

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



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**\$75**  
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PRIORITY REGISTRATION BEGINS FEBRUARY 24

## Spring 2025 Course Catalog

March 31 to June 6, 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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Osher Lifelong Learning Institute  
**OLLI at SOU**  
 Southern Oregon University

**Contacting  
 OLLI at SOU**

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 Ashland, Oregon

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 Monday–Friday  
 9 a.m. to 4 p.m.



**On the Cover**

A bee collects pollen in a garden maintained by volunteers at North Mountain Park in Ashland.

Photo by Bob Palermini

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 & Anne Coleman, Co-Chairs  
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**SPRING 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 [oca.sou.edu](http://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.

**Visit [sou.edu/olli/get-involved/join](http://sou.edu/olli/get-involved/join) to learn more and join today!**

# 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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Chair TBA  
Curriculum  
Ginny Blankinship and  
Anne Coleman, Co-chairs  
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Paul Christy, Chair  
Fundraising  
Dwight Wilson, Chair  
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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

**P**rogress. Creativity. Innovation. Three words that can describe a vibrant organization. As a member-driven organization, OLLI at SOU needs to move forward (Progress) with Creativity and Innovation. That's what I've witnessed this year with new programs, initiatives, activities and ideas.

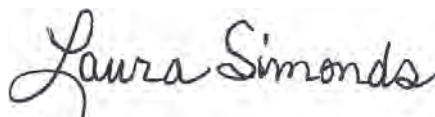
We see Progress in several areas. First, our new website has brought significant and important changes to the way we communicate and deliver information to both our members and the public. Our social media communications have increased on Facebook and especially on our new YouTube channel. Our new course venue at the Rogue Valley Manor is showing growth and meeting the need for venues in other Rogue Valley areas.

Creativity and Innovation are evident in our ad hoc Strategic Planning Committee and the Travel Pilot Project. As that committee works on developing a new strategic plan, the ideas and creativity are flowing to keep OLLI at SOU a dynamic and forward-looking organization. The Travel Pilot Project is a very enthusiastic team with loads of ideas for travel.

Our terrific and smart instructors constantly impress us with their creativity to propose and deliver stimulating and intelligent courses. Our volunteers are amazing with their dedication and innovative ways to support our member-driven organization. And, while I'm talking about our volunteers, we've been creating new ways to share volunteer opportunities and benefits at OLLI at SOU. Our first Volunteer Faire recruited new volunteers, and our first OLLI Leadership Academy informed students of how OLLI works. To show appreciation and recognition, we started the monthly Volunteer Spotlight in the Newsflash. All of these activities are new efforts — creative and innovative — for our members to become more involved and appreciated.

As we move into the spring term and toward the end of this academic year, I want to express my own appreciation to all of our members, leaders, and staff. With our dedicated volunteers and staff, I see a member-driven organization moving forward with Progress, Creativity and Innovation.

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)



Southern OREGON UNIVERSITY

Gifts to OLLI's Annual Fund support organizational operations and other areas of need.

**Thank you for your generosity!**

# Senior housing project underway

After nearly a decade, the university's long-term goal of developing a senior living facility adjacent to campus came to life in January. For those OLLI members who frequent the Campbell Center, you've noticed the fencing, trucks, tractors and dust. Remain patient, as the demolition stage of the project will take several months to complete.

For those newer to OLLI and SOU, the site is that of the former Cascades Housing Complex, an obsolete cluster of nine residence halls and a cafeteria that have been largely unused since 2013. The university is taking precautions throughout the project to minimize impacts on surrounding neighborhoods and the university campus, including limiting the hours of the noisiest work and mitigating the production of dust. Care is also being taken to prevent erosion and control stormwater drainage.

When demolition is completed this spring, the site will be prepared for what comes next: a senior housing complex where residents are completely integrated into the fabric of the university. The university issued a request for qualifications in mid-January with the goal of attracting an operational partner. One of our greatest selling points is OLLI at SOU. Who wouldn't want to live in a community where there are actively engaged volunteers, students of all ages and from all backgrounds, and a dynamic set of courses to keep one's mind and body sharp?

Thanks to OLLI at SOU, our senior living facility promises to be one of a kind!

My best,



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



Janet Fratella



## 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 spring registration begins!

# 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](http://sou.edu/olli) or see page 63.

2

February 24–March 7, 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 March 14, receive the status of Priority Registration course requests by email or mail.

4

Beginning March 17, 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.

 Find our registration tutorial videos at [www.youtube.com/@OLLlatSOU](http://www.youtube.com/@OLLlatSOU)





## Registration Tip

The online catalog at [sou.edu/olli](https://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 – Spring 2025

<b>February 24, 9 a.m.</b>	<b>Priority Registration Begins</b>
<b>March 7, 4 p.m.</b>	<b>Priority Registration Ends</b>
March 14	Priority course assignments sent out Winter Term Ends
<b>March 17, 9 a.m.</b>	<b>Open Registration Begins</b>
	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 <a href="https://sou.edu/olli">sou.edu/olli</a> .
March 31	Spring Term Begins
June 6	Spring 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](https://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 SPRING 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	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
<b>Monday</b>							
Hiking Ashland's Trails With Your Canine Friend	MOV312A	3/31	6	9-11	M. Hall		36
Gutenberg to TikTok: Media History and Its Impact	HIST313M	3/31	4	10-noon	Meyer		24
Energy, Ecology, Economics: A Biophysical Approach	STEM204	3/31	8	11-12:30	C. Hall		54
How Picture Books Work	LIT322A	3/31	4	11-12:30	Keeling		34
Prose Poem + Haiku = Haibun	ARTS354	3/31	5	11-12:30	Jaffe		22
Investigating Religions Without God	SOC323A	3/31	6	1-3	Ferguson		58
Journaling With Joy!	PERS243	3/31	2	1-3	Friedlander		47
Reconstruction: An Unfinished Revolution?	HIST319A	3/31	7	1-3	Gapasin		25
Ten Classic Musical Films: Part 5	ARTS269A	3/31	9	1-4	Sutton		13
The Music of J.S. Bach: The Brandenburg Concerti	ARTS326	3/31	4	1-2:30	P. Evans		16
Free the Feet, Ankles, Toes and Legs	MOV313A	3/31	6	2-3	Forest		36
Introduction to Tai Chi for Health and Longevity	MOV144A	3/31	6	3:30-4:30	Forest		37
Solving the Mystery of Mystery Novels	LIT323M	3/31	8	3:30-5	Anderson		34
Tai Chi for Health and Longevity: A Yang Short Form	MOV311A	3/31	6	5-6	Forest		39
Anatomy of an Irish Session	ARTS344A	4/7	2	9-10:30	O'Scannell		14
Nutrition for Seniors	LIFE314A	4/7	6	11-12:30	Breezeale		31
Absolute Beginners Pickleball	REC103A	4/7	5	2:30-4	Frank		50
Aging, Death and Dying	SOC322A	4/7	5	3:30-5:30	Thompson		57
The Deficit Myth	SOC317A	4/21	6	11-12:30	Woosnam		59
Time, Tempo and Timbre With Three Women Composers	ARTS338M	4/28	3	10-11:30	Clarke		16
OLLI Goes to the Ashland Independent Film Festival	ARTS121A	4/28	3	3:30-5:30	Vail & Ferguson		12
Advanced Beginners Pickleball	REC137A	5/12	5	2:30-4	Frank		51

## Tuesday

Broadway's Greatest Hits: The Early Years	LIT321A	4/1	8	9-10:30	Graybill		33
Hot News & Cool Views	SOC139A	4/1	10	9-10:30	Vann		58
Living Landscapes: Gardening for Biodiversity	NAT102	4/1	5	9-10:30	McKenzie		43
MS Word for PCs: Tips and Tricks for Beginners	STEM312M	4/1	8	9-10:30	Campbell		55
Tracing Your Roots: Building Your Family History	SOC326	4/1	2	9-10:30	Wyatt		60
Increase Your Vitality and Longevity	PERS327A	4/1	6	9:30-10:30	La Plante		46
Best American Short Stories 2024	LIT306A	4/1	8	11-12:30	Kelly		33
Community Journalism @Ashland.news	ARTS263A	4/1	8	11-12:30	Etling & Steinle		21
Plants and People - Part 1	STEM131A	4/1	10	11-12:30	Luckow		56
Beginning Blues Harmonica	ARTS150M	4/1	7	1-3	Lubliner		15
Dance, Dance, Dance!	MOV314A	4/1	5	1-2:30	Camacho-Flynn		36
How to Keep Your Marbles	PERS120A	4/1	5	1-3	Kalb		46
Journey Between Your Heart and Soul, 2.0	PERS269A	4/1	5	1-3	Kaufman		48
Protecting Yourself From Scams	LIFE307A	4/1	4	1-3	Twomey		32

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
Becoming a Refugee: Six Ukrainian Women's Stories	PERS315	4/1	6	1:30–3:30	Paré		44
Cultivating Connections to Our Local Food System	SOC328A	4/1	4	3:30–5	Franco		57
What's So Special About Human Language?	SOC147A	4/1	5	3:30–5:30	Davis		61
Art With Paper: Collage Workshop	ARTS349A	4/1	3	3:30–6:30	Cavecche		17
Journey Between Your Heart and Soul, 2.0	PERS269	5/6	5	4–6	Kaufman		48
A Very Senior Seminar: Topics in Biology	NAT312A	4/8	3	9–10	Garcia		40
Mindful Movement: Qigong and Stretching	MOV125	4/8	4	9–10:30	Raynolds		38
Natural Pain Relief	PERS331A	4/8	5	1–3	Hubler		48
Cook Along: Wrapping it Up	REC136	4/8	2	3:30–6	Schack		51
Observational Astronomy	STEM319M	4/8	6	4:30–5:30	Laurenti		55
The Gettysburg Campaign 2.0	HIST306A	4/15	6	9–10:30	Cannon		26
El Salvador and Democracy in the 21st Century	SOC329M	4/15	5	11–12:30	Doyle		58
Self-Expression Through Free-Form Dance	MOV315A	4/22	4	10–noon	Odegaard		39
Conversaciones	LANG155	4/22	5	3:30–5	Blankinship		27
Physics for Nonphysicists: Einstein's Miracle Year	STEM311A	5/6	5	11–12:30	Johnson		56
Jin Shin Jyutsu Self-Help Version	PERS330A	5/6	5	1–3	Frederick		47
What Makes the Galápagos Special?	NAT316A	5/6	3	3:30–5	Davis		43
Issues in Our Region's Natural and Human History	HIST317	5/13	4	9–11	LaLande		24
Move Well to Age Well – Fun With PizzazzEE–25	MOV305A	5/13	4	3:30–5:30	Klein		38
Older Drivers and Safety	LIFE308M	5/20	2	1–4:30	Wise		32

## Wednesday

The U.S. Constitution in Everyday Life	SOC146-1	4/2	4	9–10	Massie		60
Russian From Scratch	LANG170A	4/2	5	9–10:30	Levitt & Taylor		28
Effective Decision Making	PERS149A	4/2	5	11–12:30	Mueller		44
Enjoy German!	LANG109A	4/2	10	11–12:30	Gorsch-Nies		27
Home Repairs and Maintenance	LIFE312A	4/2	10	11–12:30	Hrdlicka		30
International Folk Dance	MOV120A	4/2	7	11:30–1	Jaffe		37
Protecting Wildlife Species Around the World	STEM320A	4/2	6	11–12:30	Rucks		56
The Art of the Roman Republic	ARTS348A	4/2	6	11–12:30	Renwick		20
The U.S. Constitution in Everyday Life	SOC146-2	4/2	4	11–noon	Massie		60
Show Me the Money: Finances of Local Government	SOC330	4/2	8	1–2	Cotta		58
Patriarchy: Its Sources and Ramifications	PERS332A	4/2	6	1–2:30	Reed		49
Beginning Blues Harmonica	ARTS150A	4/2	7	1–3	Lubliner		15
Everyday Drawing	ARTS350A	4/2	8	1–3	Rosenberg		17
Make Multimedia eBooks: Your Pictures and Words	ARTS334A	4/2	6	1–3:30	Walker		20
Ten Classic Comedy Films: Part 5	ARTS203A	4/2	10	1–4	Sutton		12
Adventures in Travel	LANG105	4/2	4	3:30–5	Davis		27
Elements of Our Lives: The Periodic Table	STEM142M	4/2	6	3:30–5	Pratum		54
Pirates!	HIST318	4/2	4	3:30–5	Drury		24
Experience Nature Through Studying Cats	NAT314	4/9	3	1–2:30	Leo & Baird		42
Writing From Your Heart: Portraits of a Life	ARTS355	4/9	3	1–3	Ramana		22
Canine Connection: Care, Behavior, Communication	REC306A	4/16	6	3:30–5	Bailey		51
Fun With Russian	LANG166M	5/7	5	9–10:30	Levitt & Taylor		28
The Range of Light	HIST320M	5/7	4	10–noon	Schuyler		26
Finding Peace in Times of Chaos	PERS328A	5/14	4	11–12:30	Altman		45
Managing Your Money in Retirement	LIFE121A	5/14	3	1–2:30	Bleicker		31

TITLE	COURSE NUMBER	START DATE	SESSIONS	PACIFIC TIME	INSTRUCTOR(S)	FORMAT	PAGE
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## Thursday

A Pickleball Round-Robin FUNdamentals Collective	REC313A	4/3	3	8–11:30	Frank		50
A Tribute to Crater Lake National Park	NAT311A	4/3	4	9–10:30	Cassel		40
The Nature of Reality and the Purpose of Life	PERS335A	4/3	5	9–10:30	Crawford		49
Waging Peace	SOC327A	4/3	6	9–10	Clennan		60
The Evolution of Federal Public Lands Management	HIST110M	4/3	7	10:30–12:30	Barry		25
Front Porch Music	ARTS307A	4/3	8	11–noon	Hale		16
Apple Notes: Tips and Tricks	STEM206	4/3	3	1–2:30	Strudler		54
Kumihimo: Round Japanese Braiding	REC301A	4/3	4	1–3	Foster		52
The Paradox of Wittgenstein	SOC325	4/3	10	1–3	Roby		60
Broadway Musicals: Let Us Entertain You	ARTS304A	4/3	4	3:30–5	Rubin & Fishel		15
How Languages Are Learned	LANG169A	4/3	7	3:30–5	B. Evans		28
Spanish via Songs	LANG167A	4/10	5	9–10:30	Coppedge		29
Walking Ashland's Trails	MOV147A	4/10	6	9–11	DeMerritt & Greenwood		40
Avoiding the Judgment Trap	PERS333A	4/10	2	11–12:30	Gibson		44
Line, Shape, Color: A Deep Dive	ARTS352A	4/10	7	3:30–5:30	Maitland-Gholson		19
El Salvador and Democracy in the 21st Century	SOC329A	4/17	5	11–12:30	Doyle		58
Exploring Digital Photography	ARTS296A	4/17	4	11–12:30	Palermi		18
Introduction to Teaching at OLLI at SOU	TEACH100A	4/17	3	11–12:30	Blankinship & Coleman		11
Support for Meaningful Lives in Dark Times	PERS334A	4/17	8	1–2:30	Heilbroner		49
Finding Love Through Online Dating	PERS329A	4/24	3	11–12:30	Gibson		45
Death With Dignity and Medical Aid in Dying (MAID)	LIFE310A	4/24	2	1–2:30	Southworth		29
The Oregon Lesbian Writers Renaissance	LIT324A	5/1	6	1–3	Felicity		35
Word and Image	ARTS267A	5/1	6	1–3	Gordon		20
Writing a Legacy Letter	ARTS317	5/8	4	11–12:30	Sherwin		22
From Fire to Flowers for Pollinators & People	NAT307A	5/22	2	9–11	Lefever		42

## Friday

Atlantis and the Cultures It Birthed	HIST316	4/4	5	9–10:30	Stang		23
DIY BI Stock Portfolio Management	LIFE141	4/4	8	9–10:30	Couey & Smith		30
Let's Play Pinochle	REC316A	4/4	8	10:30–12:30	Loftus		52
Introduction to Genealogy	REC128M	4/4	6	10–12:30	Billeter		52
The Healthy Brain and Aging	SOC319A	4/4	5	11–12:30	Greenwell		59
Apple Notes: Tips and Tricks	STEM206A	4/4	3	1–2:30	Strudler		54
Fungi: The Mysterious Kingdom	NAT315	4/4	6	1–2:30	Kloetzel		42
Writing: The Screenplay	ARTS356A	4/4	6	1–2:30	Dorney		23
Dig Deeper Into World Events and U.S. Foreign Policy	SOC204A	4/4	10	1–3	Vischer		57
Let's Tangle: Introduction to the Zentangle Method	ARTS351A	4/4	5	1–3	Cleckner		18
Beethoven: Talking Points	ARTS345A	4/4	5	3:30–5	Santourian		14
Writing From Your Heart: Portraits of A Life	ARTS355A	4/4	3	3:30–5:30	Ramana		22
Engaging With Nature: Walk, Photo, Paint	NAT313A	4/11	5	9–noon	Leo & Baird		41
Estate Planning: Wills and Trusts	LIFE311A	4/11	3	10:30–12:30	Bucy		30
Inventing the Next Chapter of Your Life	PERS324A	4/11	8	3:30–5	Halpern		46
Springtime Birding in the Rogue Valley	NAT136A	5/2	5	11–12:30	Rio		43
Revocable Trusts, Wills and the Probate Process	LIFE313A	5/9	4	9–11	Good & Vaile		32
Tote Bags for Intermediate Sewists	REC317A	5/9	5	1–3	Brantley		53

# 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.

## Teaching at OLLI

### Introduction to Teaching at OLLI at SOU

Have you wondered what it would be like to teach for OLLI at SOU? This three-session course is designed to answer that question and to help you prepare to teach your own course. At the first session, you'll hear about OLLI organization and policies, OLLI demographics and the OLLI learner, and elements of planning a course. During the second session, we'll focus on what makes a course successful, be it online, in-classroom, lecture, discussion or hands-on activity. The first two sessions each include Q&A with a different panel of seasoned instructors. At the final session, we focus on submitting a course proposal and writing a catalog description ending with a discussion about your own possible proposal with the area specialist who will be your mentor and liaison to the Curriculum Committee. This course is led by the OLLI Curriculum Committee and includes some

distinguished guests. Join us to see how your dedication to lifelong learning can include the creative endeavor of course design and teaching.

