



THE UNIVERSITY OF ARIZONA

# OSHER LIFELONG LEARNING INSTITUTE

Life-Enriching Education for Adults 50+

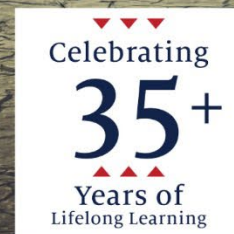
## Fall 2024 Catalog



**200+ Classes,  
Field Trips & More**

**In-Person in  
Tucson, Green  
Valley & Online**

**12 Weeks:  
Sept. 16 to Dec. 13**



# Curiosity Never Retires

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## Welcome to OLLI-UA Fall 2024!

This Fall we are excited to offer **in-person classes** at our Central Tucson and Green Valley campuses. and **online classes** hosted on Zoom, in addition to a variety of social events.

### Fall Session Overview

- **Fall is 12 weeks from September 16 to December 13.**
- There are 200+ offerings across OLLI-UA including social events and more dining out options to be announced.
- Central Tucson classes run Tuesday through Friday.
- Online classes run Monday through Friday.
- Green Valley classes run Tuesday and Wednesday for 8 weeks starting October 1.

### Registration

- **Priority Request Registration (PRR) ends Monday, August 26** and runs Tuesday, August 27.
- Registration confirmation emails will be sent after PRR runs on the 27th.
- **Open Registration begins after PRR runs on Tuesday, August 27.** During open registration you can continue to add (and drop) classes first come, first serve throughout the rest of the session.

### What's Priority Request Registration (PRR)?

PRR is a stress-free pre-registration process that allows you to prioritize and request the classes you most want to attend. At the end of PRR, our registration system officially enrolls members in classes, filling each seat based on the priority of the request. This is helpful for classes with limited capacities that fill quickly. **It is important to give small capacity classes a higher priority if they are important to you.** If a class fills, a waiting list is started and ordered by the next priority assigned. More detail on this process and our registration planner materials can be found on our website: [olli.arizona.edu](https://olli.arizona.edu).

## Memberships

What you can register for depends on the membership you purchase. Fall session is open to our 24-25 annual members and Monsoon/Fall 2024 members. If you are not a current member, OLLI-UA offers four membership options for this session:

The **Annual All OLLI/Central Tucson Membership** costs \$435 and allows you to register for all classes online and in-person across OLLI-UA for the year to come and includes our Central Tucson campus.

The **Annual Green Valley/Online Membership** costs \$235 and allows you to register for online classes for the year to come as well as the Green Valley campus in the fall and spring. **(Central Tucson classes are not included with this membership).**

The **Monsoon & Fall All OLLI/Central Tucson Membership** costs \$255 and allows you to register for all classes online and in-person across OLLI-UA through 12/31/2024 and includes our Central Tucson campus.

The **Monsoon & Fall Green Valley/Online Membership** costs \$155 and allows you to register for online classes and take classes at our Green Valley campus through 12/31/2024. **(Central Tucson classes are not included with this membership).**

Complete membership purchase details can be found at [olli.arizona.edu](https://olli.arizona.edu) along with information on available financial assistance.

## Central Tucson Campus



The [Central Tucson campus](#) is located at [4485 N 1st Avenue, Tucson AZ](#), on the NW corner of 1st Avenue and Wetmore Road. The facility includes three large classrooms, a member lounge with coffee service for eating or just gathering, and ample parking. The Saguaro and Ocotillo classrooms are hearing loop enabled.

## Green Valley Campus



The [Green Valley campus](#) is located at the Community Learning Center at [1250 W. Continental Road, Green Valley, AZ](#), and has spacious classroom space in a former community college facility operated by Pima County. It has ample parking and a lounge area.

## Online Classes



[Online classes](#) are hosted using Zoom. Online offers the convenience of taking classes from anywhere, year-round – even from the comfort of home. Online expands class offerings as instructors can also teach from anywhere.

## Volunteer Opportunities

As a member-run, volunteer-led organization, OLLI-UA is dependent on our members stepping up to help in ways big and small. Please consider giving your time and expertise to OLLI-UA. It is also a great way to meet fellow members and develop lasting friendships! [Click here to explore current opportunities.](#)

## Planning Tools

Keep in mind all offerings are subject to change. See our website's [Class Catalogs](#) page for the latest information and additional class registration planners.

