.

Let's Go to the Ashland Independent Film Festival

The Ashland Independent Film Festival (AIFF) is back in town! In this course, OLLI members will view six pre-selected films to be shown during Festival Week in Ashland on October 3-6, 2024. The six films will include the latest documentaries and narratives from independent filmmakers. Talkbacks with the directors may be available. Following the Festival, members will meet three times at the Campbell Center to discuss the films. The discussions will focus on the cinematic qualities of the films, with particular emphasis on the choices made by the director and the effectiveness of those choices.

NOTE: Once students are enrolled in the course, the instructor will email members as to how the tickets for OLLI's six-film package will be provided by the instructor. The price of the six-film package will likely be around \$60.

ARTS121A · 3 Sessions
Campbell Center – Room E
class size 78
M, W, F · 3:30–5:30PM
10/7/2024–10/11/2024

Instructors: Lorraine Vail and Dave Ferguson are enthusiastic supporters of independent cinema and the Ashland Independent Film Festival (AIFF). They have been leading independent cinema film discussions at OLLI for many years and can't imagine a finer time than watching and discussing films with other OLLI members. In 2023, Lorraine curated and produced the AIFF Documentary Showcase.

Ten Classic Comedy Films: Part 3

This course will offer 10 classic comedy films starting with a double feature of two silent films, “Three Ages” (1923) and “Sherlock, Jr.” (1924), both starring Buster Keaton, and ending with “Big” (1988) starring Tom Hanks. The other eight films are “Duck Soup” plus a documentary, “A Day at the Races,” “The Philadelphia Story,” “Arsenic and Old Lace,” “Mon Uncle,” “Play-time,” “The Sting,” and “The In-Laws.” A handout for each film will be made available the week before the showing of the film, except for the first session, when handouts will be made available in class. The instructor will mention anything special about each film just before it is shown, and students may offer comments or questions at that time. A guided discussion will follow at the end of the film. Students need bring nothing more than a desire to see these special comedy films that are true classics and still enjoyable, no matter how many times one views them.



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ARTS203A · 10 Sessions
Campbell Center – Room D
class size 53
W · 1:00–4:00PM
9/18/2024–11/20/2024

INSTRUCTOR: Roy Sutton is a resident of the Mountain Meadows Community in Ashland where he shows classic movies for the residents six or seven times a month. He also arranges and hosts around 40 concerts a year for those residents. This will be Sutton’s 27th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.

Ten Classic Musical Films: Part 3

This course will feature 10 classic musical films starting with “42nd Street” (1933) starring Dick Powell and Ruby Keeler, and concluding with “Singin’ in the Rain” (1952), starring Gene Kelly and Debbie Reynolds. The other eight are “The Little Colonel,” “Babes in Arms,” “Yankee Doodle Dandy,” “Stormy Weather,” “Anchors Away,” “The Red Shoes,” “On the Town,” and “An American in Paris.” A handout for each film will be made available the week before the showing of each film except for the first film, when a handout will be made available that day. The instructor will mention anything special about each film just before it is shown, and students may offer comments or questions at that time. A guided discussion will follow the end of the film. Students need bring nothing more than a desire to see these special musical films that are true classics and still enjoyable no matter how many times one views them.

NOTE: There is no class on Monday, November 11, in observance of Veterans Day.

ARTS269A · 9 Sessions
Campbell Center – Room D
class size 53
M · 1:00–4:00PM
9/16/2024–11/18/2024

INSTRUCTOR: Roy Sutton is a resident of the Mountain Meadows Community in Ashland where he shows classic movies for the residents six or seven times a month. He also arranges and hosts around 40 concerts a year for those residents. This will be Sutton’s 27th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.

Arts: Music

NEW! Beginning Guitar: Chords

This beginning guitar course will concentrate on chords. Each session will include learning the chords for a few easy songs, and perhaps, time permitting, some more advanced songs. Students will have the option of learning at least one song of their choice. Instruction will include the parts of the guitar, including string names, how to tune a guitar, and how to play the basic scale and basic chords. The course will include workshop sessions for individual instruction and will end with an opportunity for all students to play one song they have learned for the group.

NOTE: Students must have their own guitar and a music stand for reading music while practicing the guitar. The instructor will recommend a reference book on guitar chords. This course will be in Medford at the HEC.

ARTS332M · 10 Sessions
Medford Higher Education Center – Room 118
class size 8
Tu · 11:00AM–12:00PM
9/17/2024–11/19/2024

INSTRUCTOR: *William Lawson has played guitar for 53 years. He has written many songs, recorded and released numerous albums, and performs regularly. When young, he took guitar lessons and has since taken guitar at SOU. He knows piano and drums, has taken classes in voice and choir, and taught history and writing for OLLI. He holds a BA in English from SOU.*

NEW! Building an Orchestra

Students will learn how a symphony orchestra is run, from a business as well as an artistic perspective. Each lecture will address distinct issues. 1) Building the Organization explores orchestra's societal functions, funding sources, and the many various administrative roles that form its support structure. 2) Building the Season involves creating a program, including choosing soloists, as well as the discussion of limitations and opportunities for symphonic music presentations in the Rogue Valley. 3) Building the Sound involves sonic identity, that is, how to make the orchestra sound good. Achieving quality in performance and the role of the audition process will be covered as well. Lastly, this lecture will address the landscape for a professional orchestral musician in the United States and abroad. Prior knowledge is not needed.

ARTS341 · 3 Sessions
online
class size unlimited
W · 11:00AM–12:00PM
10/30/2024–11/13/2024

ARTS341A · 3 Sessions
Campbell Center – Room D
class size 53
W · 11:00AM–12:00PM
10/30/2024–11/13/2024

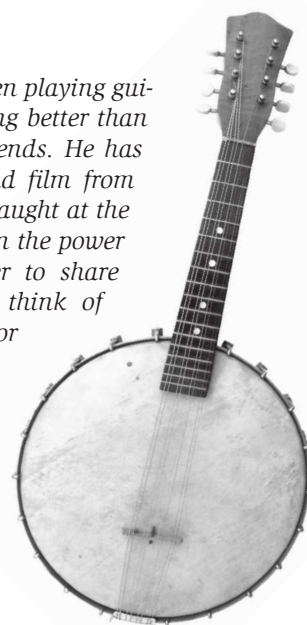
INSTRUCTOR: *Martin Majkut has been Music Director of the Rogue Valley Symphony since 2010 and Music Director of the Queens Symphony Orchestra in New York City since 2017. A Fulbright scholar, he holds two doctorates in music: a PhD from the Academy of Performing Arts in Bratislava, Slovakia, and a DMA from the University of Arizona.*

Front Porch Music

We won't actually be playing on our front porches, but we WILL be playing the kind of music that's fun to play at parties or informal gatherings with like-minded musicians. Students are invited to bring a song to teach to the group, and everybody will play it through. Songs should be easily accessible, easy to learn, and fun to play! Instruments would typically be a harmony instrument: guitar, banjo, keyboard, mandolin, ukulele, harmonica, bass or fiddle. Students are expected to be able to play chords in the basic keys of C, G, E, and D and have a tuner for their instrument. No music reading ability is required.

ARTS307A · 7 Sessions
Campbell Center – Room E
class size 12
W · 1:00–2:30PM
9/18/2024–10/30/2024

INSTRUCTOR: *Norman Hale has been playing guitar for 30+ years and likes nothing better than to play music with a group of friends. He has advanced degrees in literature and film from the University of Oregon and has taught at the college level. He believes strongly in the power of music to draw people together to share musical interests and prefers to think of his role in this class as a facilitator rather than an instructor.*



NEW! Guitar Styles Throughout the World

Guitar has a rich presence and history within world music. In this course, students will have the opportunity to learn about different guitar styles from around the globe and from different time periods. The course will survey such evocative styles as flamenco, Gypsy jazz, and classical. Each session will offer the opportunity to hear live performances by guitarists who are well-versed in a particular genre. The performers will also provide background on their respective genres. Students will have the opportunity to comment and ask questions at the end of each session. No prior knowledge is required, and there will be no out-of-class assignments or required reading. This course is brought to OLLI members by the Guitar Society of Southern Oregon.

ARTS342 · 4 Sessions
online
class size unlimited
Th · 3:30–5:00PM
9/26/2024–10/17/2024

ARTS342A · 4 Sessions
Campbell Center – Room E
class size 78
Th · 3:30–5:00PM
9/26/2024–10/17/2024

Instructors: Classes will be taught by several guitarist-instructors. Grant Ruiz has played and taught flamenco guitar for over 20 years. Dan Fellman is a jazz guitarist who specializes in Gypsy jazz. The two perform in a duo that specializes in pan-Latin music. Matt Dorris studied guitar with David Rogers at SOU with an emphasis on classical guitar and Romantic Era music. Instructors are members of the Guitar Society of Southern Oregon.

Introduction to Guitar Playing

Have you ever wanted to learn to play the guitar well enough to play for your own enjoyment? Did you once get a guitar, take a few lessons, but put it away, intending to pick it up again someday? Do you have a guitar gathering dust somewhere, or can you find one to use for eight weeks? Then this introductory guitar course might be for you. Unlike other instruments, in a few weeks students can actually begin to create pleasing music with the guitar. A variety of guitar-playing styles and techniques will be presented. Sessions will consist of lectures and demonstrations, followed by group practice. Each student will have the opportunity to practice with guidance from the instructor. Students should be willing to spend some time outside of class, reviewing and practicing the skills introduced during each session.

Students who have previously taken this OLLI course are welcome to repeat this class. Some new material will be presented.

NOTE: Students will need to provide their own instruments. A music stand, for use in class and at home, would also be helpful. Students should keep their fingernails cut short on their left hands so that they do not contact the fingerboard. A course study guide will be emailed to each student. A printed and bound copy of the study guide can be purchased for approximately \$9.00. This course will be in Ashland.

ARTS309A · 8 Sessions
Campbell Center – Room E
class size 20
M · 1:00–3:00PM
9/16/2024–11/4/2024

INSTRUCTOR: *Randall Walker is a retired music teacher with the Trinity Alps Unified School District in Weaverville, California. He also taught music courses for adults in Trinity County, California, as an outreach instructor through Shasta College in Redding. He is a graduate of Lewis and Clark College, and he received his California State Teaching Credential from Humboldt State University. He has played the guitar for over 60 years.*

NEW! Poetry and Lyrics

The words to some songs feel like they could stand alone on the written page. An example is Bob Dylan's "Desolation Row." Others? Not so much, such as Dylan's "If Dogs Run Free." Of course, one might disagree, but what an interesting discussion the class could have. The course will present selections of works from particular song writers and different genres. Together with the instructor, students will read, listen, and talk about various types of songs. This exploration will make for a really fun and interesting time together.

ARTS325 · 8 Sessions
online
class size unlimited
Tu · 1:00–2:30PM
9/17/2024–11/5/2024

INSTRUCTOR: *Denny Caraher has been writing songs and poetry for decades and has recorded six albums, three for children and three for his contemporaries. He recently moved from Ashland to Northampton, MA, where he is helping to raise his granddaughter. Caraher has taught for OLLI for six years. All his courses have been music related, including "Sam Phillips and the History of Sun Records," "The Music of Leonard Cohen," "Concept Albums," and "The Top Ten Songs of All Time."*

NEW! The Music of J.S. Bach: The Solo Keyboard Works

This is the first in a series of courses on the music of J. S. Bach, this time focusing on the works for solo organ or harpsichord. The course will examine Bach's life and background, keyboard instruments of the Baroque period, and characteristics of the Baroque period. Students will also look at works for harpsichord including the inventions, the Well-Tempered Clavier I and II, and the suites. In addition, participants in the class will listen to works for organ including preludes and fugues, chorale preludes, and concertos. No previous experience is necessary. PowerPoint with YouTube examples will be used.

ARTS326 · 7 Sessions
online
class size unlimited
W · 11:00AM—12:30PM
9/18/2024—10/30/2024

INSTRUCTOR: *Peggy Evans, SOU Professor Emerita of Music, has taught music courses for many years including OLLI courses. She holds degrees from Chatham University, the University of Michigan, and the Eastman School of Music (the University of Rochester). For over 50 years she has been an organist, a concert artist, a church musician, and an educator.*

NEW! The Symphony: Origins, History, Forms, and Instruments

This course will look at many aspects of the symphony, including the instruments in the ensemble and how they have changed over time, the musical forms of individual movements and how they developed, how the work known as a "symphony" developed historically, and who some of the important composers were. This lecture class will include a PowerPoint presentation plus listening to musical examples on YouTube. No previous musical experience is necessary.

NOTE: There is no class on Monday, November 11, in observance of Veterans Day.

ARTS337M · 5 Sessions
Rogue Valley Manor, Skyline Plaza – 1 Skyline Drive,
Medford
class size 50
M · 10:00—11:30AM
10/14/2024—11/18/2024

INSTRUCTOR: *Peggy Evans, SOU Professor Emerita of Music, has taught music courses for many years including OLLI courses. She holds degrees from Chatham University, the University of Michigan, and the Eastman School of Music (the University of Rochester). For over 50 years she has been an organist, a concert artist, a church musician, and an educator.*



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NEW! Time, Tempo, and Timbre with Three Women Composers

“Fanfare for the Uncommon Woman,” composed by Joan Tower, sets the stage for exploring the works of three women composers, each reflecting a different era. Travel through time with Clara Schumann (1819-1896), Florence Price (1887-1953), and Joan Tower (1938-Present), examining their music as composers and pianists, taking a look behind the scenes. How did these women live? In what ways did societal, cultural, and historical context impact each musician’s artistic ideas and work? What barriers did they have to overcome? Why does their music live on today? One class session will be spent on each composer, learning her story while exploring sources of the creative ideas, concepts, and feelings that influenced the musician’s work. The class will explore the composers’ individual impact on classical music over time and discuss impacts yet to be imagined. Instructional methods include lecture supported by PowerPoint, listening to musical samples of each composer’s work, and class discussion.

ARTS338A · 3 Sessions
Campbell Center – Room D
class size 42
Th · 9:00–10:30AM
9/26/2024–10/10/2024

INSTRUCTOR: *Karen Clarke holds an MS in banking and an MA in education. After a 35-year career in banking, Clarke moved to Ashland and began teaching at SOU in the School of Business in 2008. She quickly became involved in SOU’s music programs, her interest stemming from studying piano since age eight. Retiring in 2019, volunteering and serving on Boards, Clarke studies musical performance and composition. Clarke can be found in a concert hall most weekends.*



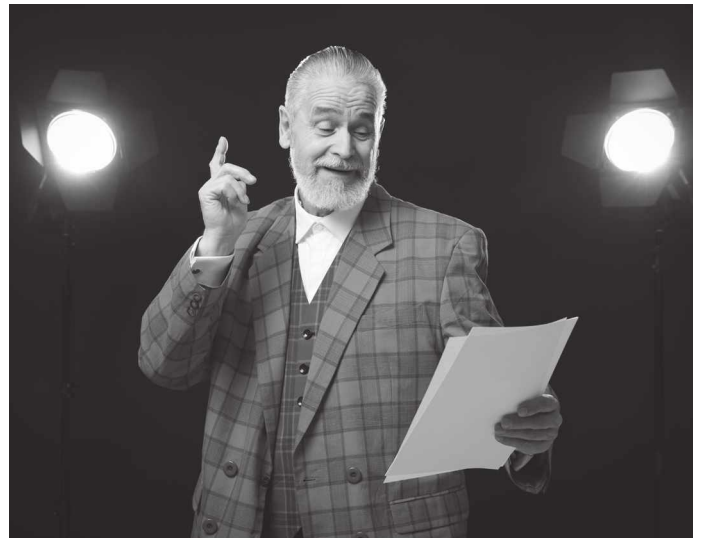
Arts: Theater

NEW! Acting for Readers Theater

In this performance-based course, students will be exposed to skills needed to perform various characters on stage in an active Readers Theater environment. Those skills will include voice acting and physicality to create characters through the use of exercises and script analysis. Guest speaker Pam Ward will lead students in developing voice and characterization abilities. After the initial sessions the class will combine with the Adapt Your Own Script class to perform their scripts for an audience. Each student will have the opportunity to perform in more than one short play. As this is Readers Theater, memorizing scripts will not be necessary, but some out-of-class time will be required to become familiar with scripts to enhance performances. Everyone is welcome and no previous experience is necessary.

ARTS327A · 8 Sessions
Campbell Center – Room B
class size 16
F · 1:00–3:00PM
10/4/2024–11/22/2024

Instructors: Daniel Stephens holds a BA in speech/theatre from SOU and an MFA in dance from Southern Methodist University. He has had 10 seasons dancing with OSF, and 30 years’ teaching Shakespeare Studies Workshops at SOU. For the past eight years, Stephens has served as adaptor, director, and performer at the Collaborative Theater Project in Medford. Robbi McMinimy holds a BFA in theater (directing) from SOU, and has 25 years of directing, performing, and tech experience. She also has six years’ experience performing Readers Theater.



Adapt Your Own Script for Readers Theater

In this writing course, students will participate in the process of adapting a script from a short story or other genre into the presentation of a 10 to 15 minute performance, utilizing a Readers Theater format. Each class session will include lecture and discussion of script examples and format. A guest speaker will discuss vocal characterization, production values and vision, and will offer hands-on help with students' projects. The course will culminate in a Readers Theater performance of each student's final script in front of a live audience on the SOU campus. Participants will have the opportunity to perform in one of another student's project. Research, script-writing, and performance preparation will require some work outside of class. Everyone is welcome, and no previous experience is required.

NOTE: This course will be taught in conjunction with "Acting for Readers Theater." Students in that course will, for the most part, serve as the actors for this course's performances.

ARTS300A · 10 Sessions
Campbell Center – Room A
class size 8
F · 1:00–3:00PM
9/20/2024–11/22/2024

Instructors: Daniel Stephens holds a BA in speech/theatre from SOU and an MFA in dance from Southern Methodist University. He has had 10 seasons dancing with OSF, and 30 years' teaching Shakespeare Studies Workshops at SOU. For the past eight years, Stephens has served as adaptor, director, and performer at the Collaborative Theater Project in Medford. Robbi McMinimy holds a BFA in theater (directing) from SOU, and has 25 years of directing, performing, and tech experience. She also has six years' experience performing Readers Theater.

SAVE THE DATE



NEW MEMBER SOCIAL

**Thursday, September 26
4:00–6:00 pm
Campbell Center**

If you are a new member, you'll receive a special invitation several weeks before Sept. 26.

We hope to meet you then!



Barry Vitcov

John Ferris

Talk to Us

Join an exploration of accomplished people who make a difference in southern Oregon. Hosted on Zoom by retired attorney John Ferris and retired educator Barry Vitcov, these one-hour interviews go deep into the motivations and methods of change-makers residing in the Rogue Valley.

Programs are offered on the third Monday of each month.

See the **NEWSFLASH** (Monday e-newsletter) for registration information.

September 16, 4:00 p.m.

Phil Meyer, President and CEO of Southern Oregon Public Broadcasting System

October 21, 4:00 p.m.

Josh Dorcak, James Beard two-time nominee and owner and chef at MAS Restaurant in Ashland

November 18, 4:00 p.m.

Ron Kramer, Executive Director of Southern Oregon Historical Society and previously longtime head of Southern Oregon Public Broadcasting System

Arts: Visual Arts

NEW! A World of Reliquaries

Holding on to the remains of the dead may seem creepy, and it is often even illegal in the US. This course will address many of the cultures and belief systems that find it important to preserve the remains or possessions of ancestors and/or religious leaders, in other words, relics. To present, protect, or preserve their relics, these cultures have created (and continue to create) special containers known as reliquaries, which are often considered works of art by outsiders. We will look at sub-Saharan Africa, Buddhist Asia, and the broad Christian world, not limited to Catholic Europe. In each case, we will consider how museum practices often conflict with the intentions and cultures that created the reliquaries. The course will conclude with a look at how contemporary artists have used the notion of the reliquary, featuring Al Farrow's reliquaries that wowed visitors to SOU's Schneider Museum of Art this winter. In each class session, there will be time reserved for questions.

NOTE: There is no class on Monday, November 11, in observance of Veterans Day.

ARTS324 · 5 Sessions
online
class size unlimited
M · 11:00AM–12:30PM
10/14/2024–11/18/2024

INSTRUCTOR: *Alice Taylor holds a PhD in art history and has been teaching at the college level since 1990. She focused on late antique and medieval art in her PhD program and has taught Buddhist and African art as part of surveys of art history, mostly at community colleges. She loves to learn more in preparing OLLI classes.*

Etruscan Art

The wealthy and powerful Etruscans in central Italy, contemporaries of the ancient Greeks, are still a mysterious people whose language is not fully translated. Their art reflects connections with both the Greeks and the early Romans, but it was the Romans who ultimately absorbed them entirely, along with their art and architecture. Lively, expressive, and sophisticated, their art was largely devoted to the world of the dead, whose tombs they appear to have seen as “home.” This course will examine the structure and contents of tombs, including pottery, urns, metalwork, and painting, as well as their temples and sculpture. This course is part of an on-going series on the history of western art, but it is not

necessary to have taken previous courses, as there will be review and comparisons made along the way. This is a lecture course, lavishly illustrated with PowerPoint images. Questions are welcome, but it is not a discussion class.

ARTS318A · 4 Sessions
Campbell Center – Room E
class size 78
W · 11:00AM–12:30PM
9/18/2024–10/9/2024

INSTRUCTOR: *Allison Renwick has BA and MA degrees in art history from the University of Oregon. She taught community college art history and drawing in Portland for 30 years before retiring to Ashland in 1998 and joining SOLIR, now OLLI. In addition to western art history, she has also taught PowerPoint courses at OLLI.*

Exploring Digital Photography

In this course students will learn how cameras work, composition techniques for more interesting and appealing photos, how the exposure triangle works, and how one can improve one's photos with post processing. We will review the artistic and technical basics of photography and along the way students will learn ways to improve their photography. Each week we will explore a new topic: digital camera operation, composition, the exposure triangle, and post processing. Students will also receive an assignment to take a photo outside of class and send it to the instructor to be reviewed at the next class. This course is designed for people of all skill levels who enjoy photography and want to take better photos by expanding their understanding and skills. To prepare for the class, students should read their camera's manual to better understand how to operate the



camera. Manuals can be found and downloaded at the manufacturer's website; students will need the complete manual, not just the quick start guide.

NOTE: Instruction is aimed at those who use digital cameras that have controls for aperture and shutter speed, but even photographers who prefer their phone camera can benefit from this class.

ARTS296A · 4 Sessions
Campbell Center – Room C
class size 21
Tu · 9:00–10:30AM
10/29/2024–11/19/2024

INSTRUCTOR: *Bob Palermini has been a professional photographer since high school. He studied photojournalism at Northern Illinois University and went on to management roles in newspaper technology and production. He returned to serious photography in 2008 as a freelance photographer. He has worked for Ashland.news, Rogue Valley Times, OSF, SOU Athletics, and a variety of other organizations.*

NEW! Fun with Collagraph Printing: Two-Day Workshop

Collagraph is an easy and fun introduction to printmaking that produces exciting imagery. On day one of this workshop, participants will learn to create textured cardboard plates using all manner of materials, such as modeling paste, glue, sand, string, leaves, and many other materials—construction of the plate is similar to making a collage. On day two, participants will learn various techniques such as stenciling, inking, paper handling, and the use of a small press and hand printing as they print a small edition of prints. This workshop is appropriate for beginning- to advanced-level artists.