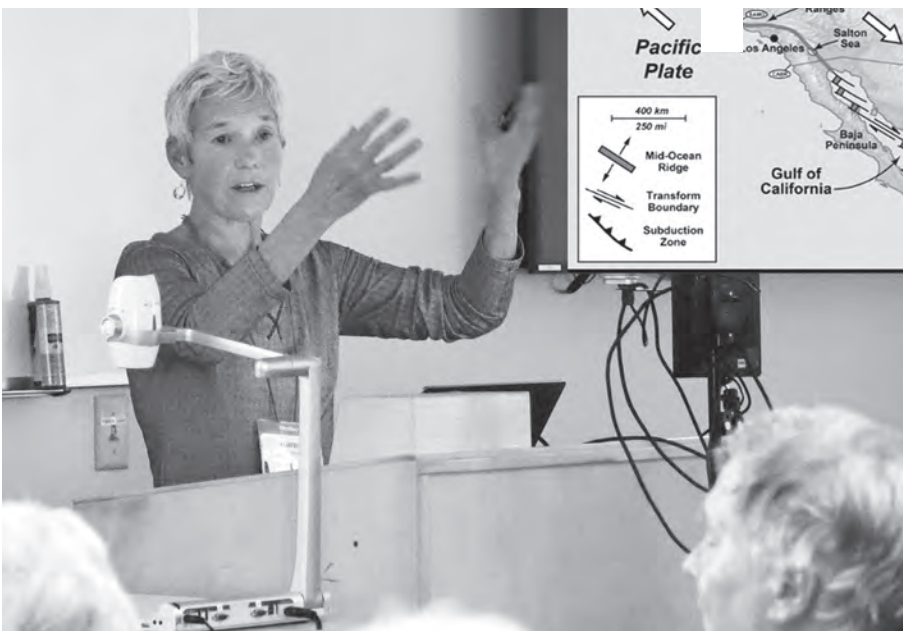
#### **TEACH100** · 3 Sessions

Online  
class size unlimited  
Th · 11:00AM–12:30PM  
4/17/2025–5/1/2025

#### **TEACH100A** · 3 Sessions

Campbell Center—Room A  
class size 34  
Th · 11:00AM–12:30PM  
4/17/2025–5/1/2025

**INSTRUCTORS:** *The facilitators of this course are the co-chairs of the Curriculum Committee, Ginny Blankinship and Anne Coleman. Support for teaching this course also comes from Curriculum Committee members who specialize in technology or a specific curriculum area. Many of these are also OLLI instructors who love sharing their skills, knowledge and enthusiasm with OLLI members and who look forward to sharing their teaching experiences as well.*



# Arts: Film/TV/Radio

## OLLI Goes to the Ashland Independent Film Festival

The 2025 Ashland Independent Film Festival returns to the Varsity Theatre April 24-27 with another outstanding slate of fine films from international and domestic filmmakers. OLLI members will view six films over the four-day festival weekend. During the week following the festival, OLLI members will meet three times to discuss the films. The films are a mix of documentary and narrative that have recently premiered at U.S. and international film festivals. The discussions will focus on the cinematic qualities of the films, with particular emphasis on the choices made by the filmmakers; the effectiveness of those choices; and the cultural, sociological and artistic content of the films.

**NOTE:** Class members will purchase tickets at the theater. It is expected the ticket price will be \$12 per film.

**ARTS121A** · 3 Sessions  
Campbell Center—Room E  
class size 78  
M, W, F · 3:30—5:30PM  
4/28/2025—5/2/2025

**INSTRUCTORS:** *Lorraine Vail is a film enthusiast who has supported independent film and filmmakers for many years. She has taught film courses at OLLI for nine years, six of those with co-instructor Dave Ferguson. Both instructors enjoy researching films but particularly enjoy facilitating good class discussion. Ferguson is a longtime screener for the AIFF.*

## Ten Classic Comedy Films: Part 5

This course will present 10 classic comedy films starting with the silent film “The General” (1926), starring Buster Keaton, and concluding with “Groundhog Day” (1993), starring Bill Murray and Andie McDowell. The other eight are “It Happened One Night,” “The Lady Vanishes,” “Meet John Doe,” “Adam’s Rib,” “Some Like It Hot,” “The Producers,” “Young Frankenstein” and “Life of Brian.” 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 each film. Students need bring nothing more than a desire to see these comedy classics.

**ARTS203A** · 10 Sessions  
Campbell Center—Room D  
class size 53  
W · 1:00—4:00PM  
4/2/2025—6/4/2025

**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 some 40 concerts a year for residents. This will be Sutton’s 29th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.*

# SAVE THE DATE

## OLLI at SOU Open House

**Wednesday, August 6, 1–4 PM**  
**SOU Stevenson Union**

If you are interested in helping put on our premier public event, contact Megan Rutherford in the OLLI office at [olli@sou.edu](mailto:olli@sou.edu) or 541-552-6583.

## Ten Classic Musical Films: Part 5

This course will present 10 classic musical films starting with “Bells Are Ringing” (1960), starring Judy Holliday and Dean Martin, and concluding with “Funny Girl” (1968), starring Barbra Streisand. The other eight are “West Side Story,” “The Music Man,” “Mary Poppins,” “My Fair Lady,” “The Umbrellas of Cherbourg,” “The Sound of Music,” “The Young Girls of Rochefort” and “Oliver!” 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 musical classics.

**NOTE:** There is no class session on Monday, May 26, in observance of Memorial Day.

**ARTS269A** · 9 Sessions  
Campbell Center—Room D  
class size 53  
M · 1:00—4:00PM  
3/31/2025—6/2/2025

**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 some 40 concerts a year for residents. This will be Sutton’s 29th consecutive OLLI term featuring classic films. His love of such films probably derives from being born and raised in Hollywood, California.



## Dates to Remember



Visit <https://sou.edu/olli/news-events/> for our events calendar and event details.

### IMPORTANT DATES

Spring PDF catalog posted online:  
Feb. 17

Spring priority registration period:  
Feb. 24–March 7

Priority course assignments sent out:  
March 14

Winter term ends: March 14

Orientation for new spring instructors:  
March 15

Spring open registration begins:  
March 17

Spring term begins: March 31

New Member Social: April 14, 4–6 p.m.

Fall course proposal period: May 1–31

Council director candidate forum:  
May 7, 4 p.m.

Spring term ends: June 6

Annual meeting: June 6, 2–4 p.m.

### SOU Campbell Center closure

Memorial Day: Monday, May 26

### Governing Council meetings

Council meetings are open to all OLLI at SOU members. They are held the third Tuesdays of the month on Zoom and at the SOU Campbell Center.

Email [olli@sou.edu](mailto:olli@sou.edu) for more information.

# Arts: Music

## NEW! Anatomy of an Irish Session

In this course, Pat O'Scannell, a performer of Irish traditional music who has attended Irish sessions in the U.S., Canada and Ireland for over 40 years, will introduce students to the Irish session. No previous musical knowledge is required, and questions are welcome. The first meeting includes a full description of the session and a discussion of its history, cultural importance, function and place in the modern world. The second meeting concentrates on the instruments and the details of their history, construction and technique. It will go into more depth on two vocal traditions, ballad singing and sean nós, that one might find at play in an Irish session. The meeting will conclude with a mini-session. A brief bibliography will be made available to the students, as well as supplemental resource material with an extended bibliography, lists of players, singers, festivals, periodicals

and other items of interest to those who wish to explore this subject matter more fully on their own.

**NOTE:** The class includes an optional three-hour lab consisting of visits to Irish sessions at Dunbar Winery, 2881 Hillcrest Road, Medford, on Thursdays from 5:30 to 7:30 p.m., and at the Copper Plank at the Elks Lodge, 202 N. Central Ave., Medford, Saturdays from 5 to 8 p.m.

**ARTS344A** · 2 Sessions  
Campbell Center—Room A  
class size 34  
M · 9:00—10:30AM  
4/7/2025—4/14/2025

**INSTRUCTOR:** *Pat O'Scannell has performed in pubs, folk clubs and music festivals worldwide. She has taught in Senior Ventures, Shakespeare Studies, Elderhostel and other programs at SOU. From 1980 to 2007 she directed and performed music at the Oregon Shakespeare Festival. She has performed on numerous recordings, including independent recordings of traditional Irish music, and has been heard on syndicated radio broadcasts and on NPR worldwide.*

## NEW! Beethoven: Talking Points

This is the first in a series of courses on Beethoven. The initial five sessions will focus on the biography of this musical revolutionary, eventual romantic and, finally, iconoclastic pathfinder. The classes will define becoming Beethoven: biographical, historical and musical evolution over three seamless defining periods of his early, middle and late output. Throughout the sessions, participants will listen and discuss works that illustrate the evolution from imitative to innovative development of his output, identifying these three stylistically distinct periods. Beethoven's musical genius and his work was to become the litmus test for composers for generations to come. The format of this course will include listening to selected musical works, discussion and discourse. Brief reading assignments will be given. Previous knowledge of Beethoven's life and works is not essential.

**ARTS345** · 5 Sessions  
Online  
class size unlimited  
F · 3:30—5:00PM  
4/4/2025—5/2/2025

**ARTS345A** · 5 Sessions  
Campbell Center—Room D  
class size 53  
F · 3:30—5:00PM  
4/4/2025—5/2/2025



2024/25 SEASON

# UTUNOV

PIANO SERIES



**Yefim Bronfman**  
APRIL 11, 2025



**Margarita Shevchenko**  
MAY 2, 2025

**OLLI \$5 Tickets**  
(Some restrictions may apply.)

SOU Music Recital Hall, 450 S Mountain Ave, Ashland  
\$35 reserved seating \$30 livestream per household  
All concerts are subject to change.

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**INSTRUCTOR:** *Recognized as a creative programmer, career strategist and consultant, Asadour Santourian was vice president of artistic administration and artistic adviser of the Aspen Music Festival and School for 18 years. He developed programs that were relevant to diversity, equity and inclusion, along with similar themes surrounding the human condition.*

## Beginning Blues Harmonica

Playing the harmonica can bring joy to you, to other musicians with whom you play and to those who enjoy listening to music. In class, we'll listen to recordings to become familiar with the typical chord progressions one hears when listening to the blues. Then we'll improvise harmonica "riffs" (strings of notes that sound good) that complement them. We will let our ears guide us, playing the notes that our hearts and gut-sense tell us sound right. We will not be reading music or expecting to play a given song in exactly the same way twice. As with any skill, it takes practice to be a good harmonica player, so you will be expected to practice on your own between classes. The instructor will direct you to recordings and online resources that provide background music with which to practice. Having access to a CD player, the internet and a computer with speakers will be essential.

**NOTE:** A \$15 fee is due at the first class meeting for materials. The instructor will provide each student with two Blues Band harmonicas in different keys, printed materials and audio recordings (on CD). Each class session builds on the one before, so it is important that students attend all sessions. Students who know they will miss a class are asked to take the class during another term.

### **ARTS150M** · 7 Sessions

Medford Higher Education Center—Room 118  
class size 21

Tu · 1:00—3:00PM

4/1/2025—5/13/2025



### **ARTS150A** · 7 Sessions

Campbell Center—Room E  
class size 21

W · 1:00—3:00PM

4/2/2025—5/14/2025

**INSTRUCTOR:** *Irv Lubliner is excited to teach math, literature and harmonica classes at OLLI. An emeritus SOU professor specializing in math education, he also taught math in the Bay Area for 30 years and led seminars for teachers in 39 states. He was too busy to play harmonica professionally while teaching but performed for five years at the OSF Green Show and at blues clubs in England, Australia and Canada, as well as on Bourbon Street in New Orleans.*

## Broadway Musicals: Let Us Entertain You

This course is designed to inform and entertain you! There will be videos of scenes from the most popular Broadway musicals by decade from the 1890s to 2015. There will be reviews and short discussions of the leading writers of the lyrics and music such as Rodgers and Hammerstein, Johnny Mercer, Cole Porter and George and Ira Gershwin, up through Lin Manuel Miranda. The leading choreographers, producers, book writers and show doctors will also be discussed, along with behind-the-scenes stories regarding the making of the musicals. There will be opportunities for class discussion and questions. Join us for class sing-alongs.

### **ARTS304A** · 4 Sessions

Campbell Center—Room E  
class size 78

Th · 3:30—5:00PM

4/3/2025—4/24/2025

**INSTRUCTORS:** *Jerry Rubin holds a BA from Brooklyn College and an MA in history from NYU. He was a Broadway producer who has seen 99 of the top 100 Broadway musicals, mostly on Broadway. Lee Fishel holds a BA from UC Santa Barbara, where he studied history and classical theater. He has worked as a professional actor and served on the board of directors of 42nd Street Moon musical theater in San Francisco.*



## Front Porch Music

We won't actually be playing and singing on our front porches, but we WILL be playing the kind of music that's fun to perform and sing at parties or informal gatherings with like-minded musicians. Students are invited to bring a song to teach to the group, and everybody will sing and play it through. Songs should be easily accessible, easy to learn and fun to play! Instruments would typically be harmony instruments: guitars, banjos, keyboard, mandolins, ukuleles, harmonicas, basses and fiddles. Students are expected to be able to play chords in the basic keys of C, A, G, E and D and have a tuner for their instrument. A music stand is strongly recommended. No music reading ability is required. Both new and former students are welcome.

**ARTS307A** · 8 Sessions  
Campbell Center—Room E  
class size 12  
Th · 11:00AM—12:00PM  
4/3/2025—5/22/2025

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



## **NEW!** The Music of J.S. Bach: The Brandenburg Concerti

This is the third in a series of courses on the music of J.S. Bach, this time focusing on the six Brandenburg Concerti. The class will examine Bach's life and background, characteristics of the Baroque period and examination of concerto form. No previous experience is necessary. PowerPoint with YouTube examples will be used.

**ARTS326** · 4 Sessions  
Online  
class size unlimited  
M · 1:00—2:30PM  
3/31/2025—4/21/2025

**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.*

## Time, Tempo and Timbre With Three Women Composers

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

**ARTS338M** · 3 Sessions  
Rogue Valley Manor, Skyline Plaza —1 Skyline Drive,  
Medford  
class size 50  
M · 10:00—11:30AM  
4/28/2025—5/12/2025

**INSTRUCTOR:** *Karen Clarke holds an MS in banking and an MA in education. After 35 years in banking, Clarke moved to Ashland and began teaching at SOU in the School of Business in 2008. She quickly became involved in SOU's music programs, her interest stemming from studying piano since age 8. Clarke studies musical performance and composition and can be found in a concert hall on most weekends.*

# Arts: Visual Arts

## **NEW!** Art With Paper: Collage Workshop

The art of collage can be a fun, freeing and a fresh way of creating compositions, whether they stand on their own or become sketches for other artwork. Working with recycled, purchased, found and hand-painted papers, students will learn to think outside the box to hone their art-making skills. On Day 1, we will start with the basics: cutting and gluing and exploring the elements of a composition as well as discussing multiple approaches to background, middle ground and foreground. Further demonstrations on composition, gluing, ways to select and combine papers, and ideas for working in multiples will be the focus of Day 2. Students will explore color, line, space, shape, texture and value. The final day of class will emphasize strengthening students' confidence in artmaking. Class review and open critique of work are important aspects of the process. The course is open to all levels, whether you are a beginner or a working artist.

**NOTE:** A materials list will be sent to registered students two weeks prior to the first day of class. Students can expect to spend \$5-\$10 on items they do not already have.

**ARTS349A** · 3 Sessions  
Campbell Center—Room C  
class size 10  
Tu, W, Th · 3:30—6:30PM  
4/1/2025—4/3/2025

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

## **NEW!** Everyday Drawing

This course will offer students the opportunity and encouragement to learn to draw or further develop their drawing skills, even if they are apprehensive about their ability. Each week, we will draw in class, then students will practice drawing at home through specific drawing assignments. Participants will begin with simple shapes and shadows and gradually work up to figure drawing. If weather allows, the class may venture outside to study natural and person-made shapes and structures. No experience is necessary and all skill levels are

welcome. The goal is to demystify the drawing process and encourage participants to draw. Every human can learn to draw; it is innate within us.

**NOTE:** The total cost for supplies will range from \$20 to \$30, depending on the quantity and quality. A supply list will be provided to registered students.

**ARTS350A** · 8 Sessions  
Campbell Center—Room C  
class size 34  
W · 1:00—3:00PM  
4/2/2025—5/21/2025

**INSTRUCTOR:** *Deborah Rosenberg has taught drawing to undergraduates and graduate students for 30 years. She holds degrees in anthropology, art history and costume design. She has also taken numerous community-based drawing classes. As a costume designer for over 40 years, she regularly draws people.*



**CHAMBER MUSIC CONCERTS**  
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AT SOUTHERN OREGON UNIVERSITY

World-class chamber music ensembles from September through April  
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## Exploring Digital Photography

This four-week course will help you understand your digital camera and improve your photography skills. It is designed for people who enjoy photography and want to improve their understanding and skills. You'll learn how to use your camera to create more interesting photographs. Course topics include: composition techniques; creating more engaging photographs; digital camera operation; understanding your camera's features and settings; the exposure triangle; working with aperture, shutter speed and ISO; post-processing and enhancing your photos for greater impact. Each week you will be asked to send the instructor a photo, based on a theme, that will be shared with the class the following week. The class is designed for people who use cameras with adjustable controls, not phone cameras. To prepare, review your camera's manual before the first class. You may need to download it from the camera manufacturer's website. Familiarizing yourself with your camera's basic controls and menu system will help you get the most from this course.

**ARTS296A** · 4 Sessions  
Campbell Center—Room C  
class size 17  
Th · 11:00AM—12:30PM  
4/17/2025—5/8/2025

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

## **NEW!** Let's Tangle: Introduction to the Zentangle Method

If you can hold a pencil, you can do this. Zentangle comes from the words "Zen" and "tangle" (entangled, interwoven) and combines creativity with meditation. Zentangle is an easy method to learn because it consists of structured patterns. Stroke by stroke, simple lines are repeated onto paper. With every line, you can dive further into the world of tangles. In a short time, tangles turn into amazing 3D, graphic, elaborate and beautiful tiles. They are unplanned, abstract, black and white. The process calms, relaxes and is fun.

**NOTE:** Students should be prepared with pens, other drawing supplies and Zentangle tiles. A complete materials list will be sent to registered students. Depending

# SOU Music!

**April 4 & 5 – Free NW Percussion Festival Concerts**

**April 17-19 – Lyric Theatre presents: Staggerwing**

**May 28 – SOU Jazz Band**

**May 29 – SOU Percussion Ensemble**

**June 3 – MUSIX**

**June 5 – SOU Choirs**

**June 15 – Bubbleman**

**OLLI \$5 Tickets**  
(Some restrictions may apply.)



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on personal preferences and supplies already owned, the cost could range from \$20 to \$45.

**ARTS351A** · 5 Sessions  
Campbell Center—Room C  
class size 15  
F · 1:00—3:00PM  
4/4/2025—5/2/2025

**INSTRUCTOR:** *Joann Cleckner has taken art, quilting, Zentangle and bookbinding classes for over 20 years. After retiring, she completed the 36th Zentangle Teacher Training to earn a CZT certificate. Being a CZT (Certified Zentangle Teacher) ensures that the Zentangle philosophy and quality are maintained.*

## **NEW!** Line, Shape, Color: A Deep Dive

If lucky, as children, we got the chance to scribble, cut-and-paste and paint with gusto. As adults, if lucky, we still make art and/or browse books or museums and galleries, enjoying many art forms, including drawing, mixed media and painting. Line, shape and color are the bones of these forms. During each session, students will choose one of three “stations” — a drawing, a collage or a painting station. They may choose to spend all sessions diving deep into the tools and techniques of one of these forms, or by the end of the class, all stations can be sampled. Each class will begin with a short lecture/demonstration, followed by a prompt and “problem” as the activity focus. Subject matters (such as still life, landscape, portrait) will be explored. Students will provide photos as specific subject matter. The instructor will serve as a guide-on-the-side, demonstrating techniques, making suggestions, answering questions and fostering a supportive environment.

