

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



## Winter 2025 Course Catalog

January 6 to March 14, 2025

[sou.edu/olli](http://sou.edu/olli) • 541.552.6048 • [olli@sou.edu](mailto:olli@sou.edu)

*Come for the Classes, Stay for the Connections*

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## THE HEART OF SOUTHERN OREGON.

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# Osher Lifelong Learning Institute

# OLLI *at* SOU

## Southern Oregon University

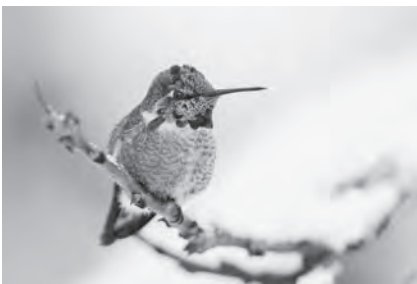
### Contacting OLLI at SOU

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

**Office Hours**  
 Monday–Friday  
 9 a.m. to 4 p.m.



#### On the Cover

An Anna's hummingbird fluffs its feathers to keep warm on a snowy December day in Ashland. Anna's are the only hummingbirds to stay in Oregon year-round. The fluffed feathers trap warm air from the hummingbird's body. Photo by Bob Palermini

#### Catalog Staff

Editor: Jim Coleman  
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## WINTER 2025 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, 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 all OLLI at SOU elections.
- ▶ Receive Zoom support by contacting the OLLI office.
- ▶ Receive emails and invitations with details about OLLI events and programs.
- ▶ Stay up to date on activities with the weekly Newsflash and the OLLI website.

### SOU benefits to OLLI members:

- ▶ Participate in the SOU one credit program. Members who complete the one credit application must be 65+, have lived in Oregon for the last 12 months, and be registered in at least one OLLI course. This allows you to check out books from the SOU Hannon Library with your photo ID.
- ▶ Enjoy performances from SOU's Oregon Center for the Arts for only \$5 per ticket! Choose the "OLLI" option at checkout at <https://oca.sou.edu/> or call the box office at 541-552-6348.
- ▶ Get a discount on tickets to SOU sporting events. Call the Athletics Department 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.

## TRAVEL WITH OLLI AT SOU

Make a reservation, pack your bags,  
and enjoy Travel with OLLI.

Two trips are planned. These trips are open to OLLI at SOU members only — one of your numerous membership benefits.

**April 14–18, 2025**  
**Spotlight on San Antonio**

**Sept. 5–12, 2025**  
**Canyon Country**

Check out the OLLI website for complete trip details and ability to make reservations for these two trips, as well as any newly added trips:

**[sou.edu/olli/offerings/travel](https://sou.edu/olli/offerings/travel)**

# 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

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Ginny Blankinship and  
Anne Coleman, Co-chairs  
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Paul Christy, Chair  
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Dwight Wilson, Chair  
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and Recruitment  
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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

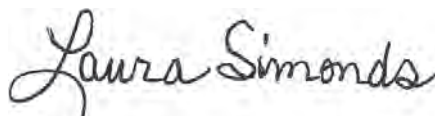
When I first saw this catalog cover image, a sense of warmth and comfort came over me. That's how I feel about taking OLLI courses during the winter term. They provide warmth and comfort. I hope you'll get the same feeling as you peruse this new catalog full of inspiring courses for lifelong learning.

In the Fall 2024 catalog I talked about the new activities and projects for this 2024-25 academic year. A lot of work has already been accomplished on some of them, with an equal amount of work already underway for others. Hopefully you've read the weekly Newsflash announcements about the following:

- **Travel Pilot Program.** This enthusiastic work team has done a tremendous amount of research on the many options for local, regional, and domestic travel, and is moving forward with planning. Three trips are already scheduled and ready for you to make reservations (see the ad on Page 2).
- **New Website.** Wow! The hardworking website team has delivered an incredible modern, informative, easy-to-navigate website. We hope you enjoy every visit to our new website. Check this project off the to-do list!
- **2030 Strategic Plan.** At its September meeting, the Council approved the charge for the ad hoc Strategic Planning Committee. The committee has been formed and is already working on developing the new strategic plan. You'll be hearing more about this in the coming months.
- **Rogue Valley Manor.** Did you attend a fall course at our new Medford venue? The response to this new venue has been good, and members appreciate this venue. Be sure to check out the winter courses at the Rogue Valley Manor, and better yet, sign up for one!
- **OLLI Leadership Academy.** We've developed a new opportunity for members to learn more about how OLLI at SOU works and to discover the rewards of volunteering. You'll find the course description on page 11. We hope to see many of you at this new academy.

As you see, there's a lot of work being done to provide what you, our members, want. We encourage you to participate where and in ways that suit best for you. We also thank our many volunteers and instructors for donating their time and talents.

Sincerely,



Laura Simonds  
OLLI at SOU Council President



Laura Simonds

**Did you know?** Membership fees only cover about *half* of our operating costs!

# Give to OLLI at SOU



Donate online at  
**[giving.sou.edu/olli](https://giving.sou.edu/olli)**



Gifts to OLLI's Annual Fund support organizational operations and other areas of need.  
**Thank you for your generosity!**



**Become an OLLI Instructor: Learn. Teach. Share.**

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](https://sou.edu/olli) or call 541-552-6048**

**Course proposals for Spring 2025 are invited November 15–December 15.**



## Reasons to cheer for the home team

Ashland was recently named “America’s Coziest College Town” by TheTravel, a digital travel publication founded in 2018. “Ashland is lovely year-round; it’s no wonder it has earned itself a place among those cool college towns in America that will make you wish you still went to university.” Those are the words of professional travel writers with TheTravel. We agree, of course. And here are a few more reasons why we cheer for the home team.

MovieMaker magazine named SOU’s Digital Cinema Program one of the top 30 film schools in North America. We were the only school in Oregon and just one of two in the Pacific Northwest to be named by the magazine. You might wonder how we accomplished this without living near a large film production center. The answer lies in the incredible creativity of our faculty, who had a vision to develop a hands-on program that leads to both a degree and a professional portfolio upon graduation.



Janet Fratella

There is also our participation in First-gen Forward, a nationwide initiative to improve the academic outcomes of first-generation college students. About 22% of our students are the first in their families to attend college, and programs such as Bridge, Success at Southern/TRIO, McNair Scholars Program, and University Coaching & Academic Mentoring are critical to helping these students flourish.

And because SOU is committed to serving all students, it is no surprise that we have earned Campus Pride’s top ranking as one of the nation’s top 30, “Best of the Best” LGBTQ-friendly colleges and universities. We are one of the few campuses to earn this designation in the Western U.S. SOU’s inclusive ethos originally caught Campus Pride’s attention back in 2015, and today, we celebrate a decade of fostering a community where all students can thrive.

Finally, let’s not forget to acknowledge our SOU student-athletes. More than 450 students balance their coursework with sports. What is so compelling is that the average GPA of our student-athletes is 3.23, with an impressive 72% retention/graduation rate. SOU’s philosophy of putting integrity, respect, responsibility and servant-leadership at the center of coaching and student development is the driving force for these stats.

Please join me in supporting our entire SOU community. Like the many OLLI volunteers who make the OLLI at SOU program so successful, our faculty, staff, and students bring their heart and soul to campus every day. We have so much to be proud of.

My best,



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 55.

2

November 18–29, 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 December 6, receive the status of Priority Registration course requests by email or mail.

4

Beginning December 9, 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 resubmit 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](http://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 – Winter 2025

**November 18, 9 a.m. Priority Registration Begins**

**November 29, 4 p.m. Priority Registration Ends**

December 6 Priority Course Assignments Emailed/Mailed


**December 9, 9 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](http://sou.edu/olli).

January 6 Winter Term Begins


March 14 Winter 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](http://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 97501

#### Medford

Rogue Valley Manor Skyline Plaza  
1 Skyline Drive  
Medford, OR 97504
























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

# OLLI COURSES WINTER 2025












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](http://sou.edu/olli)**

In-person:  Online:  Hybrid: 

TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
<b>Monday</b>							
Weather Forecasting for Citizens	STEM103M	Derezotes	1/6	9	9–10:30		50
Hollywood Movies and Behind-the-Scenes Hijinks	ARTS316M	Robinette	1/6	3	10–11:30		12
Anyone Can Do Basic Home Repairs, Especially You	LIFE305A	Hrdlicka	1/6	8	11–12:30		24
Gutenberg to TikTok: Media History and Its Impact	HIST305A	Meyer	1/6	8	11–noon		20
Small Group Personal Training for Active Agers	MOV305A-1	Morris	1/6	2	11:30–12:30		36
Knit a Child-Size Wallaby Sweater	REC120A	K. Johnson	1/6	9	1–3		45
Moving Forward on Your Own After Losing a Partner	LIFE303	Rubin	1/6	4	1–2:30		28
Readers Write Personal Narratives	ARTS186	Jaffe & Pratt	1/6	6	1–2:30		19
Talking About Dying as if It Might Happen to Us	LIFE307A	Kliejunas	1/6	6	1–3		29
Ten Classic Musical Films, Part 4	ARTS202A	Sutton	1/6	9	1–4		13
Have Fun Cooking and Sharing Recipes	REC300	Pratt & Patrick-Riley	1/6	6	3:30–5:30		45
Beginning East Coast Swing	MOV300A	Nelson & Heyerman	1/6	6	4:30–5:30		34
Grand Lodges of the National Parks	REC153M	Lane & Jurta	1/13	4	11–12:30		45
Free the Feet, Ankles, Toes, and Legs	MOV139A	Forest	1/13	6	2–3		34
Absolute Beginners Pickleball	REC102A	Frank	1/13	5	2:30–4		43
Introduction to Tai Chi for Health and Longevity	MOV304A	Forest	1/13	6	3:30–4:30		35
Musical Scales and Modes	ARTS320A	J. Johnson	1/27	5	11–12:30		14
Small Group Personal Training for Active Agers	MOV305A-2	Morris	1/27	2	11:30–12:30		36
Birds: Learn All About Them	NAT128A	Rio	2/3	5	9–10:30		36
“The Odyssey” Through a Female Lens	LIT307M	Rothschild	2/3	5	10–11:30		31
Life Happens: Now What? Life Transition Skills	LIFE304	Rubin	2/10	4	1–2:30		28
Completing Your Oregon Advance Directive	LIFE125A-2	Kliejunas	2/17	4	3:30–5		25
Advanced Beginners Pickleball	REC304A	Frank	3/10	5	2:30–4		44

## Tuesday

Beginning Excel for PCs	STEM303M	Campbell	1/7	8	9–10:30		47
Caregiving for Alzheimer’s: A Personal Journey	LIFE104	Harris	1/7	6	9–10:30		24
Hawks!	NAT135A	Ashford	1/7	3	9–10:30		37
Hot News & Cool Views	SOC140A	Vann	1/7	10	9–10:30		51
Beginning Guitar: Chords	ARTS321M	Lawson	1/7	10	11–noon		14
Peace of Mind When Buying or Selling Your Home	LIFE301	Berns	1/7	5	11–12:30		29
Physics for Nonphysicists: Basic Ideas in Physics	STEM113A	J. Johnson	1/7	5	11–12:30		49
The Oxford Book of French Short Stories	LIT305A	Kelly	1/7	5	11–12:30		32
Wilderness	NAT117A	Schuyler	1/7	4	11–12:30		38
Becoming a Refugee: Six Ukrainian Women’s Stories	PERS267	Paré	1/7	6	1:30–3:30		38
Cyrillic: An Introduction	LANG163	Taylor & Levitt	1/7	3	1–3		23

TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
The Evolutionary Psychology of Morality	SOC321A	Ferguson	1/7	7	1-3		53
Completing Your Oregon Advance Directive	LIFE125A-1	Kliejunas	1/7	4	3:30-5		25
Exploring Your Immune System	STEM191	Kalb	1/7	5	3:30-5:30		48
Landscapes Revealed: What Gets Served on Plates	STEM171	Grove	1/7	4	3:30-5		48
Mindful Movement: Qigong and Stretching	MOV130	Raynolds	1/14	4	9-10:30		35
Advanced Songwriting	ARTS287	Caraher	1/14	8	11-12:30		14
Lesbian Culture and Relationships, 1970 - Present	SOC309A	Felicity	1/14	8	11-12:30		51
Overcoming Fear with Truth	PERS238A	Gibson	1/14	5	1-2:30		40
You Can Let Stress Roll Off Your Back	PERS309A	Hubler	1/21	6	1-3		43
Sapiens: From the Age of Science to the Modern Age	HIST201A	Wetmore	1/21	5	3:30-5:30		21
Fun with Russian	LANG162M	Taylor & Levitt	1/28	7	1-2:30		23
Danger and Deception: The Best of Alfred Hitchcock	ARTS328	Sherwin	2/4	4	11-12:30		12
Exploring Crosswords	REC120	Weyer	2/4	6	11-12:30		44
Self-Discovery Through Artistic Expression	PERS306A	Jaggers	2/4	6	3:30-5:30		41
Fundamentals of Investing	LIFE122A	Bleicker	2/11	4	1-2:30		28
The Music of Béla Bartók	ARTS121A	Davis	2/11	5	1-2:30		15

## Wednesday

Seven Simple Practices for Living in Wonder	PERS307A	Chapman	1/8	7	9-10:30		41
Paracord Braiding	REC307A-1	P. Foster	1/8	3	10:30-12:30		46
13 Colonies: How They Got Their Shapes and Sizes	HIST308	Reynolds	1/8	7	11-noon		20
English Country Dance	MOV105A	Friendly	1/8	10	11-12:30		34
Enjoy German!	LANG100A	Gorsch-Nies	1/8	10	11-12:30		23
Old Time Radio	ARTS317M	Murphy	1/8	6	11-12:30		13
The Holocaust Through the Eyes of a Survivor	LIT135A	Lubliner	1/8	4	11-12:30		31
"The Phantom of the Opera" by Gaston LeRoux	LIT309	Campbell & Silbaugh	1/8	6	11-12:30		32
Calculus from a Middle School Perspective	STEM310A	Lubliner	1/8	4	1-3		48
Journey Between Your Heart and Soul-Enhanced	PERS303M	Kaufman	1/8	5	1-3		39
Make Multimedia eBooks: Your Words and Pictures	ARTS324A	Walker	1/8	6	1-3:30		16
Ten Classic Comedy Films, Part 4	ARTS218A	Sutton	1/8	10	1-4		13
Tracing and Honoring the Journey of Your Life	PERS312	Comstock	1/8	6	1-3		42
Understanding Medicare: The ABCs (and D)	LIFE306A	B. Foster	1/8	2	3:30-5		29
Practical AI Applications	STEM309	Jarrard	1/15	5	1-2:30		49
Exploring Nearby Winter Trails on X-Country Skis	REC303A	Forest	1/15	6	2-3:30		44
The Breath in Stress, Trauma, and Immunity	PERS310A	Flot	1/22	6	11-12:30		42
"Julius Caesar": Can We Make Rome Great Again?	LIT303A	Stitham	1/22	5	1-3		30
Pickleball Round Robin FUNDamentals	REC305A	Frank	1/29	2	8:30-noon		46
Rubens' Art of Persuasion	ARTS319M	Taylor	1/29	5	10-11:30		17
Paracord Braiding	REC307A-2	P. Foster	1/29	3	10:30-12:30		46
Wines of the World	LANG159A	Dawson	1/29	6	3:30-5:30		24
Conservation Burial: Going Out Green	LIFE113	Perry	2/5	3	11-noon		25
Sanskrit Chanting for the Love of It	PERS304A	Leviton	2/5	6	11-12:30		40
Social Singing	ARTS318A	Friendly	2/5	6	1-2:30		14
Journey Between Your Heart and Soul-Enhanced	PERS303	Kaufman	2/12	5	1-3		39
Exotic Travel	LANG104	Davis	2/12	4	3:30-5:30		23



TITLE	COURSE NUMBER	INSTRUCTOR(S)	START DATE	SESSIONS	PACIFIC TIME	FORMAT	PAGE
Introduction to Ceramics	ARTS325A	Shinohara	1/9	4	10–noon		16
Playful Art II	ARTS327A	Esposito & Fields	1/9	4	11–12:30		17
Sex Education: Factors Influencing Sexual Identity	STEM308A	Gordian	1/9	2	11–noon		50
The 47th President and 119th Congress	SOC305A	Runkel	1/9	10	11–12:30		53
Two Stories of the Port William Membership	LIT306A	Chetron	1/9	4	11–12:30		33
Vegetable Gardening in the Rogue Valley	REC112M	Koenig	1/9	8	11–12:30		47
Accessible Meditation	PERS308A	Huffman	1/9	6	1–2		38
Death with Dignity and Medical Aid in Dying (MAID)	LIFE108A	Southworth	1/9	2	1–2:30		26
Determining Your Acting Type	ARTS322A-1	Reilly	1/9	2	1–2		12
On the Road: How Buddhism Came to China	SOC311	Roby	1/9	10	1–3		52
Organizing and Sharing Digital Photos Using iCloud	STEM136	Strudler	1/9	5	1–3		49
Arrival: From a Short Story to a Film	ARTS323A	Vail	1/9	3	3:30–5		11
Fungi: The Mysterious Kingdom	NAT304A	Kloetzel	1/23	6	11–12:30		36
Indigenous Genocide and U.S. Military Imperialism	HIST307A	Guy	1/23	6	1–2:30		20
“Julius Caesar”: Can We Make Rome Great Again?	LIT303	Stitham	1/23	5	1–3		30
The Role of Community in Wildfire Risk Reduction	NAT305A	Sydoriak	1/23	6	3:30–5:30		37
Conversaciones	LANG161	Blankinship	1/30	5	3:30–5		22
Introduction to Design: From Pencil to Print	ARTS326A	Shinohara	2/6	4	10–noon		16
“James” vs. “Huckleberry Finn”: Everett vs. Twain	LIT308	Ormes	2/6	6	11–12:30		30
Determining Your Acting Type	ARTS322A-2	Reilly	2/6	2	1–2		12
Mexico, Anglo–America, and the Places In–Between	SOC307A	Hering	2/6	4	1–2:30		52
Cut-up Poetry	ARTS112A	Ehrman	2/6	4	3:30–5		19
The Schneider Museum’s Exhibition: “Other World/s”	ARTS312A	Malbourn	2/6	2	3:30–5:30		18
The Music of J.S. Bach: The Cantatas	ARTS329	Evans	2/13	5	11–12:30		15
Living a Guided Life: From Theory to Practice	PERS311A	Altman	2/20	4	11–12:30		40
The Pig War	HIST304A	Cannon	2/27	3	9–10:30		22

## Friday

DIY FUNDamental Stock Analysis: BEYOND Beginners	LIFE142	Couey & Smith	1/10	8	9–10:30		26
Estate Planning: Wills and Trusts	LIFE144A-1	Bucy	1/10	3	11–1		27
The 47th President and 119th Congress	SOC305M	Runkel	1/10	10	11–12:30		53
End of Life Preparation — Part 1	LIFE107M	Wilson	1/10	3	1–2:30		26
Faulkner Stories	LIT304A	Dean	1/10	7	1–3		30
Organizing and Sharing Digital Photos Using iCloud	STEM136A	Strudler	1/10	5	1–3		49
Wines of the New World: Americas, Oceania, Africa	SOC310	Eckert	1/10	3	1–2		53
Knitting for Beginners: Continental Style	REC306A	Mallette	1/10	3	3:30–5		46
OLLI at SOU Leadership Academy	LEAD100A	Simonds & Schuyler	1/24	3	11–12:30		11
End of Life Preparation — Part 2	LIFE146M	Wilson	2/7	3	1–2:30		27
Revisionist Video History of Western Civilization	HIST306A	Cazares & Kohler	2/7	4	1–3		21
Estate Planning: Wills and Trusts	LIFE144A-2	Bucy	2/21	3	11–1		27

# 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.

## Leading at OLLI

### **NEW!** OLLI at SOU Leadership Academy

Have you ever wondered what it takes to offer nearly 300 courses a year, support over 165 volunteer instructors, run an Open House and other events, as well as govern our organization and chart the future? Are you looking for ways to give back to and engage in the Southern Oregon/Northern California community? The answer to those questions: OLLI volunteers. In this three-session academy, here's your chance to find out what makes OLLI tick! You will learn more about how OLLI at SOU works with specific focus on leadership and volunteer opportunities. The academy will cover the national history of OLLI and OLLI at SOU; the descriptions and responsibilities of our leadership opportunities; and a deep dive into those opportunities with presentations from current and former leaders. All participants will receive a binder of the key documents presented during the lectures.