NOTE: Students will be asked to pay a class fee of \$20.00 to cover the cost of printmaking paper and additional supplies.

ARTS330A · 2 Sessions
Campbell Center – Room C
class size 8
Tu, Th · 3:30–6:30PM
9/24/2024–9/26/2024

INSTRUCTOR: *Jan Cavecche holds an arts degree from the University of California, Santa Barbara. She is a seasoned graphic designer and visual artist. She has taught fine art at the city college level and loves teaching small workshops in encaustic, printmaking, and life drawing. She has co-curated large art shows and has shown in galleries in both California and Oregon.*

NEW! Get Tipsy with the Drunkard's Path: Quilting Curves

This course is designed for students who are familiar with quilting basics (advanced beginner/intermediate quilters). Students will complete a throw-sized quilt top. Participants will learn the quilting history of the Drunkard's Path block, tips for choosing fabrics, and design principles. They will also be taught how to cut and sew curved quilt pieces. Students should be knowledgeable about and own a rotary cutter and cutting mat. They are also required to bring their own sewing machine and to be familiar with its use. The instructor will provide some cutting tools and irons. A complete supply list will be provided at the first session with options for purchasing those items.

NOTE: Students will be required to purchase the "Lime and Soda" quilt pattern (\$10.00), a set of 8 1/2" Drunkard's Path acrylic templates (about \$24.00), and fabric (\$50-\$100).

ARTS331A · 6 Sessions
Campbell Center – Room C
class size 13
Tu · 1:00–3:00PM
9/17/2024–10/22/2024

INSTRUCTOR: *Irene Young holds an MA in education from Lesley University in Boston. She taught elementary school in Portland, Oregon, for 18 years, with an emphasis on the arts. She has been a quilter for 16 years and is experienced in both traditional and modern quilting techniques. Young belongs to two guilds and has held offices in each of them. She has earned numerous ribbons at local quilt shows. Young creates and quilts for customers and herself.*

**Thank you for allowing OLLI at SOU
to use the Rogue Valley Manor
facilities for classes.**



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Manor

NEW! Make a Multimedia eBook: Your Words and Pictures

Are you an avid mobile photographer with a story to tell? All those pictures languishing in your iPhone deserve more than a one-time share on social media. Why not curate some of them, wrap them in a simple story, and turn them into a visually rich eBook you can publish and distribute through the Apple Bookstore for the people who matter most to you: your family, friends, colleagues...and maybe a wider audience? If class participants have an Apple iPhone and an iPad Pro and are ready to learn some simple chops, this class will equip them to use simple IOS tools to turn an album of their photos, some short text (and even some sound clips, if they like) into a beautiful eBook portfolio they can publish and distribute through the Apple Bookstore. The instructor will guide participants through the ins and outs of using two Apple-based apps that make it easier than one might think to collect photos and words into beautiful page layouts using just an iPhone and iPad.

NOTE: Participants need a late-model iPhone (11,12,13,14, or 15) and an iPad Pro (3rd, 4th, 5th, or 6th generation) to make good use of this course. If they also use a Macintosh computer, that will be helpful, but the course will focus on the use of the iPhone and iPad Pro. Earlier models of iPhones or iPad or iPad Air will NOT work for this course.

ARTS334A · 5 Sessions
Campbell Center – Room A
class size 19
W · 1:00–3:30PM
9/18/2024–10/16/2024

INSTRUCTOR: *Meri Walker has been teaching iPhone photography and multimedia art-making at OLLI for the last year and for 16 years across the US to adults seeking to make professional use of their iPhones and iPads. Her visual art has been widely published, exhibited, and awarded, as has her work as a professional writer, editor, and graphic designer. She's excited to share her simple process for publishing her own visually-rich eBooks with others.*

NEW! Making Art, Making Meaning

Creativity is a trait with deep genetic roots; artistic potential is in our genes! Yet for a range of reasons, many people have never seriously engaged in creating visual art. This course is for those people. In a safe and supportive environment, participants will dig deep for their artistic roots. The goal is to plant seeds in virgin artistic soil. The only requirement is to have had little

or no visual arts training and a willingness to challenge deeply embedded habits of mind about art making and what makes it meaningful. In each of the six sessions, participants will engage in simple but intriguing visual art experiences. Then, through short lecture, small group activity, and guided discussion, previously closed doors will crack open and let in some light. What this class will NOT do is teach technique (not yet), teach critique (not useful yet), or reinforce absolutes (not necessary). Finally, for highest student satisfaction, arranging to attend all sessions is highly recommended.

NOTE: Students will be asked to bring simple supplies: a pencil or two, an eraser, any pen with which you like to write, a pair of scissors, and a glue stick. For the last class, students will need a sheet of decorative wrapping paper.

ARTS335A · 6 Sessions
Campbell Center – Room C
class size 20
Tu · 11:00AM–12:30PM
9/17/2024–10/22/2024

INSTRUCTOR: *Jane Maitland-Gholson holds a BS, an MA, and Doctorate in art education. She taught art in the public schools, a crucible for learning to teach. From 1984-2018 she taught at the U of O, first as an assistant and then tenured associate professor, teaching aspiring art teachers. Her favorite course to teach was Arts and Visual Literacy, designed for novice undergrads. The content resulted in a co-authored book entitled, "Engaging Visual Culture."*

Playful Art for Everyone

Think you don't have artistic talent? We disagree! Surprise yourself with our fun playful art exercises: Doodle, scribble, create Picasso-style animals, and improve your eye-hand coordination with blind contour drawing. Enhance your appreciation of the process while not taking your efforts too seriously. Bring your enthusiasm and willingness to explore. Let your inner artist/child emerge and perhaps you'll continue creating art on your own or with your grandchildren. Our class is being presented for your enjoyment. There will be no critiquing of your artwork. We will provide ideas and suggestions. Students are encouraged to ask questions. A brief exercise will relax wrists, hands, fingers and arms before we begin. Bring your favorite pens, pencils, sharpies, or other water-soluble supplies. A materials list will be sent to registered students. Watercolor brush pens, pencils, ink pens, card stock, and watercolor paper will be provided. No prior knowledge is needed.

NOTE: To reimburse a portion of instructors' costs for materials, we ask students for a voluntary donation of

\$5.00 for the course. It is not required to participate. A materials list will be sent to registered students.

ARTS311A · 4 Sessions
Campbell Center – Room C
class size 21
Th · 11:00AM–12:30PM
9/19/2024–10/10/2024

Instructors: Geri Esposito has taught Soul Collage and Vision Board classes for 15 years. She began to draw and paint with watercolors during the Covid pandemic. Her style is whimsical, free flowing and colorful. Fran Fields photographs, draws, paints and doodles. Her style is meditative, precise, and intentional. They both belong to local art groups “Anything Goes” and “Lunachix.” Their distinct art styles make an excellent pairing for this course.

NEW! Rag Quilting for Beginners

If you’re itching to get into quilting but don’t know how to sew, this is the course for you! Students will go home with a basic understanding of how to use a sewing machine and a baby-sized rag quilt. Class members can either supply their own fabric or use some of mine, but fair warning: mine is gorilla-themed and students might prefer something different. Students will also need to beg, borrow, or steal a sewing machine to bring to class. The instructor will provide thread, bobbins, pins/clips, and seam rippers. The class is scheduled to meet for six sessions, with the first session dedicated to getting started with tasks such as how to thread a sewing machine, put the bobbin in, and so on. Those who are speedy and/or have prior sewing experience may be able to get done in four class sessions. The class is structured to accommodate faster quilters, but long live the tortoise!

NOTE: Registered students will receive information about fabric in a pre-course email.

ARTS343A · 6 Sessions
Campbell Center – Room C
class size 12
F · 1:00–3:00PM
9/20/2024–10/25/2024

INSTRUCTOR: *Kathy Brantley, an engineer and scientist by training, has been a quilter for 17 years, but she remembers well what it is like to be afraid to thread a needle. She has sewed over 500 rag quilts for a nonprofit she founded (in spirit, not paperwork), so she’s well-versed in the construction of these quilts. She’s looking forward to spawning a new generation of quilters!*

NEW! Van Gogh’s Life, Art, and Emulating His Style

Studying Van Gogh’s life and art is like embarking on a journey through vibrant fields of sunflowers, swirling night skies, and deeply expressive portraits. Delving into his life reveals a tumultuous yet passionate soul, while analyzing his art unveils a mastery of color, texture, and emotion. Exploring Van Gogh’s work is an exploration into the human condition. In this course, students will have an opportunity to learn about his life and art through lectures and discussion. Clear instructions will be given for each week’s in-class project. During each session, students will have the opportunity to create their own interpretations of Van Gogh’s style. The three sessions will focus on “Sunflowers,” “Starry Night,” and finally, a portrait in the impressionist’s style. Students’ art will be shared and discussed at the end of each class. Watercolor paper, paints and brushes will be supplied. This course is open to all levels of ability.

NOTE: A small donation for supplies would be welcomed, but is not required. There are two in-person sections of this course offered, both on Wednesdays. The first starts the first week of the term; the second starts the second week of October. Please register for one of two.

ARTS339A-1 · 3 Sessions
Campbell Center – Room C
class size 20
W · 11:00AM–12:30PM
9/18/2024–10/2/2024

ARTS339A-2 · 3 Sessions
Campbell Center – Room C
class size 20
W · 11:00AM–12:30PM
10/9/2024–10/23/2024

INSTRUCTOR: *Nancy Wilkinson holds an MA degree in arts education from Seattle Pacific University. She has taught art, theater, and English in public schools for over 40 years, and has taught art journaling to adults in New Zealand, Costa Rica, the Chautauqua Institution in NY, Canyon Ranch Resort in Tucson, AZ, and at OLLI at SOU.*



Arts: Writing

Cut-Up Poetry

Would you rather play Scrabble than Monopoly because you love the surprise of creating words from the letter tiles you choose? Magnify that joy and you'll have the experience of cut-up poetry. All participants receive an assortment of pages from a variety of books that range from poetry to recipes to nonfiction texts on sewing or driving. Instead of choosing letter tiles, students pick words/phrases that speak to them from a page of text. Prompts and guidelines give students enough time to amass enough scraps to create a piece of writing. The juxtaposition available due to the different texts lends a certain nuance of magic to the creativity of the cut-up poem. Students may share their work with the class, but it's not required.

ARTS276A · 4 Sessions
Campbell Center – Room C
class size 20
Tu · 3:30–5:00PM
10/1/2024–10/22/2024

INSTRUCTOR: *Sallie Ehrman has taught this course for many years through OLLI. Her cut-up poems have received acclaim in literary magazines and contests. She has notebook upon notebook filled with her own cut-up poems created since 2006.*

First Chapter Novel Workshop

In this writing workshop, students will strive to make their novel's first chapter (with or without a prologue) the best it can be. There will be lecture interspersed with critiques. The class begins with a focus on creating a captivating first page. Students must submit their work before the course begins, and the first session will focus on critique and discussion of the elements that make a first page compelling. They will receive a handout of first-page guidelines. Students will rewrite their first pages for the second class, and a new round of critiques will take place. Once a first page is strong, students will move on to the rest of the chapter/prologue, reworking their narratives to sharpen tension, pace, and reader involvement. The instructor will coach writers on craft, including creating more effective description and dialogue. In addition to learning about technique, students will gain skills in self-editing.

NOTE: Students must complete their first chapter (including a prologue, if desired) and submit it to the instructor before the first session.

ARTS137A · 5 Sessions
Campbell Center – Room A
class size 34
M · 11:00AM–12:30PM
9/16/2024–10/14/2024

INSTRUCTOR: *Ray Rhamey is a fiction editor, author of four novels, and a book designer. He has written the how-to book, "Mastering the Craft of Compelling Storytelling." He writes the "Flogging the Quill" blog on creating compelling fiction and is a featured monthly contributor to the "Writer Unboxed" blog. Rhamey teaches writing workshops at writers' conferences. His background also includes screenwriting and advertising.*

NEW! How to Write a Romantic Novel

Romance might be thought of as "love science fiction." We know it is not real, but it is such fun! The first class will start with learning about the basic concepts of a modern romance, followed by tools to uncover one's hidden writing skills by free-form writing using sense memory tools. No experience in writing is required—just a pen, a notebook, and a willingness to commit to 30 minutes of writing in the first class and up to one hour in the following classes. For someone who wants to write and finish a short novel, four hours a week of writing would be the goal. A buddy system will be in place to help with this process. In the last class, students who so wish will share their writing.

ARTS308A · 8 Sessions
Campbell Center – Room A
class size 34
Th · 3:30–5:00PM
9/19/2024–11/7/2024

INSTRUCTOR: *Carmen Portnoy is the owner of Blue Illumination Press, where she has published three books of romance, an additional novel, a book of short stories, and two books of poetry. Next year she will release three books on investing for women and a textbook for women on how to have a successful career as a financial planner. She retired in July of 2021 after a long and gratifying career as a wealth management advisor.*

NEW! Mining for Gold: Practices to Enrich Your Writing

Are you looking to take your writing to the next level? This generative course will examine five specific devices that well-known writers employ to help make their work artful and distinctive. We'll closely assess and discuss the use of sharp beginnings, expanded invention, precise word choice, conscious arrangement, and purposeful voice, each week studying one device through

mentor samples provided by the instructor via OLLI's LearnerNotes. Then, through short, guided exercises, we'll practice using the device in a number of ways. These exercises will be approached as fun, exploratory prompts, and students will share their results in a safe, supportive environment. Oftentimes, these short prompt responses later serve to become the creative kernels of new pieces. This class is pertinent for both fiction writers and poets, beginners to advanced.

NOTE: Students will need to print mentor samples from LearnerNotes each week, read them and bring them to class. Reading one's work aloud is an important part of the course. Not every single written response needs to be read, but students should be willing to generally do so.

ARTS336A · 5 Sessions
Campbell Center – Room A
class size 16
Th · 1:00–3:00PM
9/19/2024–10/17/2024

INSTRUCTOR: *Dianne Oberhansly holds a BA and MFA in creative writing from Arizona State University. She is a multi-genre writer, and her work has been honored with the Flannery O'Connor Award, a Booksense Pick, a Utah Book Award, and a Pushcart nomination. Oberhansly has taught in a variety of schools, writing workshops, and for the National Foundation for Advancement of the Arts. A recent transplant to Oregon, she especially loves the trees.*

NEW! Write Your Memoir

While an autobiography describes one's entire history—the early, middle, and older years—memoir takes an experience or segment from one particular stage and surrounds it with introspection and emotional truth, describing what it meant to the writer and how it influenced who he or she has become as a person. The intention of the course is to provide support and inspiration to students for beginning a memoir, whether as a beginning or experienced writer. A brief history of the memoir genre will be introduced. A topic will be explored each session with relevant handouts providing examples from established writers on how they approach the subject. Writing between classes is expected, and writing will be shared in class. The book "The Art of Memoir" by Mary Karr is suggested but not required.

ARTS340A · 4 Sessions
Campbell Center – Room C
class size 13
W · 1:00–2:30PM
9/18/2024–10/9/2024

INSTRUCTOR: *Writing has become a particular interest of Judy Ticehurst's since her retirement 20 years ago. She has had the opportunity to read and publish her essays in such publications as the Contra Costa Times (CA), the Mail Tribune, and Ashland Tidings. Nine of her essays have been broadcast on JPR. Ticehurst wrote her memoir in 2012 for her family.*

Dates to Remember



IMPORTANT DATES

Fall PDF catalog posted online: July 29

Winter course proposal period: August 1–31

OLLI at SOU Open House, SOU Stevenson Union: August 6, 1:00–4:00 p.m.

Priority Registration: August 12–23

Priority course assignments emailed:
August 30

Open Registration begins: September 3

OLLI at SOU Movie Matinee:
September 9, 12:30 p.m.

Fall Term begins: September 16

New Member Social:
September 26, 4:00–6:00 p.m.

Spring course proposal period:
November 15–December 15

Fall Term ends: November 22

OFFICE CLOSURE

Labor Day: September 2

Veterans Day: November 11

Thanksgiving Holiday: November 27–29

History

Includes US and world history.

Another Side of the Ancients

“Ancient science fiction, paleontology, free-thinkers, and eats” sums it up well. This course covers four distinct topics, knitted together by a common background in the Greco-Roman world. Did the Greeks and Romans have memes and stories that echo down into modern science fiction? What did they make of the giant bones that were cropping up all over the Mediterranean? Is it true that philosophical atheism in the West dates back not to the Enlightenment, but to the 5th century BCE? How did the ancients eat, drink, and party? These topics have been chosen not because they are important to the grand sweep of history, but because they are intrinsically interesting and lead us down byways of ancient history that we normally miss. Though they are not taught in “classic” Classics courses, they reveal a great deal about the depth and sophistication of ancient thought. This PowerPoint-assisted lecture course includes short videos, Q and A, and discussion. No previous experience or study is required.

HIST304 · 4 Sessions

online

class size 99

Tu · 3:30–5:00PM

10/8/2024–10/29/2024

HIST304A · 4 Sessions

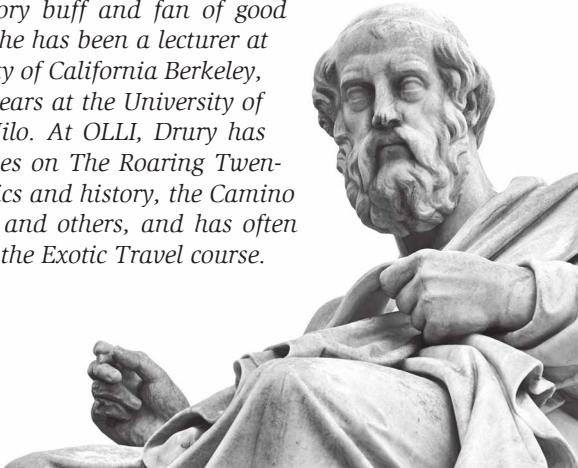
Campbell Center – Room D

class size 50

Tu · 3:30–5:00PM

10/8/2024–10/29/2024

INSTRUCTOR: *David Drury has a Master's in city and regional planning and a PhD in cultural and applied anthropology. A lifelong history buff and fan of good storytelling, he has been a lecturer at the University of California Berkeley, and for 10 years at the University of Hawaii at Hilo. At OLLI, Drury has taught courses on The Roaring Twenties, epidemics and history, the Camino de Santiago and others, and has often appeared in the Exotic Travel course.*



Aspects of Southern Oregon History

This historical overview will trace the social, economic, political, and cultural development of southern (or, more correctly, southwestern) Oregon and, to a lesser extent, adjacent northwestern California, from its Native cultures and early Euro-American settlement down to the events of the recent past. The term “aspects” says it all. The course is not a comprehensive history of the region but instead focuses on selected aspects of its history, covered in a generally chronological order. Following the first class on our region’s Native or Indigenous peoples, the course will focus on social, environmental, economic, cultural, and political changes between the early 1800s and the post-World War II boom years. The course is designed to acquaint the student with the basic chronological framework and, more importantly, to identify causal factors in the history of the area. There will be time for Q and A and discussion, as well as a lengthy bibliography for further knowledge.

HIST195 · 7 Sessions

online

class size unlimited

Tu · 1:00–3:30PM

9/24/2024–11/5/2024

INSTRUCTOR: *Jeff LaLande holds a PhD in American history and taught history as an adjunct faculty member at SOU for over 20 years, as well as at OLLI for the past several years. He's authored several books and numerous journal articles about the history of our region.*

Elizabethan Times: A Day in the Life

Yes, The Bard and The Globe and the Prince of Denmark. But has one ever considered what everyday life was like during the Elizabethan Era? What might a person have had for dinner on any given night? What was the medical treatment for a chest cold, melancholy, or certain “unmentionable” diseases? And then there’s courtship, marriage, and intimacy. Come join us for six lecture and discussion sessions, in which various topics will be addressed by a different lecturer each week. The topics and presenters are these: Police State and Religion (Tom Woosnam); Dance and Music (Daniel Stevens); The Elizabethan Theater Experience (Susan Stitham); Food (Susan Edgerley); Hygiene and Medicine (Earl Showerman); Sex, Courtship, and Marriage (Linda Jaffe). Whether you have an interest in all things Shakespeare, a particular interest in the Elizabethan Era, or whether these topics just pique your interest and curiosity, come join us for our presentations and lively discussions.

HIST301A · 6 Sessions
Campbell Center – Room E
class size 70
M · 11:00AM–12:00PM
9/16/2024–10/21/2024

INSTRUCTOR: *Linda Jaffe holds BA (history and biology), MBA, and MFA (writing) degrees. She is a published poet in a number of literary journals and has published a chapbook with two other Ashland poets. She served as chief poetry editor for a literary journal at UC Berkeley. Jaffe has taught a variety of OLLI writing, literature, history and dance courses over the past six years.*

NEW! Gutenberg to TikTok: Media History and Its Impact

In 2020, the average US consumer spent seven hours and 50 minutes consuming media daily, up 15 minutes from 2019, with 58% of respondents saying that their total media consumption had grown. Most people know very little about the history of media or its economic and societal impacts. Over eight 60-minute classes, students will learn about the evolution of media from the invention of the printing press to everyone having a world of information in the palm of their hand. No prior knowledge is required. No assignments or required reading outside of class. Topics will include the origins of print, radio, TV, social media, and the size of their audiences; how different types of media generate income; how media is or is not regulated; news vs. journalism; commercial vs. non-commercial media; an attempt to forecast what might be in the future for media. Discussion and interaction will be encouraged, but the course will not be about blame, anger, grievance, opinions, or entertainment.

HIST313A · 8 Sessions
Campbell Center – Room C
class size 34
M · 11:00AM–12:00PM
9/16/2024–11/4/2024

INSTRUCTOR: *Phil Meyer, CEO of Southern Oregon PBS, has worked 30+ years in public media. The recipient of four Regional Emmy Awards, he is a past PBS Communication Professional of the Year. As an Adjunct Instructor at Indiana University for 11 years, Meyer taught Promotion and Marketing in Telecommunications. He has taught at OLLI since 2023. Meyer has two degrees from the University of Cincinnati and a Non-profit Management Certificate from IU.*



Shared Interest Groups

An OLLI Shared Interest Group (SIG) is a group of OLLI members who share a common interest and meet outside the normal OLLI class environment to discuss and enjoy this mutual pursuit. Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as a fun social experience.

OLLI SIGs are independent and self-managed. SIG members decide when, where, and how often they will meet. Initially, one or more members volunteer to be facilitator(s). The facilitator is responsible for administrative and communication details.

If you would like to start a SIG, contact the OLLI office by email at olli@sou.edu or by calling 541-552-6048.