Clicking on the class titles in this catalog will take you to the OLLI-UA registration page for each class.

## Need Help?

You can always email the office at [ollimail@arizona.edu](mailto:ollimail@arizona.edu) or call 520-626-9039, Mon – Fri, 9 AM to 4 PM

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# Central Tucson Campus: In-Person Tuesdays

## [American History: The United States Comes of Age: 1865 – 1910](#)

**Subject Area:** History/Current Events

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

This is a survey course looking at the various threads of events in the United States that brought the country, reuniting and recovering from a costly Civil War to its stature as a world power in less than 50 years. These threads of events include: the success and failure of reconstruction, confronting racial and ethnic tensions, the settlement of the West, the exploitation of natural resources, industrialization, immigration, transportation, and foreign policy. Participants will study and discuss the political and economic implication of these threads of events, and how they influence today's world. Class discussions will revolve around the lectures from the Great Courses survey of American History and other relevant lectures and documentary films.

Instructor: Paul Waugaman

Paul Waugaman has been an OLLI member since 2013. He retired from a career in research management in the Federal Government, academia,

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and consulting. History has been an interest throughout his life. He has concentrated on the Civil War and the evolution of the United States in the 19th Century. He has taught U.S. History part-time at the college level, and as a consultant, senior manager, and study leader, has planned and presented educational experiences in professional development for adults. He has teamed up with Mallory both as an SGL and Tech Host in prior semesters.

## [Hablando](#)

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

This is a class where the students and the SGL converse in Spanish. Only Spanish is used in class. We will choose the topics and/or activities for our conversations as a group. Students will be encouraged to use a dictionary to learn words they might need to discuss a topic or participate in an activity. A basic Spanish language textbook is also useful when reviewing grammar. Topics are wide open and may include videos, photos, works of art, Spanish language songs and more. This class will expand participants' vocabulary and encourage students to review grammar topics. Because human communication involves more than the spoken word, such as facial and hand gestures, this is an in-person class limited to 20 students.

Instructor: Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language

program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at OLLI Central Tucson since 2015.

## [New World Beginnings and Colonial America](#)

**Subject Area:** History/Current Events

**Tuesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 11/19/24 - **No Class Oct 15 & 22**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Six thousand years ago the recorded history of the Western world began. Five hundred years ago, European explorers stumbled upon the Americas. This class will cover the facts behind the Gold, God, and Glory Theory, the Columbian Exchange, the start of Capitalism, joint stock companies, the Mayflower Compact, predestination, indentured servants, the Middle Passage, slave codes, triangular trade, the Great Awakening, the founding of the 13 American Colonies, the French and Indian War, Mercantilism, and the crisis between the American Patriots and the English Crown that led to open conflict, revolution, and the establishment of a new country.

Instructor: Jerry Howell

Jerry Howell has taught OLLI classes for over 5 years. He has 46 years of teaching experience at the high school and college level. He received his B.A. from San Jose State University, M.S. from Cal Poly, San Luis Obispo, and Ph.D. from Oregon State

University. His teaching experience has included graduate-level courses and Advanced Placement in U.S. History, Human Geography and World History.

## [Batters Use Depth Perception To Track Baseballs and Softballs](#)

**Subject Area:** Science/Math/Technology

**Tuesdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 9/24/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

We will explore over a dozen visual depth perception cues that people use to estimate distance, such as Binocular disparity, Apparent size, Linear Perspective, Occlusion, and Motion parallax. This class will be interactive because each student will experience, or fail to experience, each cue. We will apply them to the science of baseball, in particular to the batter trying to track the pitch.

Instructor: Terry Bahill

Terry Bahill is an Emeritus Professor of Systems Engineering and of Bioengineering at the University of Arizona. He has taught OLLI classes on the Science of Baseball, Khipus, Breaking WWII Japanese codes, Human Decision Making, Portolan Charts, and Sixteenth-Century Nautical Maps. Some of these he taught several times. He is a Fellow of Raytheon Missile Systems, the Institute of Electrical and Electronic Engineers, the International Council on Systems Engineering, the American Association for the Advancement of Science, and a recipient of Sandia National Laboratories Gold President's Quality Award.