**LEAD100A** · 3 Sessions  
Campbell Center – Room A  
class size 34  
F · 11:00AM–12:30PM  
1/24/2025–2/7/2025

**INSTRUCTORS:** *Laura Simonds is OLLI Council President 2024-25; a member of the Communications Committee; and a former officer, board member, and committee chair for two national nonprofit organizations. John Schuyler is OLLI Council Vice President 2024-25, past president of the Mount Shasta Trail Association, past board member of the Siskiyou Land Trust, and an OLLI instructor since 2018. He is a retired forester, with a BS in forestry from UC Berkeley. Schuyler had a 32-year career with the USDA Forest Service, working on multiple issues in national forests in Oregon, California, and Arizona.*

## Arts: Film/TV/Radio

### **NEW!** Arrival: From a Short Story to a Film

Short stories are especially well-suited to movie adaptations — they're inventive, contained, and depend more on the characters than a plot. This discussion course will explore two different narratives: the award-winning film "Arrival" (2016) and Ted Chiang's short story "Story of Your Life" (1998), initially considered to be unfilmable upon publication. We will explore how the foundation of this short story was extrapolated into a more complex, nonlinear sci-fi narrative centering on the life and work of linguist Louise Banks (Amy Adams). Our discussion will include how the alien language in the film plays a pivotal role in exploring the themes of language and identity. Students are expected to have read the short story and viewed the film before the course begins.

**ARTS323A** · 3 Sessions  
Campbell Center – Room D  
class size 32  
Th · 3:30–5:00PM  
1/9/2025–1/23/2025

**INSTRUCTOR:** *Lorraine Vail is a short story and independent film enthusiast who has supported the Ashland Independent Film Festival for many years. She has taught various film courses at OLLI and two short story courses. She finds it a great pleasure to discuss great films with other OLLI members.*

## **NEW!** Danger and Deception: The Best of Alfred Hitchcock

In his legendary career as a director, Alfred Hitchcock created dense, suspenseful films filled with flawed heroes, charming villains, and moral ambiguity. In this four-week online course, we'll consider some of Hitchcock's very best films, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key elements. Whether you've enjoyed Hitchcock films for many years or you're just discovering them, this is a chance to go deeper into the mind of a brilliant, complicated man and the surprising, confounding, and entertaining world he created on film.

**ARTS328** · 4 Sessions

Online

class size unlimited

Tu · 11:00AM—12:30PM

2/4/2025—2/25/2025

**INSTRUCTOR:** *Jay Sherwin is a writer and consultant who has been watching, studying, and enjoying Hitchcock films for decades. He created a walking tour of Alfred Hitchcock's San Francisco that attracts Hitchcock fans from around the world, and he loves to share his Hitchcock obsession with fellow film lovers everywhere. He has taught this online course for OLLI programs nationwide.*

## **NEW!** Determining Your Acting Type

Learn how to work smarter rather than harder in furthering your acting career. Actors must concentrate their marketing efforts on roles for which they are best suited. The terms “leading man, leading lady, ingenue” are almost never mentioned in casting notices; however, gender, age, ethnicity, and occupation are nearly always specified. People's jobs determine much of their lifestyle, wardrobe choices, and often their friends. In the first session, students will learn how to conduct a market survey to assess how others see them in order to determine their acting type, as well as to concentrate on auditioning for the roles for which they are best suited. In the second class, they will share the results of their market surveys with other class members, which will also serve as a networking event with other actors. In addition, students will learn where to get headshots taken and where to have them reproduced for marketing purposes.

**NOTE:** There are two in-person sections of this course offered, both on Thursdays. The first starts the first week of the term; the second starts the first week of February.

**ARTS322A-1** · 2 Sessions

Campbell Center – Room C

class size 15

Th · 1:00—2:00PM

1/9/2025—1/16/2025

**ARTS322A-2** · 2 Sessions

Campbell Center – Room C

class size 15

Th · 1:00—2:00PM

2/6/2025—2/13/2025

**INSTRUCTOR:** *Andrew Reilly is a retired stage, screen, and TV actor, as well as a voice-over narrator with extensive experience in all these mediums. He holds an MFA in theatre and film from the University of South Carolina and interned in his final year at the Shakespeare Theatre of Washington with the Juilliard Acting Company.*

## **NEW!** Hollywood Movies and Behind-the-Scenes Hijinks

Get ready to sneak onto the set of several recent movie hits such as “The Help,” “Barbie,” and the much lauded “La La Land” and see what really goes on during the making of a film. The course offers an overview of the movie-making machinery and its many facets from someone who has spent decades as a still photographer in the film industry. Still images taken by the instructor will be shown and discussed, with some references to the books from which the films were derived. These presentations are designed to be educational, enriching, and most of all, entertaining. Be sure to bring along your sense of humor!

**ARTS316M** · 3 Sessions

Rogue Valley Manor, Skyline Plaza –1 Skyline Drive,  
Medford

class size 50

M · 10:00—11:30AM

1/6/2025—1/27/2025

**INSTRUCTOR:** *Dale Robinette has made his livelihood for nearly 50 years as a photographer. He has worked on over 100 films for Hollywood/NYC studios, some of which have won six or seven Academy Awards, with some grossing over \$1 billion. Once an actor on stage and in film, Robinette knows the industry well. In retelling his experiences, he is a natural raconteur. He has taught a number of photography courses at OLLI over the last several years.*



## NEW! Old Time Radio

Old Time Radio will sample some of the greatest radio shows from the Golden Age of Radio, including “The Lone Ranger,” “The Six Shooter,” “Fibber McGee and Molly,” “Jack Benny,” “Our Miss Brooks,” “Dragnet,” “Philip Marlowe,” “Richard Diamond,” “Sam Spade,” and the suspenseful “The Hitchhiker” and “Sorry, Wrong Number.” Genres include detective, adventure, comedy, horror and westerns. Before each show, the instructor will give a brief summary of the history of the show and its writers and actors. After listening to each episode, there will be some time for students to offer their opinions.

**ARTS317M** · 6 Sessions

Medford Higher Education Center – Room 118

class size 32

W · 11:00AM–12:30PM

1/8/2025–2/12/2025

**INSTRUCTOR:** *Gerald Murphy’s plays and musicals have been produced in over 50 countries throughout the world. In the past he has taught readers theater, film classes, and folk music at OLLI. He also taught high school English for 33 years in California.*

## Ten Classic Comedy Films, Part 4

This course will show 10 classic comedy films, starting with a silent film, “The Gold Rush,” with Charlie Chaplin (1925), and concluding with “A Fish Called Wanda,” with John Cleese and Jamie Lee Curtis (1988). The other eight are “Dinner at Eight,” “The Awful Truth,” “Buck Privates,” “Kind Hearts and Coronets,” “No Time for Sergeants,” “The Graduate,” “Blazing Saddles,” and “Breaking Away.” A handout for each film will be made available the week before the showing of the film, except for the first film, for which the handout will be made available on the first day. The instructor will mention anything special to be noticed about each film just before it is shown, and students may offer comments or questions at that time. A guided discussion will follow after 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.

**ARTS218A** · 10 Sessions

Campbell Center – Room D

class size 53

W · 1:00–4:00PM

1/8/2025–3/12/2025

**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 28th 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 4

This course will show 10 classic musical films, starting with “The Blue Angel,” with Marlene Dietrich (1930) and concluding with “The King and I,” with Deborah Kerr and Yul Brynner (1956). The other eight are “Love Me Tonight,” “Gold Diggers of 1933,” “A Night at the Opera,” “Show Boat,” “The Wizard of Oz,” “Meet Me in St. Louis,” “A Star Is Born,” and “Guys and Dolls.” A handout for each film will be made available the week before the showing of the film, except for the first film, for which the handout will be made available on the first day. The instructor will mention anything special to be noticed 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, January 20, in observance of Martin Luther King Jr. Day.

**ARTS202A** · 9 Sessions

Campbell Center – Room D

class size 53

M · 1:00–4:00PM

1/6/2025–3/10/2025

**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 28th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.*

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# Arts: Music

## Advanced Songwriting

This course is for students who have some experience with creative writing, whether it be songs, poetry, or journaling. Regardless of whether you've written scores of songs or have never dabbled in this unique art form, you will find support, guidance, and inspiration in these eight sessions. Each week we will take a listen to a song that is well-crafted and talk about why it works (or doesn't). Most of each class will be given over to writing for short periods of time from prompts that will be provided. From these writings, a song will emerge, and over the week before the next class, we will share these songs with one another in a relaxed and supportive atmosphere. It is not about writing a perfect or even a "good" song. The purpose of these sessions will be to open up our creative selves and let go of the internal editor that tells us our work is not ready to share. It will be really fun and amazing to see what we create!

**ARTS287** · 8 Sessions

Online

class size 8

Tu · 11:00AM—12:30PM

1/14/2025—3/4/2025

**INSTRUCTOR:** *Denny Caraher has been writing and recording songs for decades. His work has been featured on NPR, and his three recordings for children have been awarded Gold and Silver Medals from Parents' Choice. He has also recorded three albums for adults, and his lyrics have been featured on Garrison Keillor's Writers Almanac. Up until recently, he was a resident of Ashland but now resides in Northampton, Massachusetts.*

## 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.

**ARTS321M** · 10 Sessions

Medford Higher Education Center – Room 118

class size 8

Tu · 11:00AM—12:00PM

1/7/2025—3/11/2025

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

## **NEW!** Musical Scales and Modes

How do you recognize Middle Eastern music as Middle Eastern, Chinese music as Chinese, Flamenco music as Flamenco, and so on? Classical and popular music compositions have different, distinct sounds. You can easily recognize the "major" (Ionian) and "minor" (Aeolian) modes, but composers have used other scales and modes. The best way to feel these modes is to hum or sing the scales and chords, and you will have the opportunity to do this in unison with your classmates. The singing-impaired are encouraged to sign up. Musicians are also encouraged to sign up, but be warned you may be bored silly when the course covers some basic ideas and the instructor co-opts you when he needs help. The course will consist mainly of lectures using PowerPoint presentations, supplemented with sounds from the piano, computer files, and illustrations of modes and scales from the internet. Questions are encouraged at any time!

**ARTS320A** · 5 Sessions

Campbell Center – Room E

class size 78

M · 11:00AM—12:30PM

1/27/2025—2/24/2025

**INSTRUCTOR:** *John Johnson has taught physics courses at OLLI for over 20 years, and prior to that, 10 years at the college level. He also has a deep interest in music and has sung and played the piano, trombone, and guitar. At OLLI and in college, Johnson has taught courses on many areas of physics as well as the acoustics of musical instruments.*

## **NEW!** Social Singing

Singing together is one of the more joyful things in life. Come sing in an informal and interactive session, no matter your experience or skill. We'll sing traditional songs with fine choruses and refrains — sea songs, work songs, drinking songs, love songs, shanties, silly songs,

and easy rounds from the U.S., Canada, and England. Chorus tunes will be taught by ear, and all singing will be done a cappella. Most chorus words will be provided.

**ARTS318A** · 6 Sessions  
Campbell Center – Room A  
class size 34  
W · 1:00–2:30PM  
2/5/2025–3/12/2025

**INSTRUCTOR:** Brooke Friendly has taught English country dance since 1981 and has been singing since she was a child. She teaches dance and leads social singing sessions at workshops and events throughout North America, England, and Australia, as well as teaching a weekly community dance class in Ashland. Well known internationally as a dance composer, Friendly loves sharing the community and artistic aspects of this dance form. Her website is [brookefriendlydance.com](http://brookefriendlydance.com).

## The Music of Béla Bartók 🎧

Béla Bartók (1881-1945), whose symphonic and chamber music is still widely performed, was a leading composer of the first half of the 20th century. A convinced modernist, his musical inspiration nonetheless stems equally from the vanishing world of traditional Balkan folk music—which he was one of the first to document for the wider world. In the five sessions of this course, we'll explore his lyrical and original voice as expressed in works such as Concerto for Orchestra, "Music for Strings, Percussion, and Celesta," his piano concertos, and his six masterful string quartets.

**NOTE:** Listening to some of the music outside of class is encouraged but not required. Chamber Music Concerts in Ashland is presenting Bartók's String Quartet No. 3 in 2025. Some online videos are available to enhance class sessions as well. Familiarity with classical music and its terminology will be helpful but is not necessary.

**ARTS121A** · 5 Sessions  
Campbell Center – Room E  
class size 63  
Tu · 1:00–2:30PM  
2/11/2025–3/11/2025

**INSTRUCTOR:** Tony Davis holds a PhD in linguistics from Stanford University, and he has previously taught courses about language, linguistics, and music at OLLI and elsewhere.



## The Music of J.S. Bach: The Cantatas 🎧

This is the second in a series of courses on the music of J.S. Bach, this time focusing on the nearly 200 extant cantatas, usually sacred works for choir, soloist or soloists, plus orchestra. The course will examine Bach's life and background, and characteristics of the Baroque period. The role which the cantatas played in church services will be looked at. No previous experience is necessary. PowerPoint with YouTube examples will be used.

**ARTS329** · 5 Sessions  
Online  
class size unlimited  
Th · 11:00AM–12:30PM  
2/13/2025–3/13/2025

**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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# Arts: Visual Arts

## **NEW!** Introduction to Ceramics

In this beginning ceramics course, students will be introduced to the beauty of clay. They will learn and explore coil building, slab construction, pinching, and basic wheel-throwing techniques. Using this know-how, students will create functional and decorative clay pieces while exploring the various ways to form and manipulate clay. Instructors will focus on different building techniques each week. The course will likely be divided into two weeks of hand-building and two weeks of wheel-throwing. A variety of glazing and surface decoration techniques will be introduced as well. By the end of this course, students will be able to independently create pieces. Specific techniques and lessons will vary, depending on student interest.

**NOTE:** There is a fee of \$20 materials cost per student.

**ARTS325A** · 4 Sessions  
Talent Maker City – Studio  
class size 6  
Th · 10:00AM–12:00PM  
1/9/2025–1/30/2025

**INSTRUCTOR:** *Lisa Shinohara, programs coordinator, and her team at Talent Maker City are experts in their craft. Many instructors are licensed educators and have taught in a variety of environments, including but not limited to teaching workshops at TMC; classroom education in public, private, and charter schools; as well as instructing STEAM-based summer camps to grades pre-K through high school.*

## **NEW!** Introduction to Design: From Pencil to Print

Students will learn foundational design basics, create their own designs, and then make designs come to life in the studio. This may include screen printing, laser engraving, and sticker decals. Participants will start with the design process and move to digital graphics applications as they advance their skills. This course covers all the basics, from design process to printing. Students will get hands-on experience with producing their own custom designs using different techniques, guided by Talent Maker City instructors. This is a safe and supportive environment for individuals to learn and advance their creative skills. The goal is to build relationships and collaborate, experiment, value unexpected challenges, and problem-solve. Most important, the goal is to keep learning, growing, improving, and celebrating success.

**NOTE:** There is a fee of \$20 materials cost per student.

**ARTS326A** · 4 Sessions  
Talent Maker City – Studio  
class size 6  
Th · 10:00AM–12:00PM  
2/6/2025–2/27/2025

**INSTRUCTOR:** *Lisa Shinohara, programs coordinator, and her team at Talent Maker City are experts in their craft. Many instructors are licensed educators and have taught in a variety of environments, including but not limited to teaching workshops at TMC; classroom education in public, private, and charter schools; as well as instructing STEAM-based summer camps to grades pre-K through high school.*

## Make Multimedia eBooks: 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, to the people who matter most to you: your family, friends, and colleagues ... and maybe a wider audience? If you have an Apple iPhone, an iPad Pro, and/or Mac laptop and are ready to learn some simple chops, this class will equip you to use simple IOS creation tools to turn an album of your photos, and some short text (and even some sound and/or video clips, if you like) into a beautiful eBook portfolio you can publish and distribute through the Apple Bookstore. The instructor will guide class participants through the ins and outs of using two Apple-based apps that make it easier than you might think to collect your photos and words into beautiful page layouts.