Online Book Shared Interest Group

Meets the third Saturday of the month at 3:00 p.m. PT on Zoom. All OLLI members are welcome to join.

Next meeting: September 21 to discuss *Unsheltered*, by Barbara Kingsolver.

For more information and the Zoom link, email Andrea Gay, the online book group facilitator, at flironhorse@gmail.com.

Watercolor Painting Shared Interest Group

Meets the first and third Mondays of the month, 1:00 to 3:00 p.m. PT, on Zoom (holiday exceptions may occur). OLLI members with some previous watercolor painting experience are welcome to join.

For more information on the group and the process for joining, visit the Shared Interest Group page on OLLI's website at sou.edu/olli.

NEW! If “Differ We Must”: Lincoln in a Divided America

In Lincoln’s 30 years of public speeches and private conversations with both allies and opponents, he never lost sight of his lodestar: the conviction that “democracy was the greatest achievement in human history.” His particular political genius was his ability to persuade his countrymen that their personal interests could coincide with doing the right thing to preserve that achievement. A number of public intellectuals, including Heather Cox Richardson, Allen Guelzo, and Steve Inskeep, have recently reminded us of what we can learn from Lincoln today. We will study Lincoln’s words and actions as he navigated one of the most perilous periods of our country’s history, with the goal of finding both inspiration and hope in our own challenging times. For this lecture/discussion course, some readings will be assigned by the instructor.

NOTE: Steve Inskeep’s “DIFFER WE MUST: How Lincoln Succeeded in a Divided America” (2023) will be a primary resource for the instructor. Two separate sections of this course are offered: one is held at the Campbell Center on Thursdays; one is held online on Fridays.



HIST314A · 5 Sessions
Campbell Center – Room D
class size 53
Th · 1:00–3:00PM
9/26/2024–10/24/2024

HIST314 · 5 Sessions
online
class size unlimited
F · 1:00–3:00PM
9/27/2024–10/25/2024

INSTRUCTOR: *After retirement in 2003 as a high school English and European history teacher, Susan Stitham discovered the pleasures of studying American history through researching for, and sharing insights with, OLLI classes she’s taught over the past 20 years.*

Sapiens: From Hunter–Gatherers to Age of Science

This course explores the history of Homo sapiens, from our beginnings as hunter gatherers to the dawn of the age of science and exploration (about 1500 AD). A follow-on course in the winter takes the story to the present. We consider: Where have sapiens been? Where are we going? The course is conceived as a deep dive into history, involving archaeology, neurobiology, economics, and some of the technical aspects of modern science. To make the subject manageable, there will be a template, the rather recent and highly popular “Sapiens: A Brief History,” by the Israeli historian Yuval Noah Harari. We’ll reference this book in a critical spirit to see what it has to offer to illuminate our topic: students will be expected to read portions of Harari’s work as we proceed through the course. To help us along the way, we’ll have input from noted scholars, including videos. The predominant mode of presentation in this lecture course will be PowerPoint. A focused bibliography will be made available.

HIST120A · 5 Sessions
Campbell Center – Room D
class size 53
Th · 3:30–5:30PM
9/19/2024–10/17/2024

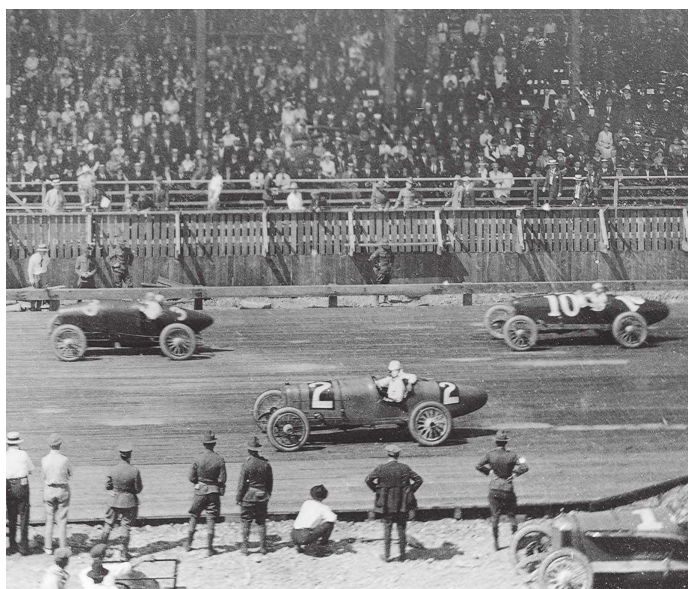
INSTRUCTOR: *Bob Wetmore has a Master’s degree in European history from UC Berkeley. He has taught OLLI courses on ancient art, history, wine, and on the assassination of President John F. Kennedy. Wetmore first became interested in the work of Yuval Noah Harari, which forms the template of this course, during his study of the fall of the Roman Empire.*

NEW! The Power and the Glory: A Century of Auto Racing 🧑🧑

Starting at the end of the 19th century, automobile racing replaced both horse racing and bicycle racing early on, mainly due to the unpredictability and danger of auto racing. The constant innovations, year after year, will be explored, the result of increased speed, rapidly exceeding 100 miles per hour by 1920. Fortunes were made and lost on the track, and automobile companies came and went based on their performance. Innovation made the cars go faster but also easier to drive and with increased mileage, although that was not the goal. Women took the wheel as early as 1910 in some interesting events. By 1920, styling and streamlining began, and the automobile became a work of art as well as function. The evolution of styling and speed will be explored, along with some of the dominant drivers and designers and many of the most famous racing events through the decades. Both museums and race tracks to visit today will be presented for those with an ongoing interest in the sport.

HIST315A · 8 Sessions
Campbell Center – Room E
class size 78
Tu · 9:00–10:30AM
10/1/2024–11/19/2024

INSTRUCTOR: *Joe Davis purchased his first car, a 1928 Model A Ford, when he was 16, restoring it, then going on to become an engineer. He had two close friends early on: one was involved directly in automobile formula racing and another involved in setting world speed records at Bonneville Salt Flats. This sustained his interest from an early age. Davis went on to own and run a restoration company for pre-war automobiles after retiring from engineering.*



WWII Ashland, Honoring the Fallen, Locating MIAs 🧑🧑

Travel back in time to Ashland just before the attack on Pearl Harbor. If you were living here on December 7, 1941, how would you have found out that the US was at war? How did the community pull together on the home front? Discussion will include local residents who contributed to the war effort, as well as men who never came home. The second session will focus on the Netherlands American Cemetery in Margraten. The instructor will share the poignant story of how the grave adoption program was begun by Dutch volunteers in 1945. It continues today. She will also describe two Ashlanders buried at the cemetery and their grave adopters. The final presentation will follow the non-profit organization Project Recover on an expedition to find missing WWII airmen in the South Pacific. The current US commitment to account for those still missing in action will also be discussed. Teaching methods will include lectures, video documentaries, and displays.

NOTE: This course will include some profound images and stories that may be upsetting.

HIST308A · 3 Sessions
Campbell Center – Room B
class size 19
M · 1:00–3:00PM
10/14/2024–10/28/2024

INSTRUCTOR: *Lynne Hasselman has researched and written about WWI and WWII for the Oregonian and Ashland Tidings. She has been interviewed on Jefferson Public Radio and presented on historical topics to a number of groups. Hasselman is a volunteer researcher for the Grave Adoption Program at the Netherlands American Cemetery. She has a Bachelor of Science degree in journalism from Cal Poly, San Luis Obispo and a Master of Public Health from Portland State.*

PARKING

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PARKING: for information for the SOU Campbell Center in Ashland and the RCC/SOU Higher Education Center in Medford, please see sou.edu/olli.

For information about parking at other locations, please contact the OLLI office at 541-552-6048

Languages and Cultures

Explore classroom “journeys” around the globe. Practice or learn a language other than English, or study untranslated literature.

Enjoy German! 👥

This course aims at broadening a student’s vocabulary and understanding of the day-to-day German spoken today. The etymology of certain words will be discussed, and the rules of grammar will be explained on request. This term we will read the author’s memoirs describing the events that led to his immigration to the USA in 1992.

NOTE: Students should have a basic knowledge of German. Because there is no clear definition of “basic knowledge,” the instructor invites students to attend the first class to find out if their knowledge is sufficient to profit from the course.

LANG109A · 10 Sessions
Campbell Center – Room B
class size 16
W · 11:00AM–12:30PM
9/18/2024–11/20/2024

INSTRUCTOR: *Udo Gorsch-Nies is a native German speaker. He has taught German classes at SOLIR/OLLI since 2005. Immigrating to the US in 1992, he became a citizen in 2004. His*



academic background is in high energy/elementary particle physics. Professionally, he worked in computing, systems analysis, and computer systems’ validation at research institutions and companies in Germany and the United States.

Exotic Travel 🌐

Want to go vicariously to places you may never visit? In this course, four speakers will take students across the breadth of Asia. We’ll start in Lebanon, then head to Tajikistan in central Asia, then India, and last, the Philippines. All presenters have personally visited the areas discussed and prepared pictures for viewing. Each presentation will be about 90 minutes, via Zoom, and there will be opportunities for questions and discussion.

LANG105 · 4 Sessions
online
class size unlimited
Tu · 3:30–5:00PM
10/29/2024–11/19/2024

INSTRUCTOR: *Tony Davis holds a PhD in linguistics from Stanford University. He worked as a computational linguist at various companies in the Washington, DC, area for 15 years before moving to Ashland in 2016. He has taught courses on varied topics at OLLI.*

Fun with Russian 👥

Here is your chance to improve your beginning Russian in a highly interactive, informal class that will cater to the needs of its participants. We will use a minimum of English, and repeat and contextualize Russian so that you can understand! Understanding what is being said and responding in Russian are the key goals. Grammar will be discussed only when needed, as our focus will be on speaking Russian. We will use the free online textbook, “Mezhdru Nami” as a reference, and read Chukovsky’s witty long poem, Telefon, as well as present short poems and songs to experience in class. A new Russian student occasionally appears, but this will be a small class. It will certainly be low-pressure, supportive, and fun.

NOTE: We don’t expect students with fluent Russian. Experience shows that some students struggle with pronunciation, some with the Cyrillic alphabet, and some with both. Please come to the first class to see how it suits you.

LANG166M · 10 Sessions
Medford Higher Education Center – Room 118
class size 32
W · 1:00–2:30PM
9/18/2024–11/20/2024

Instructors: Marcus Levitt holds a PhD in Russian and taught Russian literature at USC for more than 30 years. His Russian is fluent. He and Alice Taylor have spent more than six years in the Soviet Union or Russia, doing scholarly work in literature and art history. Alice Taylor holds a PhD in art history and has been teaching at the college level since 1990. She focused on late antique and medieval art in her PhD program and has taught Buddhist and African art as part of surveys of art history, mostly at community colleges. She loves to learn more in preparing OLLI classes.

Spanish via Songs

Listening to songs and studying the vocabulary and grammar points is a fun and effective way to improve one’s understanding and speaking of Spanish. We’ll listen to and watch videos of about a dozen songs from a variety of genres, locations, and cultures of the Spanish-speaking world. We’ll read the lyrics and figure out meanings, as well as focusing on common grammatical challenges as they come up in the songs. Students are encouraged (but not required) to sing along, or even dance! Classes will be conducted mostly in Spanish, with liberal exceptions as needed. At least a strong beginner level of Spanish is suggested, but each student

will benefit in his/her own way. No textbook is needed. Songs, videos, and lyrics will be available online.

NOTE: This course is almost the same as the one offered in spring 2024 but with different songs. Students are welcome whether or not they enrolled in the previous course of a similar name.

LANG167A · 4 Sessions
Campbell Center – Room D
class size 30
Th · 9:00–10:30AM
10/17/2024–11/7/2024

INSTRUCTOR: *Teri Coppedge loves teaching Spanish and has been doing it for decades, including 12 years at OLLI. She has a BA in Spanish, an MA in teaching foreign languages, and has lived in Spain, Mexico, and Peru. Coppedge continues her education via songs, movies, conversing with local Spanish-speakers, reading Spanish novels, and traveling to Spanish-speaking countries, among other places. She also enjoys being active outdoors, the theater, and reading.*

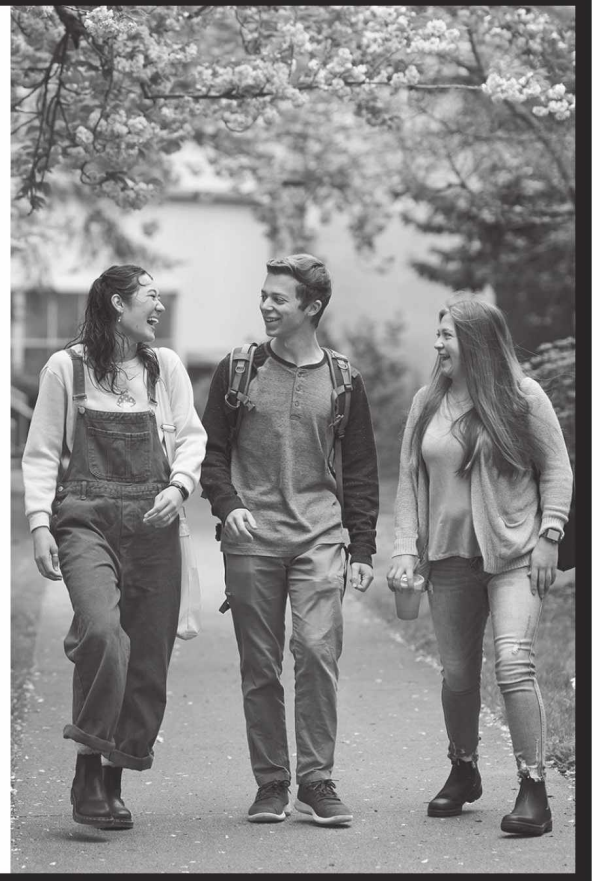
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Life Planning

Organize your intentions through financial and end-of-life planning.

DIY FUNdamental Stock Analysis for Beginners

Learn how to evaluate high-quality growth stocks and whether they are selling at a fair price. We use the same FUNdamental analysis methods as taught by www.betterinvesting.org to over five million investors over the past 72 years. Learn how to form sound judgments, compare values between companies, make wise and strategic portfolio choices, do research online, and document your judgments. We use an internet-based stock analysis tool and various research websites to help us make judgments. Students evaluate a company and practice articulating their judgments during workshops. This class is an activities workshop with 75 minutes per week outside video education and online tools practice. Students must have basic math skills, a Mac running a current OS or PC running Windows 10 or later, and a working printer. Beginners and repeaters are welcome! This class is a prerequisite for the DIY FUNdamental Stock Analysis—BEYOND Beginners planned for winter term.

NOTE: Maximum benefits will be achieved by attending all eight sessions. Equities discussed are for educational purposes only; no recommendations will be made. No penny stocks, ADRs, ETFs, index funds, bonds, mutual funds, financial advisors, cryptocurrencies, or foreign



stocks will be discussed. We do not present alternate portfolio management theories, technical analysis, or other investment strategies.

LIFE141 · 8 Sessions
online
class size 25
Th · 9:00–10:30AM
9/19/2024–11/7/2024

Instructors: Marcia Couey has 30 years of experience as a contract writer for the medical, financial, and technology sectors. She has a BA in English from UC Irvine and an MBA in finance and marketing. Michael Smith has been a pastry chef, property manager, and a purchasing agent. He has a BS in earth and planetary science with a mathematics minor from the University of New Mexico. Like Couey, he is a passionate volunteer with BetterInvesting.

Life Happens. Now What? Life Transition Skills

Most of us spend half our adult lives going through major life transitions like retirement, marriage, loss of a loved one, divorce, inheritance, career change, empty nest, big health challenges—yet we haven’t been trained in vital skills needed to master (or even manage) these life passages. Change happens quickly, but major life transitions can take years, and the transformation that results from working through them skillfully lasts a lifetime. This course explores how students have handled these significant “life-quakes” in the past and can use them now and in the future as times of reimagining and reinvention. We will explore the four phases of major life transitions both in the research and through personal experience. These challenging passages launch life’s next chapter and hold great potential gifts of “post-traumatic growth” while allowing the opportunity to design the ideal next chapter. Emphasis will be on developing the creative skills to flow through major change.

NOTE: Suggested, but not required reading: “The Way of Transitions” by William Bridges and “Life is in the Transitions” by Bruce Feiler. There is no class on Monday, November 11, in observance of Veterans Day.

LIFE127 · 4 Sessions
online
class size unlimited
M · 1:00–2:30PM
10/21/2024–11/18/2024

INSTRUCTOR: *Howard Rubin CFP is a financial life planner and counselor with decades of expertise guiding people through both the technical and personal sides of money. He has a BA in behavioral psychology from Duke University.*

Moving Forward on Your Own After Losing a Partner

This course will help those affected by the death of a loved one in a relationship navigate the daily struggles of this powerful life phase and begin to take their own pivotal next steps toward emotional, mental, physical, and financial well-being. Loss is a passage with no timetable, often marked by grief and the challenge of taking on new and perhaps unfamiliar skills and responsibilities. This course is a compassionate exploration of the knowledge and resources to find the support and strength needed after loss, and a gentle reminder that it doesn't have to be gone through alone. This proven process will provide varied tools to help enrich self-understanding while building confidence, skillfulness, and a vital community/professional support team. We will learn from the experiences of others at different points in their healing, as well as from experts in life planning, grief recovery, and personal finance. Participation during class is encouraged but optional.

LIFE126 · 4 Sessions
online
class size unlimited
M · 1:00–2:30PM
9/16/2024–10/7/2024

INSTRUCTOR: *Howard Rubin CFP is a financial life planner and counselor with decades of expertise guiding people through both the technical and personal sides of money. He has a BA in behavioral psychology from Duke University.*

Peace of Mind When Buying or Selling Your Home

An article in the July 2022 publication of “Psychology Today” states that moving “is a top stressor”! Students of this course looking to buy or sell a home can expect to identify strategies to avoid or minimize those stressors. This course will be a combination of lecture and roundtable discussion and will deal exclusively with residential real estate with an emphasis on owner-occupied homes. We will also discuss “senior living alternatives” such as residential assisted living, continuous care living, and more. Topics to be addressed may be those otherwise “unknown unknowns” and based on other people’s buying and selling experiences along all points of the process. Students need not have any background or experience in buying or selling real estate. The instructor is passionate about making your move as successful and stress-free as much as possible. Other related professionals may be invited in as guest speakers to provide additional information.

LIFE305A · 5 Sessions
Campbell Center – Room A
class size 34
W · 11:00AM–12:30PM
10/23/2024–11/20/2024

INSTRUCTOR: *Jim Berns was named Principal Broker of the Year five times before retiring in California and moving to Oregon in 2022. During his career as a broker, Berns listed and sold over 600 homes. As a principal broker, Berns oversaw more than 15,000 transactions as the owner of a company and then as the chief compliance officer for another company. He is certified as a Senior Residential Specialist (SRES) by the National Association of Realtors.*

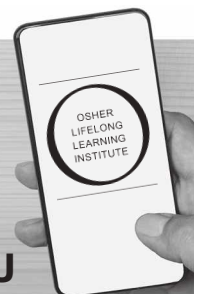
NEW! Protecting Yourself from Scams

Hardly a day goes by without a suspicious or dubious email or text arriving on our phones. To click or not to click, that’s really the question! How is one to know? This course will review common scams, alert students to warning signs to watch out for, cover issues that increase susceptibility to scams, and will discuss strategies for planning ahead to prevent scam victimization. The course will include lectures, discussions, short videos, and exercises.

LIFE307A · 4 Sessions
Campbell Center – Room C
class size 26
Th · 9:00–10:30AM
9/26/2024–10/17/2024

INSTRUCTOR: *Mary Twomey spent 30 years in the field of elder abuse prevention, working at the county, state, and federal levels. Her most recent position was as an Aging Program Specialist at the Office of Elder Justice and Adult Protective Services at the US Administration on Aging. From 2010-2014, Twomey was co-director of the National Center on Elder Abuse at the University of California, Irvine. She has a Master’s degree in social work.*

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NEW! Relocating Outside the US in Retirement

More Americans are retiring outside the US than ever before. Reasons for this may include a lower cost of living, a desire for adventure, or personal convictions. A move this big requires careful planning. We'll discuss considerations such as visas and long-term stay requirements, healthcare, drivers' licenses and other bureaucratic issues, and resources available in both deciding and planning. Through open discussion, instructor presentations, and selected web resources, students will learn what is necessary for a long-term relocation outside the US. Using the example of moving to Bulgaria, with a guest speaker also offering insights into the requirements for Mexico, we'll discuss the issues that are important to consider. Only a level of curiosity is needed in advance of this course. We'll be using online, rather than print, resources. Students will benefit from some outside investigation of locations to which they will be interested in relocating.

LIFE306 · 3 Sessions
online
class size unlimited
F · 11:00AM—12:00PM
10/4/2024—10/18/2024

LIFE306A · 3 Sessions
Campbell Center – Room D
class size 53
F · 11:00AM—12:00PM
10/4/2024—10/18/2024

INSTRUCTOR: *Jan McCoy has worked in education for more than 30 years, teaching at all levels—prekindergarten through doctoral studies. He holds degrees in history and has taught courses on technology and workplace psychology. He and his wife, Amy McCoy, are currently planning to relocate from Ashland to Plovdiv, Bulgaria, in 2025 and have been working on this plan for the past several years.*

Retirement and Your Money: What You Should Know

Have you ever thought to yourself “I’m worried about running out of money;” “I need to get my finances organized;” or “I want to make sure I’m making good financial decisions”? If you’ve made any of these statements, this course may help you feel more secure with your finances. We will cover the basics in each of six main areas of financial planning: financial position (preparing a net worth statement); insurance (including long-term care); taxes (how to minimize them); retirement planning (Social Security, taking withdrawals, how to know

how long your money will last); investments (basics of asset allocation); and estate planning (wills, trusts, etc.). The course will be taught primarily in lecture format with some optional home assignments.

LIFE121A · 3 Sessions
Campbell Center – Room C
class size 26
Th · 1:00—2:30PM
9/19/2024—10/3/2024

INSTRUCTOR: *Kenji Bleicker is a local financial planner and investment advisor. He holds degrees from UC Santa Cruz and the University of Michigan. Bleicker has been a financial advisor and Certified Financial Planner Professional since 2010.*

Understanding Medicare: The ABCs (and D)

This course will inform students on the basics of Medicare as well as more specific and current topics in Medicare that are locally relevant. Through lecture and interactive discussion, a highly trained Medicare counselor will provide valuable information to ensure that attendees and their loved ones are getting the most out of their Medicare coverage. Topics include Medicare Parts A and B, Medicare Advantage vs. Medigap, the prescription drug plan (Part D), annual reevaluation of plans, tips for finding a provider, coverage limitations or exclusions, and local resources for assistance. The course will help prepare soon-to-be eligible or current beneficiaries for the Medicare open enrollment period beginning October 15.