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## Ken Burns

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 10/8/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

After 40 years, Ken Burns has certainly earned the title of “America’s Storyteller.” Burns is a filmmaker who is best known for documentaries such as ‘Brooklyn Bridge’ (1981), ‘Baseball’ (1994), and ‘Prohibition’ (2011). His unique signature style is noted for films using archival material, vintage photographs, and periodicals. Burns has won several Emmy Awards for his work and has released more than 20 documentaries, including ‘The Civil War’ (1990), ‘Thomas Jefferson’ (1997), ‘Jazz’ (2010), ‘Mark Twain’ (2011), ‘The National Parks: America’s Best Idea’ (2009), ‘Jackie Robinson’ (2016), and ‘The Vietnam War’ (2017).

Our sessions will include relevant information:

1. How he selects topics for a documentary
2. The roles of support people: directors, producers, narrators, and writers.
3. This class includes an impressive number of video clips from popular documentaries, films, and television shows.

**Instructors:** Arnie Bianco, Susan Williams

Arnie is a long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. He is a published author who has always loved to teach. His wife is presently a teacher.

Susan has been a tech-host, co-host and is presently a member of the OLLI board.

## The Imperial Supreme Court

**Subject Area:** History/Current Events

**Tuesdays:** Single session 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 9/17/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

The Supreme Court's tumultuous term undercut common understandings about constitutional interpretation and proper judicial behavior. The net result was a dramatic reversal of the separation of powers—an increase in judicial power and authority at the expense of legislatures and administrative agencies. This lecture examines those trends and suggests what they mean for the Supreme Court's institutional integrity.

**Instructor:** Judy Brown

Judy Brown is Professor Emerita at Northeastern Law School in Boston, where she was a faculty member for 30 years. She taught and wrote about the United States Constitution and the Supreme Court. Northeastern recently honored her by naming her office after her. Since Judy retired she has taught numerous classes in her field at OLLI Chapters at Dartmouth and the University of Arizona.

## Information: Science and Philosophy

**Subject Area:** Science/Math/Technology

**Tuesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

The emphasis in the course will be the great courses video The Science of Information presented by Professor Benjamin Schumacher. However, we will also discuss information as related to consciousness and as a fundamental constituent of the universe.

Instructor: Michael Devine

Michael's educational and professional background is scientific: meteorology (BA) and oceanography (PhD). Most of his professional career was spent with NOAA as a research scientist.

## Two Weeks With Stanley Kubrick

**Subject Area:** Travel/Entertainment

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 9/17/24 **End:** Tue 9/24/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

He only made 16 films in his lifetime. But his creativity and genius set the standard for an entire industry. Many of today's most prominent film directors consider Stanley Kubrick to be the best movie maker of all time. With films like "2001 a Space Odyssey" and "Dr. Strangelove" he put audiences in places that both thrilled and puzzled

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them. He also made them very uncomfortable with movies like "Lolita" and "Full Metal Jacket". Although he was an American by birth, he retreated to England never to return. Please bring your thoughts as we try to figure out what made Stanley "Tick".

Instructor: Philip Wenstrand

Philip Wenstrand spent most of his life in the media. For 30 years he worked in commercial television news and documentary production. He is a graduate of Linfield College and the Brooks Institute.

## Basic Healing with Energy

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Tuesdays:** 6 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 9/17/24 **End:** Tue 10/22/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Each of us is born with inherent intuitive, spiritual abilities. It can be challenging, though, to develop them to any significant degree in our cultural environment. In this intuitive healing class you will have the opportunity to open your awareness, experience your psychic abilities, and begin to develop the intuitive ability of healing. These abilities can be enhanced easily with attention and practice.

The class is combined lecture/experience, and you will learn and practice specific techniques designed to move and free energy in yourself and others. Here, the group dynamic is important as you will get to experience not only your own individual energy, but the unique energy of many other students simply by practicing with one another.