**NOTE:** Participants need a late-model iPhone (11, 12, 13, 14, 15) and either an iPad Pro (3rd, 4th, 5th, or 6th generation) or an up-to-date Mac laptop to make good use of this course. Earlier models of iPhone, iPad, or iPad Air will NOT work for this course. The only cost will be buying the app, PhotoSync - Transfer Photos, from the Apple App Store. It can be bought once and then loaded on both an iPhone and iPad and then, with the proof of purchase, you can download it for your Mac computer.

**ARTS324A** · 6 Sessions  
Campbell Center – Room C  
class size 17  
W · 1:00–3:30PM  
1/8/2025–2/12/2025

**INSTRUCTOR:** *Meri Walker has been teaching iPhone photography and multimedia art-making at OLLI for the last year and for 16 years across the U.S. 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 fellow seniors.

## Playful Art II

Want to expand your creativity and have fun? Join us to experience joyful, easy art projects. Bring your imagination, an open mind, and a willingness to explore possibilities. You may be surprised by what you produce in this four-session course. We will offer new ideas and techniques that are different from what was presented in the course Playful Art for Everyone I. Together, we'll complete exercises in: abstracts, all over composition, collage, and word art. We will provide a sketchbook for each student; cardstock paper; watercolor paper; and some pens, pencils, markers, and magazines for use during class. No experience is needed, and participation in the course Playful Art for Everyone I is not a prerequisite.

**NOTE:** A contribution of \$5 is due at the first class to offset our costs for the sketchbook, paper, copies, and other supplies. Students will be asked to bring some basic supplies. That information will be outlined for registered students in the pre-course email.

**ARTS327A** · 4 Sessions  
Campbell Center – Room C  
class size 21  
Th · 11:00AM–12:30PM  
1/9/2025–1/30/2025

**INSTRUCTORS:** Geri Esposito began her art journey at age 50 with collage-based *Soul Collage* and *Vision Board*. She has

taught classes in both for 20-plus years. Geri added drawing and painting in 2020. Her style is colorful, whimsical, and free-flowing. Fran Fields draws, paints, and doodles. Her art is meditative, precise, and intentional. Both instructors attend art circles to learn new methods and techniques. Their distinct styles make an excellent pairing.

## NEW! Rubens' Art of Persuasion

Peter Paul Rubens, in his vibrant oil paintings, defended his faith, his profession, his business — and quite a few paying clients. This course will consider how his majestic altarpieces tied Catholic dogma to deeply felt human experience; how the Greek and Roman subjects of his history paintings put him forward as a gentleman rather than a craftsman; and how he designed for widely distributed prints, both to establish his value as an art consultant and dealer, and to defend copyright. His work, imagining various crowned heads at their most noble and worthy, not only supported their politics but earned him princely commissions. Each class lecture will be heavily illustrated, with time for questions and discussion. The course will touch on Rubens' Marie de Medici cycle, but not in the detail of my previous OLLI course on that subject.

**ARTS319M** · 5 Sessions  
Rogue Valley Manor, Skyline Plaza · 1 Skyline Drive,  
Medford  
class size 50  
W · 10:00–11:30AM  
1/29/2025–2/26/2025

**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, but has always enjoyed Baroque art. She loves to learn more in preparing OLLI classes.



## OLLi at SOU has a new look!

We unveiled an updated website and refreshed logo earlier this fall.

Look for our playful OLLI at SOU logo and be sure to visit [sou.edu/olli](https://sou.edu/olli) before winter registration begins!



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 Monday **NEWSFLASH**  
(our electronic newsletter)  
for registration information.

**January 27, 4 p.m.**

Gabriella Calicchio, Executive Director,  
Oregon Shakespeare Festival

**February 17, 4 p.m.**

Gary Kout, Executive Director SOFAT:  
Southern Oregon Film and Television

**March 17, 4 p.m.**

Speaker and topic TBD

## **NEW!** The Schneider Museum's Exhibition: "Other World/s"

"Other World/s" brings together four artists working in diverse media such as sculpture, installation, ceramics, embellished photography, and painting. Each artist crafts a world that borders on reality and the abstract. There is a science fiction feel to some exhibits and an uncanny familiarity to others. With the Schneider Museum of Art's executive director, Scott Malbaurn, learn about the winter exhibition through two classes. The first will be a classroom PowerPoint presentation, and the second will be a walkthrough of the exhibition. You'll meet fellow arts lovers and be confident in walking your friends and family through the exhibition with follow-up visits. The exhibition will be accompanied by a catalog with an exhibition essay. Students will receive a complimentary catalog.

**ARTS312A** · 2 Sessions

SOU Art Building · Meese Auditorium

class size 25

Th · 3:30–5:30PM

2/6/2025–2/13/2025

**INSTRUCTOR:** *Scott Malbaurn is the executive director of the Schneider Museum of Art. Serving both an academic and community audience, the Schneider Museum of Art builds a challenging environment that engages with the visual arts through exhibitions and programs supporting interdisciplinary study, research, and discourse. Malbaurn is responsible for overall curatorial, administration, planning, policy, and budget development and management of the museum.*





# 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 and 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.

**ARTS112A** · 4 Sessions  
Campbell Center – Room C  
class size 20  
Th · 3:30–5:00PM  
2/6/2025–2/27/2025

**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.*

## Readers Write Personal Narratives

This course gives students a structured opportunity to write short personal narratives. The format comes from “The Sun” literary magazine, which includes a “Readers Write” section each month. We will review samples from past issues of “The Sun” and write our own responses to the magazine’s prompts. We will also look at upcoming topics and write essays that we may choose to submit for publication in the magazine. Students are expected to commit to writing one 400- to 800-word essay each week and share it on our interactive course website in SOU’s Moodle. When students post essays, others may respond with answers to the following questions, intended to encourage supportive feedback: What did you notice? What struck you? How did you connect personally to the story? All students are welcome, regardless of writing experience. This course has been offered previously; however, all writing prompts will be new.

**NOTE:** There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**ARTS186** · 6 Sessions  
Online  
class size 23  
M · 1:00–2:30PM  
1/6/2025–2/17/2025

**INSTRUCTORS:** *John Pratt has taught a number of OLLI courses and participates in OLLI Improv. He is a winegrower, but previously taught English for 40 years. Teaching writing motivates him to write more himself. Fooling around in the kitchen and trying out new recipes brings him great satisfaction, at least when his experiments produce edible results. Linda Jaffe holds BA, MBA, and MFA degrees. She has taught OLLI writing, literature, and dance courses. Jaffe is a published poet. She believes that creativity brings self-understanding, surprise, and joy.*

## Dates to Remember



### IMPORTANT DATES

Winter PDF catalog posted online:  
November 12

Spring course proposal period begins:  
November 15

Priority Registration period:  
November 18–29

Fall term ends: November 22

Priority course assignments sent out:  
December 6

Open Registration begins: December 9

Spring course proposal period ends:  
December 15

Winter term begins: January 6

OLLI Volunteer Faire: January 14, 2–4 p.m.

Winter term ends: March 14

### OFFICE CLOSURES

Veterans Day: November 11

Thanksgiving Holiday: November 27–29

Winter Break: December 24–January 1

Martin Luther King Jr. Day: January 20

# History

Includes US and world history.

## **NEW!** 13 Colonies: How They Got Their Shapes and Sizes 🖥️

Did the colony of Virginia ever cover about half of America? (Yes) Did Massachusetts cover most of the rest? (Sort of) And Carolina? Was it just one single colony at first and not split into a North and South? (That's right.) The book, "How the States Got Their Shapes," by Mark Stein, examines these questions for all 50 states. This course takes a look at the first 13. It will serve as a prequel to the "Battles of the American Revolution" course taught for nine years for OLLI at SOU. How every colony got its shape and size has surprising stories, including the wars, economics, and politics of the period. We'll learn all about them. The course will utilize PowerPoint slides of graphics and photographs prepared mostly by the instructor. The Mark Stein book is recommended but not required; other sources of information will also be included.

**HIST308** · 7 Sessions

Online

class size unlimited

W · 11:00AM–12:00PM

1/8/2025–2/19/2025

**INSTRUCTOR:** *Mike Reynolds has a BA in geography and an MA in architecture. He retired after a long career in the U.S. Air Force and Air National Guard. He retired again after a longer career in architecture, primarily designing public schools in Washington. Reynolds taught classes in both professional capacities. Here for OLLI at SOU, Reynolds has taught about the battles of the American Revolution every year between 2016 and 2024.*



## Gutenberg to TikTok: Media History and Its Impact 🧑🧑

In 2020, the average U.S. 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 outside of class. No required reading. Topics to be covered 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. noncommercial 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.

**NOTE:** There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day; there is no class on Monday, February 17, in observance of Presidents Day.

**HIST305A** · 8 Sessions

Campbell Center – Room D

class size 53

M · 11:00AM–12:00PM

1/6/2025–3/10/2025

**INSTRUCTOR:** *Phil Meyer, CEO of Southern Oregon PBS, has worked 30-plus 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.*

## **NEW!** Indigenous Genocide and U.S. Military Imperialism 🧑🧑

Learn a more truthful version of American history with open primary historical sources, including settler violence against indigenous people in the 1637 Pequot genocide; Wounded Knee in 1890; militarist imperialism and the killing of brown skinned Morro (Muslim) women and children on the Island of Jolo in the Philippines in 1906; and My Lai, Vietnam, in 1968. Art; first-person testimony; prose and poetry by Mark Twain, Rudyard Kipling, and Daniel Ellsberg; as well as

vintage photography reveal the dark side of our glorious national story. A small class size will allow for thoughtful discussion.

**NOTE:** This course covers sensitive material that some may find disturbing.

**HIST307A** · 6 Sessions  
Campbell Center – Room B  
class size 16  
Th · 1:00–2:30PM  
1/23/2025–2/27/2025

**INSTRUCTOR:** *Daniel Guy is a lifetime student of history, with a BA from Oregon State University and some graduate study at Colorado State University. A former reserve infantry officer turned peace activist, he continues to read widely. He admits to an endless fascination with the darkest side of human behavior, but he continues to work for a brighter future, beyond endless war and violence.*

## **NEW!** Revisionist Video History of Western Civilization

This course will view and discuss Raoul Peck’s video series, “Exterminate All the Brutes.” This series has been called a “revisionist” history of Western Civilization. Peck was interviewed on “Democracy Now” when the series was first released. He is also the director of “I Am Not Your Negro,” a documentary on James Baldwin. Participants will be expected to watch each episode in class, followed by guided, civil discussion. No prior knowledge or outside reading is required. The content to be discussed is primarily the question of the origin, history, and continuity of genocidal practices in the West, and the suppression of those practices in official historical narratives. At the present time “revisionist” histories have come under attack. It is hoped that in this class students will come to see why such “revisionist” histories are an essential part of our education. As James Baldwin said, “Not everything that is faced can be changed; but nothing can be changed until it is faced.”



**NOTE:** This course covers controversial material that some may find disturbing.

**HIST306A** · 4 Sessions  
Campbell Center – Room D  
class size 26  
F · 1:00–3:00PM  
2/7/2025–2/28/2025

**INSTRUCTORS:** *Daniel Cazares’ ancestors had thrived in Central Coast California and in Northern Mexico before the Conquest. Cazares has a BA in psychology from Cal State Los Angeles, an MA in American Studies from SUNY Buffalo, and a Licensed Marriage and Family Therapist degree. Louis Urban Kohler has taught several OLLI courses in the past. He has a BA in English and has lived at different times in France, Russia, and Azerbaijan.*

## Sapiens: From the Age of Science to the Modern Age

This course explores the history of Homo sapiens as our species emerged from the Middle Ages and embarked on the age of science, exploration, and conquest of the New World (about 1500). We end up with sapiens in the world of AI and biotech. We consider: Where have sapiens been? Where are we going? What is our place in the cosmic setting? This course is a continuation of the course in the fall, which brought the story through the hunter-gatherer period and the invention of agriculture, but attendance at the earlier course is not a prerequisite. The course is conceived as a deep dive into history involving archaeology, economics, astrophysics, and philosophy. To make the subject manageable, there will be a template, “Sapiens: A Brief History,” by the Israeli historian Yuval Noah Harari. To help us along, we will hear directly from noted scholars, scientists, and thinkers. The predominant mode of presentation in this lecture course will be PowerPoint and videos.

**NOTE:** Students should have a copy of Harari’s book, as critical weekly readings will be assigned.

**HIST201A** · 5 Sessions  
Campbell Center – Room D  
class size 53  
Tu · 3:30–5:30PM  
1/21/2025–2/18/2025

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

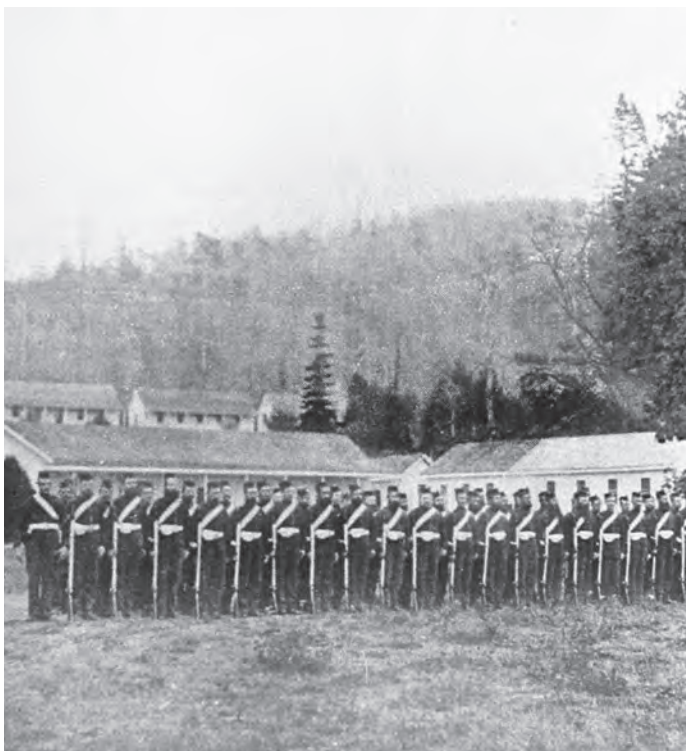


**NEW!** The Pig War 

Would you believe a pig almost changed the course of American history? When a potato-loving British pig was shot by an American settler in 1859, the resulting dispute set loose simmering passions that very nearly led to war between the United States and Great Britain, just as America was on the eve of the Civil War. This course will examine competing territorial claims to the Pacific Northwest and how imprecise language in the Oregon Treaty of 1846 resulted in disputed ownership of the San Juan Islands. Besides covering the conflicting claims to the San Juan Islands, the course will examine: the mutually provocative actions of the U.S. Army and the Hudson's Bay Co.; and how the disputes (including the pig shooting) were eventually settled; the controversial actions and motives of two Southern-born American Army officers, George Picket and William Selby Harney, who seemed hellbent on provoking war with Great Britain in 1859.

**HIST304A** · 3 Sessions  
Campbell Center – Room D  
class size 32  
Th · 9:00–10:30AM  
2/27/2025–3/13/2025

**INSTRUCTOR:** *James Cannon is a retired lawyer from Fairbanks, Alaska. Since retiring in 2016 and moving to Ashland in 2018, he has become interested in some of the more obscure parts of American history. Cannon previously taught an OLLI course on critical moments of the Gettysburg Campaign.*



# Languages and Cultures

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

## Conversaciones

This course is designed to provide an opportunity to speak and listen to Spanish in a comfortable, nonjudgmental atmosphere. It is meant for those who already speak Spanish with some fluency but who don't have all the opportunities to converse that they would like. Each week, students will be provided with materials to stimulate conversation on a particular theme, including poems, readings, song lyrics, and discussion questions. During each class, we'll talk in a whole group and in breakout rooms. Themes include holidays, being bilingual, photography and more, but it will be all right to stray from the theme. Grammar and vocabulary questions that arise will be answered, but the class is about enjoying conversation in Spanish. Any learning that occurs arises from that. It will enhance our conversation if students spend some time with the materials posted on LearnerNotes before each class. Translations are provided for readings and song lyrics.

**NOTE:** This is not a Spanish course per se, and it won't work for beginners. Rather it is a chance for those who already comprehend and speak Spanish with some fluency to listen to others, converse freely, and encounter readings and songs that reflect Hispanic culture. Those who have been in previous Conversaciones courses will find new themes, readings, and music.

**LANG161** · 5 Sessions  
Online  
class size 18  
Th · 3:30–5:00PM  
1/30/2025–2/27/2025

**INSTRUCTOR:** *Ginny Blankinship, while not a native speaker, graduated from UC Davis with a Spanish major and taught high school Spanish at all levels for 25 years. She has traveled to Spanish speaking countries whenever possible as a student, a tourist, and an NGO volunteer and continues to seek opportunities to stay fluent. She hopes students will agree with her that doing so is a valuable part of life — and fun, too.*



**NEW!** Cyrillic: An Introduction 

The alphabet with which one reads and writes offers a key to a language's cultural roots. This course will offer a panoramic overview of the Slavic world from this perspective, with the main focus on Russian. Russian is written in the Cyrillic alphabet, as are several other Slavic tongues, including Ukrainian, Serbian, and Bulgarian, while other Slavic languages — Polish, Czech, Croatian, and Slovenian — use the Latin script. This class provides some explanation for these cultural and historical divides, and it will also provide some practice reading the letters used in Russian. It is a good way for students with some Russian who would like to join the conversation course, Fun with Russian, (listed opposite) to brush up, but those with no knowledge of Russian are welcome to join and to gain some understanding of this part of the world and the role of languages in shaping its culture and history.

**LANG163** · 3 Sessions

Online

class size unlimited

Tu · 1:00–3:00PM

1/7/2025–1/21/2025

**INSTRUCTORS:** *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, but has always enjoyed Baroque art. She loves to learn more in preparing OLLI classes. 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.*

**Enjoy German!** 

This is a previously taught course with new content. 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 referring to the events in 1991 and later.