**NOTE:** All are welcome; no art experience is necessary. Because content in this class will build week by week, for the most satisfying experience, weekly attendance is recommended. There will be a \$10 materials fee due at the first class meeting.

**ARTS352A** · 7 Sessions  
Campbell Center—Room C  
class size 26  
Th · 3:30—5:30PM  
4/10/2025—5/22/2025

**INSTRUCTOR:** *Jane Maitland-Gholson holds a BS, an MA and a doctorate in art education. She taught art in public schools, a crucible for honing all future teaching skills. In 1984 she joined the University of Oregon art education faculty, as an assistant and then as a tenured associate professor, teaching aspiring art teachers. Art and Visual Literacy was her favorite course to teach, the content of which resulted in a coauthored book titled “Engaging Visual Culture.”*



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  
select Mondays each month.  
Visit [sou.edu/olli/offerings/programs](https://sou.edu/olli/offerings/programs)  
for more information and to register.

**March 10, 4 p.m.**

Dr. Joseph Hattrick, Superintendent,  
Ashland School District

**April 21, 4 p.m.**

Speaker and topic TBD

**May 19, 4 p.m.**

Speaker and topic TBD

## Make Multimedia eBooks: Your Pictures and Words

Are you an avid mobile photographer with a story to tell? Those pictures languishing in your iPhone or on your Mac computer deserve more than a one-time share on social media. Want to learn how to curate some of them, wrap them in a short, compelling story, and publish and distribute your own visually rich e-Book for your family, friends and colleagues ... and maybe a wider audience? If you have a late-model Mac laptop and are ready to learn some simple chops, this class will equip you to turn an album of your photos, some short text — and even some sound and/or video clips, if you like — into a beautiful e-book you can publish and distribute online at no cost. The instructor will guide participants through the ins and outs of using BookCreator's simple online software. Enjoy hands-on instructions in a learning community while preparing a multimedia e-book you're proud to publish.

**NOTE:** Participants must have a late-model Mac laptop or an iPad to make good use of this course. Participants' laptops must be able to run Sequoia 15.1.1 or later. Their iPad, should they choose to use one, needs to be able to run IOS 18.1.1 or later. Older models of these products will NOT work for this course.

**ARTS334A** · 6 Sessions  
Campbell Center—Room A  
class size 17  
W · 1:00—3:30PM  
4/2/2025—5/7/2025

**INSTRUCTOR:** Meri Walker has been teaching iPhone photography and multimedia artmaking at OLLI for the last two years and for 18 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.

## The Art of the Roman Republic

The earliest Roman art is a combination of Greek and Etruscan cultures but Roman character clearly emerges. Where the Greeks and Etruscans were primarily religious, the Romans were practical and grounded in the real world. They developed their signature concrete, along with the arch and vault, allowing them to build more original and functional structures known for their spatial vastness. The Romans copied original Greek bronze sculpture in marble, then melted down the bronze for weaponry. Using Greek prototypes in painting, which have now been lost, the Romans expanded their desire

for spatial effects by painting illusionistic frescoes to decorate homes of the wealthy. We will examine this early phase of Roman art to reveal the roots of the later Roman Empire, one of the most powerful and influential civilizations of the ancient world. This is a lecture course illustrated with PowerPoint images. Questions are welcome, but it is not a discussion class.

**ARTS348A** · 6 Sessions  
Campbell Center—Room E  
class size 78  
W · 11:00AM—12:30PM  
4/2/2025—5/7/2025

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

## NEW! Word and Image

This course integrates creative writing and visual arts. Students will complete projects that include a range of writing genres such as poetry, short stories and personal essays, coupled with art projects such as handmade books, collage, origami, drawing, painting and other visual art media. Classes will include a brief warm-up activity, and one project per week, with examples and demonstrations in class, followed by time for working on projects during the remainder of the session. Students will also be given the opportunity to share their projects with other students and to give thoughtful feedback. No experience is required. Students are welcome to work on projects outside of class, but this is not a course expectation.

**NOTE:** A full list of materials to be purchased by the student will be available weeks before the class. The total cost will likely not exceed \$30.

**ARTS267A** · 6 Sessions  
Campbell Center—Room C  
class size 15  
Th · 1:00—3:00PM  
5/1/2025—6/5/2025

**INSTRUCTOR:** Debora Gordon has 35 years of teaching experience in California, Japan and Mexico. Her degree is in fine arts from San Francisco State University, and she is a writer who has self-published an illustrated book written in rhyme, "The Bridge and the Wall." Gordon moved to Ashland in 2022 and now writes for Ashland.news. She also facilitates an English-language conversation group for Ukrainians who have relocated here.

# Arts: Writing

## Community Journalism @Ashland.news

Community Journalism @Ashland.news will explore the practices of community journalism, describing how it helps provide the information “oxygen” to facilitate democratic, economic and social vibrancy in a community. Students will also learn how stories and photos are assigned, reported and prepared for publication. This course also teaches techniques for gathering, writing, editing and publishing factual information about the citizens, events, politics, economics and culture of a localized area — all intended to enhance a community’s quality of life. Participants will formulate a reporting plan to supplement future editions of Ashland.news and prepare stories and photos for publication. Beginning the third week, students will gather news in the field, reporting or photographing, writing and doing preliminary editing of one another’s reporting — all with an aim for publication. The reporting cycle will be repeated three times.

**ARTS263A** · 8 Sessions  
Campbell Center—Room B  
class size 18  
Tu · 11:00AM—12:30PM  
4/1/2025—5/20/2025

**INSTRUCTORS:** *Bert Etling edited the Daily Tidings from 2014 to 2019 and has edited community publications in Cambria and Solvang, California. He’s currently editor-in-chief of Ashland.news. Etling has a BA from Stanford University. Paul Steinle, a professional journalist since 1961, has been teaching workshops on reporting since 1991. He was president of UPI from 1988 to 1990. Steinle holds degrees from Amherst College, Syracuse University and Harvard.*

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## NEW! Prose Poem + Haiku = Haibun

In this writing course, students will explore the haibun, a combination of two poetic forms: the prose poem coupled with a haiku. Haibun became known in 17th-century Japan, where it was popularized by the poet Matsuo Basho. The most interesting aspect of the form is the manner in which the haiku responds to the prose poem, offering an oblique commentary that intensifies its themes or offers a different perspective. Each session will include a brief lecture and discussion regarding these poetic forms. Mentor poems will be analyzed through discussion. There will be brief in-class exercises as time allows. Student poems will then be shared in a supportive and positive setting. An out-of-class writing assignment for the following week will be given at the end of the session. No prior writing experience is needed.

**ARTS354** · 5 Sessions  
Online  
class size 14  
M · 11:00AM–12:30PM  
3/31/2025–4/28/2025

**INSTRUCTOR:** *Linda Jaffe holds BA, MBA and MFA degrees. She has published her poetry, has served as chief editor for a literary journal and has taught numerous writing courses at OLLI. Jaffe has been dancing all her life. She lived in Greece for more than two years and had many opportunities to dance. This included performing and touring with a Cretan dance troupe.*

## Writing a Legacy Letter

A legacy letter (also called an ethical will) is a written document that allows people to share their life lessons, express their values and transmit their blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family, friends and loved ones. This four-session online course includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter.

**ARTS317** · 4 Sessions  
Online  
class size 20  
Th · 11:00AM–12:30PM  
5/8/2025–5/29/2025

**INSTRUCTOR:** *Jay Sherwin has practiced law, worked in grant making for five charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. Sherwin has extensive experience facilitating adult learning programs, and he has taught this course for OLLI programs nationwide.*

## NEW! Writing From Your Heart: Portraits of a Life

“Tell me, what is it you plan to do with your one wild and precious life?” wrote the poet Mary Oliver. One answer to this important question is to translate some of the highlights of your life into writing, to conjure a legacy of the particular signature tune of your life. In this three-session series, participants will explore the rich landscapes of the heart and give them voice through their unique creative expression. Gentle guided meditations and music will invite us inward, and carefully selected materials will offer inspiration. In a safe, nourishing space, we will write and share our words. You may be surprised by what emerges. No writing experience is necessary, and you are welcome to write in any genre you choose: journal, poem, prose, or other forms. Just bring your open heart, curiosity and your writing materials.



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**ARTS355A** · 3 Sessions  
Campbell Center—Room C  
class size 12  
F · 3:30—5:30PM  
4/4/2025—4/18/2025

**ARTS355** · 3 Sessions  
Online  
class size 12  
W · 1:00—3:00PM  
4/9/2025—4/23/2025

**INSTRUCTOR:** *Originally from Ireland, Ana Ramana is a widely recognized poet and writer. She holds an MA from the Seminars at Johns Hopkins University and has taught at the NW Writing Institute at Lewis & Clark College. She has been offering poetry and memoir writing workshops and retreats for several decades. Her podcast, “The Love Your Life Project,” explores ways to live a wholehearted, meaningful life.*

## **NEW!** Writing: The Screenplay

This course is for fiction writers who wish to add screenplays to their arsenal. Screenplay writing is more than formatting; it is using our imagination — especially a writer’s visual and dialogue sense — in different ways than we are accustomed to in prose or poetry. Every story in history uses elements that go back to Homer; a screenplay merely uses a different shuffle of the same. A screenplay will be deconstructed each week, story elements illuminated and discussed. Short in-class writing exercises will be included most weeks. This is a course for fiction writers who have an idea for a story they wish to explore further or are in the process of writing. Creating an environment that supports writers is an important part of this endeavor. Join if you think screenplay format can boost your storytelling skills.

**NOTE:** A successful download of any screenplay application is required before class begins, and laptops are welcome in class. There are many online sources for free screenplay software. All are good because the format is industrywide. Selecting one that can convert to PDF is best. (Final Draft is best if you are looking to purchase).

**ARTS356A** · 6 Sessions  
Campbell Center—Room A  
class size 34  
F · 1:00—2:30PM  
4/4/2025—5/9/2025

**INSTRUCTOR:** *Robert Dorney has a BA in English literature from UCLA. He worked as a professional story analyst for the NBC Television Network story department in Burbank, California, and Zoetrope Studio Creative Department in Hollywood, California. He is currently writing a fourth screenplay.*

# History

Includes U.S. and world history.

## **NEW!** Atlantis and the Cultures It Birthed

Did Atlantis truly exist? Using a broad collection of sources, the presenter will demonstrate that it probably did, that there are tremendous ramifications stemming from it and, surprisingly, what eventually developed from that culture and possibly is continuing to do so. Troy was discovered using ancient writings as a guide. Let’s do the same thing to see that Atlantis was much more than a myth. There were also other lost contemporary civilizations. Esoteric writings will be used, such as those of Edgar Cayce, to review the eclipse of Atlantis, as well as the archaeological record to see what came next. Finally, we’ll review the cultures that built Stonehenge and hundreds of other sites throughout Europe, including those that built the pyramids (and not just of Egypt), and the significant technology they possessed. This course is a PowerPoint presentation. A companion booklet, “Atlantis! A ‘Mythtery’ Solved,” by the instructor is recommended.

**HIST316** · 5 Sessions  
Online  
class size unlimited  
F · 9:00—10:30AM  
4/4/2025—5/2/2025

**INSTRUCTOR:** *Paul Stang is an international presenter of esoteric themes, particularly on sacred geometry, chakras and now Atlantis. His sacred geometry work has been peer reviewed and promoted. Stang has taught 17 OLLI courses in seven different states, including OLLI at SOU. He has been a teacher with 20-plus years of classroom experience and eight years as an aircraft engineer.*

## Gutenberg to TikTok: Media History and Its Impact

In 2020, the average U.S. consumer spent seven hours and 50 minutes daily consuming media, 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. During 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 palms of their hands. 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.

**HIST313M** · 4 Sessions

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

class size 53

M · 10:00AM—12:00PM

3/31/2025—4/21/2025

**INSTRUCTOR:** *Phil Meyer, CEO of Southern Oregon PBS, has worked for more than 30 years in public media. The recipient of four Regional Emmy Awards, he is a past PBS Communication Professional of the Year. As an adjunct instructor at Indiana University for 11 years, Meyer taught promotion and marketing in telecommunications. He has taught at OLLI since 2023. Meyer has two degrees from the University of Cincinnati and a Nonprofit Management Certificate from IU.*

## **NEW!** Issues in Our Region's Natural and Human History

This new course will deal with selected topics in our region's natural history and human history. It will include presentations that the instructor has not given in any of his previous OLLI classes, although all of them have been given at various non-OLLI venues. The topics include: 1) geological history and environmental character of the Klamath-Siskiyou Mountains of southwestern Oregon and northwestern California; 2) anthropogenic fire in our region: the role of indigenous peoples (in the various forest-types that were present here prior to white settlement); 3) the history and consequences of 20th-century fire management in Oregon; 4) hydrology and environmental history of Bear Creek; and 5) the

history of the New Deal's Civilian Conservation Corps (with a focus on southwestern Oregon). The instructor will provide a list of suggested reading; no prior knowledge is required. Interactive lecture will be followed by Q&A and focused discussion.

**HIST317** · 4 Sessions

Online

class size unlimited

Tu · 9:00—11:00AM

5/13/2025—6/3/2025

**INSTRUCTOR:** *Jeff LaLande is an archaeologist (RPA) and historian (PhD) who has lived in Southern Oregon since 1969. He taught for over 20 years as adjunct faculty at SOU and subsequently at OLLI. "Afflicted" with a lifelong fascination with both the natural world and human history, LaLande enjoys sharing what he has learned thus far as well as learning new things from other people.*

## **NEW!** Pirates!

There have been pirates for nearly as long as there have been boats. Waterborne robbery and organized criminal violence have been with us since well before the Bronze Age. This class will NOT focus on the careers of famous pirates during the so-called golden age. Instead, we'll view piracy through a wide-angle lens, ranging in time from 1200 BC to the present and far beyond the Atlantic and Caribbean. We'll look at pirate ships, tactics, living conditions and shipboard culture as well as the role of piracy in the wider world — in particular, its tangled relationship to slavery. There will be women, Chinese, Jewish and monkish pirates. One session will be devoted to pirates in folklore and fiction, with an accent on tracing the cuddlyfication of pirates in popular culture over the past two centuries, from ruthless barbarian to swashbuckling Good Bad Guy to harmlessly lovable and goofy. There will be PowerPoint-assisted lectures with Q&A and discussion, plus an annotated resource list.

**HIST318** · 4 Sessions

Online

class size 99

W · 3:30—5:00PM

4/2/2025—4/23/2025

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

## NEW! Reconstruction: An Unfinished Revolution?

This will be an opportunity to experience the people and events that legally abolished slavery and boldly attempted to change a social structure from one based on white supremacy to one grounded in interracial democracy. Archival data, biographies and historical analysis from different schools of thought will be used to examine significant events. Classes will encourage discussion about the impact that Reconstruction had on shaping how the U.S. defines itself today. There are no prerequisites. Brief biographical summaries of significant framers of Reconstruction will be provided. Important definitions of terms and analysis of events will be reviewed in class. For participants who wish to look deeper, bibliographical information for lectures will be available to all, and many of the readings will be made available to loan. The course is intended to describe and examine Reconstruction from the Civil War until the Compromise of 1877.

**HIST319A** · 7 Sessions  
Campbell Center—Room B  
class size 19  
M · 1:00—3:00PM  
3/31/2025—5/12/2025

**INSTRUCTOR:** *Fernando Gapasin is a sociologist. He received a PhD from UC Santa Barbara. He has graduate degrees in business and public administration. His teaching experience includes community colleges, Penn State, Yale, UCLA and the University of Oregon. He has numerous publications, and he has taught classes about research methods, labor relations, race, class, gender and ethnic studies.*

## The Evolution of Federal Public Lands Management

This seven-lecture course will review this country’s federal land management policies from the Revolutionary War to the present. It will cover the constitutional basis for federal land ownership and demonstrate how for the first 100 years, the divestiture of our publicly owned lands was this country’s top priority. The subsequent emergence of a public land conservation movement and the creation of the National Park, Wildlife Refuge and Forest systems will be traced. Focus will include the management of the Wildlife Refuge and National Park systems, including a look at the Everglades, Yosemite and Yellowstone, with an eminent guest lecturer. The course will also focus on the establishment of more than 100 million acres of new conservation areas in Alaska, as well as the old-growth forest battles in the Northwest. There will be no assigned reading and no prior

knowledge/skill sets will be required. The course will involve a mixture of lectures and class discussions.

**HIST110M** · 7 Sessions  
Medford Higher Education Center—Room 118  
class size 32  
Th · 10:30AM—12:30PM  
4/3/2025—5/15/2025

**INSTRUCTOR:** *Don Barry has spent the past 50 years working on wildlife and federal public lands issues, having served for years as the chief counsel for the U.S. Fish and Wildlife Service and as the Interior Department assistant secretary overseeing the National Park Service and FWS. He was the Interior Department’s lead counsel for the passage of the Alaska Lands Conservation Act and was heavily involved in the Northwest old-growth forest battles.*



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## The Gettysburg Campaign 2.0

This course examines the Gettysburg Campaign of June and July of 1863. The overarching goal is to show how several rapid and critical battlefield decisions likely made the difference between victory and defeat for the Union Army. The course will be divided into six sessions. The early sessions will cover the causes and conditions that led to the Civil War and the state of the war in 1863. The other sessions will progress sequentially through each day's fighting and how the decisions made one day set the stage for the next day of fighting. Two classes have been added to the previous course on the Gettysburg campaign to allow for additional materials about the second and third days' battles; chapters concerning the life of the ordinary soldier; battlefield medicine; and what happened after the Civil War to 13 notable participants. Time for questions is included in each session.

**HIST306A** · 6 Sessions  
Campbell Center—Room A  
class size 34  
Tu · 9:00—10:30AM  
4/15/2025—5/20/2025

**INSTRUCTOR:** *James Cannon has long been interested in the American Civil War, with extensive reading about the war in general and Gettysburg in particular. He visited the Gettysburg National Military Park with a licensed guide in 2016. Cannon is a retired criminal defense lawyer from Alaska who holds BS and Juris Doctor degrees. He finds history fascinating and is interested in how the personalities of the participants shape history.*



## The Range of Light

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

**HIST320M** · 4 Sessions  
Rogue Valley Manor, Skyline Plaza —1 Skyline Drive,  
Medford  
class size 50  
W · 10:00AM—12:00PM  
5/7/2025—5/28/2025

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

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



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# Languages and Cultures

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

## Adventures in Travel

In this course, formerly Exotic Travel, speakers will discuss travel in Africa and Asia for research and teaching. Their experiences include: conducting linguistic fieldwork in Cameroon, archival research in south India, anthropological work in urban South Africa and teaching in Ladakh (far northern India). 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, April 23.

**LANG105** · 4 Sessions

Online

class size unlimited

W · 3:30–5:00PM

4/2/2025–4/30/2025

**INSTRUCTOR:** *Tony Davis has taught several courses at OLLI. His academic background is in linguistics, and he worked with computers and language before moving to Ashland in 2016. He enjoys travel and spending time in nature.*

## 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 education, music, science 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.