Once you have these very basic energy tools, you can enjoy utilizing them for your own and others' benefit whenever you like. The class deals with the

awareness of spiritual energy and is religion-neutral. Basic Healing with Energy is light-hearted and is meant to be fun and enlightening at the same time. It's sort of like psychic kindergarten for adults!

Instructor: Andrew Staub

Andrew Staub is a retired attorney and professional clairvoyant teacher, reader and healer. He has been practicing and teaching energy skills for 30 years and has given readings and healings to clients all over the world. Andrew marvels at how people grow spiritually when given the opportunity and loves providing students with the opportunity to learn about, turn on, and enhance their natural intuitive abilities.

## Contemporary Mexican Literature

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 8 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 9/17/24 **End:** Tue 11/5/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

In this class, we will read three recently published Mexican books: *América del Norte* by Nicolás Medina Mora, *Reservoir Bitches* by Dahlia de la Cerda, and *This is Not Miami* by Fernanda Melchor. The goal of the class is to exercise one's skills of reading contemporary literature while simultaneously building an understanding of the themes and styles being developed in Mexico today. Though the texts are available in English, the instructor will provide support for students interested in reading portions of the texts in Spanish.

Instructor: Caroline Tracey

Caroline Tracey is a writer whose work focuses on culture, water, and migration in the Southwestern US, Mexico, and their borderlands. She holds a PhD

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in Geography from the University of California–Berkeley. Her first book, *Salt Lakes*, will be published by W.W. Norton in 2026. Her reportage has appeared in the *New Yorker*, *New York Review of Books*, the *Guardian*, the *Nation*, and in Spanish in *Nexos*. She speaks Spanish and Russian and lives between Tucson, Arizona and Mexico City.

## Examination of the Multiple Causes of the American Civil War

**Subject Area:** History/Current Events

**Tuesdays:** 6 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 9/17/24 **End:** Tue 10/22/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

Is Civil War in 2024 possible, even inevitable? Scholars, intellectuals, and journalists have begun asking this question. If so, how do conditions and interpretations of the 21st century compare with those in the 19th when America underwent a cataclysmic internal rebellion.

This course is designed as a discussion-based class to investigate and examine the various historical interpretations of the 1861 Civil War. No event in American History has been as disruptive to the political, social, and economic system than the incidents from 1850 to 1860. Historians have debated the cause of this calamitous war for 150 years. Some claim the great Civil War was a result of Northern Aggression, while others denounce it as purely Southern treason. Some say it was inevitable, while others regard it as a preventable mistake. Earlier historians argued that the conflict resulted from economic differences between North and South while more recent authors argue that the cause stemmed from opposition to Southern



slavery. The great questions continue to be debated: Was the war inevitable as Joe Biden noted or preventable as Donald Trump insisted recently. This class will examine some of these arguments in a discussion-based approach, with an emphasis on their ramifications in the 20th and 21st century.

Instructor: John Hosmer

Dr. John Hosmer received his Ph.D. from the U of Arizona with post doctoral work at the University of Oxford in American Political Theory. He was the Arizona Governor's choice to serve on the Arizona State Board of Education and has been in the education field for over 35 years, teaching at both the college and secondary level. He served as the chair of the Charter School Subcommittee while on the State Board. Dr. Hosmer's papers and publications are centered on the field of American political and intellectual ideas stemming from the Civil War/Reconstruction era.

## [Musical Time Signatures](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single session 11:00 AM - 1:00 PM

**Start:** Tue 10/1/24 **End:** Tue 10/1/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Music lives in time. You've heard about 4/4 march time or 3/4 waltz time, and there are several other time signatures. We will listen and learn what those time designations mean with familiar pieces from classical, rock, and jazz. Then we'll explore other well-known songs with "odd" time signatures that don't sound odd at all. No musical experience is necessary. Everyone is welcome to enjoy great music together.

Instructors: Tom Lowry, John Nemerovski

Tom Lowry has played piano and studied music as a hobby for most of his life. He enjoys sharing his appreciation and understanding of all types of music.