**LANG100A** · 10 Sessions

Campbell Center – Room B

class size 16

W · 11:00AM–12:30PM

1/8/2025–3/12/2025

**INSTRUCTOR:** *Udo Gorsch-Nies is a native German speaker. He has taught German classes at SOLIR/OLLI since 2005. Immigrating to the U.S. 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** 

In this course, speakers will explore what it's like to work abroad in faraway places. We'll start with teaching in China, working in the government of the Federated States of Micronesia, consulting in Uganda, and volunteer medical work elsewhere in Africa. The presenters will bring some perspectives that differ a bit from the tourist experience visiting these countries. Each presentation will be about 90 minutes, via Zoom, and there will be opportunities for questions and discussion.

**NOTE:** There is no class session on Wednesday, February 19.

**LANG104** · 4 Sessions

Online

class size unlimited

W · 3:30–5:30PM

2/12/2025–3/12/2025

**INSTRUCTOR:** *Tony Davis holds a PhD in linguistics from Stanford University, and he has previously taught courses about language, linguistics, and music at OLLI and elsewhere.*

**Fun with Russian** 

This highly interactive, informal class will give you a chance to improve your Russian. We will use a minimum of English, and repeat and contextualize Russian so that everyone understands and can respond in Russian. Grammar will be discussed only as needed, as our focus will be on using Russian. The free online textbook, "Mezhdu Nami," provides some materials, along with a selection of short readings, songs, and poems.

**NOTE:** We don't expect students with fluent Russian. Experience shows that some students struggle with pronunciation, some with cases, and some with the Cyrillic alphabet. For the latter, our course, Cyrillic: An Introduction, is recommended.

**LANG162M** · 7 Sessions

Medford Higher Education Center – Room 118

class size 36

Tu · 1:00–2:30PM

1/28/2025–3/11/2025

**INSTRUCTORS:** *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, but has always enjoyed Baroque art. She loves to learn more in preparing OLLI classes. 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.*

## Wines of the World

This term's course will introduce six new wine regions, not covered in previous "Wines of the World" offerings. Lectures using PowerPoint and multimedia will cover the geography, climate, soils, history, varietals, labeling, and regulatory structure of each region. We will taste four quality wines from that region and discuss our perceptions. No special background knowledge is required but a passion for wine is recommended.

**NOTE:** A class fee will be charged to cover the cost of the premium wines we taste. The fee will be based on the cost of the wines but will not exceed \$120 per student. Students are required to pay the full fee, even if they expect to miss some classes. A signed liability waiver is required.

**LANG159A** · 6 Sessions  
Campbell Center – Room A  
class size 22  
W · 3:30–5:30PM  
1/29/2025–3/5/2025

**INSTRUCTOR:** *Come join Dan Dawson on his wine journey. Dawson is a wine aficionado and working to develop as a wine grower, winemaker, and wine educator. With degrees in chemistry, he worked for UC Santa Barbara for 40 years. He has been making wine and beer since 2018, worked the fall 2023 harvest at a local winery, and completed his first wine certification course (WSET Level 2) "with distinction."*



# Life Planning

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

## 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 you should 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 home, so your home can take care of you!

**NOTE:** Each term of this previously taught course is different, as there are new issues brought to class. If you have taken the class before, you will likely gain knowledge in something not previously discussed or that you didn't quite understand the first time. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**LIFE305A** · 8 Sessions  
Campbell Center – Room A  
class size 34  
M · 11:00AM–12:30PM  
1/6/2025–3/3/2025

**INSTRUCTOR:** *Mitch Hrdlicka has been doing home repairs and maintenance since early childhood. Upon retiring as a police detective after 31 years in law enforcement, he began building homes for Habitat for Humanity. He works part time at the Ashland YMCA in the maintenance department and is the technical director of the Rogue Theater Company.*

## Caregiving for Alzheimer's: A Personal Journey

The stress of caregiving is a major concern for someone whose loved one has been diagnosed with dementia or Alzheimer's. This course will provide an overview of the

issues, the impact of the diagnosis, and the resources available to the caregiver. We will discuss coping strategies for the patient and caregiver. We introduce specific issues typically discussed between the caregiver, loved one, lawyer, and financial planner. These may include advanced directives, end-of-life choices and their ethical issues, changes to a will or trust, and strategies for dealing with medical expenses. Classes will consist of lectures using PowerPoint slides. Zoom will allow for electronic interaction. The PowerPoint will be sent to the students after each class.

**LIFE104** · 6 Sessions  
Online  
class size unlimited  
Tu · 9:00–10:30AM  
1/7/2025–2/11/2025

**INSTRUCTOR:** *Bill Harris has an MS in political science from the University of Oregon. After his wife was diagnosed with Alzheimer's disease in 2009, he started weekly Alzheimer's support groups for caregivers and patients in the Medford and Ashland, Oregon, areas. He and his wife were affiliated with the Oregon Alzheimer's Association. This is Harris's sixth year teaching this course.*

## Completing Your Oregon Advance Directive

We know we should have an up-to-date Advance Directive so that loved ones will know what healthcare we want if serious illness leaves us unable to make our own decisions. Still, you may not have one or yours may be outdated. This course will enable you to complete the revised 2021 OR AD to capture what will be important to you in the future. We'll focus on selecting and preparing your all-important Health Care Representative and defining your wishes for prolonged care in nuanced cases of dementia and chronic disease, as well as for future end-of-life care. You'll be able to complete the form and create addenda that may expand its value to you and your loved ones. Besides your engagement in class, you will need to devote time between our meetings to clarify your thinking and talk with your HCR. Are you ready to take advantage of this guidance to finally complete your AD? Your loved ones will be grateful!

**NOTE:** If you have a valid, legally executed AD that accurately reflects your wishes, you do not need to complete the 2021 version. If your current AD needs to be updated, you must use the revised 2021 form to do that. Your choice and preparation of a health care rep will be your first and most important work in developing your AD. Prepare for class by thinking about who you'd like to have speak for you. There are two in-person sections of this course offered.

**LIFE125A-1** · 4 Sessions  
Campbell Center – Room C  
class size 32  
Tu · 3:30–5:00PM  
1/7/2025–1/28/2025

**LIFE125A-2** · 4 Sessions  
Campbell Center – Room C  
class size 32  
M · 3:30–5:00PM  
2/17/2025–3/10/2025

**INSTRUCTOR:** *Joanne Kliejunas, PhD, has taught courses on Oregon's Advance Directive for seven years at OLLI. She has also taught "Talking About Dying As If It Might Happen To You" in various forms at OLLI and for Rogue Regional Medical Center's hospice. She has been a hospice volunteer and currently serves on Asante's Ethics Committee.*

## Conservation Burial: Going Out Green

Let's face it! We are all going to "go" one of these days, and conservation burial is the greenest way. Learn about the science and practice of this form of natural burial, as well as other alternative disposition methods like water cremation and human composting. We will discuss the conservation burial movement and its connection with land conservation and restoration. You will have the opportunity to complete your green burial planning guide.

**LIFE113** · 3 Sessions  
Online  
class size unlimited  
W · 11:00AM–12:00PM  
2/5/2025–2/19/2025

**INSTRUCTOR:** *Mary Ann Perry holds a BA degree in natural resources planning and interpretation from Cal Poly Humboldt and an MA in teaching from Southern Oregon University. She is a green burial educator and certified home funeral guide. She serves as the sexton at the Forest Conservation Burial Ground.*



**PARKING:** for information for the SOU Campbell Center in Ashland and the RCC/SOU Higher Education Center in Medford, please see [sou.edu/olli](https://sou.edu/olli).

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



## Death with Dignity and Medical Aid in Dying (MAID)

This course will examine Oregon’s legal options for a humane and dignified death at life’s end. The instructor is a physician and a MAID provider and consultant. Viewpoints of students who have moral reservations about MAID will be considered. In two 90-minute classroom sessions, lecture time will be minimized. Active student participation and questions will be encouraged. Vignettes of actual patients (anonymous) and death situations will be presented. Student reactions will be invited. Situations in which requests for MAID were unsuccessful will be mentioned, along with changes to the Oregon Death With Dignity Act to be proposed to the 2025 Legislature. Related topics will include elder suicide, why MAID is not legally a suicide, overlap with hospice care, and the right to refuse unwanted treatments. Voluntary stopping eating and drinking (VSED) may be discussed. Suggestions on how to find out if your doctor, clinic, or health care facility will support your request for MAID will be offered.

**LIFE108A** · 2 Sessions  
Campbell Center – Room B  
class size 19  
Th · 1:00–2:30PM  
1/9/2025–1/16/2025

**INSTRUCTOR:** *William Southworth is a board-certified internal medicine physician with over 50 years of experience in rural health with the U.S. Public Health Service and nearly 20 years as an emergency physician. He worked as an office-based primary care physician in Medford and served several years on the board of directors for Rogue Community Health. In 2016, Southworth specialized in MAID. Since then, he has helped about 70 terminally ill patients.*

## DIY FUNDamental Stock Analysis: BEYOND Beginners

Take your stock studies to the next level! Evaluate high-quality growth stocks selling at a fair price using the BetterInvesting online SSG Plus tools. Find companies to study that meet these criteria, learn company research collection shortcuts, find essential information in 10Ks and 10Qs, and skip the boilerplate. Students will present a stock to class “partners” using trend analysis, company life-cycle analysis, revenue analysis, and business modeling. We recommend acquiring BI membership at the SSG Plus level: <https://bit.ly/BImember>. This class is part lecture, part activity workshop, with outside reading and tools practice. A free PDF copy of “Stock Selection Guide (SSG) and Portfolio Management

Magic,” by Mike Torbenson, is provided. We strongly recommend you complete the Intro to the SSG video series on the BI website OR the 24 Fall “DIY class for Beginners” before Session 3. This class is essential for the next class in the series: “DIY Stock Portfolio Management.”

**NOTE:** Maximum benefits will be achieved by attending all eight sessions. Equities are for educational purposes only; no recommendations will be made. We do not present alternate investment strategies. No penny stocks, ADRs, ETFs, index funds, bonds, mutual funds, financial advisors, cryptocurrencies, or foreign stocks will be discussed. Newer Windows or Mac OS is necessary. No iPads.

**LIFE142** · 8 Sessions  
Online  
class size 21  
F · 9:00–10:30AM  
1/10/2025–2/28/2025

**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 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.*

## End of Life Preparation — Part 1

This course will explore healthy preparation for end-of-life planning. Each of the sessions will be led by an expert on the different aspects of end-of-life preparation and palliative and hospice care. This course will use an informational format with ample time for discussion and questions. Topics will include: 1) importance of end-of-life planning and communicating with those important in your life; 2) importance of caregiver health, support, and use of resources during this difficult time. There will be a tour of Celia’s House in Medford during this 90-minute session; and 3) discussing hospice, palliative, and home care and the use of these services during this period of life. This course is open to any student who wishes to gain an important understanding in preparing for this phase of life. The students should be prepared to share their experiences. This is the first of two courses on the subject of end-of-life care.

**NOTE:** Students should be open to sharing their experiences, concerns, and worries about the subject.



**LIFE107** · 3 Sessions  
 Online  
 class size 21  
 F · 1:00–2:30PM  
 1/10/2025–1/24/2025

**LIFE107M** · 3 Sessions  
 Celia's House in Holmes Park · Living Room  
 class size 21  
 F · 1:00–2:30PM  
 1/10/2025–1/24/2025

**INSTRUCTOR:** *Dwight Wilson is a registered nurse and is the director of Southern Oregon Friends of Hospice and administrator of Celia's House. He comes with experience in managing and providing palliative and hospice care. He has directed home, hospice, and extended care programs.*

## End of Life Preparation — Part 2

This three-session course will focus on important services and support one can receive when providing end-of-life care. Each of the three hourly sessions will be led by an expert on the different services and support options that are available during this difficult period. The course will use an informational format with ample time for discussion and questions. Topics will include: 1) stages of dying and the process individuals and families go through, 2) the role of spiritual and self-care, and 3) bereavement support and the value of recognizing grief. During these sessions, we will also focus on caregiver guilt and identifying ways to enhance caregiver self-care. This course is open to any student who wishes to gain an important understanding in preparing for this phase of life. This is the second of two courses on end-of-life care.

**NOTE:** Students may take Part 1 or Part 2 or both courses.

**LIFE146** · 3 Sessions  
 Online  
 class size 21  
 F · 1:00–2:30PM  
 2/7/2025–2/21/2025

**LIFE146M** · 3 Sessions  
 Celia's House in Holmes Park · Living Room  
 class size 21  
 F · 1:00–2:30PM  
 2/7/2025–2/21/2025

**INSTRUCTOR:** *Dwight Wilson is a registered nurse and is the director of Southern Oregon Friends of Hospice and administrator of Celia's House. He comes with experience in managing and providing palliative and hospice care. He has directed home, hospice, and extended care programs.*

## Estate Planning: Wills and Trusts

This course will be taught in-person and offer a general knowledge of the basics of trusts, wills, powers of attorney, advanced health care directives, the probate process, and trust administration. In addition, it will touch on guardianships and conservatorships as well as some elder law. By the end of the course, students will have a deeper understanding of the law, particularly as it might pertain to their individual legal needs, thus greatly increasing their capacity to make wiser decisions for themselves and their families. Participants come with their own unique situation, and they should think honestly about what their goals are and what they would like to accomplish by the end. Understanding the estate planning process is the most effective way to navigate the direction of their legal needs comfortably, completely, and with a deeper understanding of how their goals align with the law. Students do not need to have any prior knowledge of the topic.

**NOTE:** There are two in-person sections of this course offered, both on Fridays. The first starts the first week of the term; the second starts the third week of February.

**LIFE144A-1** · 3 Sessions  
 Campbell Center – Room C  
 class size 34  
 F · 11:00AM–1:00PM  
 1/10/2025–1/24/2025

**LIFE144A-2** · 3 Sessions  
 Campbell Center – Room C  
 class size 34  
 F · 11:00AM–1:00PM  
 2/21/2025–3/7/2025

**INSTRUCTOR:** *An attorney at Bucy and Elson in Ashland, Scott Bucy has been practicing estate planning in Ashland for the past seven years. Prior to living in Ashland, he was in Vail, Colorado, for just under 20 years. His goal is to help his students comfortably and confidently travel through the abstract, confusing, and complicated nature of the legal system by personalizing the way people experience and connect with the law through education.*



## Fundamentals of Investing

In this mostly lecture course, we'll cover the basics of stocks, bonds, real estate, and alternative investments before moving on to address how to combine various asset classes into a diversified portfolio. Investment vehicles such as mutual funds and exchange traded funds will also be discussed, as well as passive versus active investing, market timing, investor behavior, socially responsible investing, and tax considerations. While no specific stocks, bonds, funds, or other means to invest will be recommended, by the end of the course students will have the tools to either do their own investing or to be able to evaluate what their advisor is doing. No prior investing experience is required; there will be some class discussion and home assignments.

**LIFE122A** · 4 Sessions  
Campbell Center – Room C  
class size 34  
Tu · 1:00–2:30PM  
2/11/2025–3/4/2025

**INSTRUCTOR:** *Kenji Bleicker is a local Certified Financial Planner professional and investment advisor, certified since 2010. He holds degrees from UC Santa Cruz and the University of Michigan.*

## 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 for “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.

**LIFE304** · 4 Sessions  
Online  
class size unlimited  
M · 1:00–2:30PM  
2/10/2025–3/3/2025

**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 you need, as well as a gentle reminder that you don't have to go through it alone. This proven process will provide varied tools to help enrich self-understanding while building confidence, skills, and a vital community/professional support team. We will learn from the experiences of others who are at different points in their healing, as well as from experts in life planning, grief recovery, and personal finance. Participation during class is encouraged yet optional.

**NOTE:** There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**LIFE303** · 4 Sessions  
Online  
class size unlimited  
M · 1:00–2:30PM  
1/6/2025–2/3/2025

**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 Psychology Today suggested that buying or selling a home is the third most stressful experience after death or divorce! 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 discussion and will deal exclusively with residential real estate emphasizing owner-occupied homes and “senior living alternatives.” We will cover the new laws requiring agents and buyers to have a signed buyer-broker agreement prior to showing any homes. Students need not have any background or experience in buying or selling real estate. Handouts will be provided ahead of time and shared on the Zoom call. The Zoom sessions will be live and will include Q&A and discussion. The instructor is passionate about making your move successful and, as much as possible, stress free. Other related professionals may be invited in as guest speakers to provide additional information.

**LIFE301** · 5 Sessions  
Online  
class size 100  
Tu · 11:00AM—12:30PM  
1/7/2025—2/4/2025

**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 by the National Association of Realtors.*

## Talking About Dying as if It Might Happen to Us

Recognizing that most of us have few (if any) opportunities to talk — really talk — about dying, this course may be a remedy. Sensitive conversation will consume most of our time together. The instructor will invite students to suggest topics of interest before the course starts. Discussions will be framed with materials provided before each class meeting. We are likely to examine such topics as: death’s timing, quality of life, meaning and value, getting the care we prefer, aging, dementia, legacy, and our beliefs about death. TED Talks, articles, and books like “Being Mortal” may be used. The instructor’s intent is to prompt us to talk freely and meaningfully about this experience that is part of all our lives. All students will be expected to talk. Those interested in joining in these important, personal discussions need to commit to

attend every one of our six meetings so that our conversations can deepen over our time together.

**NOTE:** Conversations in this in-person course will be deeply personal and confidential. This is best achieved, and the quality and content of discussions built upon, with consistent and reliable attendance. Students who know they will need to miss even one class should not enroll now. This course may be offered again in the future. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**LIFE307A** · 6 Sessions  
Campbell Center – Room B  
class size 16  
M · 1:00—3:00PM  
1/6/2025—2/17/2025

**INSTRUCTOR:** *Joanne Kliejunas, PhD, has taught courses on Oregon’s Advance Directive for seven years at OLLI. She has also taught “Talking About Dying As If It Might Happen To You” in various forms at OLLI and for Rogue Regional Medical Center’s hospice. She has been a hospice volunteer and currently serves on Asante’s Ethics Committee.*

## Understanding Medicare: The ABCs (and D)

This course will inform students about 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 next Medicare open enrollment period running from October 15 to December 7, 2025.