LIFE120A · 2 Sessions
Campbell Center – Room C
class size 34
W · 3:30—5:00PM
9/18/2024—9/25/2024

INSTRUCTOR: *Becky Foster volunteers with the local SHIBA program, counseling Medicare beneficiaries on how to navigate this complex health program. She did similar work in the Bay Area for six years. Professionally, Becky advises life science and medical technology companies on how to make their products accessible to patients by ensuring adequate insurance coverage. She has a Master’s degree in public health from UC Berkeley.*



Literature

Includes the study of fiction and non-fiction in English, and literature in translation.

Best American Short Stories of the Century, Part 2

Welcome all, to Part 2 of “The Best American Short Stories of the Century.” This is the perfect course for those who might enjoy a deep dive into some of the finest short stories ever written in the 20th century by some of the major writers of the modern age, including Tennessee Williams, Joyce Carol Oates, Philip Roth, and John Cheever, just to name a few. Before each session, students will read three designated submissions from the short story anthology “The Best American Short Stories of the Century,” which will then be discussed in a comfortable inclusive classroom setting. We will only be covering the second 20 offerings from the 55-story text. These stories will chronicle from 1950 through 1978. The final stories, Part 3 of this course, are still planned for the fall of 2025. It is NOT necessary to have attended the Part 1 session last fall.

NOTE: A copy of “The Best American Short Stories of the Century” edited by John Updike is required. Both hard-copy and e-book are available either new or used.

LIT112A · 8 Sessions
Campbell Center – Room A
class size 26
Tu · 11:00AM–12:30PM
9/17/2024–11/5/2024

INSTRUCTOR: Timothy Kelly has been a member of OLLI for over 15 years and has taught classes there for several terms, including “Live! Greatest American Speeches in History,” a playwriting class, and several terms of “Best American Short Stories.” He has written three plays and has performed at Camelot Theatre, Randall Theatre, Oregon Stage Works, and most recently at Cabaret Theatre. Kelly is an enthusiastic reader of short stories.

NEW! Doppelganger: The Double in Literature and Film

One avenue by which artists have explored the complexity of the self has been through the doppelganger, a double of the self that is conceived as a separate person or a psychological projection or, in some cases, both. The doppelganger has roots in folklore, and when it appeared in literary fiction beginning in the 19th century, its treatments characteristically retained fantastic

elements. Emphasis, though, was placed on the psychological and moral dimensions of the material. Works assigned in this course will be Edgar Allen Poe’s “William Wilson,” Robert Louis Stevenson’s “Dr. Jekyll and Mr. Hyde,” Joseph Conrad’s “The Secret Sharer,” Darren Aronofsky’s film “Black Swan,” and Henry James’s “The Jolly Corner.” There will be six classes. The first class will entail some introductory remarks by the instructor, but the course will mainly proceed by discussion. Participants will be expected to read/view the assigned works before each class.

NOTE: None of the literary selections are lengthy, and the film runs under two hours. All the literary works are available without charge on the internet; “Black Swan” is available on Netflix

LIT316A · 6 Sessions
Campbell Center – Room A
class size 25
Th · 11:00AM–12:30PM
10/17/2024–11/21/2024

INSTRUCTOR: Trained in textual studies at Yale (BA 1961) and Harvard (MA 1963, PhD 1966), Herb Rothschild taught 22 years in the English Department at Louisiana State University, where he also directed the Honors Program. His last appointment was as visiting professor in The Honors College at the University of Houston. Author of numerous scholarly articles, for the general reader he brought out a book on Shakespeare called “Profoundly Entertaining.”

Classes taught online via



If you are new to Zoom or if you need a refresher, email the OLLI office at olli@sou.edu or call 541-552-6048.

We will be happy to connect you to some online resources or technical assistance.

Please note: We only provide information and assistance to current OLLI at SOU members.

NEW! Rilke's French Poetry

Are you drawn to understanding yourself and human nature through poetry? The purpose of this offering is to reflect on a unique set of poems Rainer Maria Rilke wrote in French during the last four years of his life. The six sessions will avoid any literary analysis or history. Instead, we will focus on how we might see ourselves in the mirror of these poems. How do the word choices in the instructor's translation differ from the literal version, and what associations are attached to those words? Participants should be lovers and readers of poetry and have an interest in language and poetics, but they need not have any knowledge of French or of Rilke's body of work. Copies of the poems will be emailed to students before each session.

LIT317A · 6 Sessions
Campbell Center – Room C
class size 13
Th · 1:00–2:30PM
10/10/2024–11/14/2024

INSTRUCTOR: *Susanne Petermann studies and translates Rilke's French poems. She holds a degree in German from Macalester College and learned French while living abroad for 10 years. She is a trained practitioner of Authentic Movement, which has played a major role in her life and has helped her process dilemmas large and small.*

NEW! Russian Drama's Golden Age

Before 1830, no one in Western Europe read Russian literature. By 1890, everyone had. Miraculously, it went from a nonentity to the most influential national literature in the West in 60 short years. Pushkin, Gogol, Turgenev, Tolstoy, and Chekhov became familiar to readers through their entertaining stories and their penetrating insights into human behavior. But these men also wrote plays. This class will focus on this aspect of their storytelling talents. In addition, you will be introduced to less famous Russian writers whose skills as dramatists are still appreciated at home: Griboyedov, Sukhovo-Kubylin, Pisemsky, and especially Ostrovsky. Highlights will include Pushkin's "Boris Gudonov," Gogol's "The Inspector," Turgenev's "A Month in the Country," Tolstoy's "The Power of Darkness," and Chekhov's "Three Sisters." You will learn that not all Russian plays are enveloped in "clouds of gray," as a song said. Visuals of text are provided. The instructor will summarize and perform excerpts.

LIT318A · 7 Sessions
Campbell Center – Room E
class size 78
Tu · 11:00AM–12:30PM
10/1/2024–11/12/2024

INSTRUCTOR: *Robert Graybill holds a BA and MA in theatre from Arizona State University and did doctoral work at Indiana University. He directed a high school musical in a small farm town in Southern Indiana. Graybill also worked a stint as board president of a nonprofit community theatre. He was a national award-winning drama critic. Graybill can't believe that he has taught courses at OLLI for 10 years.*

NEW! The Challenges of Literary Translation

Translation is a complex process that involves transferring the essence of a text into a different language while retaining its integrity. The interplay of language, culture, and creativity makes translating literature particularly challenging. Such works often represent ideals and beliefs which may not have an exact translation in another language. Poetry presents further problems because rhythm and meter are essential elements. This course will introduce various approaches to translation, reviewing the merits and weaknesses of each. Several translations of a poem or short passage will be presented and discussed. Students will read brief translated works outside of class, to be discussed in the following session. Video clips of authors and poets reading their works will be shown, as well as interviews with translators. There will be brief in-class exercises, when time permits. It is not necessary to read or speak another language to participate.

LIT319A · 3 Sessions
Campbell Center – Room A
class size 20
W · 9:00–10:30AM
9/18/2024–10/2/2024

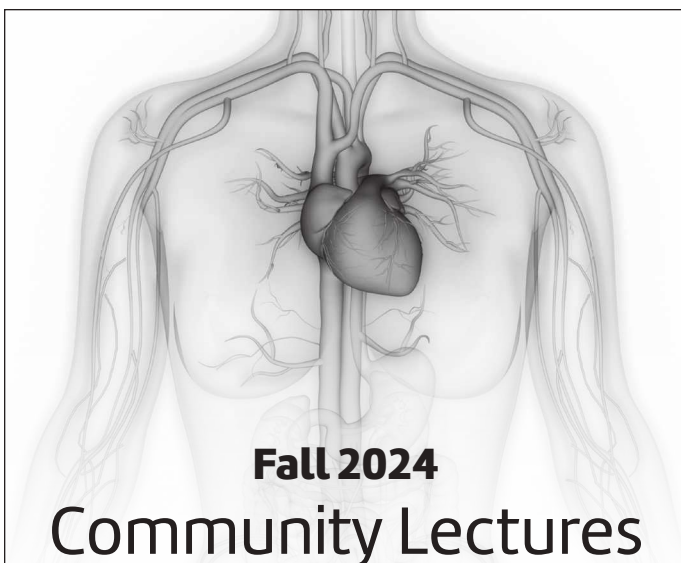
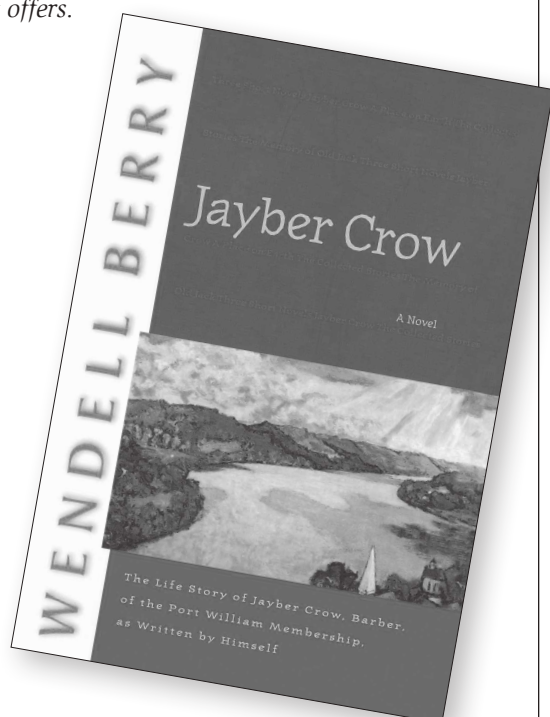
INSTRUCTOR: *Linda Jaffe holds BA (history and biology), MBA, and MFA (writing) degrees. She is a published poet in a number of literary journals and has published a chapbook with two other Ashland poets. She served as chief poetry editor for a literary journal at UC Berkeley. Jaffe has taught a variety of OLLI writing, literature, history and dance courses over the past six years.*

Wendell Berry's "Jayber Crow"

"Jayber Crow," by Wendell Berry, is a novel about a rural community in Kentucky in the 1930s. Jayber, the protagonist, tells his story first person. He is a lost soul, with seemingly little to recommend him as a friend or a community member, yet his perceptions and his insights into character and the world around him are remarkable. Through his eyes the reader is brought face to face with the widest variety of timeless questions about life, treated with sensitivity and compassion. Berry introduces a community that embodies some of the best qualities of human character, and some of the most difficult challenges of a world in transition. In short, Jayber's story will enrich people's lives, make them laugh, make them cry, and hopefully deepen their appreciation of the simple gifts that are often taken for granted.

LIT320A · 4 Sessions
Campbell Center – Room C
class size 25
Tu · 11:00AM–12:30PM
10/29/2024–11/19/2024

INSTRUCTOR: *Avram Chetron is a retired public school teacher who has taught OLLI classes about novels for many years. He has a bachelor's degree and a master's degree in subjects that have nothing to do with his OLLI courses! However, his experience in teaching and his love for books about the American experience in modern times stands him in good stead for guiding students to deepen their appreciation for literature and for the life lessons it offers.*



OLLI's free, public community lecture program will provide a focus on cardiovascular health.

Each lecture will be held on a Wednesday evening in October from 7:00 to 8:00 pm via Zoom. Special thanks to Asante for organizing the series and to Steven Hersch, MD, who will serve as its host. Specific dates and program details will be announced in the OLLI at SOU Newsflash and on the sou.edu/olli website. Presenters and topics include:

- ▶ **Brian Gross, MD:**
Clogged Fuel Lines and Electrical Mischief of the Heart ...Cardiac Plumbing and Electrical Solutions
- ▶ **Danielle Jacks, MD:**
The Purpose, Procedure and Recovery of Heart Bypass Surgery (CABG)
- ▶ **Kent Dauterman, MD:**
How to Keep Your Heart Running to 100

 **ASANTE®**

Movement

Includes all courses that involve physical movement, e.g., dance, Tai Chi, QiGong, and hiking.

These are physically active classes. By participating in these classes, you accept liability for any injury that results from your activity in the class. Please consult your doctor before beginning any new program of physical exercise.

Authentic Movement: Moving From the Inside Out

Authentic Movement is a meditative, improvisational practice in which movers access their internal experience (which can include emotions, thoughts, bodily sensations, and movement impulses) and allow that experience to be expressed through the body: to move from the inside out. To help movers follow their own process, movers are invited to move with their eyes closed (as much as feels safe) and without music. Movers are invited to talk about their movement and will learn to witness each other. Because this class is a self-exploratory one, it works best if we can build a cohesive group early on, which allows for greater trust and ease with each other. So, we ask that those interested attend the first class, decide if it's right for themselves, and then commit to the next five classes. (If a student has to miss one, we understand!)

NOTE: This is NOT a dance course. No movement experience is necessary. Please come in comfortable clothes, and students should bring dance shoes if they prefer not to be barefooted. A waiver must be signed prior to the first class.

MOV301A · 6 Sessions

Oak Street Dance Studio – 1287 Oak Street, Ashland
class size 15

F · 9:00–11:15AM

10/11/2024–11/15/2024

Instructors: Lisa Odegaard has relied on dance and movement to express herself since childhood. She has trained in and practiced Authentic Movement for 30+ years. She worked as a marriage and family therapist for 25 years. Susanne Petermann studies and translates Rilke's French poems. She holds a degree in German from Macalester College and learned French while living abroad for 10 years. She is a trained practitioner of Authentic Movement, which has played a major role in her life and has helped her process dilemmas large and small.

English Country Dance

From lyrical to lively, silly to sublime, English country dance dates from the 1600s. Discover dances of Jane Austen's time as well as newly composed dances. Learn about the cultural aspects and history of this joyful living tradition as you enjoy moving to beautiful music. This is an "on-your-feet" and social class. No partner is necessary.

NOTE: Please bring clean-soled, non-marking shoes and a water bottle. A waiver must be signed prior to the first class.

MOV106A · 6 Sessions

DanceSpace – 280 E Hersey Street, #10, Ashland
class size 42

W · 11:00AM–12:30PM

10/16/2024–11/20/2024

INSTRUCTOR: *Brooke Friendly has taught English country dance for more than 40 years. She teaches a weekly community class in Ashland and at camps, workshops, and events throughout North America, England, and Australia. She and her husband are well known internationally as dance composers. Brooke loves sharing the community and artistic aspects of this dance form. Her website is brookefriendlydance.com*

NEW! Expression Through Movement: Unlock Your Body

Are you ready to connect to your body? Do you want to free yourself from tensions that keep you stiff and limit your aliveness? This is a movement course that gets energy flowing and allows one to safely express yourself. Coming from the theoretical basis of Bioenergetic Analysis, we will practice how to loosen frozen joints and breathe life into rigid holdings. We will pulse, vibrate, and become aware of how the body wants to fluidly move in a safe and accepting environment that encourages self-expression and connection to internal feelings and aliveness. After some warmups and stretching, we will use breathing, grounding, and pulsations to move energy and become aware of constrictions. Self-expression is welcomed as part of the process of releasing tension and increasing the flow of energy throughout the body. No experience is necessary, and the course is appropriate for any beginner who is interested in moving their body and releasing tensions held inside.

NOTE: Students will be asked to sign a waiver before the first class.

MOV309 · 3 Sessions
 online
 class size unlimited
 Tu · 9:00–10:30AM
 11/5/2024–11/19/2024

INSTRUCTOR: Janet Pinneau, MS, LMFT is a Certified Bioenergetic Therapist. She has been working in the field of somatic relational therapy since 2009. In her practice she has found that the addition of movement classes to the therapeutic process has helped her clients to free up blocks that have limited their ability to access their full aliveness. She has been offering Bioenergetic Movement courses around the world since 2015.

Fall Prevention and the Experience of Balance

It is no secret that as we age, our risk of falling increases, and the consequences of falling get more and more serious. In this class students will learn simple posture and movement exercises from T'ai-Chi as well as somatic inquiry exercises that will give them the keys to better balance and fall prevention and a deeper connection to their own uniquely personal experience of their bodies and the world around them. We will offer exercises which challenge and improve balance, balance tips for everyday life, as well as ways to check in with one's inner experience of one's body to help integrate and deepen one's experience of balance. This course is intended for people who want to improve their balance but not for those who already have serious balance challenges. Participants must be able to stand unsupported for at least half an hour at a time. Other than that, no special experience or fitness level is required.

NOTE: A waiver must be signed prior to the first class.

MOV307A · 4 Sessions
 Campbell Center – Room A
 class size 16
 Tu · 3:30–5:00PM
 10/29/2024–11/19/2024

Instructors: Gene Burnett has taught T'ai-Chi senior citizen classes since 1985. He was certified to teach by Andrew Dale, chief instructor of the Xin Qi Shen Dojo in Seattle. Samarra Burnett has a Master's degree in Somatic Education and is certified to teach the Focusing Method by the Focusing Institute. She is also certified to teach T'ai-Chi and has taught dance and body awareness in the Rogue Valley since 2010. They both have private clients in Ashland.

NEW! Free the Feet, Ankles, Toes, and Legs

In this course we will explore the structure and primary movements of the feet, ankles, toes, and legs and how they are connected to the entire skeleton and you as a complete human being. Each class features an exercise, or “lesson” involving gentle movements done slowly with minimal effort, while paying attention to your own personal experience. Students determine how big, how fast, or how “good” they do the exercises. Students will be guided through enjoyable sequences, exploring and discovering ways of moving with spontaneity and awareness. Students can think of these exercises as safe, fun puzzles for their nervous system and brain. Each lesson is designed to help remember, learn, and create new patterns of behavior. Each student will be involved in his/her own process of learning. This course is ideal for all ages and abilities. You will increase your balance, turn more easily, and reduce tension as you adjust and move with more comfort and ease.

NOTE: A waiver must be signed prior to the first class. It is beneficial to repeat this course.

MOV313A · 6 Sessions
 Campbell Center – Room A
 class size 12
 M · 2:00–3:00PM
 9/16/2024–10/21/2024

INSTRUCTOR: Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, colleges, seminars, wellness centers, retreats, elder hostels and camps for over 35 years. She is an accredited Feldenkrais teacher, a practitioner of Dance/Movement Therapy, and a certified teacher and student of Tai Chi Chuan. Her goal is to help people move in the way they desire throughout their lifetime.



NEW! Hiking Ashland's Trails with Your Canine Friend

If you've wanted to take an OLLI hiking class to explore some of Ashland's amazing trails but also need to exercise your dog, this course offers the opportunity to do both. Places we will explore together with our canine pals include Oredson Todd Woods, the Snark Trail, the Lithia dog-approved Loop, Hald-Strawberry and the TID trail, Riverwalk, and Emigrant Lake. All hikes will last no more than two hours (one and a half hours preferred so you can get to another course), nor require more than a 200-foot elevation gain, with one exception. Information on the physical characteristics and history of each trail, and driving and parking instructions will be provided weekly.

NOTE: Canine participants (one per hiker) must be well-socialized, well-trained, and vaccinated. Canine owners should come supplied with a 6-foot leash and a pocket full of poop bags. The Emigrant Trail hike is the only one where dogs will be allowed off leash. Signing the SOU-required field trip Waiver of Liability and proof of pooch vaccines will be required. Limit 10 humans, 10 dogs.

MOV312A · 6 Sessions
Field Trip
class size 10
M · 9:00–10:30AM
9/30/2024–11/4/2024

INSTRUCTOR: Myrna Hall is Professor Emeritus, SUNY College of Environmental Science and Forestry, Syracuse, NY. As a volunteer at Glacier National Park, she advised hundreds of hikers. She is an active member of the WA Cascadians camping and hiking sub-group. An avid English Setter enthusiast, she has spent hours pheasant hunting with her husband Charlie and many dogs, and since arriving here two years ago, exploring Ashland's trails with her pal, Jussi.

Introduction to Tai Chi for Health and Longevity

Learn a complete Tai Chi form for health and longevity that you can do anywhere, anytime, and that is adaptable for all ages, body types, and abilities. No previous experience is necessary. Reduce pain and stress, improve balance, gain focus/concentration, find comfortable ways to move, and gain benefits galore from a 3,000-year-old Chinese movement form. When students finish the six-week course, they will have three tools in their toolbox for dealing with change, transition, and life in general. Students will have the Tai Chi 17 form including movements from a Yang Short Form, so they

will be prepared to study further if they wish. Students will have learned a sequence called Finished the Form, which they can use alone as a practice or as a warm up or cool down for other practices. A basic knowledge of Tai Chi/martial arts and how to promote health and mind/body awareness will be obtained. Each time the class is taken, a deeper understanding of this life-long practice is gained.

NOTE: A waiver must be signed prior to the first class.

MOV144A · 6 Sessions
Campbell Center – Room A
class size 14
M · 3:30–4:30PM
9/16/2024–10/21/2024

INSTRUCTOR: Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, colleges, seminars, wellness centers, retreats, elder hostels and camps for over 35 years. She is an accredited Feldenkrais teacher, a practitioner of Dance/Movement Therapy, and a certified teacher and student of Tai Chi Chuan. Her goal is to help people move in the way they desire throughout their lifetime.

NEW! Mat Pilates for a Strong Core

Do you want stronger abdominals, better posture, and greater body awareness? This course will help beginning to intermediate students understand and perform basic mat Pilates movements. Students will learn to connect to their “core,” known also as the “powerhouse.” At a slow and deliberate pace, students will focus on body connection, body mechanics, and stretching. Mat Pilates helps participants feel essential muscle groups in new and rewarding ways. By modeling and providing verbal direction, the instructor will guide students to understand the goals of particular exercises. Gentle and corrective feedback will aid participants in understanding how to safely and effectively use these exercises to increase ab strength. Visual imagery will also be used to help you understand proper movement. Depending on class size, props may be used and will be provided.

NOTE: Capable physical condition is required. Students should have a basic awareness of body function, movement, and control. This course is not intended to replace physical therapy or any other medically prescribed practice. Students will need to sign a liability waiver (which will be provided at the first class), and students will need to bring their own mat.

MOV310A · 6 Sessions

The Grove, Gymnasium – 1155 E Main Street, Ashland
 class size 15
 W · 11:30AM–12:30PM
 9/25/2024–10/30/2024

INSTRUCTOR: *Kelly Marcotulli has a private Pilates practice in Ashland and has taught at the Ashland YMCA and OLLI. She received her certification through the rigorous training program, BASI (Body Arts and Science). She has trained with highly regarded Pilates experts: Rael Isacowitz, Karen Clippinger, Lesley Logan, and Debbie Richter. As a life-long learner and teacher, she channels her passion for helping people feel good into her instruction.*

**Mindful Movement:
 QiGong and Stretching** 

This course is an introduction to Qigong and simple stretching patterns. Movements will be taught both as physical and energetic exercises and as methods for improving present moment awareness and mindfulness of subtle perceptions. No special clothing or experience is required. Participants should come as they are, ready to have fun with others! Although Qigong can be studied

for a lifetime, this brief series will provide a taste of the practices. Students will learn a set of simple movements that can be integrated into a daily routine. Students will also have access to videos on the instructor’s YouTube channel, and optional DVD or digital material is available for purchase. The exercises will challenge and enhance flexibility, balance, and coordination. Classes consist mostly of active movement. Students must sign a liability waiver prior to the first class.