**LANG155** · 5 Sessions

Online

class size 19

Tu · 3:30–5:00PM

4/22/2025–5/20/2025

**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.*

## Enjoy German!

This is a previously taught course with new content. This course aims to broaden 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 instructor's memoirs referring to the events in 1992 and later.

**LANG109A** · 10 Sessions

Campbell Center—Room B

class size 16

W · 11:00AM–12:30PM

4/2/2025–6/4/2025

**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, Switzerland and the United States.*

## 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. The Russian From Scratch course is not a prerequisite but could help many students.

**LANG166M** · 5 Sessions  
 Medford Higher Education Center—Room 118  
 class size 34  
 W · 9:00—10:30AM  
 5/7/2025—6/4/2025

**INSTRUCTORS:** *Marcus Levitt taught Russian literature in both English and Russian at USC for more than 30 years. His Russian is very good. With his wife, Alice Taylor, he has lived in the Soviet Union or Russia for many years. Her enthusiasm for speaking Russian exceeds her command of its grammar; he keeps her within the realm of grammar.*

## NEW! How Languages Are Learned

This seven-session course will be an exploration of how languages are learned, the conditions necessary for language learning, and the conditions that promote and facilitate language learning. It is designed for people who speak more than one language, those who are in the process of learning another language or those who intend to learn another language. A large part of the course will involve activities with hands-on analysis of language and the learning process. There will also be activities in which students will explore their own learning styles and other personal factors that influence second-language learning. The last two sessions will focus on how languages are typically taught.

**LANG169A** · 7 Sessions  
 Campbell Center—Room A  
 class size 34  
 Th · 3:30—5:00PM  
 4/3/2025—5/15/2025

**INSTRUCTOR:** *Bruce Evans has 40 years of experience as a second-language and foreign-language teacher, instructor, researcher and consultant. Evans has a master’s degree in Teaching English to Speakers of Other Languages (TESOL) and*

*did PhD work (ABD) in educational linguistics. He taught EFL (English as a Foreign Language) in Japanese public schools for eight years and has taught ESL to adult and college students. Evans also taught language acquisition at SOU.*

## NEW! Russian From Scratch

Students who want to start learning Russian or want to brush up on what they know of it will profit from this class. Using the free online textbook “Mezhdu Nami,” we will move at a student-set pace through its conversation-based introduction to Russian. More advanced students who would like to fill in gaps in their command of Russian are welcome, providing they are willing to join in encouraging everyone to participate in an active class.

**LANG170A** · 5 Sessions  
 Campbell Center—Room B  
 class size 19  
 W · 9:00—10:30AM  
 4/2/2025—4/30/2025

**INSTRUCTORS:** *Marcus Levitt taught Russian literature in both English and Russian at USC for more than 30 years. His Russian is very good. With his wife, Alice Taylor, he has lived in the Soviet Union or Russia for many years. Her enthusiasm for speaking Russian exceeds her command of its grammar; he keeps her within the realm of grammar.*



## Spanish via Songs

In this course you can listen to great songs from various countries, watch videos, sing along (or dance) and learn some Spanish while doing so! You should already have some background in Spanish. Here you can increase your listening skills, pick up new vocabulary and see how tricky grammar constructions are used in authentic contexts and cultures. After listening, we will clarify the meaning of the songs through discussion and some translations of the lyrics. We'll focus on important grammar points as they are used in each song, but this is not a formal grammar and translation class. All the songs have easily singable sections, and students are encouraged to sing along. Links to the songs, videos and lyrics will be posted online for study and enjoyment. New students, as well as those who have taken previous versions of this course, are welcome; we will have new songs this term. We'll speak Spanish as much as possible.

**NOTE:** Students who have at least a basic understanding of Spanish up to a strong intermediate level can benefit from this course. At times, the vocabulary and grammar discussions may feel like a review to some students; at other times, they may be incomprehensible to beginners. Each student can learn something as they are ready. At the very least, we'll have a good time listening to songs in Spanish.

**LANG167A** · 5 Sessions  
Campbell Center—Room A  
class size 32  
Th · 9:00—10:30AM  
4/10/2025—5/8/2025

**INSTRUCTOR:** *Teri Coppedge loves teaching Spanish and has been doing it for over 40 years, including a dozen years at OLLI. She has a BA in Spanish, an MA in teaching foreign languages, and has lived, worked or studied in Spain, Mexico and Peru. She continues her own education via conversations with local Spanish speakers, reading Spanish novels and occasional trips to Spanish-speaking countries. She enjoys listening to and singing Spanish-language songs.*

# Life Planning

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

## 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 anonymous patients and death situations will be presented. 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. The voluntary stopping of 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.

**NOTE:** A wide range of experiences and knowledge among students is anticipated. Reading materials will be offered before each session along with other optional resources.

**LIFE310A** · 2 Sessions  
Campbell Center—Room D  
class size 35  
Th · 1:00—2:30PM  
4/24/2025—5/1/2025

**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 he specialized in MAID. Since then, he has helped about 70 terminally ill patients.*

## NEW! DIY BI Stock Portfolio Management

This DIY BetterInvesting (BI) portfolio discussion/workshop gives students practice managing a portfolio using a structured process. We start with three BI reports, four videos, a five-step process (with multiple sub-steps) and a checklist to conduct portfolio reviews for breakout group portfolios. Each student will bring stock symbols for inclusion in the group portfolios. We will use “Stock Selection Guide (SSG) & Portfolio Management Magic” by Mike Torbenson to learn the process. A link to a free PDF version will be provided in the pre-course email, or you can purchase the print version on Amazon. We also use the book’s collection of spreadsheet-and-form templates in a free Google Drive folder to do advanced tasks. You will learn how to replace low-performing stocks with new stocks. It is essential to have BI SSGPlus membership and to have previously taken two OLLI courses: DIY FUNdamental Stock Analysis Beginner and Beyond Beginner. Basic MS Word/Excel or Google Docs/Sheets skills are helpful. See [www.betterinvesting.org](http://www.betterinvesting.org).

**NOTE:** Maximum benefits will be achieved by attending all eight sessions. Equities (in sample portfolios) 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 advisers, cryptocurrencies or foreign stocks will be discussed. No iPads in this class. Newer Windows or Mac OS versions only, and BI membership at the SSGPlus level and Google Chrome as your primary browser are essential.

**LIFE141** · 8 Sessions

Online

class size 21

F · 9:00–10:30AM

4/4/2025–5/23/2025

**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.*

## Estate Planning: Wills and Trusts

This course will 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. The course aims to give students a deeper understanding of the law, increasing their capacity to make wiser legal decisions for themselves and their families. Participants come with their own unique situations. They should think honestly about what their goals are and what they would like to accomplish. 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.

**LIFE311A** · 3 Sessions

Campbell Center—Room D

class size 53

F · 10:30AM–12:30PM

4/11/2025–4/25/2025

**INSTRUCTOR:** *An attorney at Bucy and Elson in Ashland, Scott Bucy has been practicing estate planning for the past eight 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.*

## Home Repairs and Maintenance

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 you 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 versus independent merchants and how to choose a contractor. Above all, we’ll talk about what class members want to know about maintenance and repairs to the building that keeps them safe and comfortable. Don’t hesitate to ask questions. 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.

**LIFE312A** · 10 Sessions  
Campbell Center—Room D  
class size 42  
W · 11:00AM—12:30PM  
4/2/2025—6/4/2025

**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 and had a handyman business, Mitch'll Fix It. He works part time at the Ashland YMCA in the maintenance department and is the technical director of the Rogue Theater Company.*

## **NEW!** Managing Your Money in Retirement

If you are in retirement or getting ready for retirement, you must manage your income, investments and expenses to ensure that your money will last throughout your life. This course will help with identifying sources of income (Social Security, pensions, investment and personal real estate) and coordinating investments and retirement savings to cover expenses over time. Future cash flow needs will be discussed along with how to best supplement income with portfolio withdrawals. There are no prerequisites for this course, but having taken the course Retirement and Your Money: What You Should Know (OLLI at SOU spring and fall 2024), is recommended. No specific investment advice will be given.

**LIFE121A** · 3 Sessions  
Campbell Center—Room A  
class size 34  
W · 1:00—2:30PM  
5/14/2025—5/28/2025

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

## **NEW!** Nutrition for Seniors

Nutrition for Seniors will focus on how proper nutrition can help build immunity against illness, and how seniors can protect themselves from, and even prevent, chronic illness and disease by embracing healthier eating. Students will learn about seasonal foods that fight free radicals and inflammation and what to look for in

meal replacement drinks. The course will discuss nutrient-dense grains and healthy versus unhealthy fats. In the course you will gain insights into the importance of protein at every meal and the amount of amino acids seniors need and the foods that contain them. The instructor will discuss the importance of reading and interpreting food labels accurately to build a healthy plate. Throughout the course, students will be encouraged to embrace the value of eating together.

**LIFE314A** · 6 Sessions  
Campbell Center—Room E  
class size 78  
M · 11:00AM—12:30PM  
4/7/2025—5/12/2025

**INSTRUCTOR:** *DeeAnna Breazeale is a culinary artist who became an illness-specific personal chef with a certification in functional nutrition. She currently works as a caregiver trainer and chef in senior care. She is experienced in bio-individual meal design for people with physical and health challenges. Breazeale has a BS from Portland State University and a Functional Nutrition Certification from the Institute for Health Professionals at Portland Community College.*



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## NEW! Older Drivers and Safety

Using research-backed strategies, the AARP Smart Driver course has been shown to significantly reduce the risk of accidents, help you become more proficient in the current rules of the road, improve your defensive driving techniques and help with safe vehicle operation amid today's more demanding driving environment. This course, crafted for drivers age 50 and older, will focus on the vital relationship between the driver, vehicle and road and look at how factors such as aging, medications or alcohol can impact driving. You'll gain insights into safe driving practices while sharing the road and learn about the latest vehicle safety features and technological advancements. Maybe most important, you'll identify when it's no longer safe to drive and how to find alternative travel options. This course may qualify you for a multiyear discount on your auto insurance while helping you confidently maintain your independence and safety on the road.

**NOTE:** A required materials fee of \$20 to \$25 (discount for AARP members) includes a comprehensive 120-page participant guide to bolster learning and reinforce key concepts.

### LIFE308M · 2 Sessions

Medford Higher Education Center—Room 118

class size 30

Tu, W · 1:00—4:30PM

5/20/2025—5/21/2025

**INSTRUCTOR:** *Daniel Wise has an MA in education from California Lutheran College and a master's in business administration from Cal Poly San Luis Obispo. He has been teaching for over 40 years in both adult and childhood education settings. He has taught the AARP Smart Driver class for seven years and has been an instructor with the Team Oregon Motorcycle Safety program.*

## Protecting Yourself From Scams

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

### LIFE307A · 4 Sessions

Campbell Center—Room C

class size 26

Tu · 1:00—3:00PM

4/1/2025—4/22/2025

**INSTRUCTOR:** *Mary Twomey spent 30 years in the field of elder abuse prevention working at the county, state and federal levels. Her most recent position was as an Aging Program Specialist at the Office of Elder Justice and Adult Protective Services at the U.S. Administration on Aging. From 2010-14, Twomey was co-director of the National Center on Elder Abuse at UC Irvine. She has a master's degree in social work.*

## Revocable Trusts, Wills and the Probate Process

Students can expect to learn broad legal concepts for Oregon Estate Planning. The course will highlight differences between simple wills and revocable trusts as well as the probate process. Students will learn how wills and trusts relate to probate, estate taxes and distribution to beneficiaries. Discussion on the probate process, including its purpose, time frames, notices and associated legal obligations, will be highlighted. In addition, the purpose and function of the legal documents which accompany a simple will and a revocable trust will be discussed. The student will better understand the use of a will or trust, durable powers of attorney and advanced health-care directives in their personal planning. The instruction method will primarily be lecture with student interaction encouraged. No prior knowledge is needed, only a desire to learn. No text will be required. There will be numerous handouts in each class.

### LIFE313A · 4 Sessions

Campbell Center—Room A

class size 34

F · 9:00—11:00AM

5/9/2025—5/30/2025

**INSTRUCTORS:** *Bob Good and Sarah Vaile have nearly 50 years of combined experience as estate planning lawyers in the Rogue Valley. In 1992, Good graduated from Gonzaga University School of Law and began practicing law in Ashland. Vaile has been serving Southern Oregon as an attorney since 2007 in a variety of capacities. She is now focused on estate planning and administration and small business law.*

# Literature

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

## Best American Short Stories 2024

This is the perfect course for those who might enjoy a deep dive into some of the finest short stories published last year. Some of the authors contributing this year include Molly Dektar, Alexandra Chang and Jim Shepard. Before each session, students will read three designated submissions from the anthology “The Best American Short Stories 2024,” which will then be discussed in a comfortable, inclusive classroom surroundings. This collection explores a wide variety of settings, characters, styles and intentions — all stunningly contemporary. Please look forward to this new term with confidence that students and teacher alike will enjoy and learn from this text and from one another. Class participation is expected and encouraged.

**NOTE:** A copy of “The Best American Short Stories 2024” edited by Lauren Groff is required. The current paperback version of this book is available online at Thriftbooks, Amazon or anywhere else books are sold, and is priced at about \$16.

**LIT306A** · 8 Sessions  
Campbell Center—Room A  
class size 26  
Tu · 11:00AM—12:30PM  
4/1/2025—5/20/2025

**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 the Oregon Cabaret Theatre. Kelly is an enthusiastic reader of short stories.*

## **NEW!** Broadway’s Greatest Hits: The Early Years

What tickled the theatrical fancies of our early American ancestors? Stories about George Washington and his soldiers, Pocahontas, the Salem witches, Indian chiefs, poor but honest yeoman farmers and social climbers aping the latest fashions from London and Paris were all grist for our playwrights in the early days of our republic. The two best-known plays of the era, “The Contrast” and “Fashion,” will be presented, along with others I’m sure you have never heard of. As part of the tale, you will learn how show business moved from London to the Colonies and how one of the bloodiest riots in our history was started by a performance of “Macbeth.” No text is required. No prior knowledge is assumed.

**NOTE:** Be aware that some of these plays would not be considered “politically correct.” They reflect the attitudes and language of the late-18th and early-19th centuries.

**LIT321A** · 8 Sessions  
Campbell Center—Room E  
class size 78  
Tu · 9:00—10:30AM  
4/1/2025—5/20/2025

**INSTRUCTOR:** *Robert Graybill is a theater geek and a history buff. He has a master’s degree in the former but none, alas, in the latter. In earlier lives Graybill was a newspaper editor, a schoolteacher, a technical writer at Los Alamos National Laboratory and the president of a community theater, that is still in existence. He has taught at OLLI since 2013, which he finds difficult to believe.*



## NEW! How Picture Books Work

Many adults think of picture books as simple and simplistic, designed and suitable only for the limited minds of children. Untrue! We will read three picture books that will challenge such conventional ways of thinking about the genre: Maurice Sendak's "Where the Wild Things Are," Beatrix Potter's "The Tale of Peter Rabbit" and Verna Aardema and Leo and Diane Dillon's "Why Mosquitoes Buzz in People's Ears." I will try to convince you in this course that these books are highly complex texts worth studying seriously, and we will work on developing a keen eye for details and consideration for how verbal and visual texts work together to create the book as an artistic whole. We will also consider what the texts imply about child readers and their overall views of childhood. Please come to class having read the books beforehand, including reading "Where the Wild Things Are" for the first week. No prior knowledge of the topic is needed, just a general interest.

**NOTE:** These books are all widely available in libraries and new and used book stores. Digital copies are fine for outside class reading, but in-class discussion will focus on the books as artistic artifacts deliberately and carefully designed by their artists.

**LIT322A** · 4 Sessions  
Campbell Center—Room C  
class size 34  
M · 11:00AM—12:30PM  
3/31/2025—4/21/2025

**INSTRUCTOR:** Kara Keeling earned her PhD in Victorian literature from Indiana University, with a dissertation on Victorian children's literature. For 31 years she taught children's and YA literature, as well as 35 lifelong learning courses at Christopher

Newport University in Virginia, before retiring in 2024. She coauthored two scholarly books on food in children's lit, and she takes great pleasure in (re)introducing adults to literature for young readers.

## NEW! Solving the Mystery of Mystery Novels

This course is an in-depth exploration of the mystery novel based on selections suggested by participants. After asking students for their favorite titles, the instructor will choose the final four mysteries to be read and discussed by the class. Each chosen mystery will be the focus of two 90-minute class sessions for a total of eight weeks. Areas of discussion will include plot and subplot development, character development, pacing, tone, dialogue, setting, organization, point of view and narrative structure. The only prerequisite is a love of mysteries and curiosity about the fundamental literary elements employed by authors to write a successful mystery novel. Students are encouraged to read the first novel before the first class. Come to have fun and learn how much work goes into a mystery novel.

**NOTE:** The books suggested should be easily and inexpensively acquired from libraries, bookstores and online sites. All formats are acceptable — CDs, audiobooks, and e-books. The instructor will always have a print edition available in class for reference.

**LIT323M** · 8 Sessions  
Medford Higher Education Center—Room 118  
class size 20  
M · 3:30—5:00PM  
3/31/2025—5/19/2025

**INSTRUCTOR:** James Anderson received his BA from Reed College and his MFA in fiction from Pine Manor College in Boston. An award-winning publisher and editor, he received three publishing awards in creative nonfiction and poetry from the Western States Book Foundation. Anderson is the author of two mystery novels, "The Never-Open Desert Diner" and "Lullaby Road." His books have been reviewed in the New York Times Book Review and the Washington Post.

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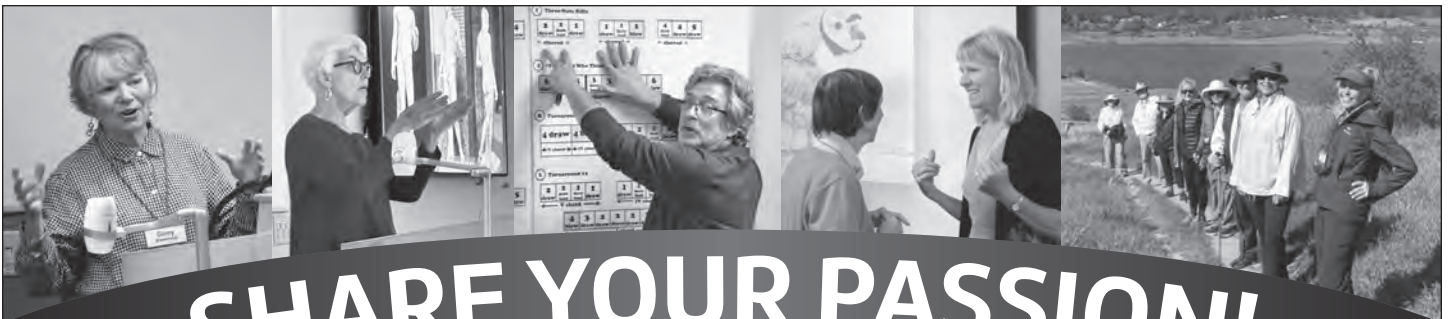
## **NEW!** The Oregon Lesbian Writers Renaissance

Oregon has been the site of rich literary offerings by lesbians. Starting in the 1970s, lesbians here began to gather and record their lives, their spirituality, their erotic experiences and their politics. In *WomanSpirit* magazine, Ruth and Jean Mountaingrove offered years of meditations, rituals and spiritual insights that touched women around the world. A group called the Southern Oregon Women Writers' Group, Gourmet Eating Society and Chorus helped writers create and publish dozens of lesbian books. The "We'Moon Calendar" has showcased global women's art and writings annually for over 40 years. Tee Corrine made lesbian sex a literary and visible celebration from her home in Oregon. Come out and enjoy discovering lesbian writing, art and publication in Oregon. There will be books to read and art to view. The course will be taught from the perspective of preserving lesbian herstory as part of the LGB cultural mosaic. No background knowledge is needed.