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

## [Reducing Drama in Your Life](#)

**Subject Area:** DIY/Self-Help, Health/Wellness

**Tuesdays:** 3 Sessions 1:00 PM - 2:30 PM **Start:** Tue 10/1/24 **End:** Tue 10/15/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Drama with family and friends can plague us, creating tension, stress, frustration, and resentment. Is someone else making you unhappy? Are you feeling like a victim of their bad behavior? Are you exhausted from helping needy people in troubling situations? Do complainers draw you into their dramas? Then it's time to take action to reduce the drama in your life! Learn what creates drama, the roles that we all play in it, and how to break the cycle that traps us. We will apply some principles of emotional intelligence to increase our personal awareness and open the doors to lasting emotional healing. You can achieve more peace and happiness in your life by learning how you get pulled into toxic dynamics and understanding how to resolve those dynamics to free yourself from that dreaded drama.

Instructor: Sharon Root

Sharon Root is a professional trainer/speaker who owned a Silicon Valley training company for 21 years. She has been teaching Emotional Intelligence and Women's Empowerment programs for over a

decade. Sharon is also the Treasurer of the Board of Directors for Winding Road Theater Ensemble.

## [Behind the Scenes – Live Theater in Tucson](#)

**Subject Area:** Arts/Culture, Travel/Entertainment

**Tuesdays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 10/8/24 **End:** Tue 10/29/24 - **No**

**Class Oct 22**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

For theater enthusiasts and those who are curious about it, get a peek behind the scenes into Tucson's vibrant live theater world. Learn about theater as an art form and get an overview of the various theaters in town. Understand the difference between the types of theater (such as community vs. equity). Peer into the backstage workings of the theater, and get an understanding of the operations, costs, funding sources, job roles, and production challenges. You'll receive a 50% discount to see a live show at Winding Road Theater Ensemble – "Tales of Terror" (just in time for Halloween!) from Wed. Oct 23 through Sun. Oct 27. Then participate in one of our lively Talk Back discussions to share your opinions, thoughts and questions about the show you saw.

Instructors: Chad Davies, Brian Handley, Sharon Root

Chad is the Executive Director of the Winding Road Theater Ensemble. He is a retired professional trainer and computer networking/software marketing professional from Silicon Valley. Chad has 20+ years of theater experience in the San Francisco Bay Area and Tucson as an actor, director, and producer. He studied Theater Arts at San Jose State University.

Brian studied acting at Pima Community College and is President of the Board of Directors of Winding Road Theater Ensemble. He is currently consulting on the design and build of large commercial data centers around the country.

Sharon is a retired professional trainer/speaker who owned a Silicon Valley training company. She is Treasurer of the Board of Directors of Winding Road Theater Ensemble and an enthusiastic supporter of theater in Tucson.

## [The US Foreign Service and the Foreign Service Officer Career](#)

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events,

Philosophy/Spirituality/Religion, Social Sciences

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:**

Tue 10/8/24 **End:** Tue 10/15/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

The course will consist of two sessions of 90-minute duration. The first session will present the organization, history, culture, and functions of the United States Department of State. The second session will examine the career of a Foreign Service Officer. I will provide examples from my own career and the careers of my colleagues to personalize the material. I will deal with all aspects of the career, including socialization, education, assignments, promotion, hardship and danger, and family life. Each of the two sessions will open with short presentations of necessary background material to provide context. The remainder of the session will consist of questions, answers, and discussions.

Instructor: Jon Dorschner

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Jon P. Dorschner was a career Foreign Service Office from 1982 until 2011. A Political Officer, Dr.

Dorschner's career specialties were internal politics and political/military affairs. His regional specialty was South Asia, and he has served in a wide variety of South Asia positions. These included: Economic Officer, Intelligence Analyst, Deputy Political Counselor, Consul, Political/Military Officer, and Staff Aide. Jon earned a PhD. in South Asian studies from the University of Arizona, and is language qualified in Hindi, Urdu, and Bengali. He has taught South Asian studies at the University level and publishes articles and books on South Asian subjects.

## [WhereAZ ... Where To Go, What To See in Southern Arizona](#)

**Subject Area:** Travel/Entertainment

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 10/15/24 **End:** Tue 10/22/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

In the class, we'll take a look at some 500 attractions in southern Arizona ... Places to go, things to see. Participants will have a website/app to use as a quick/easy reference.