**LIFE306A** · 2 Sessions  
Campbell Center – Room A  
class size 34  
W · 3:30—5:00PM  
1/8/2025—1/15/2025

**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. She has a Master’s in public health from UC Berkeley.*

# Literature

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

## **NEW!** Faulkner Stories

In his 1950 Nobel Prize acceptance speech, William Faulkner spoke about the writer's duty and privilege to remind us of "courage and honor and hope and pride and compassion and pity and sacrifice." From the iconic "A Rose for Emily" to the lesser known "Two Soldiers" to the challenging "The Bear," we will read a dozen of Faulkner's stories and discuss how they make these abstractions concrete. Some of the stories may make us laugh, some may make us cry, some may make us uncomfortable with how they capture the racism that was endemic in Faulkner's South. This class will challenge us to understand Faulkner's attitudes about race in the context of his fiction that exposes racism and its complicated legacy.

**NOTE:** Required: "Faulkner: Stories" (Library of America, ed. Theresa M. Towner, 2023). This edition is available only in hardcover. It is also the only one that contains all the pieces we'll discuss. You can order a copy at Bloomsbury Books or a new or used copy from online sources.

**LIT304A** · 7 Sessions  
Campbell Center – Room B  
class size 18  
F · 1:00–3:00PM  
1/10/2025–2/21/2025

**INSTRUCTOR:** Fifteen years ago, Sharon L. Dean retired from Rivier University in New Hampshire, moved to Ashland, exchanged writing scholarly books for writing fiction, and began teaching OLLI courses. One of these was on Faulkner's "The Sound and the Fury." She looks forward to revisiting Faulkner through his short stories.

## **NEW!** "James" vs. "Huckleberry Finn": Everett vs. Twain

"James" is by 2020 Pulitzer finalist, Percival Everett. In "James" he inverts Mark Twain's (Samuel Clemens') story of "The Adventures of Huckleberry Finn," making the slave, Jim, the protagonist. During the class, students will read the two books side-by-side, gathering impressions of the old classic and this new interpretation. The class will examine the use of language in both books, references to the river and to superstitions and folklore, and study the motivations of both authors for bringing this story to the page. "James" has been longlisted for

the Booker Prize and is being developed as a feature film by Steven Spielberg. "Huckleberry Finn" is a book that most of us remember from childhood and many have not read in adulthood. It has faced several book bans for various reasons since 1885. One of the most recent publications has removed all use of the N-word, citing racism. This course will bring the two authors face to face and examine in depth their implied conversation.

**NOTE:** Students are encouraged to read at least the first half of each novel before the course begins. The instructor will be using the Cambridge University Press edition of "The Adventures of Huckleberry Finn," 1995, easily available as a used book from online sources.

**LIT308** · 6 Sessions  
Online  
class size 26  
Th · 11:00AM–12:30PM  
2/6/2025–3/13/2025

**INSTRUCTOR:** Dorothy Ormes has taught academic library research methods for 20 years and was the subject specialist for English and creative writing at SOU from 2011 to 2020. She received an MLIS from Emporia State University and an MA in storytelling in education from East Tennessee State University. Her main interest is researching literature and folklore, and she has performed as a professional storyteller at libraries and festivals for over 30 years.

## **NEW!** "Julius Caesar": Can We Make Rome Great Again?

Shakespeare's characters, conflicts, and themes are as relevant to America today as they were to 17th-century England. Far from the boring slog so many of us recall from 10th grade, this play brilliantly poses deep moral questions of contemporary import — about leadership, power, idealism, pragmatism, egotism, and honor. It crackles with brilliant rhetoric used to shape public opinion in a bitterly divided country. The author examines the fine lines between facts and assumptions, duty and ambition, and confidence and arrogance. The personal tragedies of the main characters mirror the dilemma of their society in the moment of transformation from the remnants of a republic to an oligarchy. At the end of the play, we are left to decide whether the end justifies the means, whether political violence can ever make Rome — or anywhere else — great again. Through lecture and discussion, the class will examine these questions in a study of the text and a variety of productions.

**NOTE:** No previous knowledge of Shakespeare is required, but students should have access to a copy of the play. Two separate sections of this course are offered: one is



held at the Campbell Center on Wednesdays; the other is held online on Thursdays.

**LIT303A** · 5 Sessions  
Campbell Center – Room E  
class size 52  
W · 1:00–3:00PM  
1/22/2025–2/19/2025

**LIT303** · 5 Sessions  
Online  
class size unlimited  
Th · 1:00–3:00PM  
1/23/2025–2/20/2025

**INSTRUCTOR:** *Susan Stitham has taught Shakespeare for over six decades to students from ages 13 to 93 in classes from Maine to Alaska to Oregon, and she thrives on the new insights discovered in every single class session. She has taught “Julius Caesar” 130 times and has seen something new in the play every time, thanks to her students and the genius of the author.*

## The Holocaust Through the Eyes of a Survivor

Felicia Bornstein Lubliner, a survivor of ghettos and concentration camps (Auschwitz and Gross-Rosen) in Nazi-occupied Poland, wrote and spoke publicly afterward about her Holocaust experiences. Her son, the course instructor, invites you to delve into her written stories and oral presentations, published as “Only Hope: A Survivor’s Stories of the Holocaust.” Each story will be read aloud, either by the instructor or by students who have the book. Participants will be invited to share their reactions, questions, and insights. We will discuss the historical context and lessons to be learned about that period, the universal human responses that the narratives evoke, and the relevance of the subject matter to challenges we face in modern times.

**NOTE:** Purchase of “Only Hope” is optional. It is available as a paperback book for \$15.99, as a Kindle download for \$5.99, and as an audiobook for \$6.95.

**LIT135A** · 4 Sessions  
Campbell Center – Room A  
class size 34  
W · 11:00AM–12:30PM  
1/8/2025–1/29/2025

**INSTRUCTOR:** *Irv Lubliner is excited to teach math, blues harmonica, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother’s writings about her experiences during the Holocaust, the book that will serve as the theme of one of his winter courses.*

## NEW! “The Odyssey” Through a Female Lens

Since its appearance in the 8th century BCE, “The Odyssey” has always been profoundly entertaining, a fascinating tale that illuminates the human condition in multiple ways. In our lifetimes, though, it had settled into the male-generated “canon” of Western literature most of us experienced only in school. When Emily Wilson’s translation appeared in 2017, the first in English by a woman, it kindled an excitement well beyond the classroom. What might be revealed about the world of the poem — and thus about our own world — when it was re-created with a scholar’s precision but with a female sensitivity about what and who matters? We will explore together “The Odyssey” in Wilson’s translation and, hopefully, “arrive where we started/ And know the place for the first time.”

**NOTE:** “The Odyssey,” translated by Emily Wilson, is a required text. Because the course will be almost entirely discussion, students will be expected to read the assigned portions prior to each class.

**LIT307M** · 5 Sessions  
Rogue Valley Manor, Skyline Plaza · 1 Skyline Drive,  
Medford  
class size 25  
M · 10:00–11:30AM  
2/3/2025–3/3/2025

**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. He was a visiting professor in the Honors College at the University of Houston. Rothschild authored scholarly articles and a book on Shakespeare called “Profoundly Entertaining.” His column, “Relocations,” appears every Friday in Ashland.news.*

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



ROGUE VALLEY  
*Manor*

## **NEW!** The Oxford Book of French Short Stories

Welcome to Part I of “The Oxford Book of French Short Stories” (in English translation). Spanning the centuries from the late 18th to the late 20th, the collection opens with a rambunctious tale from the Marquis de Sade, then proceeds to take on the masters of the 19th century, from Stendhal and Balzac to Maupassant, and reaches to Quebec, Africa, and the French Caribbean. Women writers include relatively well-known figures such as Renee Vivien, Colette, and Beauvoir, and newer writers such as Assia Djebar, Christiane Baroche, and Annie Saumont. Before each session, students will read three or four designated stories, which will then be discussed in a comfortable inclusive classroom setting. We will only be covering only the first 15 stories. The final stories, Part II, are planned to be covered in the winter of 2026. The French short story is a rich and diverse medium, but all the stories selected share a common characteristic: They will make this class exciting and fun!

**NOTE:** A copy of “The Oxford Book of French Short Stories,” edited by Elizabeth Fallaize, is required. New and used versions are available online with used versions priced at about \$8.

**LIT305A** · 5 Sessions  
Campbell Center – Room A  
class size 26  
Tu · 11:00AM–12:30PM  
1/7/2025–2/4/2025

**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” and several terms of “Best American Short Stories.” He has written three stage plays and has performed at Camelot Theatre, Randall Theatre, Oregon Stage Works, and most recently for Cabaret Theater. Tim Kelly is an enthusiastic reader of short stories.*

## **NEW!** “The Phantom of the Opera” by Gaston LeRoux

“The Phantom of the Opera,” the longest running show on Broadway, celebrated its 10,000th performance in February 2012. With total estimated worldwide gross receipts of over \$6 billion and total Broadway gross of over \$1 billion, it was the most financially successful entertainment event until 2014. By 2019, it had been seen by over 140 million people in 183 cities across 41 countries. What is it about this story that has inspired such creative effort, captured the imagination of millions, and made it a staple of modern culture? What does it say about us that we find LeRoux’s story so compelling? Students will consider this while reading Gaston LeRoux’s 1910 work, “The Phantom of the Opera.” The course will cover four or five chapters a week for six weeks and include information about the author, the Paris Opera House and stage, screen, and literary adaptations. Discussion will center on character analysis, literary style, and a viewing of the 1925 silent film adaptation starring Lon Chaney.

**NOTE:** The book can be purchased or downloaded for free from several internet sources. The 1925 silent film starring Lon Chaney is available on multiple streaming platforms. Links will be provided to class participants.

**LIT309** · 6 Sessions  
Online  
class size unlimited  
W · 11:00AM–12:30PM  
1/8/2025–2/12/2025

**INSTRUCTORS:** *Jerry Campbell has a lifelong love of literature and theater and welcomes the opportunity to look at the way they intersect with one another. He has a BA in music from Arizona State University, an M.Div. from the Pacific School*



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**OLLI at SOU**

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

of Religion, and a love of great literature. Morgan Silbaugh majored in English and received a master's degree from Cornell University. He has led classes at OLLI for more than 10 years.

## **NEW!** Two Stories of the Port William Membership

The two short novels by Wendell Berry are “Hannah Coulter” and “The Memory of Old Jack.” The Port William Membership is a rural agricultural community in Kentucky and the stories are set in this fictional place in the early to mid-20th century. Berry conveys the essence of living simply, admirably, and resiliently in the midst of relentless change and modernization brought on in part by cataclysmic world events, as well as by the pressures of doing right by the community and the requirements of honoring the land. The issues addressed are relevant today, and the humanity and pathos of Berry’s language and insight into character are enough to make one feel like a resident of Port William. Students require no special skills or background to appreciate this class, and there will be no homework or requirements for outside activity. The course will be run as a discussion group.

Expect to be engaged and to bring your own ideas and reactions to each session!

**NOTE:** Please try to read both novels before the first class meeting, although that is not a requirement for the class. Print editions are preferable to allow for close reading and margin notes. Copies are available through online sources.

**LIT306A** • 4 Sessions  
Campbell Center – Room A  
class size 25  
Th • 11:00AM–12:30PM  
1/9/2025–1/30/2025

**INSTRUCTOR:** *Avram Chetron is a retired public school teacher who has taught OLLI courses 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 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.*

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# 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.

## Beginning East Coast Swing

Swing is the quintessential partner dance of American culture — and East Coast Swing is the most common, versatile, and easiest to learn of all the many variations. No partner or previous experience is needed for this beginning East Coast Swing course. We will start solo (no partner) and learn basic movements and timing to a wide variety of swing music. Then we will progress to using these same moves and step patterns while dancing with a partner. Over time more complicated step partners will be demonstrated and practiced with a variety of partners. Each class will begin with a review of the material learned in previous lessons and end with plenty of time to practice and ask for individual attention. Finally, the class will be invited to attend one or more of the various swing dances occurring in the Rogue Valley.

**NOTE:** We ask students to wear comfortable shoes appropriate for dancing. A waiver must be signed prior to the first class. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**MOV300A** · 6 Sessions

The Grove, Gymnasium · 1155 E Main Street, Ashland  
class size 40

M · 4:30—5:30PM

1/6/2025—2/17/2025

**INSTRUCTORS:** Clay Nelson taught for Arthur Murray Dance Studio, attended 10 summers at the Brigham Young University ballroom dance summer camp, owned Clay's Dance Studio in Portland for nine years, and has organized tango festivals in Portland, McCloud, California, Ashland, and Mexico. He has a passion for teaching swing and tango. Clay Nelson and Nancy Heyerman have partnered to present over a dozen classes of Argentine tango and swing dancing over the last eight years.

## 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 necessary.

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

**MOV105A** · 10 Sessions

DanceSpace · 280 E Hersey Street, #10, Ashland  
class size 21

W · 11:00AM—12:30PM

1/8/2025—3/12/2025

**INSTRUCTOR:** Brooke Friendly has taught English country dance since 1981 and has been singing since she was a child. She teaches dance and leads social singing sessions at workshops and events throughout North America, England, and Australia, as well as teaching a weekly community dance class in Ashland. Well known internationally as a dance composer, Friendly loves sharing the community and artistic aspects of this dance form. Her website is [brookefriendlydance.com](http://brookefriendlydance.com).

## 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. Each class features an exercise, or “lesson,” involving gentle movements done slowly with minimal effort, while paying attention to one's own personal experience. Students will determine how big, how fast, or how “well” they do the exercises as they are guided through enjoyable sequences, exploring and discovering ways of moving with spontaneity and awareness. These exercises are safe, fun puzzles for the nervous system and brain, designed to help students remember, learn, and create new patterns of behavior. This course is ideal for all ages and abilities and participants will be involved in their own process of learning. Students will increase their balance, turn more easily, and reduce tension as they adjust and move with more comfort and ease. It is beneficial to repeat this course.

**NOTE:** A waiver must be signed prior to the first class. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**MOV139A** · 6 Sessions

Campbell Center – Room A

class size 11

M · 2:00—3:00PM

1/13/2025—2/24/2025

**INSTRUCTOR:** Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, seminars, wellness centers,



retreats, elderhostels, and camps for over 35 years. She is an accredited Feldenkrais teacher, a lifelong practitioner of dance and 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.

## Introduction to Tai Chi for Health and Longevity

Learn a complete tai chi form for health and longevity that you can do anywhere 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 from a 3,000-year-old Chinese movement form, tai chi. When students finish the six-week course, they will have three tools 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 warmup 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 students take this previously offered course a deeper understanding of this lifelong practice is gained.

**NOTE:** A waiver must be signed prior to the first class. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**MOV304A** · 6 Sessions  
Campbell Center – Room A  
class size 11  
M · 3:30–4:30PM  
1/13/2025–2/24/2025

**INSTRUCTOR:** *Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, seminars, wellness centers, retreats, elderhostels, and camps for over 35 years. She is an accredited Feldenkrais teacher, a lifelong practitioner of dance and 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.*

## 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.

**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. Students must sign a liability waiver prior to the first class. Classes will not be recorded.

**MOV130** · 4 Sessions  
Online  
class size unlimited  
Tu · 9:00–10:30AM  
1/14/2025–2/4/2025

**INSTRUCTOR:** *Nando Raynolds, MA, has studied and taught tai 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.*

## SOU Land Acknowledgement

OLLI at SOU wants to take this moment to acknowledge that Southern Oregon University is located within the ancestral homelands of the Shasta, Takelma, and Latgawa peoples who lived here since time immemorial. These tribes were displaced during rapid Euro-American colonization, the Gold Rush, and armed conflict between 1851 and 1856. In the 1850s, discovery of gold and settlement brought thousands of Euro-Americans to their lands, leading to warfare, epidemics, starvation, and villages being burned. In 1853 the first of several treaties were signed, confederating these tribes and others together — who would then be referred to as the Rogue River Tribe. These treaties ceded most of their homelands to the United States, and in return they were guaranteed a permanent homeland reserved for them. At the end of the Rogue River Wars in 1856, these tribes and many other tribes from western Oregon were removed to the Siletz Reservation and the Grand Ronde Reservation. Today, the Confederated Tribes of Grand Ronde Community of Oregon ([www.grandronde.org](http://www.grandronde.org)) and the Confederated Tribes of Siletz Indians ([www.ctsi.nsn.us/](http://www.ctsi.nsn.us/)) are living descendants of the Takelma, Shasta, and Latgawa peoples of this area. OLLI at SOU encourages you to learn about the land you reside on, and to join us in advocating for the inherent sovereignty of Indigenous people.

## **NEW!** Small Group Personal Training for Active Agers

Add life to your years and years to your life! Enjoy small group personal training (no more than 12 in a class) that helps prevent and reverse physical declines associated with aging. Designed for active seniors, this two-session program focuses on muscle, cardio and bone health, brain health, and body awareness. This course will be presented twice this term with 12 people in each session. Each movement is modified (personalized) to accommodate movement limitations. The instructor will assess students, teach safe movement patterns, and provide each student with a personalized plan for continuing their training at home or the gym.

**NOTE:** All levels are welcome. However, participants must be able to get up off the floor unassisted. This course is not designed for students who already have significant balance challenges such as a history of falls or dizziness. Equipment will be provided. A waiver and a brief, confidential medical history must be signed prior to the first class. Class sessions are in a shoes-off facility. There are two in-person sections of this course offered, both on Mondays. The first starts the first week of the term; the second starts the last week of January.

### **MOV305A-1** · 2 Sessions

Oak Street Dance Studio · 1287 Oak Street, Ashland  
class size 12  
M · 11:30AM–12:30PM  
1/6/2025–1/13/2025

### **MOV305A-2** · 2 Sessions

Oak Street Dance Studio · 1287 Oak Street, Ashland  
class size 12  
M · 11:30AM–12:30PM  
1/27/2025–2/3/2025

**INSTRUCTOR:** *Beth Morris currently teaches small-group personal training at the Ashland Senior Center. She has been a coach since 2017, with certifications in personal training, functional aging, balance, tai chi and nutrition. She is also a certified Corrective Exercise Specialist.*

# Nature

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

## **Birds: Learn All About Them**

What are birds saying? What are birds doing? This class is all about being curious about birds and the natural world around us. Because photographs can tell powerful stories, they are used in each class both to inform and to enjoy. Identifying local birds and getting to know them is a focus for this class. Each term this course is taught with a different emphasis on birding in the Rogue Valley and the region, with new content continually added. Since this is being taught during winter term, the focus will include birds that winter here. No prior knowledge is necessary. Class interaction is encouraged but not required. The invitation is to connect with the natural world and find ways to give back.