**NOTE:** Most materials will be excerpted, scanned and distributed to the class. Full versions may be available online.

**LIT324A** • 6 Sessions  
Campbell Center—Room A  
class size 20  
Th • 1:00—3:00PM  
5/1/2025—6/5/2025

**INSTRUCTOR:** *LauRose Felicity* has a BA from the University of Kentucky in law and social work, a Juris Doctor from the University of Kentucky, an MSW from the Kent School of Social Work at the University of Louisville, and a Crosscultural Language and Academic Development (CLAD) teaching credential from UC Berkeley. She is a retired attorney, social worker and teacher.



# SHARE YOUR PASSION!

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### Fall 2025 Course Proposals Accepted May 1–31

To join the list of prospective instructors to receive course-proposal deadline notices and training information, email Anne Coleman at [apcoleman2019@gmail.com](mailto:apcoleman2019@gmail.com).

# 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. Members must sign an activity waiver prior to the start of the first class. Please consult your doctor before beginning any new program of physical exercise.**

## **NEW!** Dance, Dance, Dance!

Come learn a choreographed routine or two as we dance and move to popular tunes of the '60s, '70s and '80s. Dancing is the best kind of workout because participants engage in the mind, body and spirit connection. This dance course is designed to engage adults in a fun, low-impact and inclusive movement experience that promotes physical, emotional and social well-being. Through a blend of simple, easy-to-follow dance routines and stretching and rhythmic exercises, participants will enhance their flexibility, coordination, balance and strength while having a great time. The aim of this course is to have fun while moving to music. All skill levels are welcome, and the instructor will adapt the level of difficulty to the ability of the students. Join us to improve your health, boost your mood and connect with others through the power of dance!

**MOV314A** · 5 Sessions

The Grove, Gymnasium—1195 E Main Street, Ashland  
class size 42

Tu · 1:00—2:30PM

4/1/2025—4/29/2025

**INSTRUCTOR:** *Roxanne Camacho-Flynn has been teaching fitness for over 40 years as a personal trainer and fitness instructor for people of all ages. Certified in personal training, nutrition coaching and managing lower back pain, Camacho-Flynn has a passion for dancing and healthy living.*

## 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.

**MOV313A** · 6 Sessions

Campbell Center—Room A

class size 10

M · 2:00—3:00PM

3/31/2025—5/5/2025

**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, elder hostels 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.*

## Hiking Ashland’s Trails With Your Canine Friend

If you’ve wanted to take an OLLI hiking class to explore some of Ashland’s amazing trails but also need to exercise your dog, this course offers the opportunity to do both. Places we will explore together with our canine pals include the Emigrant Lake North End (dam area), Bear Creek Riverwalk and North Mountain, Oredson Todd Woods, the Lithia Park dog-approved loop, the Snark Trail and the Eastview Trail in approximately that order. All hikes will last no more than two hours (1½ hours preferred so you can get to another course), nor require more than a 200-foot to 300-foot elevation gain. Information on the physical characteristics and history of each trail and driving and parking instructions will be provided on the Friday before each Monday’s hike.

**NOTE:** Canine participants (one per hiker) must be well-socialized, well-trained and vaccinated. Dog owners are expected to control their dogs at all times. Owners should come supplied with a 6-foot leash and a pocket full of poop bags. On two trips dogs will be allowed off leash if the owner desires. A signed SOU assumption of risk form and proof of pooch vaccines will be required on Day 1. No exceptions. There is no class session on Monday, April 28.

**MOV312A** · 6 Sessions  
 Field Trip—Field Trip  
 class size 10  
 M · 9:00—11:00AM  
 3/31/2025—5/12/2025

**INSTRUCTOR:** *Myrna Hall is a professor emeritus, SUNY College of Environmental Science and Forestry, Syracuse, New York. As a volunteer at Glacier National Park, she advised hundreds of hikers. She is an active member of the Cascadians combined camping and hiking group. An avid English setter enthusiast, she has spent hours pheasant hunting with her husband, Charlie, and many dogs, and since arriving here three years ago, exploring Ashland's trails with her dog Jussi.*

## International Folk Dance

Most folk dances from around the world carry with them remnants of society's earliest physical responses to melody and rhythm. The more remote the geography of the region, the more intact those dances have remained. Many dances mark special occasions or serve various purposes such as celebration of holidays, courtship, strengthening community and sheer enjoyment. In this course, students will learn dances from such countries and regions as Greece, Israel, Serbia, Turkey, Kurdistan and Ukraine. The history of the dances and cultural information will be given. One or two new dances will be taught and practiced each week. No dance partner is needed nor is folk dance experience necessary.

**MOV120A** · 7 Sessions  
 The Grove, Gymnasium—1195 E Main Street, Ashland  
 class size 26  
 W · 11:30AM—1:00PM  
 4/2/2025—5/14/2025

**INSTRUCTOR:** *Linda Jaffe holds BA, MBA and MFA degrees. She has published her poetry, has served as chief editor for a literary journal and has taught numerous writing courses at OLLI. Jaffe has been dancing all her life. She lived in Greece for more than two years and had many opportunities to dance. This included performing and touring with a Cretan dance troupe.*

## Introduction to Tai Chi for Health and Longevity

Learn a complete tai chi form for health and longevity that you can do anywhere, anytime, and that is adaptable for all ages, body types and abilities. No previous experience is necessary. Reduce pain and stress, improve balance, gain focus and 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 in their toolbox for dealing with change and life in general. Students will have the tai chi 17 form which includes 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 a warm-up or cool-down practice. 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.

**MOV144A** · 6 Sessions  
 Campbell Center—Room A  
 class size 10  
 M · 3:30—4:30PM  
 3/31/2025—5/5/2025

**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, elder hostels 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 and digital material is available for purchase. The exercises will challenge and enhance your 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. Classes will not be recorded.

**MOV125** · 4 Sessions  
Online  
class size unlimited  
Tu · 9:00–10:30AM  
4/8/2025–4/29/2025

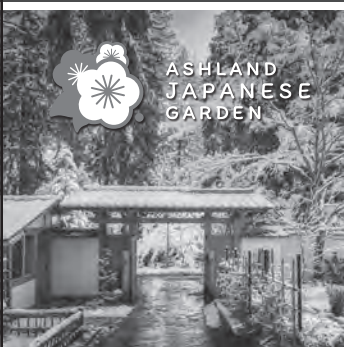
**INSTRUCTOR:** *Nando Reynolds, MA, has studied and taught tai chi, karate, kenpo, escrima, qigong, massage and contact improvisation dance over the last 45 years. He is an author in the counseling and martial arts fields. He works in private practice as a psychotherapist with couples and adults.*

## Move Well to Age Well — Fun With PizzazzEE-25

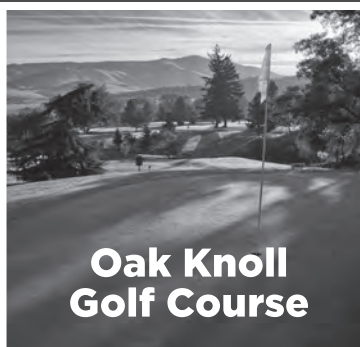
Experience the movements of a full-body fitness program, PizzazzEE-25, that engages every muscle and every joint within every completed session. The course will review each of the sequential 25 steps that encourage everyday mobility, strength and injury prevention. We will examine the correct actions for each step while considering any personal modifications you might choose for the movements later in your own home. Videos of the fitness app will be used alongside instruction. The program is designed especially for those in their second 50 years, beginning with gentle movements that are built upon to improve and support balance, stamina and flexibility. No experience is a plus!

**NOTE:** This course is not recommended for those who have had hip or knee surgery/replacement in the last six months or those having cataract surgery two to three weeks before the class starts. Floor mats are important, but no exercise equipment is required. It's important to attend the first class. More details will be sent before that class.

## FUN, IT'S IN OUR NATURE!



For upcoming community events and happenings visit:  
[AshlandJapaneseGarden.org](http://AshlandJapaneseGarden.org)



For Events, Classes & more:  
[OakKnollGolf.org](http://OakKnollGolf.org)

## 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)



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**MOV305A** · 4 Sessions  
Campbell Center—Room A  
class size 18  
Tu · 3:30—5:30PM  
5/13/2025—6/3/2025

**INSTRUCTOR:** *Barbara Klein holds a BS in education, a master's in hospital and health care and a doctorate in chiropractic medicine. She has run a wellness family practice and a service providing one-on-one fitness instruction. Klein is a published author, now writing "AgingWithPizzazz.com," a content blog. She developed PizzazzEE (.com) over 19 years and consults on the app.*

## **NEW!** Self-Expression Through Free-Form Dance

This course is an opportunity to explore one's self through dance and movement. Participants will move to music freely and spontaneously with no required form or technique. No movement experience is necessary. Music will be provided to support and enhance the dancer's self-expression through movement. Each class will begin with stretching, then an hour of free-form dance and a brief time for questions and sharing. The intention of the instructor is to provide a safe place to connect with one's self and others through movement. This course will be a place to meet other free-form movers and to share one's personal experience if one chooses to do so.

**MOV315A** · 4 Sessions  
Oak Street Dance Studio—1287 Oak Street, Ashland  
class size 16  
Tu · 10:00AM—12:00PM  
4/22/2025—5/13/2025

**INSTRUCTOR:** *Lisa Odegaard has taught two courses through OLLI in Authentic Movement. She has a BA in dance through Sonoma State University in California and has practiced improvisational/free-form movement for 40 years. She enjoys and is active in ecstatic dance, which is one form of free-form dance. Odegaard has a California Marriage and Family Therapy license and has worked as a mental health counselor for 35 years, specializing in somatically oriented therapy.*

## Tai Chi for Health and Longevity: A Yang Short Form

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

**MOV311A** · 6 Sessions  
Campbell Center—Room A  
class size 10  
M · 5:00—6:00PM  
3/31/2025—5/5/2025

**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, elder hostels 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.*



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## Walking Ashland's Trails

If you are curious about the walking trails around Ashland and enjoy walking with others, this course is for you. Each week we will walk for about two hours, covering three to four miles. The trails will be mostly dirt paths with some elevation gain. While the walks are not intended to be aerobic, it is important that participants are reasonably fit and have good balance. Directions on where to meet will be emailed each week. Trails that may be explored include North Mountain Park/Riverwalk Loop, Road 2060 above Lithia Park, Emigrant Lake, Bear Creek Greenway, the TID ditch trail, Lithia Park hillside trails, Hald-Strawberry Park trails and Oredson-Todd Woods. We will walk rain or shine.

**NOTE:** The trails we will be walking are the same as in previous courses. Only humans are included on these weekly walks. Dogs will need to stay home.

**MOV147A** · 6 Sessions  
Field Trip—Field Trip  
class size 10  
Th · 9:00—11:00AM  
4/10/2025—5/15/2025

**INSTRUCTORS:** *Diane DeMerritt and Liz Greenwood are both avid walkers with a passion for exploring on foot the trails and neighborhoods around Ashland. Diane DeMerritt has been leading this course since the fall of 2022, and Liz Greenwood joined this past fall, bringing her experience as a physical therapist and yoga teacher. They both look forward to sharing their knowledge of the local trails.*



# Nature

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

## A Tribute to Crater Lake National Park

Oregon's only national park has a unique and stunning history. This course will focus on paying tribute to the many people, including Klamath Tribes, who have had an active role over the years in creating our modern-day Crater Lake National Park. Yet, underlying all is the great gift of the volcano Mount Mazama, whose massive eruption 7,700 years ago gave birth to arguably the most beautiful and intriguing lake in the world. Our studies and discussions will cover Crater Lake National Park's history, the majestic lake, unparalleled wilderness beauty, wildlife of all kinds, rustic architecture, scientific research, park rangers, management, staff, volunteers and our visitors from near and far who are enchanted by Crater Lake National Park.

**NAT311A** · 4 Sessions  
Campbell Center—Room E  
class size 78  
Th · 9:00—10:30AM  
4/3/2025—4/24/2025

**INSTRUCTOR:** *Bonnie Cassel happily taught history to high school and community college students for many years in Central California. She also served as a trustee for a large school district for 12 years. Upon retiring, she began a new career as a seasonal interpretive park ranger, starting as a volunteer at Crater Lake National Park in 2011. Over the years she has worked at many national parks, but Crater Lake has always been her favorite.*

## **NEW!** A Very Senior Seminar: Topics in Biology

In this course we will discuss pertinent topics in biology selected by the instructor and students. A week before each class session, students will suggest and vote on a topic, such as: communication between plants and other recent discoveries in plant behavior; the nexus of global warming, endangered species and invasive species; human genetics and aging; monarch butterflies; wolves; and whales. This course will be purely class discussions of selected topics facilitated by the instructor. There will be no lectures or media presentations unless the group decides we need more background information on a topic. The goal is to learn from one another as we share

our thoughts and opinions. As much as possible, we will avoid discussing political and public policy aspects of our chosen topics.

**NAT312A** · 3 Sessions  
Campbell Center—Room C  
class size 24  
Tu · 9:00—10:00AM  
4/8/2025—4/22/2025

**INSTRUCTOR:** *Dave Garcia has worked as a seasonal field biologist for the U.S. Forest Service, the Bureau of Land Management and the National Park Service. He holds a BS and an MS in science education from Southern Oregon University and a PhD in educational policy and management from the University of Oregon. Garcia is a retired Oregon high school biology teacher and lifelong student of nature, organisms and ecosystems.*

## **NEW!** Engaging With Nature: Walk, Photo, Paint

Exploring and engaging with nature delivers powerful boosts to physical and mental health, both when it is happening and when nature is reexperienced in memory and through photos and art. On different days and times, learners will explore multiple locations in the local area that they can also enjoy on their own schedules. Instructors will accommodate both brisk striding and ambling, but learners must be able to walk safely for at least a mile. Instructors will share suggestions for composing emotionally engaging nature scenes with cameras and smartphones at each location. The joys of nature can also be reexperienced through created artworks in watercolor, acrylic, mixed media, collage and other media, which the instructors will advise on during active walks and via email. The course includes a kickoff Zoom meeting to answer questions about the course and the tools that will be used for enthusiastically engaging with nature.

**NOTE:** Dogs are not allowed on the walks. Learners must be able to walk easily for at least a mile on occasionally unpaved paths. This course will require signing a liability waiver.

**NAT313A** · 5 Sessions  
Field Trip—Field Trip  
class size 16  
F · 9:00AM—12:00PM  
4/11/2025—5/9/2025

**INSTRUCTORS:** *Victoria Leo and Rick Baird are lifelong nature lovers whose most recent OLLI at SOU classes have focused on nature exploration and nature depiction in photography and other creative media. Both have been working artists for a decade. Their exploration of the natural history of Earth's small and midsize feline species builds on the cat domestication module in their class *Dogs and Denisovans*.*

# Shared Interest Groups

OLLI at SOU Shared Interest Groups are independent and self-managed. SIG members decide when, where, and how often they will meet. Initially, one or more members volunteer to facilitate the group. The facilitator is responsible for administrative and communication details. Participation in SIGs is open to OLLI members.

Visit [sou.edu/olli/offerings](https://sou.edu/olli/offerings) for information about starting or participating in a SIG.

**Acoustic Guitar Jam:** Do you understand basic guitar chords and strumming techniques? Would you like to share songs and jam with other OLLI members? If so, join the Acoustic Guitar Jam SIG every fourth Friday of the month from 11 a.m. to 12:30 p.m. at the SOU Campbell Center. For more information and to register for the SIG, please contact Randall Walker at [rswalker48@gmail.com](mailto:rswalker48@gmail.com).



**Watercolor Painting:** Watercolor Painting Shared Interest Group meets on Zoom from 1 to 3 p.m. PT the first and third Mondays of the month (holiday exceptions may occur). OLLI members with some previous watercolor painting experience are welcome to join. For more information on the group and space availability, please contact Becky Hawkins by email at [so.oregon.editor@gmail.com](mailto:so.oregon.editor@gmail.com).



**Online Book Club:** Join our online book club that meets every month to dive into captivating stories, share fresh perspectives and spark lively conversations. For more information and to get the monthly Zoom link, please contact Andrea Gay at [flironhorse@gmail.com](mailto:flironhorse@gmail.com).



## **NEW!** Experience Nature Through Studying Cats 🖥️

Animals are a key part of every ecosystem on Earth. Engaging with the wild species of Felidae (cats) helps us to understand and appreciate the entire terrestrial and riverine biome of our planet, through 50 million years of evolution. In this course, we will explore the biology and behavior of small and mid-sized wildcats, including the Asian fishing cat, bobcats and cougars. We will also explore the nearly 20,000-year journey of domestication that transformed *Felis sylvestris lybica* into *Felis catus*, our beloved pets. Foundational learning in a Zoom webinar and through prerecorded videos and text documents is followed by additional Zoom meetings for discussion of how we each individually interact with the natural world through wild and domestic cats. An optional visit to learn about Wildlife Safari's program for improving the integrity of the cheetah genome completes the exploration of cats in Earth's natural ecosystems. The Wildlife Safari visit requires a signed liability waiver.

**NAT314** · 3 Sessions  
 Online  
 class size 15  
 W · 1:00–2:30PM  
 4/9/2025–4/23/2025

**INSTRUCTORS:** *Victoria Leo and Rick Baird are lifelong nature lovers whose most recent OLLI at SOU classes have focused on nature exploration and nature depiction in photography and other creative media. Both have been working artists for a decade. Their exploration of the natural history of Earth's small and midsize feline species builds on the cat domestication module in their class Dogs and Denisovans.*



## From Fire to Flowers for Pollinators & People 🧑🧑🧑

In both an in-person class and a field trip, students will learn about our native ecology and how and why to incorporate native plants into urban landscapes to better support our native pollinators, birds and other wildlife. Design considerations will be presented, along with some of the best native plants for gardens. Students will have the opportunity to tour real-life examples of native pollinator gardens planted through the From Fire to Flowers Pollinator Gardens program to restore residential areas devastated by the Alameda Fire in 2020 and to provide pollinator connectivity for the Rogue Buzzway. Students will be encouraged to incorporate some of this information into their own landscapes. No prior experience or knowledge is required.