NOTE: This online course will include social time with other students using breakout rooms. Since this is online, students must be prepared to take complete responsibility for their own physical well-being. Classes will not be recorded.

MOV125 · 4 Sessions

online
 class size unlimited
 Tu · 9:00–10:30AM
 10/8/2024–10/29/2024

INSTRUCTOR: *Nando Raynolds, MA, has studied and taught T'ai Chi, Karate, Kenpo, Escrima, Qigong, Massage, and Contact Improvisation Dance over the last 45 years. He is an author in the counseling and martial arts fields. He works in private practice as a psychotherapist with couples and adults.*



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Teaching: a great way to deepen your knowledge and skills

- Share your expertise and enthusiasm with a community of curious adults
- No teaching experience or membership required; mentoring and orientation provided
- Create the course you want to teach, from 2 to 10 sessions, 1-2 hours each
- Teach in a classroom, online with Zoom, or in a live class joined by Zoomers
- Choose your class size, day of week, time, and start date

Find out more, visit sou.edu/olli or call 541-552-6048

Course proposals for Winter 2025 are invited August 1–31

NEW! Tai Chi for Health and Longevity: A Yang Short Form

The physical benefits to one's health that the practice of Tai Chi Chuan affords are well documented. Much scientific research has been done on the physiological effects of this ancient Chinese practice designed to exercise body, mind, and spirit. It improves flexibility and builds muscle strength gradually. Tai Chi takes the joints gently through their range of motion, while the emphasis on breathing and inner stillness relieves stress and anxiety. Given its low impact and evidence that it improves balance and reduces pain, Tai Chi is gentle enough for all abilities, ages, and body types. In this course, you will learn a Yang Short Form, specifically, Chang Style Tai-Chi-Chuan Modified Short Form by Chi-Hsiu D. Weng, 1987. Although it is not a prerequisite, if one has taken Introduction to Tai Chi, parts of the moves will be in one's repertoire to build on. It is important to take this class more than once to deepen your understanding of each movement and the entire form.

NOTE: A waiver must be signed prior to the first class.

MOV311A · 6 Sessions
Campbell Center – Room A
class size 14
M · 5:00–6:00PM
9/16/2024–10/21/2024

INSTRUCTOR: *Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, colleges, seminars, wellness centers, retreats, elder hostels and camps for over 35 years. She is an accredited Feldenkrais teacher, a practitioner of Dance/Movement Therapy, and a certified teacher and student of Tai Chi Chuan. Her goal is to help people move in the way they desire throughout their lifetime.*



Walking Ashland's Trails

Fall is a perfect time to walk the trails around Ashland. Cooler weather is in the forecast as well as seasonal changes. Each walk will be about two hours, covering three to four miles. The trails will be mostly dirt paths with some elevation gain. While the walks are not intended to be of an aerobic nature, it is important that participants be reasonably fit and have good balance. Directions on where to meet will be emailed each week. Trails that may be included are North Mountain Park/Riverwalk Loop, Road 2060 above Lithia Park, Emigrant Lake, Bear Creek Greenway, TID ditch trail, Lithia Park hillside trails, Hald-Strawberry Park trails, and Oredson-Todd Woods. We will walk rain or shine. A liability waiver must be signed prior to participation in the first class.

NOTE: Humans only on these walks. Dogs will need to stay at home.

MOV147A · 6 Sessions
Field Trip
class size 10
W · 9:00–11:00AM
10/16/2024–11/20/2024

Instructors: Diane DeMerritt has been leading the OLLI walking course since the fall of 2022. She is an avid walker of the trails around Ashland. She has many years of experience leading groups and educating students. Liz Greenwood is a dedicated daily walker of Ashland neighborhoods and trails. She brings a passion for exploring on foot as well as her professional experience as a physical therapist, yoga teacher, and nature enthusiast.



Nature

Includes courses that explore the natural world and our relationship with it.

Growing a Garden for Beauty and Biodiversity 🖨️

This is a lecture course presented from an artistic and amateur scientific point of view and is designed to appeal to all levels of pollinator, bird, wildlife, and general gardening enthusiasts. Based on the premise that great beauty can be achieved while simultaneously increasing biodiversity, students will be presented with steps needed to create multi-seasonal pollinator and wildlife habitat that will enhance not only the beauty of their property, but also re-create the natural biodiversity of their communities. Students learn the basics to qualify their garden for certification as a monarch butterfly way-station or pollinator site. Students need not have a garden to participate or enjoy this class. No textbook is required. Recommended: “Real Gardens Grow Natives,” by Eileen Stark, “Soil Building,” by Elizabeth Murphy, “Nature’s Best Hope,” by Douglas Tallamy.

NAT102 · 5 Sessions
online
class size 42
Tu · 11:00AM–12:30PM
10/15/2024–11/12/2024

INSTRUCTOR: Robin McKenzie is a landscape designer in Talent, specializing in transforming urban gardens into sustainable ecosystems to benefit wildlife and people. An energetic speaker, she is passionate about preserving our Western Monarch butterflies and has presented to many garden groups throughout Oregon. She earned her BFA at the University of Colorado and considers garden design one of the fine arts, with living plants for paint and the garden as her canvas.

Have Fun Learning About Birds 🧑🧑

This is a previously taught course with new photos and information. Each class has a PowerPoint with a different emphasis on birding in the Rogue Valley and around the state. There is an invitation for sharing of stories and information. Examples of topics are “Making Your Yard a Bird Habitat,” “Using Poetry to Teach about Birds,” “Hawks and Eagles,” “Birds of the Sky,” and others. No prior knowledge of birds is necessary, and there will be no assignments. Just come prepared to be curious and enjoy learning about birds.

NAT130A · 4 Sessions
Campbell Center – Room E
class size 78
M · 9:00–10:30AM
9/30/2024–10/21/2024

INSTRUCTOR: Shannon Rio is president of the board of the Klamath Bird Observatory, a science-based non-profit that focuses on protection of birds and their habitats. As a wildlife educator, she teaches and guides in local stores, in classrooms, in the field, and many other places. The Rogue Valley has been her home for more than 40 years, and she participates in this community in a variety of ways.



COMING SOON!

TRAVEL PROGRAM

Our new Travel Pilot Program is set to launch in 2024–2025. Plans are coming together for a variety of local day and overnight trips.

In 2025, we’ll expand to the Western U.S. with “Spotlight on San Antonio” in April and “Canyon Country” in September.

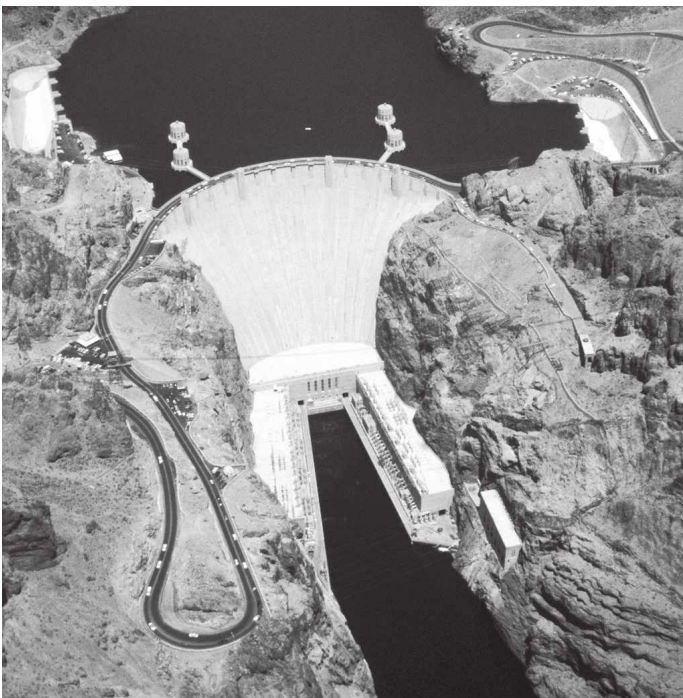
Trips are open to OLLI at SOU members only (one of your numerous Membership Benefits!) and will include additional costs. Look for more information in the Newsflash and on our website. Then, start traveling with your fellow OLLI members!

Plumbing the West: Dams, Ditches, and Diversions

The quote, “Whiskey is for drinking and water is for fighting over.” has been attributed to Mark Twain and frames the controversy over western water policies. Learn the history of how development of the western states led to water being moved from its source to distant mines, farms, and cities. This is not a Democrat or Republican issue, as both parties have a history of supporting water projects. The course will begin with John Wesley Powell’s call for state boundaries to be based on watersheds, which went unheeded. Learn about the underhanded way in which Los Angeles absconded with water from a distant valley or how a dam in a national park was a catalyst for modern environmentalism. The class will conclude with contemporary issues such as the current removal of Klamath River dams for salmon restoration. Classes will include lectures, slides, videos, and plenty of time for discussions.

NAT111A · 6 Sessions
Campbell Center – Room E
class size 37
W · 11:00AM–12:30PM
10/16/2024–11/20/2024

INSTRUCTOR: *John Schuyler is a retired forester, who received a BS in forestry from the University of California at Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California, and Arizona, working in timber management, recreation, minerals, planning, and administration.*



The Range of Light

From afar, the Spanish conquerors of the 18th century saw them as a snowy mountain range. Up closer, John Muir coined the phrase “The Range of Light,” which has endured. Whether comprised of snow or light, the Sierra Nevada Mountains are the backbone of California in many ways. They are also a barrier—capturing moisture coming from the Pacific, but also a barrier to pioneers coming from the east. The range provides the state with most of its water. They are key to outdoor recreation, including attractions such as Yosemite National Park and Lake Tahoe. They played a key role in providing the lumber used to build much of the nation’s most populated state. This course looks at the geography, natural history, human history, and challenges facing the single largest mountain range in the lower 48. “The Gentle Wilderness” is now plagued by overcrowding, dying trees, and unwanted wildfires. What does the future hold? Classes will include lectures, slides, videos, and time for discussions.

NAT302A · 5 Sessions
Campbell Center – Room C
class size 34
Th · 9:00–10:30AM
10/24/2024–11/21/2024

INSTRUCTOR: *John Schuyler is a retired forester, who received a BS in forestry from the University of California at Berkeley. During his 32-year career with the USDA Forest Service, he worked on national forests in Oregon, California, and Arizona, working in timber management, recreation, minerals, planning, and administration.*



Personal Exploration

Includes strategies for enhancing relationships, improving psychological and emotional wellness, and enriching spiritual development, meditation, and stress-reduction.

Certain OLLI classes, particularly psychology classes, may explore personal experiences of an emotional nature. Those who would like to further discuss special concerns are encouraged to do so with a licensed professional in the field.

Accessing Inner Guidance

Everyone has the ability to access his or her inner guidance with appropriate training and practice. This class offers focusing techniques and coaching to support access to the intuitive part of you that holds wisdom and information that is beyond the conditioned mind—your inner guidance. Being able to access clear inner guidance can support you in more easily navigating day-to-day life. You can develop a deeper understanding about all your options around decisions that you must make, as well as right action with respect to family issues, relationships, managing work, and so on. If you are interested in personal growth, inner guidance can help you gain insight into your personal growth path, why you are having certain experiences, and what you can do to transform your experience. This class will be fun and experiential, with lots of discussion, coaching, and feedback.

PERS102A · 4 Sessions
Campbell Center – Room A
class size 34
W · 11:00AM–12:00PM
9/18/2024–10/9/2024

INSTRUCTOR: *Stephanie Lash has a BA in psychology and has been involved in personal growth practices since 1975. She has taught meditation and stress reduction classes since 1978. Lash also has formal training as a personal growth coach. In addition to a full-time career in corporate human resources, she has been teaching classes in meditation and accessing inner guidance for over 40 years.*

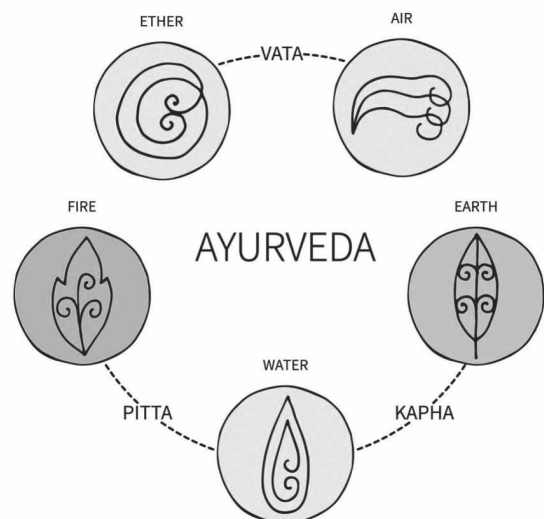
NEW! Ayurveda: Art of Living

In this two-class series, you will be introduced to foundational components of Ayurveda, a healing art and science from ancient India. In the first session, we will discuss the three bio-energies (doṣha), their elements (Pañcabhūta), and the 20 qualities that compose all matter in the universe (Viṃśati guṇana). In the second session, you will learn methods for bringing Ayurveda into daily habits through routine tips (dinacaryā). The first class will be a lecture and some self-quizzing. The second class will be a mix of “show and tell” and demonstration with an opportunity to pass objects around the room. We will realize the importance of meshing an ancient healing art into the context of modern times. No background exposure or expertise is expected of the students. No assignments or activities need to be done outside of class time, but optional suggested reading can be provided after the course.

PERS320 · 2 Sessions
online
class size unlimited
F · 11:00AM–12:30PM
10/25/2024–11/1/2024

PERS320A · 2 Sessions
Campbell Center – Room A
class size 34
F · 11:00AM–12:30PM
10/25/2024–11/1/2024

INSTRUCTOR: *Sarah Dunfee is a NAMA Certified Ayurvedic Practitioner. She studied at The Ayurvedic Institute in Albuquerque, NM, and the Ayurvedic College for Wellbeing, Puerto Rico, where she apprenticed in Panchakarma with Drs. Light and Bryan Miller. She has also studied at Vaidyagrama, Healing Village in India. Dunfee is a Professional Committee member for the National Ayurvedic Medical Association. She runs her own practice, Bhumi Shakti Ayurveda LLC.*



NEW! Becoming a Refugee: Four Ukrainian Women's Stories

What is the journey of a Ukrainian woman refugee? What was the experience of growing up in Soviet Ukraine? What is the impact of the transition from communism to a free Ukraine on the life of a Ukrainian woman and her family? Becoming a refugee involves a change of identity, loss of status and economic stability, and a descent into another unknown world. Through lecture, discussion, and the stories of four Ukrainian refugee women living in Ashland, these questions will be explored. This exploration will be placed within the larger context of Ukrainian history, women's spirituality, and the refugee experience as a path of spiritual transformation. The course will include reflective writing and/or journaling in response to the readings.

NOTE: Required text: "Displaced: The Ukrainian Refugee Experience" by Tamar Jacoby. Independently published (September 9, 2022).

PERS315 · 4 Sessions
online
class size 26
Tu · 1:30–3:30PM
9/17/2024–10/8/2024

INSTRUCTOR: Louise M. Paré holds a PhD in women's spirituality from CIIS and an MA in religious studies from Mundelein College. She is an international women's spirituality educator and published writer with 40+ years of teaching experience in women's spirituality, social justice, and the arts. Her matriarchal heritage is Ukrainian. In 1997 she taught workshops at the Cherkasy Women's Center and did research in Kyiv, Cherkasy, and surrounding villages.

NEW! Biblical Deconstruction and 21st Century Religion

The historical "gold standard" for Christian doctrine and morality is the Holy Bible, apparently the most published book in the world. However, in many respects, it has not aged well. While the rendition of the New



Testament account of Jesus is still popular and powerful, scientific materialism has cast doubt on the veracity of his miracles. In turn, the Old Testament has been the cause of intense polarization because of its accounts of an "angry and jealous" God that still supports a world of conflict and violence. In addition, the accumulation of historical information in recent years has not been kind to Yahweh. This course takes a fresh look at human origins, ET contact, historical Christianity, the culture of megalithic structures destroyed in a great cataclysm, and a different perspective about Jesus. It concludes with some "big picture" ideas that point to the emergence of a new contemporary spirituality. Students need no prior knowledge.

PERS316 · 7 Sessions
online
class size 21
Th · 1:00–2:30PM
9/19/2024–10/31/2024

INSTRUCTOR: Alan Ackroyd is a retired physician, spending about 35 years in Primary Care, in both office practice and the emergency room. He also earned a Master's degree in clinical psychology. He has a lifelong interest in, and is passionate about, metaphysics and ancient human history and origins.

NEW! Conscious Aging and the Enneagram

While much has been written and discussed about a) aging and b) personality development and the Enneagram, very little is available about how the two interact and affect the other. The term "conscious aging" has recently become discussed, but is not clearly defined. In this course the concept is broadly characterized as "accepting the aging process and the fact that we are all getting older." Conscious Aging and the Enneagram is a discussion and study group that will explore some key aspects of aging in the framework of personality and the Enneagram. It will explore questions such as: 1) How does our personality evolve as we age and what can we do to facilitate this with knowledge of the Enneagram, self-awareness, and presence-based practices? 2) How does aging support and challenge our connection with and use of our primary gifts and qualities? 3) What are the key learnings from the Enneagram that relate to and support conscious aging?

NOTE: It is expected that all students are familiar with the Enneagram, have a sense of the Type they are working with and understand the fundamentals of Enneagram. We will be referencing the book "The Wisdom of the Enneagram" by Don Richard Riso and Russ Hudson, and students will need access to this book.

PERS322A · 6 Sessions
Campbell Center – Room C
class size 24
W · 1:00–3:00PM
10/16/2024–11/20/2024

INSTRUCTOR: *David Widup is a practicing Enneagram coach and teacher. He studied the enneagram with Russ Hudson, is a graduate of the Chestnut Paes Enneagram Academy, and is a Certified Guide for the Enneagram Prison Project. He is an accredited professional with the International Enneagram Association, certified coach from the Hudson Institute of Coaching, and accredited Enneagram Type coach.*

NEW! Embracing the Sacred Feminine

Somewhere in the mists of history that surround early civilizations, men decided that women were a tool for their use, and the status of women as the property of men was gradually confirmed. So persuasive (and perhaps forcible) was the implementation of this concept over millennia that women themselves accepted inferiority and embedded it in their identity. However, throughout the centuries, there have been exceptions. Through lecture and discussion, this course will explore some of these exceptions, i.e., exceptional women in 19th and 20th-century America, and examine the concurrent strategies devised to counter the women. We will also explore the means of thriving in a patriarchal society. If woman is to claim her birthright, she must explore her personal and gendered history and be aware of the forces at play: spiritual, emotional, historical, psychic, ancestral, national, personal, and social. We examine the past to enlighten our present and thus stake our claim.

NOTE: There is no class meeting on Thursday, October 31.

PERS323A · 6 Sessions
Campbell Center – Room B
class size 19
Th · 1:00–2:30PM
10/3/2024–11/14/2024

INSTRUCTOR: *Miriam Reed earned her PhD in comparative literature from UCLA and soon realized how little she knew. Her discovery of Elizabeth Cady Stanton, Susan B. Anthony, and Margaret Sanger inspired her to present the accomplishments of these women in solo plays at school and universities throughout the US. Reed is the author of books on Japan, China, Korea in 1908, and “Margaret Sanger: Her Life in Her Words” (Barricade Books 2003).*

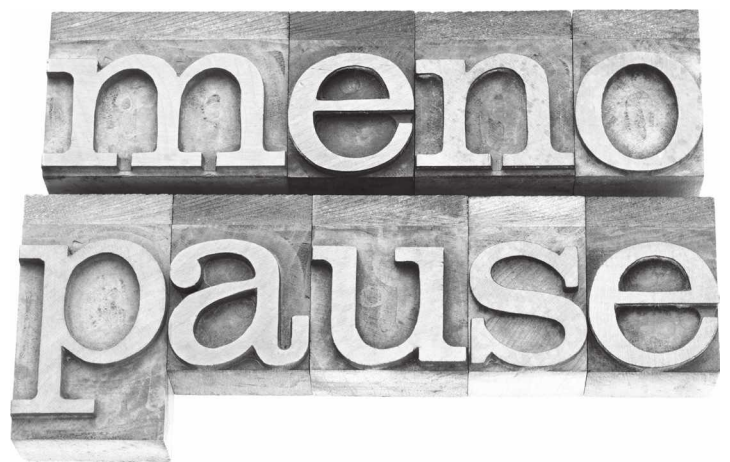
Fanning the Female Flame After Menopause

There are multiple hormonal changes that occur with menopause and with aging that affect a woman’s well-being and bedroom life. Some of the changes become obstacles that can be overcome. The good news is that there is no better time in history than today to be a post-menopausal woman who wants to have great intimacy. This course, created originally at the request of some OLLI members, will use lecture with PowerPoint slides, as well as Q and A and discussion, to identify these obstacles and then underscore and explain the many specific accessible options and workarounds to deal with them. This course includes up-to-date information on female therapies, hormonal and non-hormonal, and includes actions you can take to stay connected and close, in and out of the bedroom.

NOTE: It is expected that only those who identify as female attend.

PERS259A · 3 Sessions
Campbell Center – Room B
class size 19
W · 1:00–3:00PM
11/6/2024–11/20/2024

INSTRUCTOR: *Susan Preslar, MS in nursing and a family nurse practitioner, moved to Ashland in 1988 and was formerly SOU Associate Professor and Director of the Student Health and Wellness Center. Since 2002 Preslar has been in private group practice specializing in female hormonal and sexual health and has created and taught educational seminars for women, men, and couples since 2003. Preslar has written and published a book titled “Fanning the Female Flame.”*



Have You Had a Spiritual Experience?

Have you ever had an unexplainable feeling you've had a direct experience with God, the universe, a higher power, source, or another dimension of reality? Has the experience stayed with you and made you wonder, "What was that?!" In this course we'll explore different types of spiritual experiences (dreams, past-life recall, out-of-body, near death, inner guidance through intuition, coincidence, out-of-the-ordinary experience in daily life that felt like a sign from God, among others). We'll also discover spiritual tools that people of all religions and spiritual beliefs can use to help gain insight into what your experience means for you and how to have more spiritual experiences in your daily life. Your experiences are your reality. And you're not alone. In a poll by the Pew Research Center, 49% of the people say they've had a spiritual experience. You're invited to join this three-part class to discover the unique message of guidance and love life has for you!

PERS274A · 3 Sessions
Campbell Center – Room B
class size 19
Tu · 11:00AM–12:30PM
9/17/2024–10/1/2024

INSTRUCTOR: *Murphy Larson has a Bachelor of Business degree and worked as an accountant on the finance team in a venture capital firm. She has been exploring her inner/spiritual life for over 40 years and is a trained and experienced facilitator of spiritual discussion groups and workshops.*

NEW! Inventing the Next Chapter of Your Life

Facing a major life change? Retirement? Empty nest? Divorce? New job? During big transitions, having a framework for self-reflection can increase satisfaction, provide a forum for exploring feelings, maintain equilibrium, and reduce overall stress. Ruth Halpern will introduce processes for identifying values, goals, and activities that will help make one's transition, with all its challenges, into an opportunity to live more expansively. We'll use an assortment of techniques, including journaling, doodling, improv games, group discussion, and brief stories and lectures. At any level of experience, students will learn new methods for dealing with the upheaval of change. Without having to share personal writings and creations, we will create a community in which everyone is safe to experiment, explore, and try out possible new directions.