### **NAT128A** · 5 Sessions

Campbell Center – Room E  
class size 78  
M · 9:00–10:30AM  
2/3/2025–3/3/2025

**INSTRUCTOR:** *As president of the Klamath Bird Observatory, a local science-based nonprofit, Shannon Rio engages in community education by teaching and guiding bird trips. The Rogue Valley has been her home for over 40 years. Rio is a nurse practitioner, yoga instructor, and active member of our community.*

## **NEW!** Fungi: The Mysterious Kingdom

Our general encounters with fungi can be positive, as in foods (mushrooms or yeast in cooking/brewing) or negative, as in diseases (athlete's foot, leaf molds and other plant pests). Yet the importance of this major kingdom of life is so much more than this. Recent popular explorations of fungi (Merlin Sheldrake's "Entangled Life," "Finding the Mother Tree," the Louie Schwartzberg documentary "Fantastic Fungi") have stimulated a growing public interest in fungi. This course, primarily lectures with directed discussion, will serve as an introduction to these organisms. Topics will include: What is a fungus? How many kinds are there? Where are they found? What are their lifestyles? How do they reproduce? What roles do fungi play in the environment? How do fungi interact with living plants and animals (from symbioses to diseases)? New terms need to be understood (hyphae,

mycelia, mycorrhizae) as we venture into this mysterious kingdom living mostly beneath our feet.

**NAT304A** · 6 Sessions  
Campbell Center – Room E  
class size 78  
Th · 11:00AM–12:30PM  
1/23/2025–2/27/2025

**INSTRUCTOR:** John Kloetzel obtained his PhD in biology from Johns Hopkins University and taught a wide variety of university-level biology courses for 37 years. His research in cell biology (using protozoan cells) ranged from electron microscopy to gene sequencing. Since 2011 he has taught OLLI courses on cell biology, DNA, epigenetics, gene editing, mitochondria, viruses, and the human microbiome.

## Hawks!

These fascinating creatures have captured our imaginations in ways that few other bird groups do; easily seen (but tough to identify), they push our primal poetic buttons. This course is a PowerPoint presentation with lecture and discussion that will examine the natural history of diurnal raptors — what makes a hawk a hawk, anyhow? There is more than one answer! Topics will include taxonomy, anatomy, and the raptorial lifestyle that defines these beautiful animals, as well as investigations into hawks' relationship with humans. This is not a course in identification, but at the end of the course you are guaranteed to be a hawk enthusiast!

**NAT135A** · 3 Sessions  
Campbell Center – Room A  
class size 34  
Tu · 9:00–10:30AM  
1/7/2025–1/21/2025



**INSTRUCTOR:** Dick Ashford has served as board president of Klamath Bird Observatory as well as board chair of the American Birding Association. He is honorary director of the KBO board. He originated the San Francisco Bay Flyway Festival's "Hawk Heaven" outings and taught the intermediate/advanced Raptor ID Workshop at the annual Winter Wings Festival in Klamath Falls for 15 years. Ashford describes himself as a continuing student of birds and birding.

## **NEW!** The Role of Community in Wildfire Risk Reduction

The instructor is a volunteer working on Ashland's update to its Community Wildfire Protection Plan. The purpose of the plan is to keep you safe and our community whole when wildfire affects Ashland. In this course, students will engage with community members drafting the plan and have an opportunity to improve the plan before it is finalized in April 2025. Conversations and exercises will include the following topics:

1. Assessing community risk
2. Reducing business and rental property vulnerabilities
3. Public health and safe evacuations
4. Inclusive community risk reduction
5. Maintaining Ashland forests and water supply
6. Wildfire recovery and implementing a sustainable plan

**NOTE:** While this course focuses on Ashland, the discussion topics have broad applicability that may be useful in any community. Participation is strongly recommended because several exercises will be done in small groups.

**NAT305** · 6 Sessions  
Online  
class size 34  
Th · 3:30–5:30PM  
1/23/2025–2/27/2025

**NAT305A** · 6 Sessions  
Campbell Center – Room A  
class size 34  
Th · 3:30–5:30PM  
1/23/2025–2/27/2025

**INSTRUCTOR:** Charisse Sydoriak spent 35 years managing natural resources and fires in national parks and public lands. She co-founded the Ashland Volunteer Wildfire Risk Assessment Program in 2021, is a project lead for the city of Ashland's update to its Community Wildfire Protection Plan and is a member of the Fire-Adapted Ashland Committee. She is passionate about helping everyone learn how to survive and even thrive when wildfire affects community.



## Wilderness

Wilderness — what does that term mean to you? Is it your un-mowed backyard? Is it an area large enough for a two-week backpack trip without seeing a road, building, or other symbol of modern society? Does the word even have meaning to the indigenous peoples that stewarded North America prior to Euro-American conquest? In 1964, the U.S. made the decision through federal legislation to not develop every acre of our country, but instead to create a system of preserves where natural processes are allowed to function. This course looks at the development and history of wilderness as a simple descriptive, yet highly subjective, notion. Included are the visionaries who pushed for setting aside some of our wildlands. Managing wilderness (an oxymoron?) is not an easy task with climate change, fires, and overuse. Does the wilderness system have the political support that it once enjoyed? How much is enough? Classes will include lectures, slides, videos, guest speakers, and time for discussions.

**NAT117A** · 4 Sessions  
Campbell Center – Room C  
class size 34  
Tu · 11:00AM–12:30PM  
1/7/2025–1/28/2025

**INSTRUCTOR:** *John Schuyler is OLLI Council Vice President 2024-25, past president of the Mount Shasta Trail Association, past board member of the Siskiyou Land Trust, and an OLLI instructor since 2018. He is a retired forester, with a BS in forestry from UC Berkeley. Schuyler had a 32-year career with the USDA Forest Service, working on multiple issues in national forests in Oregon, California, and Arizona.*



# 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.**

## **NEW!** Accessible Meditation

This six-week course, for the novice as well as for seasoned meditators, is designed to be user-friendly, devoid of any ideological framework, and geared to make the practice of meditation accessible. For some, this may entail “un-learning” rigid doctrines and expectations. For others, it’s an invitation to quiet, to better regulate your nervous system, to follow your curiosity down the yellow brick road of your inner world, as well as to better understand how we all create our subjective experience. Each class will include discussion, guidance, and lengthening periods of meditative practice.

**PERS308A** · 6 Sessions  
Campbell Center – Room A  
class size 20  
Th · 1:00–2:00PM  
1/9/2025–2/13/2025

**INSTRUCTOR:** *Thomas Huffman is a long-term meditator who has also studied different meditative and contemplative practices and orientations extensively, from which he has distilled the essence of a thorough, user-friendly approach to meditation. By profession, Huffman has been a psychotherapist for 50 years working with groups, families, and individuals. He graduated with an MSSW from the University of Tennessee.*

## Becoming a Refugee: Six 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 the stories of six Ukrainian refugee women living in Ashland,

these questions will be explored within the larger context of Ukrainian history, women’s spirituality, and the refugee experience as a path of spiritual transformation. The course will include lecture and discussion, ritual circles, reflective writing in response to the readings, local Ukrainian women speaker presentations (videos), and out-of-class readings.

**NOTE:** Required Text: “Displaced: The Ukrainian Refugee Experience” by Tamar Jacoby. Independently published (Sept. 9, 2022).

**PERS267** · 6 Sessions  
 Online  
 class size 26  
 Tu · 1:30–3:30PM  
 1/7/2025–2/11/2025

**INSTRUCTOR:** Louise M. Paré holds a PhD in women’s spirituality from California Institute of Integral Studies and an MA in religious studies from Mundelein College. She is an international women’s spirituality educator and published writer with 40-plus 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 in Ukraine and did research in Kyiv, Cherkasy, and surrounding villages.

## Journey Between Your Heart and Soul — Enhanced

The purpose of this course is to be a personal incubator revealing discoveries of authentic self-awareness and unbiased truths preparing one to enter a new dimension of life. The course road map includes balancing your consciousness with the emotional side of life, understanding and engaging with your spiritual essence, gaining awareness of the key guidelines to living life with integrity, and identifying the facets of the psyche and how they work together. The course offers facilitated discussions focusing on a collection of short video clips by three world-renowned personal exploration authors as well as Ronnie Kaufman’s metaphysical concepts of appreciating the journey between your heart and soul. After viewing each video, open class discussions with the participants will ensue as they share, with no right or wrong answers, possible meanings of each one.

**NOTE:** All course content, including video clips, is online at JourneyBetween.org so participants can review any class material whenever they choose. Active class participation is encouraged, as it enhances outcomes for all participants. This class offers new information and an enhanced approach to presenting the class material compared to previous OLLI classes. Two separate sections of this course are offered, both on Wednesdays.

One is at the Higher Education Center in Medford; the other is online.

**PERS303M** · 5 Sessions  
 Medford Higher Education Center – Room 118  
 class size 25  
 W · 1:00–3:00PM  
 1/8/2025–2/5/2025

**PERS303** · 5 Sessions  
 Online  
 class size 12  
 W · 1:00–3:00PM  
 2/12/2025–3/12/2025

**INSTRUCTOR:** Ronnie Kaufman’s lifelong journey of personal growth started when he began studying Buddhism. For nine years he facilitated divorce-recovery support groups. He graduated from a nine-month ontological coaching program and was credentialed by the International Coach Federation. He later was elected president of the ICF of Southern Arizona. Kaufman also traveled the difficult journey to overcome PTSD, not just surviving but thriving.



Here’s your chance to find out what makes OLLI tick!

As a member-driven organization, we rely on the creative energies of our volunteer community to keep moving forward.

The **OLLI Leadership Academy** is a new course in this catalog (see page 11) providing an opportunity to learn about how OLLI functions, and to see where your skills and passions can help. All types of backgrounds and experiences are welcome. Learn how to make a difference at OLLI at SOU and give a little back.

## **NEW!** Living a Guided Life: From Theory to Practice

People who consistently thrive have stumbled across the ability to tap into a deeper level of the mind — the living intelligence behind life itself. This happens for some people when taking walks in nature, playing with their pets, or sipping coffee in a cafe. These people have realized that the important questions in life are answered from beyond the intellect. This deeper intelligence is available to everyone. In class we will watch short, engaging videos from contemporary 3 Principles teachers, including Michael Neill, Dicken Bettinger, and the founder of this work, Sydney Banks. During the third week of the class, students will receive a daily brief video designed to spark the actual experience of living a guided life. There will be an optional open meeting that week for questions and discussions. In the final week, we will explore “Riding the Magic Carpet,” letting life carry us with guidance, grace, and magic. The guiding principles presented here have transformed the understanding and experience of life for many.

**PERS311** · 4 Sessions  
Online  
class size 21  
Th · 11:00AM—12:30PM  
2/20/2025—3/13/2025

**PERS311A** · 4 Sessions  
Campbell Center – Room A  
class size 21  
Th · 11:00AM—12:30PM  
2/20/2025—3/13/2025



**INSTRUCTOR:** *Dan Altman has trained as a 3 Principles life coach and is a 3 Principles Global Community apprentice practitioner. He loves to explore and deepen his understanding of Sydney Banks' teachings. Following a successful career as a software entrepreneur and a life of spiritual seeking, Altman found a home with the 3 Principles after reading Michael Neill's "Inside-Out" book. Altman is a writer, teacher, coach, and owner of a thriving neurofeedback practice.*

## Overcoming Fear with Truth

In this highly interactive Q-and-A wisdom-sharing experience, students will learn how to use self-inquiry tools to recognize and replace destructive, fear-based limitations with positive, truth-based self-confidence. Emphasis will be placed on assisting participants to distinguish the difference between destructive irrational fears from life-enhancing rational fears. Students will explore topics such as minimizing feelings of vulnerability, guilt, and shame while strengthening accountability, personal integrity, and fearless heartfelt willingness to give and receive more love. Students will learn to use mental tools that help silence the pain-inducing inner critic so that you can consciously enrich your life with affirming constructive energy and love from your essence. The course will focus on the benefits that can be enjoyed by learning to replace irrational fear with truth, thereby empowering overlooked personal potentials and commitment to living more fulfilling lives.

**PERS238A** · 5 Sessions  
Campbell Center – Room B  
class size 19  
Tu · 1:00—2:30PM  
1/14/2025—2/11/2025

**INSTRUCTOR:** *Mark E. Gibson earned his Master's degree in science from San Francisco State University, his life-coaching certificate from CoachU, and his stress management coaching certificate from the Spencer Institute. He has taught adult education classes since 1973 and is a Toastmasters public speaker. As a life coach he specializes in fearless living and truth facilitation. His most recent book is "Truth Is the Path to Freedom."*

## Sanskrit Chanting for the Love of It

Research shows amazing benefits — physical, mental, and spiritual — of chanting in Sanskrit. Emphasis on Sanskrit pronunciation and phonetics enhances our experience. Even as Westerners, we can realize the many benefits of chanting in this rich traditional Vedic language from Bangalore, India. A brief overview of the Vedas will be followed by learning Sanskrit phonetics using IAST (International Alphabet of Sanskrit Transliteration). Familiar English/Roman characters are used to



help us produce sounds unfamiliar to Westerners. Each week we will review phonetics, then delve in further as we learn and chant simple mantras together. Slide presentations and handouts will be provided. This is an experiential course. Chanting is not singing and does not require any musicality. Sanskrit chanting is for everyone! No prior knowledge is required, only willingness to learn and be open to this beautiful practice.

**PERS304A** · 6 Sessions  
Campbell Center – Room A  
class size 21  
W · 11:00AM–12:30PM  
2/5/2025–3/12/2025

**INSTRUCTOR:** Peggy Leviton loves to explore the energetics and effects of Sanskrit chanting. She has a Chanting Teacher Certificate from the Veda Studies Institute under the tutelage of Shantala Shriramaia. Leviton has a Master of Music degree, a BS in biochemistry and a diploma in integral sound healing. Her personal chanting practice continues to be inspired by the group chants she has led in Jacksonville for six years.

## **NEW!** Self-Discovery Through Artistic Expression

This course will introduce you to the new social art known as generative scribing: a collaborative group art activity with no artistic background requirements. New on the scene, it is quickly building a reputation as a compassionate form of self-expression through listening without judgment and putting pen and artwork onto paper. Generative scribing invites true cognitive potential that includes broad-perspective viewing, expanded insight, and new realization possibility. These deeper states of



self-awareness can support self-healing and encourage interpersonal relationship bonding. Sequence of activities in generative scribing include group grounding, optional prompts, time frames for scribing and drawing, and engaging in sharing each individual's expressive art piece. Come join in this unique cutting-edge artist group activity!

**NOTE:** Students supply their own art paper and pencil/pen/markers in a variety of colors. “Your Brain on Art” by Susan Magsamen and Ivy Ross is optional reading.

**PERS306A** · 6 Sessions  
Campbell Center – Room C  
class size 10  
Tu · 3:30–5:30PM  
2/4/2025–3/11/2025

**INSTRUCTOR:** Daya Jagers' journey as a social artist began in 2021 working through the mediums of painting frequency essences and generative scribing. She spent prior decades devoted to raising her children, early childhood and parent education, empowerment and life coaching, and teaching therapy yoga and healing modalities. Certifications include Waldorf Ed., massage, homeopathy, herbal medicine, yoga therapy, and the TheoryU program at MIT.

## **NEW!** Seven Simple Practices for Living in Wonder

Interested in cultivating a mind full of wonder? In this class, you will learn and use seven rich, beloved practices adapted from Zen Buddhism (but not limited to its practice) for being alive in the moments of your ordinary day and drawing on mundane moments to cultivate wonder-mind. Through sharing experiences, dialogue, and applying the practices in your everyday life, you will end the course fully prepared to build upon your class experiences — you may find yourself living in wonder! No prior knowledge or experience is needed for this course. All are welcome!

**PERS307A** · 7 Sessions  
Campbell Center – Room A  
class size 13  
W · 9:00–10:30AM  
1/8/2025–2/19/2025

**INSTRUCTOR:** Beata Chapman has a Master's degree with an emphasis in adult learning and a PhD in organizational psychology and has taught at universities, Buddhist centers, and in corporate and nonprofit settings at all levels. As a Zen Buddhist priest and in her work with people who live with chronic pain and illness, Chapman has been using and teaching the Seven Practices for Living in Wonder for more than 30 years.

## **NEW!** The Breath in Stress, Trauma, and Immunity

This innovative six-week course bridges ancient wisdom with cutting-edge science, offering practical tools for enhanced well-being and life-changing skills. Learn how breathing unlocks your capacities for self-regulation, healing, and resilience. Explore calming and energizing practices, understanding their impact on your body-mind. Delve into breath's crucial role in trauma, stress, and immune function. Discover the often-overlooked importance of nasal breathing for health. Through practice and evidence-based instruction, develop a personalized toolkit of breathing methods for various life situations, including stress relief, better sleep, improved focus, and enhanced physical performance. Join the journey to harness your breath's potential. Emerge with a deeper understanding of your body-mind connection and practical strategies for lifelong health and resilience. No prior experience is necessary — just bring an open mind and willingness to explore.

**NOTE:** This is a practical course exploring the different dimensions of your breath and respiratory functions and is not a substitute for medical care of your conditions. You are responsible for your own participation, and a signed liability waiver is required.

**PERS310** · 6 Sessions  
 Online  
 class size 42  
 W · 11:00AM—12:30PM  
 1/22/2025—2/26/2025

**PERS310A** · 6 Sessions  
 Campbell Center – Room D  
 class size 47  
 W · 11:00AM—12:30PM  
 1/22/2025—2/26/2025

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

## **NEW!** Tracing and Honoring the Journey of Your Life

Each of our lives is an amazing journey with various destinations, expected and unexpected opportunities, challenges and transitions that have presented us with choices until we have reached where we are now in our life. Often we are too busy and involved to really reflect on what we have done, the choices we have made, and to remember what we experienced in those moments as we moved forward. There can be magic in taking the time to revisit the trajectory of our life with all its twists and turns, and to fully claim what we have created as our life's journey. This course is an opportunity to retrace our life's path, recognize the many large and small choices that sculpted our experience of who we are and what we can be. Each class will address a particular period of life. It can be surprising and rewarding to expand the perspective on who we are.