**NAT307A** · 2 Sessions  
 Campbell Center—Room B  
 class size 18  
 Th · 9:00–11:00AM  
 5/22/2025–5/29/2025

**INSTRUCTOR:** *Kristina Lefever is volunteer president and director of Pollinator Project Rogue Valley, a 501(c)(3) nonprofit based in Phoenix that provides a number of educational programs to youth and adults. Since 2021, the Pollinator Project has worked with 15 homeowners who were recipients of native plant gardens, and it has another four planned for the first half of 2025.*

## 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. Recent popular explorations of fungi — Merlin Sheldrake's "Entangled Life," Suzanne Simard's "Finding the Mother Tree" and Louie Schwartzberg's documentary "Fantastic Fungi" — have stimulated a growing public interest in fungi. This course, primarily lecture 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 for the most part beneath our feet.

**NAT315** · 6 Sessions

Online

class size unlimited

F · 1:00–2:30PM

4/4/2025–5/9/2025

**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.*

## Living Landscapes: Gardening for Biodiversity

This is an image-rich and fast-paced course presented from an artistic and amateur scientific point of view designed to appeal to all levels of pollinator, bird, wildlife and general gardening enthusiasts. Based on the premise that great beauty can be achieved while simultaneously increasing biodiversity, students will be presented with basic steps needed to create multiseasonal pollinator and wildlife habitat that will enhance not only the beauty of their property, but also re-create the natural biodiversity of their communities. Students will learn the basics to qualify their garden for certification as a monarch butterfly waystation or local pollinator site. Students need not have a garden to participate in this course. New content has been added to highlight the Homegrown National Park movement, hopefully inspiring active participation in enhancing the biodiversity of our region. Book recommendations will be sent to registered students in a pre-course email.

**NAT102** · 5 Sessions

Online

class size 42

Tu · 9:00–10:30AM

4/1/2025–4/29/2025

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

## Springtime Birding in the Rogue Valley

The emphasis of this course is on having fun learning about the natural world with an invitation to enter it, learn about it and take care of it. Photos are powerful teachers, so PowerPoint photos will accompany both facts and anecdotes about our local birds. Spring classes will focus on which birds come here to breed, learning about the sounds birds make, information about nesting and baby birds, as well as places to go birding. The course combines prior content with new content as the instructor is always updating her PowerPoint presentations as she continues to learn new things about birds and their behaviors. No prior experience is necessary.

**NAT136A** · 5 Sessions

Campbell Center—Room E

class size 78

F · 11:00AM–12:30PM

5/2/2025–5/30/2025

**INSTRUCTOR:** *Shannon Rio is president of the Klamath Bird Observatory. Being a lover of the natural world, she finds solace, magic and wonder in her relationship with birds. As a teacher, she considers the classroom an extended family where all learn and grow together in the spirit of community. Rio is a nature guide who also does volunteer work with projects that collect data on which birds are affected by climate change and human interference.*

## **NEW!** What Makes the Galápagos Special?

The Galápagos Islands are celebrated for several things: unique and unusual fauna, creatures unafraid of humans, a catalyst for Darwin's theory of natural selection and a remote, relatively pristine environment. What caused them to become so special? Are they unique in this regard? Perhaps there are, or were, other places in the world that are equally remarkable. We'll examine the factors that have made the Galápagos what they are and compare them to other archipelagoes on a multidisciplinary journey through geology, geography, climate, biology and human history.

**NAT316A** · 3 Sessions

Campbell Center—Room D

class size 53

Tu · 3:30–5:00PM

5/6/2025–5/20/2025

**INSTRUCTOR:** *Tony Davis has taught several courses at OLLI. His academic background is in linguistics, and he worked with computers and language before moving to Ashland in 2016. He enjoys travel and spending time in nature.*

# 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! Avoiding the Judgment Trap

How often have you negatively judged someone only to realize later that doing so actually made you feel bad or even regretful? One of the quickest ways that you can degrade the quality of your relationships is to think, feel and behave based on your habituated, unloving judgments of yourself as well as others. This destructive emotional context leads to alienation and the unnecessary loss of love that normally builds healthy relationships. In this highly interactive “wisdom sharing” course, we’ll explore how you can identify and eliminate your senseless judgments and learn how to create a more serene emotional life in the absence of misguided intentions. We’ll discuss how you can gracefully handle it when other people direct their demeaning and possibly unwarranted criticism at you. Several exercises will help you to resolve the sources of your habituated pointless criticisms, assist you in making sounder judgments and raise your level of divine acceptance.

**PERS333A** · 2 Sessions  
Campbell Center—Room B  
class size 19  
Th · 11:00AM—12:30PM  
4/10/2025—4/17/2025

**INSTRUCTOR:** Mark E. Gibson has an MS in science from San Francisco State University and a life coaching certificate from CoachU. His life purpose is to nurture motivated people to honor truth and love over fear. Within life coaching he specializes in fearless living and truth facilitation. He has authored three books: “Living Unconditional Love,” “How to Find Love Through Online Dating” and “Truth Is the Path to Freedom.”

## 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 an unknown world. Through sharing 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)

**PERS315** · 6 Sessions  
Online  
class size 26  
Tu · 1:30—3:30PM  
4/1/2025—5/6/2025

**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. In 1997 she taught workshops at the Cherkasy Women’s Center in Ukraine and did research in Kyiv, Cherkasy and surrounding villages.

## Effective Decision Making

We make multiple decisions in our daily life. Although we may spend more time making important decisions, the results are not always effective. Usually this leads to frustration. Sometimes, the consequence is more significant. We will examine the external and personal factors to make more effective decisions. In addition, we will take a lighthearted look at how luck might factor into these decisions. A number of different decision processes will be presented for your daily and long-term decisions. PowerPoint presentations will be used and class discussion is encouraged.

**PERS149A** · 5 Sessions  
Campbell Center—Room C  
class size 32  
W · 11:00AM—12:30PM  
4/2/2025—4/30/2025

**INSTRUCTOR:** *Tysen Mueller has a BS and MA in physics. During his 40-year career as an aerospace engineer, he developed and used sophisticated statistical models to predict performance of guidance systems. He has read extensively on psychology and has taken workshops and courses on this topic. In addition, he has been fascinated by the vagaries of luck while playing games. Finally, he has applied many of these decision processes in his own life.*

## **NEW!** Finding Love Through Online Dating

In this comprehensive course, you will learn how to effectively use online dating services for presenting your “best” — a truthful and most appealing — self so that you will stand out from the crowd and attract the kinds of people you want for friendships and romance. We’ll discuss how you can create an eye-catching written profile essay accompanied by top-quality photos that encourage men or women to learn more about you. We’ll cover how you can get from the first contact to the first date — and beyond. Throughout the course you’ll learn how to overcome your fear of rejection and effectively play the “numbers game” so that you meet interesting people who are aligned with many of your needs and interests. We’ll discuss busting through your imagined barriers, preserving your personal safety, and we’ll review some of the best dating websites for you. This course is ideal for people who want to improve their experiences as well as for people new to online dating.

**NOTE:** At the first session, the author’s book “How to Find Love Through Online Dating” will be available for optional purchase at a discounted price.

**PERS329A** · 3 Sessions  
Campbell Center—Room B  
class size 19  
Th · 11:00AM—12:30PM  
4/24/2025—5/8/2025

**INSTRUCTOR:** *Mark E. Gibson has an MS in science from San Francisco State University and a life coaching certificate from CoachU. His life purpose is to nurture motivated people to honor truth and love over fear. Within life coaching he specializes in fearless living and truth facilitation. He has authored three books: “Living Unconditional Love,” “How to Find Love Through Online Dating” and “Truth Is the Path to Freedom.”*

## **NEW!** Finding Peace in Times of Chaos

Chaos can take many forms — whether with personal struggles or global uncertainties. Yet, peace is always within us. Inspired by the transformative teachings of Sydney Banks’ Three Principles, this understanding offers us a lens to uncover our innate resilience and well-being regardless of our external circumstances. Join this engaging journey, where we will blend insightful discussions with short, impactful videos featuring thought leaders like Syd Banks, Michael Neill and George and Linda Pransky. In watching these videos, we often receive our own deeper insights that can guide us to more clarity, peace and an empowered life. In a world yearning for peace, those of us who have embraced the wisdom of the Three Principles understand that raising our consciousness is the ultimate answer. As we live fully in our own peace, contentment and well-being, we affect all around us, at a personal, community and global level. Join this exploration toward the profound healing of the universal mind.

**NOTE:** There are many other wonderful Three Principles teachers. To watch other teachers, search on YouTube.

**PERS328** · 4 Sessions  
Online  
class size 21  
W · 11:00AM—12:30PM  
5/14/2025—6/4/2025

**PERS328A** · 4 Sessions  
Campbell Center—Room A  
class size 21  
W · 11:00AM—12:30PM  
5/14/2025—6/4/2025

**INSTRUCTOR:** *Dan Altman is a member of the Three Principles Global Community and a Three Principles life coach. Altman loves exploring and deepening his understanding of Banks’ teachings. Following a career as a software entrepreneur and a lifetime of spiritual seeking, he found a home with the Three Principles after reading Michael Neill’s “The Inside-Out Revolution.” Altman is a writer, teacher, coach and owner of a neurofeedback practice.*

## How to Keep Your Marbles

Your brain is the most complex object in the known universe. Fortunately, caring for the brain is not that complicated! We are all getting older, but our brains seem to age at different rates. We'll explore the latest science about this range of function, from subjective cognitive decline, through mild cognitive impairment, and on to dementia and Alzheimer's. After reviewing basic brain function and definition of terms, we'll look at myths, realities and breakthroughs in brain health and aging. Then, we'll consider the modifiable risk factors or lifestyle choices that may prevent or slow the rate of cognitive loss. These factors include: exercise; diet and nutrition; mental, emotional and social connection; sleep; stress resilience; meditation; and connection with nature. Finally, we'll look at happiness and beyond: wisdom, awe and self-transcendence. We'll use slides, lecture, discussion and Q&A, with a few short videos for good measure.

**NOTE:** The instructor's recent book, "Keep Your Marbles: Your Game Plan for a Healthy Brain," is a primary source for the course and will be available at the first session for a discounted price of \$15.

**PERS120A** · 5 Sessions  
Campbell Center—Room A  
class size 34  
Tu · 1:00—3:00PM  
4/1/2025—4/29/2025

**INSTRUCTOR:** John Kalb has more than 40 years' experience as a wellness chiropractor. He completed his premed training at NYU, earning a BA in psychology and chemistry and an MS in biology from the University at Buffalo. He has additional post-graduate training in neuroscience and gerontology. He recently published his third book, "Keep Your Marbles: Your Game Plan for a Healthy Brain." This is his 13th year teaching at OLLI.



## **NEW!** Increase Your Vitality and Longevity

"The single biggest difference between a 25-year-old's body and a 70-year-old's body is simply that the 25-year-old's body is better able to utilize oxygen," according to the New England Journal of Medicine. In this course you will learn a combination of conscious breathwork along with specific isometric physical exercises. The goal is to provide an effective and efficient method of stimulating cognitive function while enhancing physical, emotional and spiritual strength. It has been scientifically verified that muscular exercise in coordination with centered breathing aids in the prevention of muscle wasting, lowers blood pressure, increases both mental and physical endurance and delays cognitive decline.

**NOTE:** Each student will be provided free of charge a copy of his book "The Life We Breathe." A waiver must be signed at the first meeting of this course.

**PERS327A** · 6 Sessions  
Campbell Center—Room B  
class size 13  
Tu · 9:30—10:30AM  
4/1/2025—5/6/2025

**INSTRUCTOR:** Richard La Plante has a degree in clinical psychology and has worked as a psychiatric counselor. He has traveled a lifelong journey in weight training, yoga and body weight exercise, including 20 years of traditional martial arts. A bestselling author, his 14 books have been translated into four languages and published worldwide.

## Inventing the Next Chapter of Your Life

Facing a major life change? Retirement? Empty nest? Divorce? New job? During big transitions, having a framework for self-reflection can increase satisfaction, maintain equilibrium, reduce overall stress and provide a forum for exploring feelings. Ruth Halpern will introduce processes for identifying values, goals and activities that will help make one's transition, with all its challenges, into an opportunity to live more expansively. We'll use an assortment of techniques, including journaling, doodling, improv games, group discussion, brief stories and lectures. At any level of experience, students will learn new methods for dealing with the upheaval of change. We will create a community in which everyone feels safe to experiment, explore and try out possible new directions.

**NOTE:** Students are asked to have paper and pen or pencil at each session, but digital methods can be used if it is more suitable for an individual.



**PERS324A** · 8 Sessions  
Campbell Center—Room A  
class size 34  
F · 3:30—5:00PM  
4/11/2025—5/30/2025

**INSTRUCTOR:** *Ruth Halpern is a serial self-reinventor, having lived chapters of her life as an instructor, entrepreneur, CEO, technologist and family maker. She taught management communications at JFK University in Orinda, California. She has facilitated workshops in many different forms of personal narrative for participants of all ages. She is a certified Navigating Transitions coach and an Allswell Journaling facilitator.*

## **NEW!** Jin Shin Jyutsu Self-Help Version

Jin Shin Jyutsu is an ancient energetic healing art from Japan brought to the West in the 20th century. Similar to acupressure, it uses simple and deeply effective hands-on techniques to stimulate “energy flows” within the body to restore balance to our system. Releasing accumulated tensions and stress allows the body to heal and rejuvenate naturally. In this self-help version, one gains a new awareness and sensitivity for listening closely to the messages of our system while we learn to treat and rebalance. As a daily practice, Jin Shin Jyutsu is known as a very effective tool to correct emotional and physical balances in the early stages. This course utilizes a three-book set, “Introducing Jin Shin Jyutus Is.”

**NOTE:** Students need to purchase the three-book set: “Introducing Jin Shin Jyutsu Is” by Mary Burmeister from Jin Shin Jyutsu Inc., [jsjinc.net](http://jsjinc.net) (\$42). A signed liability waiver is required for this course.

**PERS330A** · 5 Sessions  
Campbell Center—Room B  
class size 19  
Tu · 1:00—3:00PM  
5/6/2025—6/3/2025

**INSTRUCTOR:** *Sid Frederick has been trained as a Jin Shin Jyutsu practitioner since 1992. He studied Asian modalities at the Acupressure Institute in Berkeley, California, and has a National Certification of Acupressure and Oriental Medicine in Asian bodywork therapy. He is also a Vortex Healing therapist since 2003. Currently, Sid is in private practice as an energetic healer specializing in trauma and underlying health issues.*

## Journaling With Joy!

Indulge in the joys of journaling for creative self-expression, personal development and well-being. In this lighthearted, engaging course, students will learn — hands-on — about the benefits of journaling for personal growth, wellness and fun. Along with some brief lectures and discussions, most of our class time will be spent engaging in guided experiential activities; sharing is encouraged but always optional. This class is about personal process, not craft or skill, and all levels of experience with journaling — including novices and long-time journal writers — are welcome. You only need a journal or notebook and some of your favorite colorful pens. For optimal benefit, please also bring your curiosity and a playful spirit!

**NOTE:** This experiential course will be taught via Zoom. To ensure the confidentiality of all participants, sessions will not be recorded. Students are welcome to use a computer, iPad or other device. Please also bring a journal and pens if you are able.

**PERS243** · 2 Sessions  
Online  
class size 13  
M · 1:00—3:00PM  
3/31/2025—4/7/2025

**INSTRUCTOR:** *Elisa Friedlander is a licensed psychotherapist and workshop facilitator who leads engaging therapeutic writing and journaling workshops in our local community, as well as globally via Zoom. Her expertise includes chronic pain, life transitions, older adults, neurodivergence and LGBTQ+ communities. Friedlander was 6 years old when she began journaling. She loves sharing the creative joys and transformative power of the journal.*



## Journey Between Your Heart and Soul, 2.0

This course is designed to promote self-discovery and personal growth. It serves as a “personal incubator” to explore authentic self-awareness and unbiased truths, aiming to prepare participants for a deeper understanding of life. Key topics include balancing emotional and spiritual dimensions, living life with integrity and understanding the interconnected aspects of the psyche. The course will incorporate facilitated discussions inspired by short video clips from renowned personal exploration authors Brené Brown, Wayne Dyer and Don Miguel Ruiz alongside the instructor’s own metaphysical beliefs. Participants engage in open discussions to interpret the videos, with no definitive right or wrong answers. The class emphasizes active participation and provides access to supplementary materials online at [JourneyBetween.org](http://JourneyBetween.org) for further reflection outside the sessions.

**PERS269A** · 5 Sessions  
Campbell Center—Room B  
class size 19  
Tu · 1:00—3:00PM  
4/1/2025—4/29/2025

**PERS269** · 5 Sessions  
Online  
class size 12  
Tu · 4:00—6:00PM  
5/6/2025—6/3/2025

**INSTRUCTOR:** *Ron Kaufman’s lifelong journey of personal growth started when he began practicing Buddhism in 1973. From 2005, 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.*

## **NEW!** Natural Pain Relief

The newest treatment for pain is one of the oldest, most effective strategies for pain-free living: mindfulness. Learn how to retrain your relationship to pain through traditional meditation practices. Through five step-by-step techniques taught in plain language, you’ll learn how to overcome your internal resistance to pain by observing and opening to it — the key to transforming physical suffering into a flow of pure energy. With regular practice, you can tap into your mind’s own power to overcome pain. You will learn how to deconstruct pain into manageable pieces, experience how pain naturally transforms into energy, how to allow pain to dissipate

into space and free up your energy to heal and begin living fully again.

This course relies on “Natural Pain Relief” by meditation teacher Shinzen Young. As a close student of Shinzen’s for over 20 years, the instructor has taught his methods, integrated with her own practice of restorative hypnotherapy, with much success.

**NOTE:** Please acquire the book “Natural Pain Relief — How to Soothe & Dissolve Physical Pain With Mindfulness” by Shinzen Young, and read as much of it as you care to before class begins. No previous experience with meditation is required.

**PERS331A** · 5 Sessions  
Campbell Center—Room E  
class size 55  
Tu · 1:00—3:00PM  
4/8/2025—5/6/2025

**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 synthesis of the focus and calm of meditation, the art and healing 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.*



## **NEW!** Patriarchy: Its Sources and Ramifications

With the emergence of agriculture and animal domestication came the concept of private property and the patriarchal mindset articulated in the writings of Aristotle, the Hebrew Bible, and Greek and Roman myths. We'll examine these along with the contemporary Greek response in the plays "Lysistrata" and "Medea." We'll then leap forward to 20th-century America, and the activism of pioneers for women's rights. U.S. women received the vote in 1920 after demanding it for 72 years, but what has actually changed? Patriarchy demonizes men and women. How do men respond to our patriarchal society? We will consider concepts from "The Gender Knot" by a male writer who loves women and always preferred literature to football. Are the Aristotelian views alive and well today? What contributions did Christian women missionaries Jane Addams and Margaret Sanger make to 20th-century American culture? This is an opportunity to examine influences that are controlling our public and private lives.

**PERS332A** · 6 Sessions  
Campbell Center—Room B  
class size 19  
W · 1:00—2:30PM  
4/2/2025—5/7/2025

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

## **NEW!** Support for Meaningful Lives in Dark Times

If the recent election and other world events have left you in grief and fear for the world, our planet and our beloved country, this course offers a safe place to grieve, regroup and support each other to live meaningful and joyous lives in challenging times. This course offers a historical framework, personal sharing and experiential practices to help us become effective advocates for life. To fight for life, we have to drink deeply of it, be sustained by it and become vehicles of nature's powerful capacity to heal itself. This requires us to find a healthy balance in which our personal lives fuel our participation in the world, and our participation in the whole gives meaning to our personal joys, griefs and struggles. In a time of unchecked greed and power, nature

is calling on us to respect the complex communion of mutual dependencies upon which all of life depends and to find our rightful place and belonging in the web of life: to become good citizens of the planet.