NOTE: Bring a writing pad and something to write with to each session. I encourage handwritten, rather than digital methods; however, each student may choose what suits him/her best. Colors and highlighters are welcome! There are two sections of this course: one offered online on Thursdays, and one held at the Campbell Center on Fridays.

PERS324 · 8 Sessions
online
class size 30
Th · 11:00AM–12:30PM
9/26/2024–11/14/2024

PERS324A · 8 Sessions
Campbell Center – Room C
class size 17
F · 11:00AM–12:30PM
9/27/2024–11/15/2024

INSTRUCTOR: *Ruth Halpern is a serial self-reinventor, having lived chapters of her life as an instructor, entrepreneur, CEO, technologist, and family-maker. She taught Management Communications at JFK University in Orinda, CA. She has facilitated workshops in many different forms of personal narrative for participants of all ages. Since moving to Ashland in 2023, Ruth has led an ongoing Writers' Circle and taught Introduction to Comics.*

Journey Between Your Heart and Soul, Enhanced

Be ready to open your heart and experience listening to the wisdom of your soul, a practice that can fill you with a new awareness of peace, joy, and love, bringing enhanced meaning to your life. The first three classes will shine a light on your existing heart-soul connection as we watch several short video clips from three world-renowned experts in the field of personal growth: Brene Brown, Wayne Dyer, and don Miguel Ruiz, all authors of New York Times best sellers. After each clip, participants will together explore and discuss what these clips meant to them, with no right or wrong answers. In session four, participants will explore Kaufman's metaphysical possibilities defining the heart-soul connection as he sees life and how these concepts apply to "Journey Between Your Heart and Soul." In session five, participants will examine their own self-awareness and understanding of the attributes needed to become a proficient traveler between heart and soul.

NOTE: Past participants: please consider taking this course again since the entire course has been revamped with new materials and an additional class. All class materials including video clips will be available online so participants can review classes whenever they choose.

There are two sections of this course: one held at the Campbell Center on Tuesdays and one offered online on Thursdays.

PERS269A · 5 Sessions
Campbell Center – Room B
class size 18
Tu · 3:30–5:30PM
10/15/2024–11/12/2024

PERS269 · 5 Sessions
online
class size 12
Th · 3:30–5:30PM
10/24/2024–11/21/2024

INSTRUCTOR: *Ron Kaufman's lifelong journey of personal growth includes his past practice of Buddhism and a nine-month ontological coaching program. He was credentialed by the International Coach Federation (ICF) and elected president of ICF Southern Arizona. For nine years he worked directly with over 350 individuals facilitating Divorce Recovery Support groups. He also traveled the difficult journey overcoming PTSD, not just surviving but thriving.*

NEW! Listening to Divine Mind with Sydney Banks

This class will explore Sydney Banks' principle of Divine Mind and his assertion that we all have innate mental health. Syd articulated the Three Principles of human experience following an unexpected and transformative mystical experience. We will watch short, engaging videos from contemporary Three Principles teachers, including George Pransky, Michael Neill, Chana Studley, and Rob Cook, along with video excerpts from the recent "Listening Summit" in Prague. The course will also explore two recently published books: Chana Studley's "Beyond Diagnosis: A Paradigm Shift from Pathology to Innate Health" and George Pransky's book "The Secret to Mental Health." We will explore the profound wisdom of these Three Principles and learn how to connect with our own innate wisdom and mental well-being. Don't miss this opportunity to learn how the teachings of Syd Banks have transformed lives!

PERS321 · 4 Sessions
online
class size 21
Th · 1:00–2:30PM
10/3/2024–10/24/2024

PERS321A · 4 Sessions
Campbell Center – Room E
class size 21
Th · 1:00–2:30PM
10/3/2024–10/24/2024

INSTRUCTOR: *Following a successful career as a software programmer and entrepreneur, Dan Altman has devoted himself to a spiritual path of awakening and inner peace. He has studied the work of Syd Banks for six years. Altman is a certified Three Principles Transformational Coach and 3PGC Apprentice Practitioner. He is a writer, teacher, coach, and owns a thriving neurofeedback practice.*

NEW! Listening to the Quiet Honest Voice Within

There is no guide or teacher more powerful, wise, and all-knowing than silence. We just need to be quiet and listen. The answer is always there. This course is not about religion; it is intended for everyone, religious or non-religious. Rather than a lecture course, think of it as a brainstorming process, a sharing of ideas, thoughts, and experiences. The instructor will begin by sharing his story, but more than anything he wants to hear yours so that we learn from each other and expand our understanding. Listening to and trusting our inner guidance can help us avoid going against what is actually right for us.

PERS318 · 4 Sessions
online
class size 21
Tu · 11:00AM–12:30PM
9/17/2024–10/8/2024

INSTRUCTOR: *James Aquino spent three years in a Benedictine Monastery, is a certified life coach, and has worked as a professional photographer for more than 40 years. He is passionate about photography and has taught individuals, workshops, and mentored professional photographers. After retiring, his focus shifted to creating images meaningful to himself, primarily from nature. The shift brought about an awareness that spirituality is the passion; photography and music are the expressions of that passion.*



Longevity Through the Breath: Science and Practice

An engaging and practical eight-week course that delves into the impact of breathing on health and longevity, this scientifically based program is designed for individuals eager to enhance their health span by understanding the mechanisms of breathing and its cellular effects. Combining scientific insights with practical exercises, this course covers the physiological, biomechanical, psychological, and immune dimensions of breathing. Participants will learn how healthy breathing habits, practices, and techniques can improve sleep, mobility, stability, resilience, and physical and mental fitness, thus becoming empowered with the knowledge and skills to transform breathing habits and support healthy aging and overall wellness. If you have taken this course before and want to review and refine what you have learned as well as gain more insights, please consider repeating.

NOTE: This is a practical course with every session involving breathing practices that will include gentle movement. Please come prepared to move a little, walk a little, and play with the breathing practices. All participants will be asked to sign a waiver at the beginning of the course.

PERS270 · 8 Sessions
online
class size 50
W · 9:00–10:30AM
10/2/2024–11/20/2024

PERS270A · 8 Sessions
Campbell Center – Room D
class size 42
W · 9:00–10:30AM
10/2/2024–11/20/2024

INSTRUCTOR: *Shawn M. Flot has an MS degree in physical therapy, a BS in exercise physiology, and is one of five US Oxygen Advantage Master Instructors. He believes access to health is possible through practical means, and he teaches to that end. Flot seeks to bring both clarity and passion to that teaching, fueled by 30 years as a physical therapist and his expertise in exercise physiology and movement sciences.*

Mentoring: Gifting the Next Generation

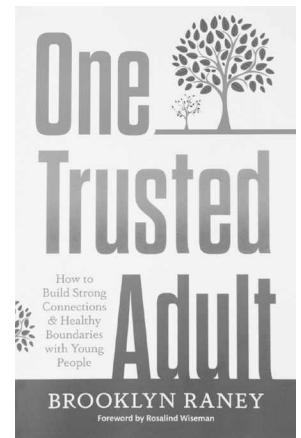
Have you thought about ways that you can offer your own wisdom and depth of experience to the next generation? This course will explore the richness and potential of mentoring—giving back to the youth in the community or developing this kind of relationship as a parent,

neighbor, uncle, aunt, or grandparent. Participants will practice skills in active listening, building trust, and reflection. Students will learn a communication model that is positive in its message and approach. Class members will become aware of the beliefs that in unconscious ways affect how we respond to others. Joining the class does not require a commitment to becoming a mentor, but simply opens the door to understanding how valuable mentoring is in our modern culture of social media and the loss of so much intergenerational interaction. This course will demonstrate how easy it is to make a difference in a youth's life and the rewards mentoring can bring to your life as well.

NOTE: Supplemental Reading: “One Trusted Adult” by Brooklyn Raney

PERS248A · 6 Sessions
Campbell Center – Room B
class size 19
Th · 11:00AM–12:30PM
9/19/2024–10/24/2024

Instructors: Jim Tully, formerly an owner of a Christmas tree farm, and Lynn Chertkov, a retired child and family therapist, came together through Rogue Valley Mentoring, where they both have been mentoring youth either one-on-one or in school circles. As well as mentoring youth, they train and support volunteers and staff. Through this work they have become aware of the untapped wealth of wisdom and capacity for caring within our community.



Mindfulness for Self-Discovery

Perhaps you're curious how mindfulness could make a difference in your life. Or you've tried meditating but thought it's not for you because your mind is too busy. Maybe you already have a meditation practice but you're looking for new inspiration. In this course you'll learn a dozen mindfulness practices. Some practices enhance concentration while others employ effortless meditation. You will find out that there are as many ways of practicing mindfulness as there are people who practice—you are the expert of your own life and mind! We'll do each practice together, and you'll have a chance to ask questions and share reports. Strategies will be presented for developing a regular formal practice as well as for applying mindfulness in daily life. No previous experience with mindfulness or meditation is expected. This is a secular presentation that is intended for people of any cultural, religious, or non-religious background.

PERS307 · 8 Sessions
 online
 class size 24
 W · 11:00AM–12:30PM
 9/18/2024–11/6/2024

INSTRUCTOR: *Fred Perloff is a Unified Mindfulness coach and has taught mindfulness to both individual clients and to groups. He has an extensive background in a variety of styles of meditation from different cultures. He has been a mediator, trainer, and coach at Resolve Center for Dispute Resolution and Restorative Justice in Medford for three decades, and a restorative justice practitioner for the Oregon Department of Corrections for two decades.*

NEW! Purifying Yourself Through Deep Nature Immersion

Enjoy supercharged refreshment from time spent in nature. This course will explore a variety of nature-based mental “noise cancelling techniques” that can easily be applied to create more natural inner peace that overrides distractions from the restless outer world. Multiple ways to reduce emotional clutter and enhance your self-directed personal evolution through the cleansing power of nature will be discussed. We’ll consider how people can “drop into” mental calming and healing spaces in forests, meadows, gardens, backyards, mountains, around water, and beaches. In highly interactive “wisdom sharing” sessions, participants will learn how to become more transparent to the disruptive energy of civilization by recognizing their nurturing connection to creation. Students will get specific suggestions on mindset, comfort, and security, selecting ideal locations, timing, and sustaining your inner serenity.

PERS326A · 2 Sessions
 Campbell Center – Room B
 class size 19
 Tu · 11:00AM–12:30PM
 10/8/2024–10/15/2024

INSTRUCTOR: *Mark E. Gibson teaches four different courses on a rotating basis in personal growth at OLLI. Gibson enjoys the profound inner serenity he achieves when he frequently drops into deep nature immersions. He has authored three books: “Living Unconditional Love,” “How to Find Love Through Online Dating,” and “Truth Is the Path to Freedom.”*

Relax, Let Go, and Sleep Like a Baby

Simple, easy, time tested, and evidence-based methods drawn from the traditions of yoga, meditation, and hypnotherapy will be shared. (Relax. You’re always in control.) Help calm your mind, relax your body, let stress roll off your back more easily, and “let go” to sleep more deeply. Through lecture, discussion, and guided practices in class that you can do at home using audio recordings made by the instructor, by the end of the course, you’ll feel a greater sense of ease and peace throughout your day and be enjoying a deeper, more restful sleep at night. Each class will include not only a thorough understanding of the stress reduction and deeper sleep techniques, but also an embodied experience of the methods and practices taught. No previous experience with meditation, hypnotherapy, or yoga is required.

PERS312A · 8 Sessions
 Campbell Center – Room E
 class size 78
 Tu · 1:00–3:00PM
 9/17/2024–11/5/2024

INSTRUCTOR: *Lisa Hubler is a meditation teacher with over 25 years’ experience in mindfulness, Zen, and yoga. She is the founder of Mind Matters Restorative Hypnotherapy, a unique and powerful synthesis of the focus and calm of meditation, the power of hypnotic suggestion, and the deep nervous system reset of restorative yoga. Her calming voice and background in singing and literature bring musicality and poetry to her use of words.*



NEW! The Kiss of Eldering Beauty: Poetry of Compassion

The intention for this course is to provide a poetic and tender invitation for the attendees to a deepening self-compassion as they engage and experience the changing complexion of beauty in the aging process. Each week will see the introduction of several poems. Over the course of five weeks we will encounter the poetry of David Whyte, Mary Oliver, Rumi and Hafiz, as well as the poetry of Fleur Adcock, Derek Walcott, Antonio Machado, Wordsworth, and Rilke, among others. Poetry by the instructor will also be included. Participants will experience the beauty of vulnerable transparency by many poets who have chosen through their words to make their journeys of self-compassion available to the world. We will look at the virtue, fruit and efficacy of their choice, and the invitation will be given to share how these words influence our own ability to generously offer self-compassion in our own lives.

NOTE: The poems to be shared in class will be available on LearnerNotes for printing out each week.

PERS319A · 5 Sessions
Campbell Center – Room D
class size 53
Tu · 9:00–10:30AM
9/24/2024–10/22/2024

INSTRUCTOR: *Derek Washington is a writer, poet, bard, and storyteller who aims to inspire, animate, and teach others to*

dream and build the more beautiful world our hearts know is possible. He has an MA in divinity and is a former Episcopal priest. He has worked as a hospice counselor, addictions counselor, missionary, and is a registered nurse licensed in Washington State. Washington has released nine albums of original music on piano, guitar, and Celtic harp.

Unraveling the Mysteries of Consciousness

Let's explore together the greatest mystery in all of science and philosophy, perhaps in the entire universe—consciousness. What could be more basic or important? Everything we know, love, and experience, including our sense of self, depends on being conscious. How does the most complex object in the known universe, one's brain, create something that is simultaneously both the most mysterious and the most intimate to our awareness? The class will consider the mysterious nature of consciousness, its levels, and why it even exists. We will explore the debate over free will versus determinism, as well as quantum effects in biology and on consciousness. Plus, we will examine out-of-body experiences, near-death experiences, psychedelics, AI, and self-transcendence. This is primarily a science-based course (with some excursions into metaphysics and Buddhist philosophy), using full color slides, lecture, some discussion, and Q and A. There are no prerequisites, except bringing your open and conscious mind!

NOTE: This course is being offered for the second time and is expanded from three to five weeks by including more information on the debate over free will versus determinism and quantum effects in biology and on consciousness.

PERS273 · 5 Sessions
online
class size unlimited
Tu · 10:45AM–12:30PM
9/17/2024–10/15/2024

INSTRUCTOR: *John Kalb has 40+ years' experience as a wellness chiropractor and health coach. He earned a BA in psychology and chemistry, an MS in biology, and a DC degree. He has long been fascinated by consciousness, taken many post-graduate courses in psychology and neuroscience, and practices diverse meditation techniques. He recently published his third book, "Keep Your Marbles: Your Game Plan for a Healthy Brain." This is his 13th year teaching at OLLI.*



**NEWS
FLASH**

**Getting good news is more
important than ever these days!**

If you're an OLLI member,
make sure you're subscribed to the
Monday Newsflash.

Not sure?
Email the office at olli@sou.edu

Recreation

Includes hobbies, crafts, and games.

NEW! A New Twist in Japanese Braiding: Kumihimo Flat

Kumihimo, Japanese for “gathering threads,” is an ancient Japanese art form involving the use of interlaced strands of cords and ribbons to make strong and decorative ropes. Basic Kumihimo technique will produce unique attractive keychains, bracelets, necklaces, and other decorative cord through the selection and combinations of ribbons and threads, and may also include the use of beads. Students will learn to make a flat braid “friendship” bracelet. No prior knowledge or experience is needed to learn Kumihimo. This is not the same as the previous Japanese Braiding Class.

NOTE: The instructor will email a supply list prior to the first class. Materials needed should cost between \$5-\$10 dollars. There are two in-person sections of this course offered, both on Tuesdays. One starts the second week of the term; the other starts the fourth week of October.

REC310A-1 · 3 Sessions
Campbell Center – Room A
class size 13
Tu · 1:00–3:00PM
9/24/2024–10/8/2024

REC310A-2 · 3 Sessions
Campbell Center – Room A
class size 13
Tu · 1:00–3:00PM
10/22/2024–11/5/2024

INSTRUCTOR: Peggy Foster has been teaching children and adults outdoor skills and outdoor cooking for over 20 years.



She has been crafting since childhood and has been teaching Kumihimo for adults and children at Girl Scout adult learning courses. She also is an adult learning facilitator with Girl Scouts, specializing in outdoor skills and cooking. She has a BS from Utah State University in recreation education and was a National Park Ranger for 13 years.

Absolute Beginners Pickleball

This course is designed for the person who wants to learn the fundamentals of the fastest growing sport in America. Join in the fun led by Cori Frank and experienced instructors. The class will meet for 1.5 hours/day for five consecutive days. Beginning players will learn the basics: how to choose a paddle, paddle position, serving, return of serve, dinking, drills, scoring, and calling “out” balls. There is an emphasis on safety and sportsmanship. Ashland Oregon Pickleball Club (AOPC) will provide the paddles, pickleballs, and instruction. We (hopefully) will enjoy good weather. Information on courts throughout the Rogue Valley will be provided as well as the use of scheduling tools. Needed equipment includes court shoes, hat/visor, sunglasses/protective eyewear is recommended, and a hydrating drink.

NOTE: People with mobility issues should not take this course. A waiver must be signed prior to the first class.

REC103A · 5 Sessions
Lithia Park Pickleball Courts – Winburn Way, Ashland
class size 20
Daily · 2:30–4:00PM
9/16/2024–9/20/2024

INSTRUCTOR: Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. She has participated in and organized tournaments, round robins, and jamborees. She also developed and teaches the youth program at the Ashland YMCA and pickleball at OLLI. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club to advocate for local pickleball resources.



Advanced Beginners Pickleball

This course is designed for students who have taken the Absolute Beginners Pickleball course or who have a rudimentary knowledge of the game. It will be taught by seasoned instructors who have taught before. Expect to build on the basic game to include advanced strategy in play. We will meet at Lithia Park pickleball courts every day for five consecutive days for 1.5 hours. There will be an emphasis on safety and sportsmanship. This skills-building class will focus on different types of serves; lobs; third shot drops or “drop shots;” drives; partner communication; stacking; types of scoring; and identifying Bert, Ernie, and Nasty Nelson! The last day will be a FUN Round Robin whereby a player will rotate play with all players. There will be an Instructor/Ashland Oregon Pickleball Club (AOPC) member at each court who will be ensuring no faults and providing feedback. A waiver must be signed prior to the first class.

NOTE: Students are expected to have their own paddle and know the basic game, such as rules/usapickleball.org, court position, basic serve, return of serve, NVZ, calling “out” balls, safety, and sportsmanship. Players will need court shoes, a hat or visor, snacks, and a hydrating drink. Eye protection is recommended.

REC137A · 5 Sessions

Lithia Park Pickleball Courts – Winburn Way, Ashland
class size 20

Daily · 2:30–4:00PM

10/21/2024–10/25/2024

INSTRUCTOR: *Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. She has participated in and organized tournaments, round robins, and jamborees. She also developed and teaches the youth program at the Ashland YMCA and pickleball at OLLI. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club to advocate for local pickleball resources.*

Anyone Can Do Basic Home Repairs, Especially You

This course is designed for anyone with little or no knowledge of maintaining and repairing a home. Class members will learn how water, gas, and electricity come into a home and how to shut them off, how to change the filter in a furnace and clean the coils on a refrigerator, and why they should. We’ll talk about paint, how to replace a light switch or plug, fix a stuck door, what is a good set of tools, and what to watch for outside the home such as clogged gutters, water leaks, siding

damage, invasive vegetation, and more. We’ll talk about the advantages and disadvantages of buying through big box stores vs. independent merchants and how to choose a contractor if needed. Above all, we will talk about what the class members want to know about maintenance and repairs to the building that keeps them safe and comfortable. You will learn to take care of your homes so your home can take care of you!

NOTE: Each term is different as the instructor responds to the new issues that students bring to class, so as a repeat student, you will have something to gain and you will be welcomed.

REC152A · 8 Sessions

Campbell Center – Room D

class size 42

Th · 11:00AM–12:30PM

9/19/2024–11/7/2024

INSTRUCTOR: *Mitch Hrdlicka is a licensed contractor with the Oregon CCB. He built Habitat for Humanity homes for 10 years. He works part time at the Ashland YMCA in the maintenance department and is the technical director of the Rogue Theater Company. He’s a retired detective who spent 31 years in law enforcement. He started working at 14 years old as a handyman and has always been in the business of solving problems.*

NEW! Autumn Decor: Velvet Pumpkins, Succulent Pumpkins, and Wreaths

Experience the beauty of fall with decor that brings the outdoors in and makes one’s home a cozy retreat from the chilly weather. Students can embrace the season and let their homes shine with the warm, welcoming spirit of autumn. This course offers a fun and rewarding experience. Join us and take home beautiful decor items that add a personal touch to your fall celebrations! This hands-on workshop is designed for crafters of all skill levels. Over the course of three 90-minute sessions, students will learn to create stunning velvet pumpkins, living succulent pumpkins, and festive autumn wreaths that perfectly capture the cozy elegance of fall.

NOTE: Each participant will pay \$15.00 for materials needed for their projects.

REC311A · 3 Sessions

Campbell Center – Room A

class size 13

Th · 11:00AM–12:30PM

9/19/2024–10/3/2024

INSTRUCTOR: *Michelle Ortiz is experienced in creative design and is able to conceptualize and design seasonal themes that*

reflect current trends. She is meticulous in the execution of projects, producing high quality results for all participants. She has owned her own business for over 25 years, planning events, staging, designing, and teaching. Her creativity is evident in all of her work.

NEW! Cook Along: Eggs-tra Ordinary! 🍳

Explore the wonderful world of beaten egg whites! Delicious soufflés are not so hard to master and can be made with a variety of fillings. You will be provided recipes, demonstrations, and support to make beautiful soufflés. Our savory version will be a vegetable option; our flourless dessert is a chocolate “Cloud Cake” (actually a fallen soufflé). Bonus recipes will be included. We will create together and savor the end results—I will be cooking in my kitchen while you cook at home!

NOTE: Students should have basic kitchen skills and common equipment; a soufflé baking dish is best for our soufflé, although any straight sided dish will work.

REC136 · 2 Sessions
online
class size 28
Tu · 3:30–5:30PM
10/29/2024–11/5/2024

INSTRUCTOR: Barbara Schack received her BA at UCSB in art/printmaking and an MS in education from SOU. She taught for over 35 years, from kindergarten to graduate levels (including adjunct faculty at SOU), and has offered multiple OLLI cooking courses. Always a foodie, she has been baking since childhood and cooking ever since, utilizing homegrown, healthy foods with an interest in international flavors.