Instructor: Jim Jindrick

Jim Jindrick co-developed WhereAZ.org, a website and app focused on presenting the highlights of Tucson and southern Arizona ... Where to go, what to see.

## [Steven Spielberg](#)

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 10/15/24 **End:** Tue 11/5/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

This class will chronicle the career of Steven Spielberg – one of America's most gifted movie directors. His amazing list of films has exceeded 50 movies under his direction and 20+ as a producer. His ability to assemble top-notch actors, support experts, and gifted technicians is unmatched in the movie world. We will trace his films over a high-yielding and mind-boggling 50 years. The class will view a large number of movie trailers and video clips of his major accomplishments and will include casting, production and profit results, and an impressive list of his personal accolades and awards.

Instructors: Arnie Bianco, Susan Williams

Arnie is a long-time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. He is a published author who has always loved to teach. His wife is presently a teacher.

Susan has been a tech-host, co-host, and a member of the OLLI board.

## [Best Songs You've Never Heard](#)

**\*New Date Added Due to Demand\***

[Click here to register for the added session on Tuesday, October 29 at 1:00 PM!](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single session 11:00 AM - 1:00 PM

**Start:** Tue 10/22/24 **End:** Tue 10/22/24 - **No**

**Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Familiar songs by unfamiliar musicians. New songs by artists you already enjoy. And everything in between. Folk, country, jazz, swing, pop, international, Baroque, blues, younameit. Some of the best songs ever will be new to you. Expand your musical universe and add hidden and forgotten gems to your life list. Dion, Joni, Roy, Ella and other famous and lesser-known performers will boost your spirits and leave you humming along and wanting more. We will have select performance videos and sing-along opportunities. Into each life some new tunes must fall ...

**Instructor:** John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

## [Exploring SW Culture With a Focus on Navajo Textiles and Their Designs](#)

**Subject Area:** Arizona History/Culture

**Tuesdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Tue 10/22/24 **End:** Tue 11/12/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

Join a group of like-minded folks to learn about Navajo culture and textiles by sharing your knowledge or a desire to learn more about a southwestern art form. You can bring a textile to share and discuss with the group. One can learn so much from every textile as each is a unique inspiration by the individual weaver. You can join to just enjoy the exciting colors and artistic patterns or delve into techniques and histories of different regional styles as promoted by various trading posts. Former Study Group members welcomed to join in to share their rugs and stories.

**Instructor:** Marie Lynn

As a resident of the SW for over 50 years, 35 of which have been in Tucson, the history of native cultures and their arts have been appreciated as well as studied. Textiles, especially Navajo ones, have been a focus as various trading posts were visited to learn about their influence on various styles and by Navajo culture.

## Women of the Old Pueblo

**Subject Area:** Arizona History/Culture

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 10/29/24 **End:** Tue 11/19/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Let's celebrate the women who have gone before — those who stood up, worked hard, and made history in the Old Pueblo (the nickname for Tucson). While the stories of these women are often unknown and their faces may not be recognized, each woman had a major impact on the Tucson that we know today.

Instructor: Patricia Howell

Patricia Howell has taught OLLI classes and hosted field trips for the Southeast OLLI Campus for three years. She has 40 years of teaching and education administration experience at the high school and college level. Patricia received her B.S. and M.S. from Chadron State College in Nebraska and Ed.D. from Portland State University in Oregon. She has served as a high school assistant principal and principal, assistant superintendent of curriculum and instruction, and superintendent of schools.

## Architecture of the Brain Game

**Subject Area:** Science/Math/Technology

**Tuesdays:** Single session 3:00 PM - 5:00 PM

**Start:** Tue 10/29/24 **End:** Tue 10/29/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Embark on a fascinating journey through the early stages of brain development with The Brain Architecture Game! Created in collaboration between The Harvard Center for the Developing

Child and the University of Southern California's School of Cinematic Arts, this immersive experience facilitates participants' exploration of the complexities of neuronal growth and its societal implications, including factors that drive progress and those that pose challenges. Your involvement goes beyond mere entertainment; it's a crucial step toward understanding the hurdles faced by vulnerable children and sparking meaningful change within our systems.