**PERS334A** · 8 Sessions  
Campbell Center—Room B  
class size 16  
Th · 1:00—2:30PM  
4/17/2025—6/5/2025

**INSTRUCTOR:** *Bob Heilbroner brings a lifelong commitment to social, environmental and personal change to this course. He was a full-time activist, journalist and editor of Liberation News Service in the anti-war and social justice movement of the '60s and '70s; studied, taught and earned an MA in environmental economics from UC Berkeley in the '80s; and recently retired from a 20-year career providing mental health counseling to Jackson County families.*

## **NEW!** The Nature of Reality and the Purpose of Life

Our lives do not come with an instruction booklet for living our life fully! This discussion course will explore the nature of reality and the purpose of life. What is reality? What are its patterns and how can we live a happier life? The course utilizes the instructor's latest book, available free of charge. He will highlight selected portions from each chapter of his book. All of the instructor's ideas aim toward making life better.

**PERS335A** · 5 Sessions  
Campbell Center—Room B  
class size 16  
Th · 9:00—10:30AM  
4/3/2025—5/1/2025

**INSTRUCTOR:** *Vern Crawford earned a BA in geology and biology and an MS in science education. He is retired from teaching and writing about natural science. He has written several titles in philosophy, and this course explores the latest edition of his personal philosophy, "Tef Theory and Tefistry."*

# Recreation

Includes hobbies, crafts and games.

## A Pickleball Round-Robin FUNdamentals Collective

A Pickleball Round-Robin FUNdamentals Collective is designed for round-robin-style pickleball. This fun and active class is for pickleball players who understand and play the game. Because it is a rotation, all levels are welcome. There will be three classes of three hours each at Lithia Park pickleball courts. The round-robin is a structured form of play, with rotation at the end of each game. Players will learn format, partnering, stacking (when and how to), hand signals, types of scoring, byes and types of pickleballs. Timing and numbering of rotations will be taught in addition to safety during play. Players will experience a minimum of six timed games, and we will break for rest periods frequently. You will be an active participant and connect with your rotating partners to strategize play. This course will be taught by experienced players from Ashland Oregon Pickleball Club who volunteer their time and expertise.

**NOTE:** If you have mobility issues this course may not be for you. A waiver must be signed on the first day of class. There is a \$3 charge for pickleballs on the first day of class. You will need a hydrating drink, a paddle, court shoes and a hat or visor. Eye protection is recommended.

### REC313A · 3 Sessions

Lithia Park Pickleball Courts—Winburn Way, Ashland  
class size 20  
Th · 8:00—11:30AM  
4/3/2025—5/22/2025

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

## Absolute Beginners Pickleball

This course is designed for the person who wants to learn the fundamentals of the fastest growing sport in America. Join in the fun led by Cori Frank and experienced instructors. The class will meet for 1½ hours a day for five consecutive days. Beginning players will learn the basics: how to choose a paddle, paddle position, serving, return of serve, dinking, drills, scoring and calling “out” balls. There is an emphasis on safety and sportsmanship. Ashland Oregon Pickleball Club will provide the paddles, pickleballs and instruction. We (hopefully) will enjoy good weather. Information on courts throughout the Rogue Valley will be provided as well as the use of scheduling tools. Participants will need court shoes, a hat or visor and hydrating drinks. Protective eyewear is recommended.

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

### REC103A · 5 Sessions

Lithia Park Pickleball Courts—Winburn Way, Ashland  
class size 20  
Daily · 2:30—4:00PM  
4/7/2025—4/11/2025

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

Classes taught  
online via



Watch for a Zoom link in your inbox  
the day before your online class.

Be sure to check your spam or  
junk mail folder!

## Advanced Beginners Pickleball

This course is designed for students who have taken the Absolute Beginners Pickleball course or who have a rudimentary knowledge of the game. It will be taught by seasoned instructors who have taught before. Expect to build on the basic game to include advanced strategy in play. We will meet at Lithia Park pickleball courts every day for five consecutive days for 1½ hours. There will be an emphasis on safety and sportsmanship. This skills-building class will focus on different types of serves; lobs; third-shot drops or “drop shots” drives; partner communication; stacking; types of scoring; and identifying Bert, Ernie and Nasty Nelson! The last day will be a fun round-robin in which players will rotate play with all other players. There will be an instructor/Ashland Oregon Pickleball Club member at each court who will be ensuring no faults and providing feedback. A waiver must be signed prior to the first class.

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

**REC137A** · 5 Sessions  
Lithia Park Pickleball Courts—Winburn Way, Ashland  
class size 20  
Daily · 2:30—4:00PM  
5/12/2025—5/16/2025

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

## Canine Connection: Care, Behavior, Communication

Want to learn more about providing the best home care for your dog? Ever wondered what your dog is saying with its eyes, tail, ears and body postures? What about its barks, whines and growls? Join us for an exploration of canine welfare, behavior, emotions and communications. There will be sessions on home grooming methods and techniques (nails, ears, skin and coat) as well as several guest lecturers: a canine trainer and behaviorist; the facilitators of the JCAS Dogs Playing for Life program;

and a local veterinarian. We will also touch on the role of local organizations such as Friends of the Animals, Rogue Valley Street Dogs and the Jackson County Animal Shelter in providing the services needed to help lost, stray and homeless dogs. Lots of time will be allowed for Q&A after each session. Bring your canine curiosity!

**REC306A** · 6 Sessions  
Campbell Center—Room C  
class size 24  
W · 3:30—5:00PM  
4/16/2025—5/21/2025

**INSTRUCTOR:** *Kent Bailey is a graduate of the Nash Grooming Academy and the American Grooming Academies. He was the proprietor of Groom Service in Santa Cruz, California, for 12 years and has groomed some 15,000 dogs and cats. He has taken advanced coursework in dog skin care, massage and non-aversive training through the Karen Pryor Academy. Bailey currently trains new volunteers at the Jackson County Animal Shelter.*

## **NEW!** Cook Along: Wrapping it Up

Let’s “wrap” together! We’ll make several different recipes that feature a type of wrapper, from rice wrappers to wonton skins to homemade blintzes. We’ll start with spring rolls that feature raw vegetables and other ingredients, as well as pot stickers featuring pork and minced vegetables. Last, we’ll make cheese-filled blintzes with blueberry topping, perfect for your springtime tables. Bonus recipes will be included. We’ll create together and savor the end results. I will be cooking in my kitchen while you cook at home!

**NOTE:** Students should have basic kitchen skills and common equipment. We’ll be using a food processor and a blender. Some recipes contain gluten; a few vegetarian options will be featured.

**REC136** · 2 Sessions  
Online  
class size 24  
Tu, Th · 3:30—6:00PM  
4/8/2025—4/10/2025

**INSTRUCTOR:** *Barbara Schack received her BA at UC Santa Barbara in art/printmaking and an MS in education from SOU. She taught for over 35 years, from kindergarten to graduate levels — including adjunct faculty at SOU — and has offered multiple OLLI cooking courses. Always a foodie, she has been cooking since childhood. She utilizes homegrown and local foods with an interest in international flavors and cuisine.*

## Introduction to Genealogy

This introductory course, taught by four instructors at the Rogue Valley Genealogical Society Library, is designed to give a solid foundation for pursuing genealogy. Anne Billeter will present how to conduct research online and in libraries with a library tour. Rich Miles will present separate classes on how to effectively use Ancestry.com and FamilySearch.org to research family and ancestors. Both classes will use a computer lab. Barbara Northrop will present separate classes on organization with a help session and on the U.S. census in the computer lab. Kim Thurman will present how to effectively use newspapers to research family in the computer lab. There will be two assignments: filling out an ancestor chart for personal use and preregistering for a free FamilySearch.org account online. Help will be available. Instruction will be 1½ hours, followed by a one-hour help session or computer lab. Although it's not mandatory, we encourage students to bring their personal laptops.

**NOTE:** This course will be taught at the Rogue Valley Genealogical Society Library, 3405 S. Pacific Highway, Medford. Students need to preregister for a FamilySearch account prior to Class 4. There is no class session on Friday, April 18.

**REC128M** · 6 Sessions

Rogue Valley Genealogy Library—3405 S Pacific Highway, Medford

class size 25

F · 10:00AM—12:30PM

4/4/2025—5/16/2025



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**INSTRUCTOR:** Anne Billeter, MLS PhD, president of the Rogue Valley Genealogy Society and library director, has put together a distinguished team to teach this course. Billeter will teach with her colleagues Barbara Northrop, MSW, certified genealogist; Rich Miles, MS, technology and data management director for RVGS; and Kim Thurman, BS, past president and currently in the process of becoming a certified genealogist.

## Kumihimo: Round Japanese Braiding

What is kumihimo? The word “kumihimo” means “gathered threads” and involves using a multistrand cord or string known as the “koma.” Originally used for practical purposes such as securing armor and clothing, kumihimo now serves many decorative functions like jewelry making and home decor. Participants will learn the craft by starting out making a friendship bracelet. After that is mastered, they will move on to more advanced designs and projects. Both new and returning students are welcome. We will try simple and advanced designs to keep everyone engaged.

**NOTE:** This is round, not square, kumihimo. A supply list will be sent to registered students prior to the first class. The cost of supplies may range from \$15-\$40, depending on the project.

**REC301A** · 4 Sessions

Campbell Center—Room A

class size 13

Th · 1:00—3:00PM

4/3/2025—4/24/2025

**INSTRUCTOR:** Peggy Foster has been teaching crafts to children and adults for over 20 years. She grew up doing crafts from a young age, and learning new crafts has always been a part of her life. She is a certified adult learning facilitator with Girl Scouts of the USA. Foster has a bachelor's degree in recreation education from Utah State University.

## **NEW!** Let's Play Pinochle

Pinochle is a trick-taking card game for two to four players, usually played with a 48-card deck. The game is played in three phases: bidding, melds and tricks. Players score points by winning tricks and by forming combinations of cards into melds. It's a fun way to exercise your thinking as it requires strategizing to win. At the first session, we'll become familiar with the rules and procedures and begin to play. Written instructions will be provided. Bring your fun brain and a positive attitude! The classroom will be a safe space to meet new friends, and questions will be welcomed! A deck of pinochle cards will be provided for every class member.

**REC316A** • 8 Sessions  
Campbell Center—Room C  
class size 13  
F • 10:30AM—12:30PM  
4/4/2025—5/23/2025

**INSTRUCTOR:** *Mitzi Loftus has been playing pinochle for 80 years or more and can attest that pinochle is a great way to exercise your brain while having fun with others. After a previous edition of this course, a pinochle group, including Loftus, was generated that played for several years, even via Zoom during the pandemic.*

## **NEW!** Tote Bags for Intermediate Sewists

Would you like to design a bag to take to the beach? To cradle your crocheting? To carry books home from the library? This class is your oyster! We'll start by examining some sample bags, then head over to Sew Creative for a fabric-shopping extravaganza. Then, with instructor guidance you'll learn how to design your bag, add pockets and add a zipper ... if you're inclined. We'll spend a couple of weeks constructing your bag, and at the end of the class you'll be the proud owner of a brand-new, custom-made tote bag. You don't need to be an expert sewist to take this class; in fact, you don't even need to be a decent one. You should be able to wind a bobbin, thread the needle and sew a straight stitch on your machine. We'll take it from there.

**REC317A** • 5 Sessions  
Campbell Center—Room C  
class size 8  
F • 1:00—3:00PM  
5/9/2025—6/6/2025

**INSTRUCTOR:** *Kathy Brantley, an engineer and scientist by training, has been a sewist for 17 years — but remembers well what it's like to be afraid to thread a needle. She's made many bags, pajama pants, purses, shirts, sweaters and pants, but has settled on "anything with pockets" as her signature make. She's looking forward to spawning the next generation of sewists.*



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# Science, Technology, Engineering and Mathematics

Includes the study and use of computers.

## Apple Notes: Tips and Tricks

Apple Notes has evolved from a basic note-taking application into an innovative program that is often overlooked by iPhone users. In this course we will explore the power of Apple Notes to help you keep track of a wide range of information using your iPhone with other devices that are synced using iCloud. We will address the basics of taking and organizing your notes as well as review powerful hidden features such as dictating notes using Siri, locking notes for privacy and security, capturing photos, videos and scanned documents, recording audio and attaching files — all of which can easily be stored and retrieved. Participants should have basic skills using an iPhone as well as an iCloud account. The most current iPhone operating system is strongly recommended for accessing Notes' latest features.

**STEM206** · 3 Sessions

Online

class size 52

Th · 1:00–2:30PM

4/3/2025–4/17/2025

**STEM206A** · 3 Sessions

Campbell Center—Room D

class size 34

F · 1:00–2:30PM

4/4/2025–4/18/2025

**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 school teacher and assistant principal, he later served as a professor of educational technology and teacher education in Nevada for 26 years. Strudler has taught OLLI courses since 2017.

## Elements of Our Lives: The Periodic Table

The periodic table is one of the iconic symbols of our knowledge of the world around us. This course has three very general topics: (1) How chemists think about elements (atoms), (2) How the periodic table came about and what it means, and (3) What are some of the significant chemical elements and how are they involved in our lives? This is a six-session lecture class that may include some simple demonstrations if possible. No prior background is required. However, those with at least some high school-level chemistry will find some of this familiar. Source material will come from a variety of sources, but no textbook will be required for the course. Students will be given handouts summarizing various aspects of each lecture, which will also be available for download.

**STEM142M** · 6 Sessions

Medford Higher Education Center—Room 118

class size 34

W · 3:30–5:00PM

4/2/2025–5/7/2025

**INSTRUCTOR:** Tom Pratum obtained his PhD in physical chemistry at UC Berkeley and has taught chemistry at the undergraduate level for over 10 years. Prior to teaching, he was a research scientist in an academic setting for 15 years. He is currently an affiliate faculty member in chemistry at SOU.

## Energy, Ecology, Economics: A Biophysical Approach

Do you want to understand nature better? Are you dissatisfied with contemporary academic economics? This course shows how we can understand both better using energy. It examines the world around us, including natural and human economies from an energy/biophysical perspective. Energy underlies all aspects of life, from nature to civilization to our economies. It covers what energy is; our history of understanding energy; the laws of thermodynamics; the particular role of the sun; the early Earth environment; evolution of life and the importance of green plants and adaptations forced on life in an increasingly oxygenated environment; the evolution of increasing biotic complexity; sequestering of fossil fuels; the evolution of mammals and our own species; the increased exploitation of energy by humans; the Industrial Revolution and our modern situation, including the myriad tradeoffs humans face today. The final lectures examine these issues within the context of modern economies.



**STEM204** · 8 Sessions

Online

class size unlimited

M · 11:00AM–12:30PM

3/31/2025–5/19/2025

**INSTRUCTOR:** *Systems ecologist Charles Hall is considered one of the leaders of developing alternatives to conventional (neo-classical) economics. He has taught similar courses over 45 years at Cornell University, the University of Montana and the State University of New York. He was seen recently on the PBS series “Energy Horizons.”*

## MS Word for PCs: Tips and Tricks for Beginners

Microsoft Word is a powerful word processing program, but most beginning users are either not familiar with or reluctant to use Word’s wide range of features. This is a hands-on class. The instructor will provide pre-typed documents, and students will provide their own laptops, curiosity and questions. Students will learn basic tips for inputting, formatting and editing Word documents. Some of the topics covered include shortcut keys, navigating the ribbons and dialog boxes, formatting paragraphs and adjusting layouts, creating and manipulating tables and using the quick access toolbar and features for editing and tracking changes. The pace of the class will be determined by the students. Students should know how to download, open and save their documents. They should be familiar with their own laptops and aware of where their documents are located/saved. Review exercises will be emailed after each class to practice what was learned in class.

**NOTE:** This class is based on Microsoft Word for PCs. Students will need to bring in their laptops preloaded with the documents they have downloaded from my emails and saved in a familiar location for easy retrieval.

**STEM312M** · 8 Sessions

Medford Higher Education Center—Room 118

class size 11

Tu · 9:00–10:30AM

4/1/2025–5/20/2025

**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. Her final 11 years before retiring were spent teaching English language development in middle school. She uses MS Word and Excel for PCs extensively in writing and formatting her work.*

## **NEW!** Observational Astronomy

This course will be an introduction to astronomy, specifically observational astronomy. Students will learn how to look in the night sky without a telescope to see constellations, identify planets and discern lunar phases. This class will specifically focus on our Southern Oregon skies in spring. Students will get a chance to practice their knowledge by observing in the North Medford High School Planetarium. Our planetarium features a Digistar 7 system, a fully digital system capable of manipulating space and time with real-time data and stellar computer graphics. The course will be half online lecture, half lab-based in the planetarium, and will offer optional night sky practice at our Southern Oregon Sky Watchers viewing location high in the hills of Ashland. There is no background knowledge necessary; all levels of learners are welcome.

**NOTE:** The course will alternate between online instruction using Zoom one week followed by lab-based practice of concepts at the North Medford High School Planetarium the next week. Weeks 1, 3 and 5 will be online and weeks 2, 4 and 6 will be at the planetarium. Students participating in optional field trips will need to sign a liability waiver.

**STEM319M** · 6 Sessions

North Medford High School, Planetarium—1900 N

Keene Way, Medford

class size 40

Tu · 4:30–5:30PM

4/8/2025–5/13/2025

**INSTRUCTOR:** *Megan Laurenti is the astronomy teacher and planetarium director at North Medford High School. This is her sixth year teaching astronomy at the high school level. Laurenti is also the president of Southern Oregon Skywatchers, a community-based astronomy group. She has a passion for sharing her love of the night sky and believes the more you understand the world around you, the more beauty and elegance the universe unfolds.*

## Physics for Nonphysicists: Einstein's Miracle Year

In 1905 Einstein published four papers on three subjects that all changed the future of physics. Who proved that matter is made up of atoms? Einstein. Whose theory is behind the device that keeps the automatic garage door from coming down on your foot? Einstein's. Whose theory prevents you from driving faster than the speed of light? Einstein's. Learn about Brownian motion, the photoelectric effect and special relativity, and how physics changed after 1905. This series of OLLI courses is designed to teach real physical principles to those without a scientific or mathematical background. Because OLLI has no members who are dummies, the course is not titled "Physics for Dummies." The content of the course will be presented through lectures, supplemented by illustrations and animations. The instructor expects all students to interrupt often with questions.

**STEM311A** · 5 Sessions  
Campbell Center—Room E  
class size 78  
Tu · 11:00AM—12:30PM  
5/6/2025—6/3/2025

**INSTRUCTOR:** John Johnson studied physics at Grinnell College, Carnegie Institute of Technology and Carnegie Mellon University. He has taught nonscientists and physicists in college and for over 20 years at SOLIR/OLLI.