NEW! Introduction to Afternoon Tea and Tea Blending 👥

Join us for an introduction to the delights of afternoon tea in two sessions at Lovejoy’s Tearoom of Ashland. While enjoying a proper afternoon tea service with its accompanying delicacies, participants will learn how this tradition came about in England as well as receive basic knowledge about tea. We will sample and learn the difference between traditional black, flavored black, green/white, and tisanes. After learning the basics of tea in the first session, the second session will allow students to try their hand at tea blending. Everyone will have a chance to create three blends to enjoy at home. All materials will be provided. Class is limited to 25 students and will be two hours each session. If any student has dietary or caffeine restrictions, please contact the instructor once registered so necessary adjustments can be made.

NOTE: The cost is \$75 per person, which covers both sessions. Participants must sign a waiver.

REC315A · 2 Sessions
Lovejoy’s Tea Room –96 N Main Street, Suite 201
class size 25
W, Th · 3:30–5:30PM
10/2/2024–10/10/2024

INSTRUCTOR: Muna Nash, the proprietor of Lovejoy’s Tea Room of Ashland, has owned and operated tearooms for 25 years. She learned to love tea while living in London in her 20s and later after moving to Ireland to run a hostel in the Wicklow Mountains. Nash has established relationships with many renowned tea purveyors over the past 20 years and has gained knowledge and experience in tea blending and tasting.

★ ★ **COME AND JOIN US** ★ ★



MOVIE MATINEE *Fundraising/Friend Raising Event*

Monday, Sept. 9

See *Beetlejuice II* at the Varsity Theatre

166 East Main, Ashland

Movie begins at 12:30 pm.

\$20 includes movie, a drink, and popcorn

The proceeds from this event will benefit
the OLLI at SOU Annual Fund.

No-host social gathering will follow at
Growler Guys, 345 Lithia Way, Ashland

For more information, please see your weekly
Newsflash or www.sou.edu/olli

NEW! Knitting for Beginners

This course is for right- or left-handed absolute beginners, those who have tried knitting before but struggled with technique and tension, or for crocheters ready to try knitting. Starting from the basics, Margaret Mallette will teach her preferred method of Continental style knitting, also called German, European, or left-hand knitting. Mallette and experienced knitter Barb Hansen will provide students with one-on-one help during class sessions. Students will learn to cast on, knit, purl, tink, frog, and bind off while knitting a series of beginner level coasters or dishcloths.

NOTE: Knitting needles will be available to use for the duration of the class, and yarn used for the beginner projects will be provided.

REC312A · 3 Sessions
Campbell Center – Room C
class size 8
Tu · 3:30–5:00PM
10/29/2024–11/12/2024

Instructors: Margaret Mallette first learned to knit as a teenager, but only after learning to knit Continental style 15 years ago, did she begin to “speak” knit. Always looking for project inspiration and trying to expand on her knowledge of techniques, she frequently browses yarn shops, the library, and online. She especially enjoys learning from other knitters. Barb Hansen is a long-time knitter proficient in the Continental style knitting method.

NEW! Pickleball Round Robin Fundamentals

This fun and active class is designed for pickleball players who understand and play the game. The round robin is a structured form of pickleball play organized by skill level. Players will learn format, partnering, stacking (when to and how to), what hand signals mean and when to use them, types of scoring, byes, and use of different types of balls. Different types of rally scoring will be discussed vs. traditional scoring along with when to utilize each and why. The course will cover the difference in various brands of pickle balls and the details of timing used in certain types of round robin events. Players will experience the application of the information learned as they participate in the round robin and connect with fellow players. We will play a minimum of six games with rest between games at each class meeting.

NOTE: If mobility is an issue for you, this course may not be appropriate. There is a \$3.00 charge for pickleballs, payable to the instructor on the first day of class. All participants must sign a liability waiver.

REC313A · 2 Sessions

Lithia Park Pickleball Courts – Winburn Way, Ashland
class size 19
W · 8:30–11:30AM
9/25/2024–10/30/2024

INSTRUCTOR: *Cori Frank is a retired health care professional who has been playing and teaching pickleball for several years. She has participated in and organized tournaments, round robins, and jamborees. She also developed and teaches the youth program at the Ashland YMCA and pickleball at OLLI. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club to advocate for local pickleball resources.*

NEW! Plant Propagation for the Home Gardener

Have you ever seen a plant in a friend’s garden that you would love to have in your garden, but can’t find in the nurseries? Would you like to have more than one plant of a variety you already have? The answer to increasing your supply of plants inexpensively is to propagate your own. This course will teach students how to propagate ornamental garden and house plants by division and cuttings. Students will then have the opportunity to practice these skills by digging and dividing plants (day lilies, iris, Iberis, bleeding heart, red hot pokers, etc.) and propagating new plants via stem cuttings from plants in the instructor’s garden. The course will convene once in a classroom at Campbell Center for an overview of propagation and detailed explanations of each method via lecture and demonstrations. The students will divide into two sections, each of which will meet once at the instructor’s garden on different days to dig and divide and make stem cuttings to take home to replant.

NOTE: Students are required to have a garden where they can replant divisions. Written instructions on propagation and caring for cuttings will be provided. Students must sign a waiver of liability at first class.

REC314A · 2 Sessions
Campbell Center – Room B
class size 12
M · 1:00–3:00PM
9/16/2024–9/30/2024

Instructors: Susan Koenig and Connie Lyssand are certified Master Gardeners who serve as mentors to Jackson County MG students in the classroom and in Practicum. Each has extensive ornamental and vegetable gardens in the Rogue Valley. Koenig has taught various gardening classes for OLLI since 2022 and is a frequent speaker for local garden clubs. They are excited to share their knowledge of plant propagation with OLLI students.

Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

AI and You

Artificial intelligence (AI) has burst into prominence in the last few years. It is poised to transform our lives in many respects: how we use our devices; our interactions with businesses; our notions of trust, privacy, intellectual property, and decision-making; the nature of education and jobs; and ultimately, how it will feel to live in a world with artificial, autonomous agents. AI technologies can improve our lives, but could also potentially reduce our personal choices and freedom. We will examine the technologies behind AI and how they might enhance our knowledge and creativity, and we will also explore their broader effects, which depend not only on technical issues, but on political, social, and economic power. Who controls how AI is used? Will it leverage the power and influence of those who already have it? Can it be a force that empowers those not already in dominant positions? The course will be in lecture format, with abundant opportunities for class discussion.

STEM209A · 5 Sessions
Campbell Center – Room E
class size 53
F · 1:00–3:00PM
10/25/2024–11/22/2024

INSTRUCTOR: Tony Davis holds a PhD in linguistics from Stanford University. He worked as a computational linguist at various companies in the Washington, DC, area for 15 years before moving to Ashland in 2016. He has taught courses on varied topics at OLLI.



Beginning Excel for PCs

Do you think spreadsheets are for accountants? Spreadsheets can be used by everyone! We will de-mystify Excel spreadsheets and show how they can be used to plan and organize activities, keep track of expenses, and do simple analyses. The course will start with the basics, including an introduction to the Excel Window and options in the ribbons, creating spreadsheets, and saving workbooks. Students will learn techniques for entering and formatting numerical and alphabetic data, navigating using shortcut commands, editing and moving data within spreadsheets and workbooks, and manipulating page layouts. Other topics include using basic arithmetic operations, analyzing data with simple functions such as SUM and AVERAGE, and the use of simple IF statements. This is a course for beginners, and students are not expected to have experience using Excel for PCs. This is a hands-on course. Students must bring their PC laptop computers to class to work on in-class exercises.

NOTE: Students must have Excel for PCs (version 2013 or later) loaded on their PC laptop computers and know how to download, save, and open files from emails. The instructor will email files to students with exercises to use during class and to practice techniques at home. Before each class, students must download the files from emails and save them on their laptops to use in class.

STEM138M · 8 Sessions
Medford Higher Education Center – Room 118
class size 11
Tu · 9:00–10:30AM
9/17/2024–11/5/2024

INSTRUCTOR: Holly Campbell has multiple university degrees in education. She taught MS Word and Excel classes for 13 years at Rogue Community College and five years at New Horizons Computer Learning Center. She uses MS Excel for PCs extensively for many applications, including various types of record keeping, organizing research, and tracking storylines for creative writing manuscripts.



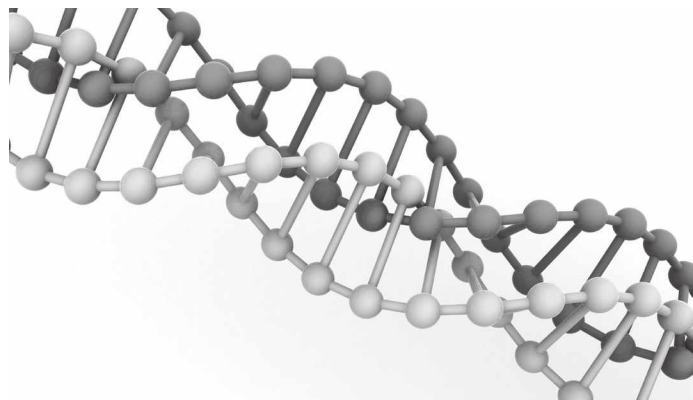
NEW! Coming of Age: The Rise of Orphan Genes

In all our lifetimes, the general consensus among biologists was that evolution occurred as genes gradually modified. Anyone who went to high school or college before about 2015 would have learned this, and it is still being taught at some schools. However, a vast body of recent research has shown a second way new genetic functions can arise. Completely new genes can pop-up willy-nilly “from scratch.” These are termed “orphan genes.” Orphan genes code for proteins that share no sequence similarity with proteins in any other species. They provide organisms with a reservoir of genetic elements to quickly respond to changing selection pressures. Every species has thousands of orphan genes, including humans. In this course, we will be discussing what orphan genes are, how they form, why they are essential to life, and what kinds of things they can do. Prior knowledge of genetics is not required. The instructor will provide access to background articles.

NOTE: To foster the link between sciences and arts, students will be given the option to represent aspects of course material in poetry, visual arts, music, or any other form they choose. Students will be given the opportunity to share their creations with the class at the beginning of each class.

STEM316A · 4 Sessions
Campbell Center – Room A
class size 34
W · 1:00–2:30PM
10/30/2024–11/20/2024

INSTRUCTOR: *Eve Wurtele, PhD, is Professor Emeritus at Iowa State University, where she led the development of cutting-edge computational technologies to identify and characterize orphan genes from large biological data sets. She pioneered the concept of integrated metabolic and regulatory networks and orphan genes with over 250 publications. She has developed interactive technologies for teaching. In Ashland, she draws, paints, gardens, and does research.*



Experiments in Artificial Intelligence

The fall 2022 launch of ChatGPT by OpenAI led to a rapid proliferation of artificial intelligence in various forms. This seminar will explore the current state of publicly available AIs and how attendees can benefit from and responsibly utilize various AI tools. The seminar will cover free services that attendees are encouraged to use. There will also be presentation and discussion of paid services. In addition to demonstrating practical applications, we will critically examine the social impact of this technology. As AI capabilities continue to grow, so do concerns about bias, transparency, job displacement, and other issues.

NOTE: Students should have a basic understanding of computer operations (installing programs/apps, cut and paste text).

STEM210 · 5 Sessions
online
class size 42
W · 1:00–2:30PM
10/16/2024–11/13/2024

INSTRUCTOR: *James Jarrard worked as a technology and information professional with the federal government for over 25 years. In the early 1990s he worked with the Advanced Research Projects Agency (ARPA) to transfer the internet from military to civilian application. He also worked as the Knowledge Management coordinator for the Peace Corps headquarters. In the early 2000s he was a statistician presenting educational performance metrics.*

NEW! Introduction to Mathematical Logic

What happened to logic in the early 20th century after it finally advanced beyond Aristotle’s precepts and became a subject of mathematics? It was a contentious time. Even Einstein asked, “What is this frog and mouse battle going on in mathematics?” The battle was the great feud over the nature and foundations of mathematics between the intuitionism of L. Brouwer, the frog, and the formalism of D. Hilbert, the mouse. Many important results in symbolic and mathematical logic came from this debate. We will start with a historical overview of advances in logic, then study the details of the propositional logic developed by Boole, DeMorgan, and Pierce in the 19th century. Next, we will explore the framework of first-order logic developed by Frege. Along the way, we may cover some basic set theory. Lectures include PowerPoint presentations with exercises to

illustrate concepts. Students should be comfortable with the mathematical symbols used in algebra.

STEM317A · 4 Sessions
Campbell Center – Room C
class size 26
Tu · 1:00–2:30PM
10/29/2024–11/19/2024

INSTRUCTOR: *Bill Scott has been fascinated by the study of logic for many years. He has a PhD in physics from the University of California, Santa Barbara, and he has worked as a software engineer in Silicon Valley for several different companies, including Cadence Design Systems, developing computer programs for computer chip design.*

Physics for Nonphysicists: Radiation

What is radiation? Where does it come from? How much is too much? Why can't we know the effects of low levels of radiation? Do you eat radioactive bananas? If the milk in Hershey, Pennsylvania has 15 picocuries per liter of radioactive strontium, should you quit eating chocolate? Do you worry about sensationalized news reports of radiation? Can the Iranians make a bomb from uranium enriched to 20%? What does that mean anyway? Students will gain an understanding of the sources and health effects of radiation, so they can interpret reports of radiation from nature, nuclear reactors, accidents, and bombs knowledgeably. This course covers only ionizing radiation and does not cover radiation from cell phones and other nonionizing radiation sources. Course lectures include illustrations from internet resources, video clips, and animations. Everyone is expected to ask questions at any time during the class. Other resources and lectures will be available at Learnernotes.org.

STEM100A · 5 Sessions
Campbell Center – Room D
class size 53
M · 11:00AM–12:30PM
10/7/2024–11/4/2024

INSTRUCTOR: *Although John Johnson has worked with radioactive sources during his education at Grinnell College, Carnegie Institute of Technology, and Carnegie-Mellon University, as well as during his career in physics, he does not glow in the dark. He also greatly enjoys eating radioactive bananas. He has taught at SOLIR/OLLI for over 20 years.*

See like a Geologist: The Landscapes of Patagonia

Patagonia has one of our planet's most distinctive and beautiful landscapes. This course aims to help students understand why Patagonia looks like it does. It will include the sites travelers are likely to visit. Week 1: Chilean coast and Lake District (west side of Andes) with subduction zone earthquakes and volcanoes like the Pacific Northwest. Week 2: Argentinian Lake District (east side of Andes) with spectacular glacial action on the edge of the Patagonian Ice Field. Week 3: Torres del Paine (Chile) and Tierra del Fuego (Argentina) national parks with distinctive landscape features at the boundaries among the Nazca/Antarctica/Scotia plates. Week 4: east (Atlantic) coast of Patagonia and the Patagonia steppe with colonies of diverse marine life, a rich fossil record of marine and terrestrial life, and features formed by the action of Andean glaciers and coastal waves/tides on an uplifting landscape. No prior geologic experience is required.

STEM314 · 4 Sessions
online
class size 55
Th · 1:00–3:00PM
10/31/2024–11/21/2024

STEM314A · 4 Sessions
Campbell Center – Room E
class size 75
Th · 1:00–3:00PM
10/31/2024–11/21/2024

INSTRUCTOR: *Karen Grove is a geologist with a PhD from Stanford University. She was a professor of geosciences at San Francisco State University for 26 years, where she taught a wide variety of courses and did research focused on the tectonic evolution of west-central California. She was a Fulbright Scholar in Chile in 2006, which motivated her to study the geology of Patagonia and travel its breadth.*



Submarines: Cold War to Recent Disasters

Come take a ride into the Cold War depths of nuclear submarines. This course will provide an inside look into what it was like to serve on a nuclear submarine in the Cold War. After covering the basics of design, equipment, weapons, and staffing of US submarines, the class will learn how submarines generate power and oxygen in order to stay submerged for months. We will also examine NATO and enemy submarines and delve into real world events and Cold War missions. The last session will cover the major submarine disasters and what caused them, including the two US nuclear submarines lost (USS Thresher and USS Scorpion) as well as Russian losses (K-219 and Kursk). A bonus topic will cover the recent submersible loss over the Titanic. No prior knowledge or reading is required.

STEM307 · 6 Sessions

online

class size unlimited

Tu · 1:00–3:00PM

9/24/2024–10/29/2024

STEM307A · 6 Sessions

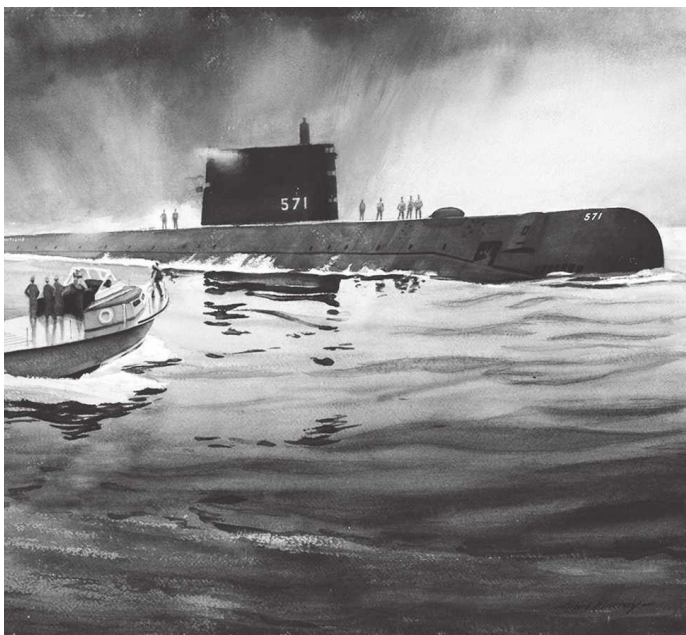
Campbell Center – Room D

class size 53

Tu · 1:00–3:00PM

9/24/2024–10/29/2024

INSTRUCTOR: *Kevin McCarthy is a Naval Academy graduate and submarine veteran. He served as an officer onboard multiple nuclear power submarines during the Cold War. He also taught submarine warfare at the Fleet Combat Training Center in San Diego.*



NEW! The Magic of Microsoft Access

Most computer users are familiar with the core Microsoft Office programs: Word, Excel, and PowerPoint. So, what is this fourth program, Access? Access is a database program; it is similar in many ways to Excel, but much more powerful. Many times, when one uses Excel, one should be using Access. This course will provide students with a basic understanding of database programs and how they are similar and different from spreadsheet programs. Students will learn how to create a simple database using the Microsoft Access program. Topics covered include tables, forms, reports, queries, and a bit of Visual Basic programming. This course is for anyone curious about the development of database programs. Students should have some familiarity using Microsoft Excel. Having use of the Access program will be helpful, but not necessary to attend the course.

NOTE: Microsoft Access is only available for PC computers. Students who have use of the Access program must be able to download, save, and open files from emails to participate in class and homework exercises. Students who do not have use of the Access program, but who want to learn about database programs and what they can do, are welcome.

STEM315 · 7 Sessions

online

class size 11

W · 11:00AM–12:30PM

9/25/2024–11/6/2024

INSTRUCTOR: *Philip Settles has a Master's degree in mathematics from University of Oregon. He taught high school math for 20 years and computer courses for the Durango, CO, adult education program. He also volunteers at Ashland Senior Center as a tutor providing tech support. He has developed over 30 database programs, most using Microsoft Access.*



Understanding Insulin Resistance and Diabetes

Right now, one in three people reading this has prediabetes, and 90% do not know it. If nothing changes, by the year 2050, one in three people living in the US (including children) will have overt Type 2 diabetes. These statistics could change if we had a better understanding of our body's physiology! That is what this class is all about. It is fascinating! Your body is a miracle and is most likely functioning exactly as mother nature intended, although that may not work as well in 2024 as it did 100,000 years ago. In the four course lectures, you will learn what insulin resistance and diabetes are, why they are epidemic, and how the human body interacts with food. In addition, you will gain an understanding of the physical consequences of insulin resistance, what environmental factors play a role, what are the signs of insulin resistance, and what are the latest treatment guidelines from the US government and the American Diabetes Association.

NOTE: Two separate sections of this course are offered: one is at the Rogue Valley Manor in Medford; the other is at the Campbell Center in Ashland.

STEM309M · 4 Sessions

Rogue Valley Manor, Skyline Plaza – 1 Skyline Drive,
Medford
class size 50
M · 10:00–11:00AM
9/16/2024–10/7/2024

STEM309A · 4 Sessions

Campbell Center – Room D
class size 53
M · 9:00–10:00AM
10/14/2024–11/4/2024

INSTRUCTOR: Sarah Aitken has been a nurse practitioner for over 30 years, a clinical instructor in the School of Nursing at OHSU, a Diabetes Prevention Specialist, and a National Board Certified Health and Wellness Coach. She is currently licensed in Oregon as a Women's Health Nurse Practitioner and a Family Nurse Practitioner. She specializes in insulin resistance and type 2 diabetes.



Using Apple Apps and iCloud

This course is designed to help participants learn how to use a variety of apps and how to sync them across Apple devices via iCloud. Students will learn: 1) the benefits of cloud applications for managing everyday tasks, 2) how to set up and manage iCloud applications to enable efficient syncing across devices, 3) how to share applications with others and control their level of access, and 4) privacy and security issues pertaining to iCloud apps. Applications addressed will include Apple Mail, Calendar, Notes, Reminders, Photos, Find My and AirTags, iCloud Drive and Files, Keychain for passwords, Music and other free or inexpensive services, and Podcasts. We will explore commonalities across applications and introduce the basics for making it all work. Students should have basic skills using Apple devices to access online resources.

NOTE: Two separate sections of this course are offered: one is held online on Thursdays; one is held at the Campbell Center on Fridays.

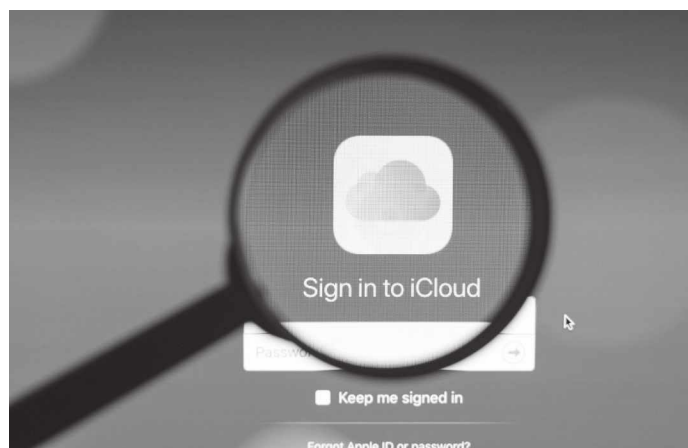
STEM174 · 6 Sessions

online
class size 53
Th · 1:00–3:00PM
9/19/2024–10/24/2024

STEM174A · 6 Sessions

Campbell Center – Room D
class size 32
F · 1:00–3:00PM
9/20/2024–10/25/2024

INSTRUCTOR: Neal Strudler has an MA in elementary education and a PhD in curriculum and instruction with an emphasis in educational technology from the University of Oregon. A former elementary teacher and assistant principal, he later served as a professor of educational technology and teacher education in Nevada for 26 years. He has been teaching OLLI courses since 2017.