## Ashland Rotary Centennial Ice Rink

The Ice Rink is scheduled to open November 23!

Daily program schedules, skating lessons, and school field trip information will be posted online when available. Scan code for info!



**FIRST FROST** COMMUNITY SKATE EVENT  
 DEC 21, 4-9PM

Visit us at: [ASHLANDOREGON.GOV/ICERINK](http://ASHLANDOREGON.GOV/ICERINK)

## Ashland Senior Center



The APRC Senior Services Division enhances the lives of seniors by promoting healthy aging, well-being, dignity and independence.

For more information visit  
**[ASHLANDSENIORSERVICES.ORG](http://ASHLANDSENIORSERVICES.ORG)**



**APRC**  
 ASHLAND PARKS & RECREATION COMMISSION

**[ASHLANDPARKSANDREC.ORG](http://ASHLANDPARKSANDREC.ORG)**  
 541-488-5340 | [PARKSINFO@ASHLANDOREGON.GOV](mailto:PARKSINFO@ASHLANDOREGON.GOV)  
  [@ASHLANDPARKSANDREC](https://www.instagram.com/ASHLANDPARKSANDREC)

**PERS312** · 6 Sessions

Online

class size 12

W · 1:00–3:00PM

1/8/2025–2/12/2025

**INSTRUCTOR:** *Kani Comstock, MS, author of “Journey Into Love, Ten Steps to Wholeness,” and “Honoring Missed Motherhood, Loss, Choice and Creativity” was a facilitator of the seven-day intensive residential Hoffman Process and director of coaching for the Hoffman Institute Foundation for over 25 years. Prior to that she worked in Japan and coordinated international education programs in Asia and the U.S. She has been a hospice volunteer and taught at OLLI.*

## **NEW!** You Can Let Stress Roll Off Your Back

Learn simple, easy, time-tested and evidence-based methods drawn from the traditions of yoga, meditation, and hypnotherapy. Down-regulate your nervous system and quiet your mind, and stress can roll off your back much more easily. Through lecture, discussion, and guided practices that you can do at home with or without free audio recordings made and provided by the instructor, by the end of the course you’ll have the tools to feel a greater sense of ease and well-being throughout your day and find yourself naturally less reactive to stressors. Becoming more relaxed and present makes it easier to be at peace with wherever you are in life. Each class incorporates a thorough understanding of stress reduction and deep relaxation techniques and an embodied experience of the methods and practices taught. No previous experience with meditation, hypnotherapy, or yoga is required.

**PERS309A** · 6 Sessions

Campbell Center – Room D

class size 53

Tu · 1:00–3:00PM

1/21/2025–2/25/2025

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

# Recreation

Includes hobbies, crafts, and games.

## Absolute Beginners Pickleball

This course is designed for the person who wants to learn the basics of pickleball. Join in the fun as Cori Frank and a team of experienced pickleball players teach you the fastest growing sport in America. The class meets for 1½ hours a day for five consecutive days. Beginning players will learn how to choose a paddle, proper paddle position when playing, scoring, serving, return of serve, third-shot drops, dinking, drills, and calling “out balls.” There is an emphasis on safety and sportsmanship. Ashland Oregon Pickleball Club will provide the paddles, pickleballs, and instructors. Information on courts throughout the Rogue Valley will be provided as well as communication tools. You will need court shoes, a hat or visor, and a hydrating drink. Sunglasses or protective eyewear are recommended.

**NOTE:** People with mobility issues should not take this course. A waiver must be signed prior to the first class. If we have inclement weather, class will be canceled.

**REC102A** · 5 Sessions

Lithia Park Pickleball Courts · Winburn Way, Ashland

class size 20

Daily · 2:30–4:00PM

1/13/2025–1/17/2025

**INSTRUCTOR:** *Cori Frank is a retired health care professional. She has participated in and organized tournaments, round-robins, and jamborees. She also developed and teaches the youth program at Ashland YMCA and OLLI at SOU’s Beginners/Advanced Pickleball/Pickleball Round-Robin Fundamentals classes. 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 class or who have a rudimentary knowledge of the game. It will be taught by seasoned instructors who are experienced players and have taught before. Expect to build on the basic game to include advanced strategy in play. We will meet for 1½ hours at Lithia Park courts for five consecutive days. There will be an emphasis on sportsmanship and safety. This skills-building course will focus on different types of serves, lobs, third-shot drops or drop shots, drives, partner communication, stacking, and different types of scoring. We will introduce Nasty Nelson, Bert, and Erne. The last day will be a FUN Round-Robin whereby players will rotate play with all players. The instructors will be from Ashland Oregon Pickleball Club.

**NOTE:** If you have mobility issues, this course may not be for you. A waiver must be signed prior to the first class. Students are expected to have their own paddle, know the basic game, have court shoes, and a hat or visor. Safety glasses are recommended. Bring a hydrating drink and snack. If inclement weather occurs, class will be canceled.

### REC304A · 5 Sessions

Lithia Park Pickleball Courts · Winburn Way, Ashland

class size 20

Daily · 2:30–4:00PM

3/10/2025–3/14/2025

**INSTRUCTOR:** Cori Frank is a retired health care professional. She has participated in and organized tournaments, round-robins, and jamborees. She also developed and teaches the youth program at Ashland YMCA and OLLI at SOU's Beginners/Advanced Pickleball/Pickleball Round-Robin Fundamentals classes. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club to advocate for local pickleball resources.

## Exploring Crosswords

Would you like to become better at enjoying, understanding and finishing crosswords — and impress your friends as a “cruciverbalist”? Besides being fun, crosswords have been shown to improve “cognitive reserve” and mental flexibility. We’ll look at other benefits of solving puzzles and some highlights of crossword history and culture. We will learn about different types of crosswords, discuss solving strategies and techniques, explore online sources and applications, and introduce the process of constructing crosswords. During each session, we’ll also solve and discuss crosswords as a group to improve our skills.

### REC120 · 6 Sessions

Online

class size unlimited

Tu · 11:00AM–12:30PM

2/4/2025–3/11/2025

**INSTRUCTOR:** Steve Weyer has been a “cruciverbalist” (crossword aficionado) since the 1990s. Since 2011, he’s been offering courses about crosswords and other topics at OLLI. His crosswords appear quarterly for reading programs at Jackson County Libraries, weekly in *Ashland.news*, and nationally in the *New York Times*.

## NEW! Exploring Nearby Winter Trails on X-Country Skis

Explore nearby winter trails with Moondance Forest, an avid cross-country skier. The group will meet at a Sno-Park close to Ashland each week. The first class will be at the Campbell Center. We’ll assess everyone’s understanding, check all gear, and get logistics for meeting on the mountain. This is not a beginner course, and students must be familiar with the activity and be aware of their physical abilities. Students must have their own gear or secure rentals. Slowing down will be encouraged, along with enjoying the scenery, breathing, releasing ambition, and always reducing effort. We’ll practice getting up and down from the ground, discuss the “buddy system,” and learn from each participant. Cross-country skiing is a wonderful way to feel your entire being while breathing the crisp mountain air and viewing Mount McLaughlin in the distance. If snow or weather conditions are unfavorable, we’ll hike the ski trail or reschedule.

**NOTE:** A seasonal Sno-Park pass for a car is \$25 for November to April. A waiver must be signed at the first class for continued participation. The first session of this course on Wednesday, January 15, will be at the Campbell Center in Room B.

### REC303A · 6 Sessions

Field Trip

class size 10

W · 2:00–3:30PM

1/15/2025–2/19/2025

**INSTRUCTOR:** Moondance Forest has an MEd in exercise physiology and sports medicine and a BA in dance and movement. She has taught at universities, seminars, wellness centers, retreats, elderhostels, and camps for over 35 years. She is an accredited Feldenkrais teacher, a lifelong practitioner of dance and 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.

## Grand Lodges of the National Parks

This course is intended for anyone interested in visiting the national parks and learning about the great lodges that were built to attract tourists to these national treasures. There are 15 great lodges — built between 1910 and 1938 — still operating. The course will look at the history of the lodges, their architecture, their amenities, their special features, and their relationship to the parks. Each class will include some history of the related national parks but will focus on how the lodges meld with this history. The instructors will provide tips on how to plan your visits and optimize your adventure based on their personal experiences visiting each of these lodges. The course will consist of a series of lectures supported by slide-show presentations highlighting photography of the lodges and national parks.

**NOTE:** There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**REC153M** · 4 Sessions

Medford Higher Education Center – Room 118  
class size 36

M · 11:00AM–12:30PM

1/13/2025–2/10/2025

**INSTRUCTORS:** *John Lane and Rebecca Jurta are retired engineers who spent 30 years in the aerospace and semiconductor industries. They have visited all 15 of the great lodges of the national parks. They learned a great deal about the planning and logistics necessary to optimize this wonderful adventure, and they want to share this with other fans of our beautiful national parks.*

## Have Fun Cooking and Sharing Recipes

Do you enjoy cooking and exploring new recipes? Do you enjoy sharing your cooking experiences with friends and learning new concepts about food preparation? This course is designed for you. Every week, we will all prepare a new recipe that we have found online or in print, one we have not tried before, and then write a short account of the experience. We will post our recipes online and respond to each other's accounts. Then, once a week, we will have a Zoom meeting where we will all have a chance to talk about our previous week's experience and our plans for the next. For the last session, we will meet face to face for a potluck featuring a dish each of us has made.

**NOTE:** This is not a basic cooking class for people who do not know how to cook and want to learn. This is a class for people who already enjoy cooking to develop

their knowledge and skills further. There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**REC300** · 6 Sessions

Online

class size 26

M · 3:30–5:30PM

1/6/2025–2/17/2025

**INSTRUCTORS:** *John Pratt has taught a number of OLLI courses and participates in OLLI Improv. He is a winegrower, but previously taught English for 40 years. Teaching writing motivates him to write more himself. Fooling around in the kitchen and trying out new recipes brings him great satisfaction, at least when his experiments produce edible results. Kent Patrick-Riley is a scientist at heart but knows how to throw a great party and cook a fine meal.*

## Knit a Child-Size Wallaby Sweater

Knit a child's size sweater from start to finish in one term. The "Wonderful Wallaby" is a hoodie with a pouch and a hood. Wallabies are cherished by children and adults. While knitting a complete sweater, learn to knit in the round using circular needles and double-pointed needles; learn how to knit a pouch, a hood, and a placket with a buttonhole. Learn how to invisibly join the segments together. This is NOT a beginner's class. Participants *must know* how to knit, purl, cast on, and bind off. There will be homework between classes and knitting in every class. If you don't have a small child in your life, you could knit for a neighbor child or for someone in need. Please don't sign up for this class if you know that you will miss any of them. You are likely to be frustrated.

**NOTE:** Required text: "Wonderful Wallaby for Kids," available for \$8 online through Ravelry.com. This is a digital text which you may wish to print for yourself. Needles and light-colored worsted weight yarn are required. The instructor will email detailed information to all registered participants.

**REC120A** · 9 Sessions

Campbell Center – Room C

class size 12

M · 1:00–3:00PM

1/6/2025–3/10/2025

**INSTRUCTOR:** *Kay Johnson has been knitting since her college days. She has absolutely no idea how many sweaters, hats, scarves, socks, and afghans she has knitted over the years. She has knitted more than a dozen Wallabies for her granddaughters and a few for adults. Her granddaughters treasure their "Grandma sweaters." She has taught at least six different knitting classes for SOLIR and OLLI, each of them several times.*

## Knitting for Beginners: Continental Style

This class 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, this class will teach a method for continental style knitting, also called German, European, or left-hand knitting. 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 and other tools will be available to use for the duration of the class, and yarn used for the beginner projects will be provided.

**REC306A** · 3 Sessions  
Campbell Center – Room A  
class size 8  
F · 3:30–5:00PM  
1/10/2025–1/24/2025

**INSTRUCTOR:** *Margaret Mallette first learned to knit as a teenager, but only after she learned to knit continental-style 15 or so 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.*

## **NEW!** Paracord Braiding

Let your personality show with a custom hand-braided dog collar or dog leash or craft a survival bracelet that allows you to wear your emergency rope. Paracord is used in parachutes but has evolved into a variety of colors that can be braided with various techniques that we'll explore in this course. Students must provide their own cord and buckets for their project, and registered students will be sent a supply list prior to the first class. The cost will depend on the project you choose to make.

**NOTE:** There are two in-person sections of this course being offered, both on Wednesdays. The first starts the first week of the term; the second starts the last week of January.

**REC307A-1** · 3 Sessions  
Campbell Center – Room C  
class size 16  
W · 10:30AM–12:30PM  
1/8/2025–1/22/2025

**REC307A-2** · 3 Sessions  
Campbell Center – Room C  
class size 16  
W · 10:30AM–12:30PM  
1/29/2025–2/12/2025

**INSTRUCTOR:** *Peggy Foster has been teaching children and adults outdoor skills and outdoor cooking for over 20 years. She is an adult learning facilitator with Girl Scouts specializing in crafts including Japanese braiding, kumihimo. She has a BS in recreation education from Utah State University and was a National Park Service ranger for 13 years.*

## Pickleball Round Robin FUNdamentals

This fun and active class is designed for pickleball players who understand and play the game. There will be two classes of three hours each at Lithia Park's four upper courts. The round-robin is a structured form of pickleball play organized by skill level. Players will learn format, partnering, stacking (when and how to), what hand signals mean and when to use them, types of scoring, and byes. Different types of rally scoring will be introduced versus traditional scoring, along with when you may utilize each and why. We will cover the different types of pickleballs and details of timing used in round-robin events. Players will experience the application of the information learned as they participate in the round-robin and connect with their fellow players. We will play a minimum of six games and take a break between games at each class meeting.

**NOTE:** If you have mobility issues, this class may not be for you. There is a \$3 charge for pickleballs payable to the instructor on the first day of class. All participants must sign a waiver on the first day of class. Plan to wear court shoes and a hat or visor and bring a hydrating drink. Protective eyewear is recommended. Class will be canceled if there is inclement weather.

**REC305A** · 2 Sessions  
Lithia Park Pickleball Courts · Winburn Way, Ashland  
class size 19  
W · 8:30AM–12:00PM  
1/29/2025–2/26/2025

**INSTRUCTOR:** *Cori Frank is a retired health care professional. She has participated in and organized tournaments, round-robins, and jamborees. She also developed and teaches the youth program at Ashland YMCA and OLLI at SOU's Beginners/Advanced Pickleball/Pickleball Round-Robin Fundamentals classes. She is a member of the Ashland Senior Advisory Committee and founded the Ashland Oregon Pickleball Club to advocate for local pickleball resources.*



## Vegetable Gardening in the Rogue Valley

This course will teach beginning gardeners and those new to the Rogue Valley to grow vegetables year-round from seed selection to harvesting. The emphasis is on science-based information and “how to” techniques to enable students to grow a successful garden the first year. More experienced gardeners may learn more advanced techniques to improve their vegetable gardening skills. Students will be asked to read assigned pages from the text: “Garden Guide for the Rogue Valley: Vegetables, Berries and Melons” by Jackson County Master Gardeners (OSU Extension), 2017. Class topics include: seed starting, soil, growing cool- and warm-weather crops, cane fruit (berries), controlling pests and diseases, fertilizing, irrigation, composting, harvesting and much more. Classes include slides, lectures, demonstrations, equipment exhibits, class discussion and Q&A.

**NOTE:** “Garden Guide for the Rogue Valley: Vegetables, Berries and Melons” by Jackson County Master Gardener Association (OSU Extension), 2017 is available from local retailers for about \$20 or can be from the Jackson County Library. This text is not required but is highly recommended.

**REC112M** · 8 Sessions

Medford Higher Education Center – Room 118

class size 34

Th · 11:00AM–12:30PM

1/9/2025–2/27/2025

**INSTRUCTOR:** *Susan Koenig is a lifelong gardener who became a certified Master Gardener in 2016. She gardened in the Bay Area for over 40 years and now has extensive vegetable and ornamental gardens and a small orchard on three-quarters of an acre. She teaches in the Master Gardener practicum program and is a frequent speaker at local garden clubs. She has taught Ornamental Gardening, Propagation and Vegetable Gardening for OLLI for the past four years.*



# Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

## Beginning Excel for PCs

Do you think spreadsheets are for accountants? I will demystify 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 the Excel Window and ribbons. We will navigate using shortcut commands and learn techniques for entering and formatting numerical and alphabetic data. We will manipulate page layouts and copy or move pages from one spreadsheet to another. Other topics include using basic arithmetic operations, analyzing data with simple functions such as SUM and AVERAGE, and 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 laptops to class to work on in-class exercises.

**NOTE:** Students must have Excel for PCs (version 2013 or later) loaded on their laptop (PCs only) 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.

**STEM303M** · 8 Sessions

Medford Higher Education Center – Room 118

class size 11

Tu · 9:00–10:30AM

1/7/2025–2/25/2025

**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! Calculus from a Middle School Perspective

Morris Kline, author of “Mathematics for the Nonmathematician,” wrote: “Calculus provides the framework for studying change and the limits of processes,” making it the key to many scientific breakthroughs. Despite its importance, calculus often feels intimidating and mysterious due to its departure from more familiar areas of math. This course aims to demystify calculus, making its concepts and applications clear and accessible to all. Consider this: We calculate average speed by dividing distance by time — covering 80 miles in two hours gives 40 mph. But what does it mean to travel exactly 62 mph at 3 p.m., with no time elapsing at that instant? This course will explore such questions and more. While a basic understanding of first-year algebra can be helpful, no prior knowledge is required. Let’s have fun doing math together!