Instructors: Dorothy Johnson, MD, FAAP, Susan Hopkinson

DJ, AKA Dorothy Johnson, MD, FAAP, Developmental Pediatrician, practiced in university-based and private pediatric practices and directed a multidisciplinary developmental pediatric practice in San Diego. Subsequent to working as a PCC Instructor for 10 years, she now embraces her third career as volunteer educator/consultant with The Center for Neurosciences Foundation focusing on early development. She served on the Pima First Things First Council for 16 years and sits on the Child Parent Centers' Health and Nutrition Committee. Education: Colorado College (BA, MCL), University of Chicago's Pritzker School of Medicine (MD, AOA), Pediatric Residency at University of Rochester, NY. Additional training: UCSD, USD, UNC and NAU.

Susan Hopkinson is the Director of Fundraising and Operations at The Center for Neurosciences Foundation. Her duties include scheduling educational events, recruiting volunteers, writing grant proposals, organizing fundraising events, and coordinating Brain Bus activities. The mission of the Foundation is to promote care of brain health through public engagement and empower everyone to optimize the development and functioning of their brain and nervous system to the peak of their potential throughout their lifetime. Susan's

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background in Marketing Management enables her to wear many hats in this position.

## [Memoir Writing: You Have a Story To Tell](#)

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 11/5/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

We all have a story to tell. In this class, participants prepare memoirs that detail memorable life experiences. Each week, we meet, share, and read essays written for the class.

Participants are asked to honor an 800-word/5-minute reading time limit to accommodate all class participants. Each author will receive gentle, constructive, and supportive feedback related to their writing.

Discovering one's personal writing style, voice, and effectiveness are part of the fun we enjoy in this class. All writing levels are welcome.

Instructor: Michael Marshall

Michael Marshall retired from corporate life in 2016 and relocated to Tucson from Southern California in 2022. Michael and his partner lead active lives devoted to gardening, tennis, reading, writing, and travel. They enjoy spending time with family and friends on both coasts and worldwide. His favorite time of year is spring, when the Tucson Festival of Books takes place in our city.

## [The Dust Bowl and The Grapes of Wrath](#)

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 5 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 11/5/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

The Dust Bowl was the greatest environmental disaster the United States has experienced, but today it is mostly a distant memory. We will spend two sessions covering the settlement of the plains and the environmental changes that accompanied that settlement. We will then turn to a discussion of the great American novel, The Grapes of Wrath. The final session will address the question of whether we might or might not see a recurrence of the Dust Bowl. The class will be discussion rather than lecture oriented. Previous teachings of this class have always been accompanied by spirited discussion. I would expect the same at OLLI.

Instructor: Mike Carran

Mike Carran was an English teacher at the high school and community college level. He has previously taught adult classes in Saddlebrooke and Sun City. He holds a master's degree in English.

## The Godfather

**Subject Area:** History/Current Events

**Tuesdays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 11/12/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

This class is a comprehensive exploration of this classic American film. “The Godfather” is innovative, creative, and a unique milestone in movie making. Areas of the course will include: the origin of the plans to make the film, the “suits” at Paramount, the drama and intrigue behind how the amazing cast was created, decisions and anecdotes involving the dramatic filming of this classic masterpiece, and the response to the film by critics and the general public.

**Instructors:** Arnie Bianco, Susan Williams

Arnie is a long time retired educator as a teacher, school principal and adjunct instructor at Chapman University, NAU, Brown Mackie College, and Brookline College. Arnie is an active OLLI member. He has been a teacher for a number of years and has done relationship workshops in more than 10 states. He is a published author who has always loved to teach. His wife is presently a teacher.

Susan is an experienced co-host, tech host, and a member of the OLLI board.

## Nuclear Power – Where Are We Headed?

**Subject Area:** History/Current Events, Science/Math/Technology

**Tuesdays:** Single session 1:00 PM - 2:30 PM

**Start:** Tue 11/19/24 **End:** Tue 11/19/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Some positives. The largest reactors in history may go online in the US and Europe, new or old re-engineered designs are gaining popularity, sizes from proven Naval reactors size to SNRs (small reactors) are being touted, high level political support in the US and some other countries now support nuclear power. So, does nuclear power have a renewed bright future?