## Plants and People – Part 1

We often take plants for granted. The goal of this course is to foster an appreciation for the importance of plants in our daily lives. We will examine how plants contribute to our lives and well-being, including such basics as oxygen to breathe, food, shelter and clothing. We will also discuss the role of plant compounds as medicines and psychoactive/stimulating agents. Using coffee as an example, we will answer such questions as: What species of coffee are grown? Where did they originate? How does caffeine work in the body? The course will introduce scientific concepts and terminology relating to plant structures and functions and economic and historical aspects of plant use. The format will be interactive lectures. Plant material will be brought in periodically to demonstrate particular concepts.

**STEM131A** · 10 Sessions  
Campbell Center—Room C  
class size 34  
Tu · 11:00AM—12:30PM  
4/1/2025—6/3/2025

**INSTRUCTOR:** Melissa Luckow is professor emerita from Cornell University, where she worked for 29 years teaching and researching plant biology. Her research focused on tropical legumes, and she worked primarily in Madagascar, Mexico and South America. She also taught courses in plant taxonomy, plants and people, and in biogeography while at Cornell.

## **NEW!** Protecting Wildlife Species Around the World

From wolf reintroduction to controlling invasive species, wildlife has influenced our lives throughout history. This course will examine some of the world's most challenging and often controversial historic and current wildlife management issues, and it will explore possible solutions. The instructor will start with an overview of the history of human and wildlife interactions throughout the world and look at unique aspects of wildlife management in the United States. Efforts to protect critically endangered species and to implement species recovery and reintroduction programs will be discussed. The impact of introduced species on native wildlife will be covered. Topics will include threatened salmon runs in Alaska, endangered wildlife in Africa, wolf reintroduction in Colorado, invasive pythons in Florida and much more. Classes will be discussion-based, and your input encouraged. The course is open to anyone who appreciates wildlife. No prior knowledge is necessary.

**NOTE:** Participants are encouraged (but not required) to read "A Sand County Almanac" by Aldo Leopold prior to the first class.

**STEM320A** · 6 Sessions  
Campbell Center—Room A  
class size 32  
W · 11:00AM—12:30PM  
4/2/2025—5/7/2025

**INSTRUCTOR:** Jeff Rucks has a BS in wildlife management from Humboldt State University, and an MS in supervision and administration. He has 40 years of experience as a wildlife professional. His early career included work for the U.S. Forest Service in California and Colorado and the Bureau of Land Management in Alaska, followed by a 27-year career with the Colorado Division of Wildlife as a game warden, wildlife biologist and wildlife education manager.

# Social Sciences

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

## **NEW!** Aging, Death and Dying

This course takes a practical and sociological approach to the processes of aging, death and dying. Each of the first four classes will cover a particular aspect of aging: 1) biological and physiological, 2) emotional and psychological, 3) sociological and cultural and 4) death and dying. Students will learn about each topic based on social scientific research as well as personal experiences. We will discuss ageism and stereotypes of the elderly, as well as how aging, death and dying are viewed not only in the United States but in different cultures around the world. The fifth class will be devoted to discussion of the instructor's book, "The Glass House," which will be provided to each student. Each session will begin with a brief presentation on the topic followed by class discussion.

**SOC322A** · 5 Sessions  
Campbell Center—Room C  
class size 34  
M · 3:30—5:30PM  
4/7/2025—5/5/2025

**INSTRUCTOR:** *William Thompson received his BA in history and sociology from Northeastern State University, his MS in secondary education, history and sociology from Missouri State University and a PhD in sociology from Oklahoma State University. He has 10 years' teaching experience at Emporia State University, Emporia, Kansas, and 33 years' teaching experience at East Texas A&M University, Commerce.*

## **NEW!** Cultivating Connections to Our Local Food System

Whether you are new to the Rogue Valley or have been here many years, it's possible that you may not have experienced the robust farming community that surrounds us. In this four-week course, attendees will learn about the successes, challenges and environmental considerations that four different local farms face. We will look at the local food system and the role that each of us can play to improve it. Food can be a key part of enjoyable gatherings or it can be taken for granted or wasted. We will learn about food waste management practices, incorporating locally produced food and improving food choices. Having a deep sense of place can add richness to daily life, just by having a grateful awareness and a feeling of connection. This class will help attendees form

a deeper connection to the surrounding Rogue farming community and to their own food.

**SOC328A** · 4 Sessions  
Medford Higher Education Center—Room 118  
class size 35  
Tu · 3:30—5:00PM  
4/1/2025—4/22/2025

**INSTRUCTOR:** *Flavia Franco is a climate and food waste prevention advocate in Ashland. She leads Southern Oregon Food Solutions. She also participates in growing the Community Compost Coalition that picks up food scraps and delivers them to local farms for composting.*

## Dig Deeper Into World Events and U.S. Foreign Policy

Does a lot of what you read in the news about the world concern you? Does it make you feel a bit overwhelmed? Do you wish you could understand the "big picture" better and share your concerns about the world with others? Over 10 weeks, this interactive class will discuss global issues confronting the new president as presented in the Foreign Policy Association's "Great Decisions 2025" booklet: 1) the most pressing decisions before the U.S. in 2025; 2) American foreign policy; 3) U.S. changing leadership of the world economy; 4) U.S.-China relations; 5) India: between China, the West and the Global South; 6) international cooperation on climate change; 7) the future of NATO and European security; 8) artificial intelligence and American national security; 9) American foreign policy in the Middle East; 10) common themes and likely future directions. All participants in this course must have the ability to respectfully discuss viewpoints different from your own.

**NOTE:** Participants will be expected to read about 20 pages before class covering various points of view so that we'll be able to dive in and spend most of our class time on informed discussion. The "Great Decisions 2025" booklet is required reading and will be distributed at the first class. (Cost: \$35)

**SOC204A** · 10 Sessions  
Campbell Center—Room B  
class size 19  
F · 1:00—3:00PM  
4/4/2025—6/6/2025

**INSTRUCTOR:** *Karl Vischer has had a 40-year career in international energy economics with the U.S. Department of Energy, Bechtel and SRI International. He has a BS in mechanical engineering, an MS in engineering economics and an MBA. He has developed curricula and taught in such diverse fields as decision analysis, risk analysis and graduate-level finance. He has facilitated the "Great Decisions" course for the last two years at OLLI.*

## **NEW!** El Salvador and Democracy in the 21st Century

Why care about a small Central American country like El Salvador? One reason is that in a changing world, El Salvador is pointing the way to a different kind of democracy whose leader is not afraid to try things that would horrify our civics teachers. Those who quote Ben Franklin as saying, “Those who would give up essential liberty to purchase a little temporary safety deserve neither liberty nor safety,” should have visited El Salvador in the 1990s, when the murder rate topped 100 per 100,000 people, the highest in the Western Hemisphere. Today, the murder rate is lower than that of Canada. President Nayib Bukele’s approval rating is over 90%, and Salvadoran citizens are enjoying their new security. How did that happen? It’s due to massive arrests without civil liberties of all gang members, known and suspected, and the construction of CECOT, one of the largest maximum-security prisons in the world, with 40,000 inmates. This will be a lecture course with ample time for Q&A.

**SOC329M** · 5 Sessions  
Medford Higher Education Center—Room 118  
class size 34  
Tu · 11:00AM—12:30PM  
4/15/2025—5/13/2025

**SOC329A** · 5 Sessions  
Campbell Center—Room D  
class size 53  
Th · 11:00AM—12:30PM  
4/17/2025—5/15/2025

**INSTRUCTOR:** *Terry Doyle has a BS in math from the University of Oregon. He spent 30 years solving software engineering problems in the Silicon Valley, 30 years living in the Rogue Valley and 25 years traveling to all parts of South and Central America.*

## Hot News & Cool Views

Hot News & Cool Views is an open discussion forum to explore and discuss breaking news from Oregon and around the globe each week. All differing views and opinions are not only welcome but essential to create lively discussion in the group. We cover a wide range of topics, from politics to climate change to technology, medicine and more. An agenda with articles will be sent to students a couple 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!

**SOC139** · 10 Sessions  
Online  
class size unlimited  
Tu · 9:00—10:30AM  
4/1/2025—6/3/2025

**SOC139A** · 10 Sessions  
Campbell Center—Room D  
class size 35  
Tu · 9:00—10:30AM  
4/1/2025—6/3/2025

**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 choosing to take the class again.*

## Investigating Religions Without God

In this course we will investigate the practice of “religion” without the concept of “God.” That is, we will consider religions that are nontheistic or atheistic, meaning their beliefs and practices are absent of faith in the existence of supernatural deities. We’ll consider both ancient and modern approaches, some traditional, some metaphorical, some tongue-in-cheek. Classes will include presentations by the instructor, including short videos, followed by discussions. Short readings will be suggested for each class, mostly using internet-based resources. The sequence of classes will be: 1) Naturalism, 2) The Way of the Tao & Buddhism, 3) The Paganism and the Cult of Dionysus, 4) Syntheism and Secular Humanism, 5) The Satanic Temple and Pastafarianism, and 6) UMM: Unorthodox Methodless Mysticism.

**SOC323A** · 6 Sessions  
Campbell Center—Room C  
class size 32  
M · 1:00—3:00PM  
3/31/2025—5/5/2025

**INSTRUCTOR:** *Dave Ferguson has a keen interest in religion without god and in naturalistic religion, and he has read widely in the field, leading him to create this twice-taught course.*

## **NEW!** Show Me the Money: Finances of Local Government

Ever wonder what Ashland’s food and beverage tax pays for? Curious how Ashland city revenue has changed over time? This class will provide attendees with a high-level

understanding of how the city of Ashland raises and spends money to pay for public services and infrastructure. Each session will consist of a 30-minute presentation on a particular topic, followed by time for questions and answers moderated by City Manager Sabrina Cotta. This course is about local government finances. It is not a course on policy issues or political statements.

**SOC330** · 8 Sessions  
Online  
class size unlimited  
W · 1:00–2:00PM  
4/2/2025–5/21/2025

**INSTRUCTOR:** *Sabrina Cotta is the city manager for the city of Ashland. She has worked in local government since 2007 for cities, counties, states and special districts. She has previously taught courses on public policy and public administration at the University of Arizona and with OLLI at SOU. She will be the moderator of the course with assistance from city of Ashland subject-matter experts.*

## The Deficit Myth

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

**NOTE:** This course will be similar to a course of the same title taught in fall 2024, but will include additional information on money creation, inflation and buying and selling of Treasury securities. One-hour classes are planned, so we’re likely to end early but please reserve the full 90 minutes in your schedules. There is no class session on Monday, May 26, in observance of Memorial Day.

**SOC317** · 6 Sessions  
Online  
class size unlimited  
M · 11:00AM–12:30PM  
4/21/2025–6/2/2025

**SOC317A** · 6 Sessions  
Campbell Center—Room D  
class size 53  
M · 11:00AM–12:30PM  
4/21/2025–6/2/2025

**INSTRUCTOR:** *Tom Woosnam has a BS from Imperial College, London, and an MA from Stanford. His academic qualifications for teaching this class include a 12-week online macroeconomics course he took last year and his 45 years of teaching high school physics and math — enough time to become fairly good at using logical reasoning and primary source evidence.*

## The Healthy Brain and Aging

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

**SOC319A** · 5 Sessions  
Campbell Center—Room A  
class size 26  
F · 11:00AM–12:30PM  
4/4/2025–5/2/2025

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



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

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

## **NEW!** The Paradox of Wittgenstein

The Austrian thinker Ludwig Wittgenstein was a major figure in the development of 20th century philosophy in Britain and America. In this course we will explore the paradoxical features of his life and writings. For instance, Wittgenstein, an intensely private genius, came from vast wealth but eventually gave it all away. His first work, a small volume called the “Tractatus,” caused a sensation in intellectual circles. The Vienna Circle, a group of brilliant scientists and mathematicians, highly valued the book but, in Wittgenstein’s view, profoundly misunderstood it. His British mentor and friend Bertrand Russell wrote the book’s preface. Reading that preface, Wittgenstein despaired. Even Russell, he felt, had utterly misunderstood him. Later, Wittgenstein completely disowned the “Tractatus” and created a new philosophy of ordinary language. The course will try to make sense of these contrary events. Students need no background in the subject. Weekly notes will be furnished.

**SOC325** · 10 Sessions  
Online  
class size 74  
Th · 1:00–3:00PM  
4/3/2025–6/5/2025

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

## The U.S. Constitution in Everyday Life

While we as a country have been very blessed with a constitution, often today’s media talks about the political side of issues and ignores the constitutional ones. So this class will discover the constitutional issues embedded in political issues and then look at how the constitutional issues might impact or change the focus of the political issues.

**SOC146-1** · 4 Sessions  
Online  
class size 30  
W · 9:00–10:00AM  
4/2/2025–4/23/2025

**SOC146-2** · 4 Sessions  
Online  
class size 30  
W · 11:00AM–12:00PM  
4/2/2025–4/23/2025

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

## **NEW!** Tracing Your Roots: Building Your Family History

Discover the art of uncovering your family’s unique story in this two-session course. Using powerful online tools like Ancestry.com and resources from the Rogue Valley Genealogy Library, you’ll learn how to build a family tree and bring it to life with anecdotal stories and old family photos. Guided by examples from the instructor’s ancestors — including 17th-century colonial settlers fleeing religious persecution, slaves and slave owners, Revolutionary and Civil War soldiers, and even a riverboat gambler — this course will introduce you to the fundamentals of genealogical research. This class is perfect for beginners and those looking to deepen their family history research. It provides an overview of useful tools, including DNA testing, ChatGPT and desktop publishing software, as well as online genealogical sites, to help develop your family’s legacy.

**SOC326** · 2 Sessions  
Online  
class size unlimited  
Tu · 9:00–10:30AM  
4/1/2025–4/8/2025

**INSTRUCTOR:** Jeff Wyatt retired with over 40 years of experience in engineering and management. He serves as the chair of the Oregon Hanford Cleanup Board, appointed by the governor of Oregon. His interest in genealogy was sparked by his family’s apocryphal stories of their ancestors’ exploits and mishaps and the PBS series “Finding Your Roots.”

## **NEW!** Waging Peace

This course will provide a learning environment for understanding war culture. We will consider ways to promote critical consciousness and intellectual curiosity, and we will craft ideas for moving toward a democratic culture of peace. Students should be prepared to discuss all aspects of a war culture including strong anti-war endeavors such as “Howard Zinn on War.” “Waging peace” means learning to live with diversity instead of combating it. This course will be based on “After Empire: Myth, Rhetoric, and Democratic Revival” by Robert L. Ivie and Oscar Giner, 2024. Lecture slides will cover content from the book. Discussion questions will be provided ahead of each class session, and students will be encouraged to highlight portions of the book they would like to

discuss in class. It's a rich text. Within each chapter we will choose what we discuss as a class. Students are also welcome to arrive to class with no preparation!

**NOTE:** Students should acquire "After Empire: Myth, Rhetoric, and Democratic Revival" by Robert L. Ivie and Oscar Giner.

**SOC327A** · 6 Sessions  
Campbell Center—Room D  
class size 53  
Th · 9:00—10:00AM  
4/3/2025—5/8/2025

**INSTRUCTOR:** *Diana Clennan is communication professor emerita at College of Southern Nevada, Las Vegas, where she taught rhetoric and communication classes for 20 years. She holds a master's degree in rhetoric and communication from UC Davis. She has taught a broad range of courses, including basic public speaking and surveys of communication and rhetorical studies. She is deeply committed to finding a passage toward a democratic positive peace.*

## What's So Special About Human Language?

Human language is unique and ubiquitous. Only humans speak a language (although AI is changing that), and every human learns at least one. How might language have evolved, and what is it that we know when we

know a language? How do the thousands of languages in the world vary, and what features do they have in common? Does your language influence your thoughts and perceptions? Linguists don't have full answers to these questions, but we'll survey what the scientific study of language has uncovered so far. We'll see what animal communication systems might reveal about the origins of human language and discuss what makes it special, examining its structure at the level of sounds, words and sentences. Next, we'll delve into the controversial topic of how language might influence thought. Finally, we'll consider the uncertain prospects of languages that are dying out, and what can be done to revitalize them. Video, audio, short readings and activities will supplement the presentations.

**NOTE:** This class has been taught previously, but this one will incorporate a bit of new material on AI systems that use language.

**SOC147A** · 5 Sessions  
Campbell Center—Room D  
class size 53  
Tu · 3:30—5:30PM  
4/1/2025—4/29/2025

**INSTRUCTOR:** *Tony Davis has taught several courses at OLLI. His academic background is in linguistics, and he worked with computers and language before moving to Ashland in 2016. He enjoys travel and spending time in nature.*



Please check out our seasonal contemporary art exhibitions, free docent-led Tuesday Tours at 12:30 p.m., FREE Family Days, artist lectures and performances by visiting us at [sma.sou.edu](http://sma.sou.edu). The museum is open Tuesday–Saturday, 10 a.m.–4 p.m.

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Six exciting travel trips are planned through 2025: four local/regional and two national. These trips are open to OLLI at SOU members only — one of your numerous membership benefits.

## **LOCAL/REGIONAL:**

**Klamath Basin Guided Birding and Wildlife Tour – March 28**

**Shepherd’s Dream Woolgatherers Carding Mill and  
the Klamath River Dam Removal Project – April 23**

**Overnight Birdwatching and Wildlife Viewing, Upper Klamath Lake  
and the Tule Lake Wildlife Refuge – May 17–18**

**Overnight Cultural/Historical Trip: The Modoc War and  
the Tule Lake World War II Detention Camp – June 24–25**

## **NATIONAL:**

**Spotlight on San Antonio – April 20–24**

**Canyon County (five Southwest national parks) – Sept. 5–12**

Complete trip details and reservation links for all these trips  
are on the OLLI at SOU website.

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





# Membership Form

**Membership:**  
 **new member**  
 **renewing member**

<b>Member Information</b>	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**

I might be interested in volunteering! Please have the Program Specialist contact me.

I am already volunteering and satisfied with my role.

I just want to take classes for now.

**One Credit Program** – If you are 65+ and have been an Oregon resident for at least 12 months, sign up for our one credit program to help SOU get additional funding.

Yes, I want to participate in the one-credit program!

<b>Payment and Donation Options</b>	<b>SPRING SPECIAL: \$75 for Spring Term only</b>	
	The membership fee may be combined with a donation. Checks and credit cards are accepted. Please contact the OLLI office for information about membership fee financial assistance.	
	Spring membership payment @ \$75 per person:	\$ _____
	I want to support the OLLI at SOU annual fund with my tax deductible gift of:	\$ _____
	<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.**

OLLI at SOU | Osher Lifelong Learning Institute at Southern Oregon University | 541-552-6048 | olli@sou.edu



# Course Request Form

## Registration Tip

The online catalog at [sou.edu/olli](http://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



# Volunteer

with **OLLI at SOU!**

Our vibrant volunteer culture springs from a sense of belonging and engaging with the OLLI at SOU community. Volunteers are a vital part of our organization, enabling us to fulfill our mission and maintain our affordable all-inclusive membership fee.

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### Teach at OLLI at SOU



### Join a Committee



### Be on a Team



### Become a Leader



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

For more information, contact Program Specialist Megan Rutherford at [olli@sou.edu](mailto:olli@sou.edu) or call 541.552.6583



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