**STEM310A** · 4 Sessions  
Campbell Center – Room A  
class size 34  
W · 1:00–3:00PM  
1/8/2025–1/29/2025

**INSTRUCTOR:** *Irv Lubliner is excited to teach math, blues harmonica, and literature classes at OLLI. An emeritus professor at SOU specializing in math education, he also taught in the Bay Area for 30 years and led math seminars for teachers in 39 states. In 2019, he created Felabra Press and published his mother’s writings about her experiences during the Holocaust, the book that will serve as the theme of one of his winter courses.*

## Exploring Your Immune System

Let us explore the immune system together in a step-by-step fashion to untangle its many mysteries, components, and functions. Second only to the brain in complexity, this lifesaving system protects us on a daily basis from a world of threats, including viruses, bacteria, fungi, parasites, and toxins. Knowledge is powerful if it leads to appropriate action. The better we understand the workings of our immune system, the better we can support its function and not weaken it. This is especially important right now with all the confusion surrounding COVID-19 and the other infectious diseases out there. Some of the topics we will cover include innate and adaptive immunity; the major organs, cells, and messenger molecules involved in immune function; and how the immune system distinguishes between “self” and “non-self.” This introductory, science-based Zoom course will use colorful and easy-to-understand

slide presentations and lectures, and some discussion, with questions and answers.

**NOTE:** The course, last taught in Winter 2024, has been updated with the latest information on COVID-19 and other common respiratory infections.

**STEM191** · 5 Sessions  
Online  
class size unlimited  
Tu · 3:30–5:30PM  
1/7/2025–2/4/2025

**INSTRUCTOR:** *John Kalb has over 40 years’ experience as a wellness chiropractor. He completed his pre-med training at NYU, obtaining a BA in psychology and chemistry, and then earned an MS degree from the University at Buffalo in biology. He has additional postgraduate training in immunology and gerontology. He is not an immunologist, but he has been interested in understanding and supporting the immune system most of his professional life.*

## Landscapes Revealed: What Gets Served on Plates

Earth’s surface is all cracked up! The upper, brittle layer of our planet is broken into large pieces called plates that are always on the move — that’s plate tectonics. It is at the edges of these plates that most geologic action, such as earthquakes and volcanoes, occurs. On the U.S. West Coast, we live “on the edge” and can explore the different types of plate boundaries using nearby examples. In this class, we will examine the characteristics of plate boundary types — divergent, convergent, and transform — and the landscapes that result. Geologic action can also occur in the middle of plates where there are underlying “hot spots.” Locations to be explored include the Basin and Range Province of eastern Oregon, the Cascadia subduction zone on the Oregon coast, the offshore Juan de Fuca mid-ocean spreading ridge, the San Andreas fault in California, and the Yellowstone and Hawaiian hot spots. No prior geologic experience is needed.

**STEM171** · 4 Sessions  
Online  
class size unlimited  
Tu · 3:30–5:00PM  
1/7/2025–1/28/2025

**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 at introductory to graduate levels and did research focused on the tectonic evolution of western California. She is currently engaged in learning more about the tectonics of the Pacific Northwest and other parts of our planet.*

## Organizing and Sharing Digital Photos Using iCloud

This course is designed to help participants take, organize, store, edit, and share digital photos and videos. Emphasis will be on using Apple Photos on the iPhone, Mac, and iCloud. Participants will learn to manage iCloud settings; store and share photos and videos; perform basic edits; play and modify memories; set up albums and slideshows; search and organize photos by person, location, and activities; trim live photos, bursts, and videos; and remove duplicate photos. Privacy and security issues will also be discussed. Participants should be able to use Zoom for video conferencing and have a basic comfort taking digital photos, accessing the web, and using online applications.

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

### **STEM136** · 5 Sessions

Online  
class size 53  
Th · 1:00–3:00PM  
1/9/2025–2/6/2025

### **STEM136A** · 5 Sessions

Campbell Center – Room A  
class size 32  
F · 1:00–3:00PM  
1/10/2025–2/7/2025

**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.

## Physics for Nonphysicists: Basic Ideas in Physics

How do physicists think about physical problems? How do things move? How do things interact? What are things made of? What about gravity, electricity and magnetism, elementary particles, physical astronomy, and cosmology? The answers to these and other exciting questions will be revealed when the curtain is lifted and, hopefully, all is illuminated. As much time as necessary will be devoted to your questions. There are no dumb questions; we are all in this together. We will try to cover all the topics, but we will go as slowly as needed to ensure all your questions are addressed. Remember, if you have

a question, the probability is high that other students have the same question. The course will be taught using PowerPoint presentations and other visual and audio material.

### **STEM113A** · 5 Sessions

Campbell Center – Room E  
class size 78  
Tu · 11:00AM–12:30PM  
1/7/2025–2/4/2025

**INSTRUCTOR:** John Johnson has taught physics courses at OLLI for over 20 years, and prior to that, 10 years at the college level. He also has a deep interest in music and has sung and played the piano, trombone, and guitar. At OLLI and in college, Johnson has taught courses on many areas of physics as well as the acoustics of musical instruments.

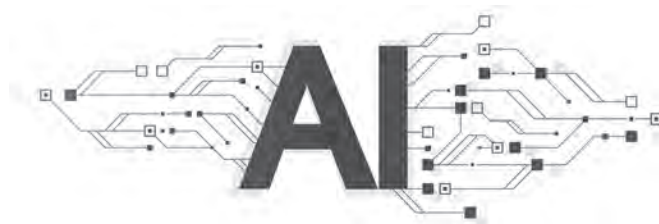
## **NEW!** Practical AI Applications

Practical AI Applications presents how artificial intelligence is integrated into day-to-day applications, such as word processing, email, and presentation slide preparation. The course will demonstrate methods of using several current consumer level artificial intelligence programs to intermediate computer users. The primary focus will be on no-cost products from Alphabet/Google, Microsoft, OpenAI, and Anthropic/Claude.AI. Seminar attendees should have a working knowledge of computer operations, including word processing, graphics manipulation, email use, and presentation slide creation and modification.

### **STEM309** · 5 Sessions

Online  
class size 42  
W · 1:00–2:30PM  
1/15/2025–2/12/2025

**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!** Sex Education: Factors Influencing Sexual Identity

This course will teach about the development of sexual organs in humans and the known factors that can influence that development. It will identify human conditions known to affect the appearance of the external sexual organs at birth and at puberty. The genetics of sexual presentation will be discussed, as well as maternal conditions and environmental factors that can affect the presentation at birth. Embryological development will also be presented. The implications of this information will be discussed and some of the fallacies of current political thought will be noted. Students will be encouraged to ask questions and share information. The instructional method will be lecture with a PowerPoint presentation. Citations from medical literature will be available. A basic understanding of biology and genetics at high school level will be assumed for students.

**STEM308A** · 2 Sessions  
Campbell Center – Room B  
class size 19  
Th · 11:00AM–12:00PM  
1/9/2025–1/16/2025

**INSTRUCTOR:** *Mary Ellen Gordian is a retired medical doctor and associate professor of environmental health. She has delivered many babies and has had a life-long interest in how genetics and the environment affect human development.*

## **NEW!** Weather Forecasting for Citizens

Will icy roads slow the drive to work tomorrow? Will snow levels result in school closures next week? Will wildfires be severe this summer? Weather has major impact on our lives. Meteorologists strive to provide forecasts that will answer these questions and help us prepare for and mitigate weather's effects. We will explore the methods meteorologists use to predict short- and long-term weather patterns. Weather is very complex and is affected by many factors. The accuracy of forecasts often depends on the level of detail available for use in models, which may be lacking. Topics covered will include atmospheric composition, structure, circulation, and energy transfer; impacts of mountains and oceans on weather patterns; and many other factors influencing weather. A wide range of atmospheric hazards such as hurricanes, tornadoes, lightning, drought, flooding, and climate change will be explored. Students who take this course will better understand how the atmosphere works.

**NOTE:** There is no class on Monday, January 20, in observance of Martin Luther King Jr. Day.

**STEM103M** · 9 Sessions  
Medford Higher Education Center – Room 118  
class size 32  
M · 9:00–10:30AM  
1/6/2025–3/10/2025

**INSTRUCTOR:** *Paul Derezotes has BS and MS degrees in meteorology from Northern Illinois University and is a Certified Consulting Meteorologist. He worked for 37 years as an applied meteorologist for an engineering company that designs electric power generation and transmission facilities, and he has done meteorological forensic consulting. He taught college courses in climatology at College of DuPage and climate change at Southern Oregon University.*



**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](mailto:olli@sou.edu)



# Social Sciences

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

## 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 ranging from politics to climate change, to technology, medicine, and more. An agenda with articles will be sent to you a couple of 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!

### **SOC140** · 10 Sessions

Online  
class size unlimited  
Tu · 9:00–10:30AM  
1/7/2025–3/11/2025

### **SOC140A** · 10 Sessions

Campbell Center – Room D  
class size 32  
Tu · 9:00–10:30AM  
1/7/2025–3/11/2025

**INSTRUCTOR:** *Rick Vann is a retired corporate executive from the food service 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 and Relationships, 1970 – Present

This course brings to life lesbian community, culture, and relationships, from the 1970s lesbian feminist movement to the present. Particular emphasis will be on the impact of economic class and race on lesbians’ relationships and the preservation of their viewpoints from all sources. Topics will range from the “first” achievements in the community to today’s issues. Some of these include women’s and lesbians’ music festivals, dance

and theater groups, music promotion companies, land communities, and Oregon writers’ groups and journals. We will also discuss the women in print movement, women’s health movement, and women in business and professions. Finally, we will learn about legal reforms for lesbian families. We will use writings, art, music, video, lecture, and drama from academic and popular sources. There may be guest lectures by lesbian authors, land community members, artists or musicians.

### **SOC309** · 8 Sessions

Online  
class size 53  
Tu · 11:00AM–12:30PM  
1/14/2025–3/4/2025

### **SOC309A** · 8 Sessions

Campbell Center – Room D  
class size 53  
Tu · 11:00AM–12:30PM  
1/14/2025–3/4/2025

**INSTRUCTOR:** *LauRose Felicity is a lesbian cultural worker who has a BA in law and social work and 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 UC Berkeley. She is a retired attorney, social worker, and teacher.*

## Classes taught online via



If you are new to Zoom or if you need a refresher, email the OLLI office at [olli@sou.edu](mailto: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!** Mexico, Anglo-America, and the Places In-Between

In 1845, the northern boundary of Mexico lay just a dozen miles from today's SOU campus. In the Mexican-American War, the United States conquered roughly half of Mexico, moving the border more than 600 miles to the south. Ever since then, both countries have lived with a muddled memory of this experience. The border has moved over people, and people have moved across the border. In fact, the two countries' populations, economies, and political histories are so closely interrelated that we may meaningfully ask, "Where does one country end and the other begin?" This course is a lecture series (with extended time for discussion) presented by SOU faculty who have explored this historical and cultural middle ground from a wide range of academic perspectives. It brings together Chicano literature, Spanish literature, history, and anthropology professors to examine the complex relationships between the U.S. and Mexico and among the people and places that belong to both worlds.

**NOTE:** The SOU faculty presenters are: Alma Rosa Álvarez, "The History and Politics of Chicano Identity"; Enrique Chacón, "Ambiguous Border: The Representations of the U.S.-Mexico in Film"; Sean McEnroe, "The Imagined Communities of the Mexican-American War"; Mark Axel Tveskov, "The Archaeology of the Battle of Buena, 1847: La Angostura and the Construction of Manifest Destiny."

**SOC307A** · 4 Sessions  
Campbell Center – Room D  
class size 53  
Th · 1:00–2:30PM  
2/6/2025–2/27/2025

**INSTRUCTOR:** *The presence of outstanding academic departments on the campus shared by OLLI has caused William Herling, PhD, a former academician himself, to seek ways to bring that academic knowledge to the OLLI curriculum. He has organized courses with faculty from the social sciences; this course extends to include faculty from Spanish literature and English. Sean McEnroe, PhD, envisioned the content of this course and obtained faculty participation.*

## **NEW!** On the Road: How Buddhism Came to China

One of the most remarkable events in ancient Chinese history is the way in which Buddhism, an early Indian spiritual tradition, made its way to China in 1st century CE. By all rights, Buddhism ought not to have done well in China, a culture distinctly different in language

and temperament from India. For instance, Buddhism encouraged celibate monasticism, quite the opposite of the Chinese emphasis on family and filial piety. Despite these sorts of problems, Buddhism did not just survive in ancient China, it flourished. By the 9th century, Buddhism was a major force in Chinese religion, culture, and politics. This lecture and discussion course on Zoom will examine how and why this remarkably effective transplant of Buddhist thought and practice into Chinese society occurred and why Chinese society was able to embrace Buddhism as dramatically as it did. Students need have no background in the subject. Detailed lecture notes will be furnished.

**SOC311** · 10 Sessions  
Online  
class size 76  
Th · 1:00–3:00PM  
1/9/2025–3/13/2025

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





## NEW! The 47th President and 119th Congress

The 47th president will be inaugurated on January 20, and two weeks earlier the 119th Congress will have been sworn in. The country could have a president and Congress of one political party, a president and a Congress of different parties, or a Congress with divided party majorities in the House and Senate. We will have lots to talk about, beginning with the results of the November election, the new president's formation of a government leadership team, and the makeup and leaders of the House and Senate. Articles I and II of the Constitution will be reviewed, along with how those provisions have evolved over the past two centuries. Current issues will also be discussed. Students should have opinions to be shared and a respect for the views of others.

**SOC305A** · 10 Sessions  
Campbell Center – Room D  
class size 35  
Th · 11:00AM–12:30PM  
1/9/2025–3/13/2025

**SOC305M** · 10 Sessions  
Medford Higher Education Center – Room 118  
class size 35  
F · 11:00AM–12:30PM  
1/10/2025–3/14/2025

**INSTRUCTOR:** *As a newspaper reporter, David Runkel covered national politics and the White House at the end of the Carter administration and during the first years of President Ronald Reagan's term. He also covered Capitol Hill, with emphasis on Pennsylvania, New Jersey, and Delaware. He later worked in the executive branch as the communications director at the Department of Justice and even later in a similar role for the House Banking and Financial Services Committee.*

## The Evolutionary Psychology of Morality

Historically, morality has been studied as if it were a human invention. This has been the approach of philosophical thinking and writing in the field of ethics for over 2,000 years. Recently, however, biologists have been studying morality as an adaptation, attempting to discover how morality functions and how it evolved. We'll examine five types of moral adaptation, all of which share a commonality: They enhance survivorship and reproductive success. Genetically based traits that enhance survivorship and reproduction will pass on copies of genes that produce those traits to their offspring. Over time, both the traits and the genes producing them will increase. Seven sessions cover 1) evolution

and misconceptions, 2) genes and behavior, 3) Jonathan Haidt's six dimensions of morality, 4) kin selection and caring, 5) reciprocal altruism and fairness, 6) groups and sanctity, and 7) hierarchy and liberty. Methods include readings, videos, lectures, and group discussions.

**NOTE:** "The Righteous Mind" by Jonathan Haidt is the optional text for this course.

**SOC321A** · 7 Sessions  
Campbell Center – Room A  
class size 32  
Tu · 1:00–3:00PM  
1/7/2025–2/18/2025

**INSTRUCTOR:** *Dave Ferguson earned an MS in biology from UC Davis. He taught biology at the high school level for 35 years and taught The Evolutionary Psychology of Morality as part of the International Baccalaureate Theory of Knowledge course for high school students. He has taught this course at OLLI for the past seven years.*

## NEW! Wines of the New World: Americas, Oceania, Africa

In Wines of the New World, you will discover the major wine regions of the Americas, Australia, New Zealand, and South Africa, as well as the grape varieties that made them famous. You'll discover wines country by country over the course of three one-hour lectures. Tasting experiences will be shared with all of you, and your experiences will be welcomed as well. A list of recommended wines from the regions being discussed will be provided by the instructor. All wines discussed will be available locally or through Wine.com. No reading, writing, or purchasing of specific wines is required, just curiosity. Join us as we venture into the fascinating world of wine. Please be aware: This is a broad course curriculum and not focused on the wines of the Rogue Valley. Unfortunately, due to the nature of an online class, group wine tastings are not part of the lecture series. Previous participation in Wines of the Old World is not required.

**SOC310** · 3 Sessions  
Online  
class size unlimited  
F · 1:00–2:00PM  
1/10/2025–1/24/2025

**INSTRUCTOR:** *Thomas Eckert is a retired special education teacher from the Central Point School District. He has filled six three-ring binders with tasting notes from thousands of wines since 1980. Eckert sold wine wholesale and was also a wine buyer for a high-volume Bay Area store. He has visited wineries in the Napa and Sonoma areas dating back to the 1970s.*

# 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](mailto:olli@sou.edu) or 541-552-6583



See current volunteer openings at  
[sou.edu/olli/get-involved/volunteer](https://sou.edu/olli/get-involved/volunteer)



# 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	<b>The OLLI at SOU Membership Fee is nonrefundable.</b>	
	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:	\$ _____
	<b>Little-known fact:</b> 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	
	<b>Total payment amount</b> (membership fee + annual fund donation):	\$ _____ (TOTAL)
	<b>To pay by check:</b> 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.	
	<b>To pay by credit card:</b> <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard	
Card number: _____		
Expiration date:    /	<b>3- or 4-digit security number on back of card:</b> _____	
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*

OLLI at SOU  
1250 Siskiyou Blvd  
Ashland, OR 97520

*in person*

SOU Campbell Center  
655 Frances Lane  
Ashland, Oregon



*Our heart is where you are.*

For 100 years, the Rogue Valley has been our home, growing alongside our community to provide the latest medical care to keep you and your family healthy.

We'll be here for your good health, caring *for you*, and *about you*, through the years ahead.



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**Southern OREGON UNIVERSITY**

1250 Siskiyou Blvd., Ashland, OR 97520

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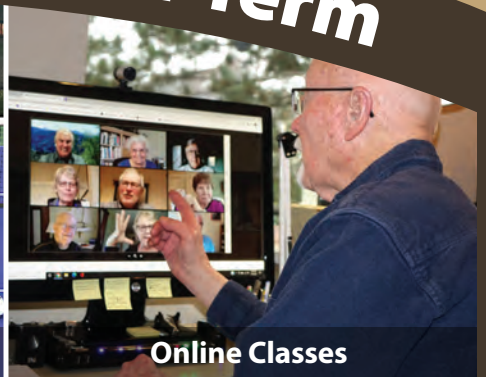
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