NEW! Wines of the Rogue Valley: Blends

While much of the marketing and reputation of wines in America derives from specific grape varieties, such as Cabernet Sauvignon and Chardonnay, many people enjoy wines that are made from a blend of different grape varieties. In many places in Europe, blends are much more common than single variety wines. We will examine both the history of such blends and the chemistry involved that contributes to their successful mixing. We will focus on some of the typical blends popular in Europe, such as the Rhone blend of Grenache, Syrah, and Mourvedre (GSM). More unusual blends that have grown in popularity here in Southern Oregon will also be examined. The Rogue Valley boasts many wonderful wines made from blends of different local grapes, and this class will provide an opportunity to learn about some of these blends and taste the best examples of them.

NOTE: A waiver must be signed before the first class.

STEM318A · 6 Sessions
Campbell Center – Room C
class size 24
M · 3:30–5:00PM
9/16/2024–10/21/2024

INSTRUCTOR: *John Pratt has been making wine for over 20 years and has had a vineyard here in the Rogue Valley since 2006. He specializes in Italian varieties, but he also enjoys exploring many different wines. Fall is a great time for a wine exploration class because it is during the excitement of harvest and crush, which will inevitably inform some of the material in this class.*



Social Sciences

Includes current events, economics, finance, political science, sociology, philosophy, geography, and education.

NEW! Addiction Issues in Oregon: How Did We Get Here?

This survey course is designed to bring a sense of clarity and context to the addiction crisis in Oregon and the Rogue Valley. The class will cover the history of addiction, what has been done, what is being done, and what could be done to save lives and families. We will cover the history and function of the “War on Drugs,” and various trends in treatment and their efficacy, using studies that help determine the best practices. The instructor has developed a system of treatment he calls “Contextual Functionalism,” which will also be presented. The class will use a mix of lectures, PowerPoint, and videos, as well as class discussion.

SOC318A · 6 Sessions
Campbell Center – Room C
class size 11
Tu · 9:00–10:30AM
9/17/2024–10/22/2024

INSTRUCTOR: *Michael Rhoades has over 40 years of addictions counseling experience and was recently licensed by the State of Oregon as a Psilocybin Facilitator. He has volunteered as a facilitator with WinterSprings’ loss by suicide and sudden loss support groups. He began working at Jackson County Mental Health on the afterhours crisis team in 1990. Rhoades has a Master’s degree from Southern Oregon University in psychology and education. He has been certified as a master’s level alcohol and drug counselor since 1995.*

NEW! Better Together: The Work of the City of Ashland

This course is intended to provide understanding of how the municipal government delivers essential and valued services such as water, wastewater treatment, streets, public safety, building safety and regulation of development, forestry and smoke management, infrastructure, parks, managing the local economy and community identity, as well as how these services are financed. The role of city staff will be explored. Each session will consist of a 20 to 30-minute presentation on a particular topic by relevant city staff, followed by time for questions and answers, and discussion moderated by the Interim City Manager/Deputy City Manager, Sabrina

Cotta. This course is about how the city functions operationally. It is not a course on policy issues or political statements.

NOTE: There is no class session on Thursday, October 3.

SOC312 · 9 Sessions
online
class size 63
Th · 1:00–2:30PM
9/19/2024–11/21/2024

INSTRUCTOR: *Sabrina Cotta has served as the Deputy City Manager for over two years and is currently Interim City Manager for the City of Ashland. She has worked in local government since 2007 for cities, counties, states, and special districts. She has previously taught courses on public policy and public administration at the University of Arizona. She will be the moderator of the course with assistance from City of Ashland Staff subject matter experts*

NEW! Early Buddhist Thought in India

While most Americans probably regard Buddhism as a religion, the Buddhist tradition could also be described as a philosophy, a psychology, or an ethical way of life. In this lecture and discussion class on Zoom, the class will examine the historical development of Buddhist philosophical thought from its beginnings in India to the later period when Buddhism, for all practical purposes, left India to flourish elsewhere—a span of well over a millennium. This means we will look at the growth of Buddhist schools and their ideas in relation to competing philosophical visions from other schools of thought in ancient India, especially Hinduism. Students need no background in this subject. Comprehensive notes will be given out weekly.

SOC313 · 10 Sessions
online
class size 74
Th · 1:00–3:00PM
9/19/2024–11/21/2024

INSTRUCTOR: *Ean Roby is Professor Emeritus at Ohlone College in Fremont, California, where he taught for 34 years. He regularly teaches courses at OLLI on such topics as the history of philosophy or history of religions. Roby holds Master's degrees in philosophy, religion, and English.*

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The Springs at Anna Maria

The Springs at Veranda Park

Twin Creeks

of misinformation, how preconceived notions impact our beliefs, how to identify media biases, and more.

Session 1: Mis/disinformation: propaganda, and how fake news is created and spread.

Session 2: Filter Bubbles: media biases, echo chambers, mind-bugs, and how they impact our beliefs.

Session 3: Reputable resources and how to use them.

Session 4: Putting it all together: SIFT and CRAAP detection strategies.

SOC301 · 4 Sessions

online

class size 75

Th · 11:00AM–12:30PM

9/19/2024–10/10/2024

INSTRUCTOR: *Alice Yucht has been a school and public librarian, information skills educator, and book discussion leader for over 50 years. Since 2012 she has been actively involved with the OLLI at the University of Nevada, Reno, offering programs on cyber-skills and contemporary literature. She is a format-agnostic infovore who freely admits that she is addicted to learning, laughter, chocolate, and coffee ... and needs a dose of each every day to survive.*

Hot News & Cool Views

Hot News & Cool Views is an open discussion forum to explore and discuss breaking news from Oregon to “around the globe” each week. All differing views and opinions are not only welcome but essential to create the lively discussion in the group. We cover a wide range of topics from politics to climate change to technology, medicine, and more. An agenda with articles will be sent to students a couple days prior to each class. Students are encouraged to send in topics and news articles to add to each week’s agenda and our discussion. Please join us for a sizzling hot journey around the world with our fast, fun, and sometimes controversial class! Better than a strong cup of coffee to get your week going!

SOC139 · 10 Sessions

online

class size unlimited

Tu · 9:00–10:30AM

9/17/2024–11/19/2024

SOC139A · 10 Sessions

Campbell Center – Room A

class size 34

Tu · 9:00–10:30AM

9/17/2024–11/19/2024

INSTRUCTOR: *Rick Vann is a retired corporate executive from the foodservice industry. In addition to four decades of experience in the corporate world and a business degree from San Diego State University, Vann brings enthusiasm and organization to Hot News & Cool Views. The success of our class is*

largely a product of the wisdom, knowledge, and experience of our great group each term with many “veterans” of the class!

NEW! Lesbian Culture, Community, and Relationships

This course brings to life lesbian community, culture, and relationships, from Sappho (590 BC) to 1970. Particular emphasis will be on the impact of economic class and race on lesbians’ relationships and the preservation of their viewpoints in art, literature, music, and professional or business forums. Teaching methods will include writings, art, music, video, lecture, and drama in academic and popular sources. There may be guest lectures by lesbian authors, community members, artists, or musicians.

SOC316 · 6 Sessions

online

class size unlimited

Tu · 11:00AM–12:30PM

9/17/2024–10/22/2024

SOC316A · 6 Sessions

Campbell Center – Room D

class size 53

Tu · 11:00AM–12:30PM

9/17/2024–10/22/2024

INSTRUCTOR: *LauRose Dancing Fire Felicity, lesbian cultural worker, has a BA from the University of Kentucky in law and social work, a JD from the University of Kentucky, a Master’s in social work from the Kent School of social work at the University of Louisville, CLAD (Cross-cultural, Language, and Academic Development) certification, and a teaching credential from the University of California at Berkeley. She is a retired attorney, social worker, and teacher.*



NEW! Meet the Faculty: SOU School of Social Sciences

This course provides an opportunity for OLLI members to interact with Southern Oregon University School of Social Sciences faculty and learn about their areas of specialization and research interests. The fall 2024 Term course will focus on Psychology. Each of the three sessions will include a presentation and a Q and A follow-up. Class discussion is encouraged. There are no expectations regarding participant knowledge level and experience; all are welcome. Dustin Walcher, PhD, Director, SOU School of Social Sciences will provide oversight. The presenters and topics are: Cody Christopherson, PhD, Chair, Department of Clinical Mental Health Counseling: “We have issues: Mental illness in comics and graphic novels;” Lindsey Warwick, PhD, Department of Clinical Mental Health Counseling: “The Sibling of PTSD: Complicated Grief and Insights from Trauma Therapy;” Noriko Toyokawa, PhD, Department of Psychology: “Lifespan Development: Changes, Stability, and Adaptation.”

SOC311A · 3 Sessions
Campbell Center – Room D
class size 53
W · 11:00AM–12:30PM
10/2/2024–10/16/2024

INSTRUCTOR: *Dustin Walcher is Director, School of Social Sciences, at Southern Oregon University. He holds a BA degree from UCLA and MA and PhD degrees from Ohio State University. He serves as the coordinator and will provide oversight of this course. The three presenting faculty each hold a PhD degree in Psychology.*

NEW! RE-Examining “Wokeness”

In a previous class we examined the meaning and usage of “wokeness” in today’s political climate. Our starting point this term is the Lindsay/Pluckrose book “Cynical Theories” which makes the case that under post-modernism, truth is arrived at by agreement and consensus rather than scientific method. The class will proceed using the roll call as an opportunity for each class member to check in, give his/her own take, uninterrupted, leading to spirited class discussion about our culture, values, and the relationships among corporations and trading partners around the world. Students can expect to have their assumptions about political, social, and humanitarian values challenged by Lindsay/Pluckrose analysis, by the facilitator, and by other students. All views are welcome. Appropriate video and audio material will also be used to stimulate class discussion. It is not required that students read the book, but those who have read it will be an important source of discussion topics.

SOC300A · 4 Sessions
Campbell Center – Room A
class size 21
W · 9:00–10:30AM
10/23/2024–11/13/2024

INSTRUCTOR: *Urban Kohler has a BA and taught construction apprentices over decades. He has since enjoyed facilitating OLLI classes on money systems and French singing. He has varied work experience besides construction: a style editor for TASS news agency in Moscow in 1989-1991 and part time and humanitarian work in Azerbaijan in 1994-1995 and Kosovo 1999-2000. He has crossed oceans in small sailboats and often participates in open mic performances.*

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**OLLI at SOU
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Financial Assistance**

Thanks to the generous support of the Osher Foundation, OLLI members, and other donors, OLLI at SOU offers financial assistance towards the annual membership fee.

To apply, please email the OLLI at SOU office at olli@sou.edu or call 541-552-6048, and request a financial assistance application.

The Constitution in Everyday Life

Many believe that we are experiencing challenges to our democracy that we have not had since the Civil War. These challenges, though, are coupled with the fact that many of us can no longer identify the constitutional issues that are being threatened. The purpose of this class is to identify current events that are a direct challenge to our democracy and why. We will be looking at current events, but the prism through which we will study these events is through the Constitution. With the election being only a month away there will be many constitutional issues to be addressed.

SOC146 · 4 Sessions
online
class size 32
W · 11:00AM–12:00PM
10/2/2024–10/23/2024

INSTRUCTOR: *Betsy Massie taught US history and the US Constitution to 11th and 12th grade alternative students. She has taught for over six years with OLLI, developing courses focused on the Constitution in our everyday lives, including one about the January 6th insurrection. In addition, she has prepared and delivered a Ted Talk on the Constitution entitled “Use It, or Lose It.”*

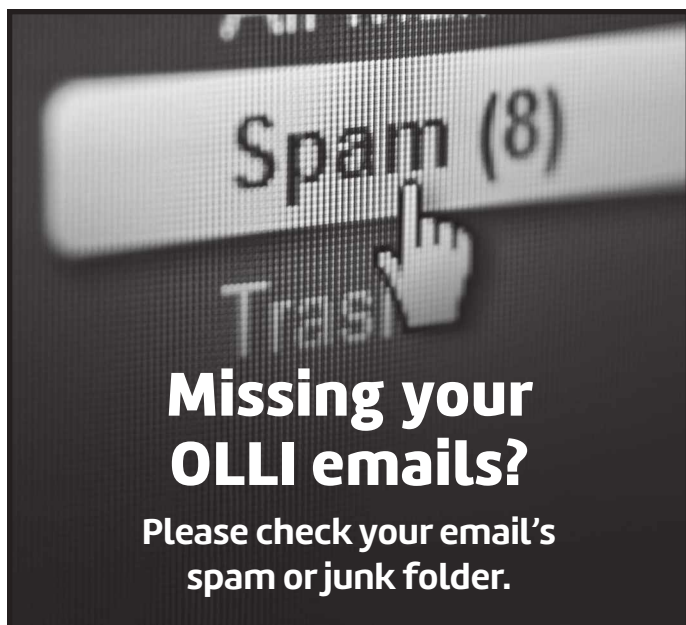
NEW! The Deficit Myth

Our Congress regularly gives us reasons to avoid passing important legislation: “How are we going to pay for it?” “Our deficit is out of control, and our kids and grandkids will be paying the price.” “We can’t possibly have this social program because there’s no money to pay for it.” “We have to balance the budget.” If the federal budget worked like our own personal budgets those statements would indeed be appropriate. But it doesn’t because the government issues the currency. This course will examine how money works in the light of what is known as Modern Monetary Theory. OLLI members may have heard of MMT in different contexts, the most common being a deliberate misinterpretation: “MMT says deficits don’t matter and you can print as much money as you want with no negative consequences.” We will use the ideas in “The Deficit Myth” by Stephanie Kelton to guide our discussion. No prior knowledge is required and it is not necessary to read the book.

SOC317 · 2 Sessions
online
class size unlimited
Tu · 1:00–3:00PM
11/12/2024–11/19/2024

SOC317A · 2 Sessions
Campbell Center – Room E
class size 78
Tu · 1:00–3:00PM
11/12/2024–11/19/2024

INSTRUCTOR: *Tom Woosnam has zero economic qualifications for teaching this class. Indeed, he suspects economics was invented to make astrology look respectable. It is from that irreverent viewpoint that he will apply the qualification he does have to teach this class, namely 45 years of teaching high school physics and math, enough time to become fairly good at using logical reasoning and primary source evidence.*



**Missing your
OLLI emails?**

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spam or junk folder.**

NEW! The Five Cs to Rebuild Trust in Our Society

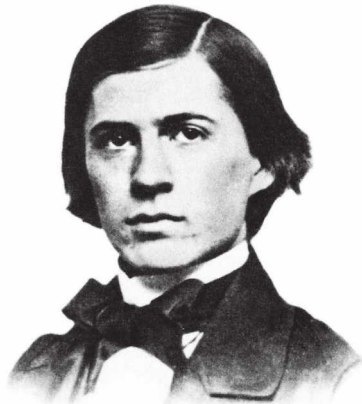
Students are invited to look at ways in which our society has lost trust in several core institutions and to consider basic models, processes, and principles that have allowed us to function well as a society in the past. The class will use the five Cs, consisting of conversation; consideration of others' ideas; collaboration; compromise; and commitment, in order to look at how science, journalism/media, politics/governance, and personal relationships can benefit from this approach. The course will use lectures with PowerPoint presentations, brief readings, and video clips, combined with lots of participant comments and discussion, to create hope that our society can overcome distrust and dysfunction. Other than an interest in considering ways we can improve our society, students do not need any specialized knowledge to participate. Different insights and viewpoints are encouraged to demonstrate how well the five Cs could contribute to better outcomes.

SOC315 · 5 Sessions
online
class size 32
M · 11:00AM–12:30PM
9/16/2024–10/14/2024

INSTRUCTOR: *Richard Simonds' background is in sociology, political science, physics, and technology as a teacher, professor, and management consultant for 50 years. His degrees include a BA, MA, and PhD. He has held many leadership positions in academia, high tech, and volunteer organizations. He is committed to equality and fairness and is passionate about sharing ideas and listening to others. He always seeks ways to use processes to improve our lives.*

NEW! The Fixation of Our Beliefs

This course will review the works of philosophers Francis Bacon and Charles Peirce to consider their responses



to what Plato deemed the most difficult question in philosophy: What is knowledge? Through Bacon we will review what he terms the “idols” created by the “crooked mirror” of the mind. Peirce’s work speaks of our need for “stability” in our opinions, leading us to mistake our convictions and beliefs for actual knowledge. We will conclude the course with a brief introduction to philosophical midwifery. This will be a lecture class with time at the end for Q and A.

SOC320A · 2 Sessions
Campbell Center – Room B
class size 19
W · 1:00–3:00PM
10/9/2024–10/16/2024

INSTRUCTOR: *Mitchell Frangadakis is a retired SOU philosophy instructor. He has given a number of public lectures through both SOU and OLLI, including “What Truth?” and “Philosophy and the Buddhist Path.” He has written two philosophy books, “God is Ethics” and “The Unicorn Problem.” He currently practices as a philosophical consultant and lives with his wife in Talent, Oregon.*

The Healthy Brain and Aging

The Healthy Brain and Aging is an opportunity to learn the skills to promote brain health and aging that is efficient, interactive, and satisfying. The goal is to support a healthy brain as one ages by providing education and focus on the 4 Ms (What Matters, Medication, Mentation, and Mobility), which are the foundation of an age-friendly system of care. The goal is to improve awareness of health behaviors and promote change through individual goal setting, regulation, and support. This course is based on research and has four components: social connection/socialization, sleep, physical activity, and cognitive engagement. The instructional methods to be used are lecture, discussion, activities, and short videos.

SOC319A · 5 Sessions
Campbell Center – Room A
class size 25
F · 11:00AM–12:30PM
9/20/2024–10/18/2024

INSTRUCTOR: *Jennine Greenwell is Jackson County’s Health and Human Services Older Adult Behavioral Health Specialist, part of the Oregon Older Adult Behavioral Health Initiative. She holds a Master’s degree in human services and is passionate about providing health and wellness resources and education to older adults in Jackson County.*



OLLI Volunteers of 2023-2024

This past year brought many opportunities for growth. As always, your flexibility and willingness to adapt to meet the needs of OLLI at SOU made for an exceptionally rewarding year. Your generosity and commitment to this community are noticed and appreciated by OLLI members, staff, and fellow volunteers. Thank you!

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Robin McKenzie	Laura Simonds	

With so many volunteers and the variety of ways that you contribute to OLLI, we may have inadvertently omitted some names. If your name is missing, please accept our sincere apologies for the oversight, and contact Program Specialist Megan Rutherford at olli@sou.edu or 541-552-6583 so we can correct the error. Thank you for your understanding.



OLLI Legacy Fund 2023-2024

Donations to the OLLI Legacy Fund are from estates or from individual gifts. The Legacy Fund is administered by the Southern Oregon University Foundation as an endowment. The principal of the gift remains intact, while earnings are used to fund the OLLI annual operating budget.

Sandy Burd | Peg Evans | Elaine and Wayne Hamlin | Mary King | Becky Snow

OLLI Annual Fund 2023-2024

Donations to the Annual Fund support OLLI at SOU's operating budget, which help keep our membership fees low and program quality high.



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To join OLLI at SOU, please visit sou.edu/olli or fill out and submit this membership form.



Volunteer at OLLI at SOU!



Keep Membership Affordable

OLLI is a volunteer-run program, and volunteers do essential work that helps keep costs down.



Make Friends & Create Community

Working together on a project or committee is a great way to get to know people.



Use Your Skills/Try Something New

Put your skills and experience to good use, **OR** explore your options, and learn new skills.



Optimize Your Health and Happiness

Meaningful activities are good for your health—physical, mental, **and** emotional.

OLLI at SOU is a member-driven organization, which means that volunteers are a key part of **everything** that happens in OLLI. We want to get to know you, and connect you with engaging and meaningful activities that will deepen your connections to the OLLI community. OLLI thrives when everyone pitches in. And—as any volunteer will tell you—you gain more than you give by volunteering.

Volunteers can contribute remotely in many ways!

For more information,
contact Program Specialist Megan Rutherford at olli@sou.edu or 541-552-6583



Membership Form

Membership:
 new member
 renewing member

Member Information	First name	Middle initial	Last name
	Date of birth	Day phone	Cell phone
	Street address	<input type="checkbox"/> This is a change of address	
	City	State	Zip
	Email address	<input type="checkbox"/> This is a change of email	
	Emergency contact	Phone	
	Relationship to member		

Volunteering	<input type="checkbox"/> I might be interested in volunteering! Please have the Program Specialist contact me.
	<input type="checkbox"/> I am already volunteering and satisfied with my role.
	<input type="checkbox"/> I just want to take classes for now.

Payment and Donation Options	The OLLI at SOU Membership Fee is nonrefundable.	
	The membership fee may be combined with a donation. Checks and credit cards are accepted. Please contact the OLLI office for information about financial assistance.	
	Annual membership payment @ \$150 per person:	\$ _____
	Little-known fact: The OLLI at SOU annual membership fee covers about half of OLLI's total operating cost.	
	I want to support the OLLI at SOU annual fund with my tax deductible gift of:	\$ _____
	This is a joint gift with _____	
	<input type="checkbox"/> Please keep my gift anonymous	
	Total payment amount (membership fee + annual fund donation):	\$ _____ (TOTAL)
	To pay by check: Make check payable to "OLLI at SOU". OLLI is an affiliate of the SOU Foundation. OLLI's federal tax I.D. number is 23-7030910.	
	To pay by credit card: <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard	
Card number: _____		
Expiration date: / _____	3- or 4-digit security number on back of card: _____	
Signature: _____		
Note: If you prefer, you may pay by credit card over the telephone by calling the OLLI at SOU office at 541-552-6048. Mailing address: 1250 Siskiyou Blvd., Ashland OR 97520. Street address: 655 Frances Lane, Ashland.		

Please turn the page for the Course Request Form.



Course Request Form

Registration Tip

The online catalog at sou.edu/olli has the most up-to-date registration information and is the fastest way to register. Please allow up to three business days for paper request forms to be processed.

Name	Phone
Email	<input type="checkbox"/> This is a change of email

Priority Registration

This phase of registration increases your chances of getting the course(s) you want (but is no guarantee). Enter requests in preferred order below. Results are emailed to members.

Note: Please ensure that the course number has the correct letter at the end for an in-person class. A = Ashland, M = Medford - for example, PERS310A. No letter at the end = online course - for example, SOC130.

Choice	Course Number	Course Title
1		
2		
3		

Open Registration

During Open Registration, you may register for any course(s) that have space until they are closed to registration. Enter in any order above. If a course is full, you will be added to the waitlist. Please use a separate form for each member.

If you are unable to register online, please complete this form and return it one of two ways:

by mail

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Ashland, OR 97520

in person

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Ashland, Oregon

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after quadruple bypass surgery,
shown with husband David Blanchard

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