Some negatives. Comparable costs, perceived safety risks, “not in my backyard” politics, and seemingly never-ending nuclear waste issues. Will they continue to both short and long term severely limit the use of nuclear power?

Let’s get together and explore the issues. The end of the session will include an “individual” zero to 100% opinion poll on the 20-year future of nuclear power which I will average and see if we are 20%, 50%, 80% positive about the future of nuclear power.

**Instructor:** Gerald Geise

Gerald Geise is Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for the Hanford, Washington nuclear reactors producing plutonium for nuclear weapons and president of a United Nuclear division

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that manufactured nuclear reactors for the US Navy. He has an extensive public speaking background on the risks and benefits of nuclear power - and a 30 year hobby of making candles.

## [Building Your Team: Finances, Estate, and More](#)

**Subject Area:** Social Sciences

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 12/3/24 **End:** Tue 12/10/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

Have you built your team? Creating a collegial relationship between your professional team is an important part of a stress-free and organized retirement. We define your professional team as your accountant, financial advisor, estate attorney, and any other individual you consider important to your plan. This course will still be applicable to individuals who fulfill one or more of these roles and do things themselves. We will discuss things that we've seen work well and where we have seen things go wrong. The objective of this course is to equip you with tools to organize your finances, estate, and legacy planning.

Instructors: Richard Munding, CFA, Ashlyn Tucker, M.Fin

Richard Munding, CFA, with four decades of experience, provides expert investment management to private clients at RMH. A Total Investment Return approach underpins RMH's investment philosophy. As a CFA charterholder, Richard has a network of CFA contacts across the US and globally. Richard's extensive expertise makes him a reliable financial advisor. His commitment to community service is demonstrated through his volunteering with the Community

Foundation of Southern Arizona, where he served the Board, Investment, Finance, and Building committees.

Ashlyn attended the University of Arizona's Eller College of Management and Honors College on a full tuition academic merit scholarship. She graduated in three years with her Bachelor of Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

## [Anatomy of a Jazz Song](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single session 11:00 AM - 1:00 PM

**Start:** Tue 12/3/24 **End:** Tue 12/3/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Nemo and Robert will explain what goes into the making of some of the best jazz songs ever, including melody, improvisation, arrangement, solos, combo or ensemble, vocals, and more. You will learn to appreciate the talent and expertise that make jazz feel alive and spontaneous. No musical experience or jazz knowledge is required. Everyone is welcome to enjoy great jazz together. With videos and recordings from Miles, Ella, Bird, and other artists.

Instructors: John "Nemo" Nemerovski, Robert Wright

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

Robert Wright is a lifelong jazz lover who enjoys exploring music with our OLLI members.

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## Investing for Retirement

**Subject Area:** Social Sciences

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:**

Tue 12/3/24 **End:** Tue 12/10/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Investing for Retirement is a two-session course that equips individuals with the knowledge and tools to ensure their portfolio is setting them up for success in retirement. This course covers topics, such as investment policy statements, time horizons, risk tolerance, income investing, and alternative investments. Participants will learn how to build a robust portfolio that considers inflation and their lifespan. Explore withdrawal rates and strategies to ensure a sustainable income stream. Join us to gain the confidence and expertise to navigate the complexities of retirement investing successfully.

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Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

## Annuities

**Subject Area:** Social Sciences

**Tuesdays:** Single session 11:00 AM - 12:30 PM

**Start:** Tue 12/10/24 **End:** Tue 12/10/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Join us for a one-session course where we will discuss the benefits and downsides of annuities. We will contextualize annuities in the broader market and discuss what roles they can play in an investment portfolio. Explore the impact of annuities on inflation and compare their performance. Analyze annuity fees and uncover the true cost of purchasing one. Determine who can benefit from annuities, what to consider when shopping for one, and what to do if you already have an annuity.

Instructors: Richard Munding, CFA, Ashlyn Tucker, M.Fin

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## [Life and Times of Mediator, Arbitrator Sam Kagel](#)

**Subject Area:** History/Current Events

**Tuesdays:** Single session 1:00 PM - 2:30 PM

**Start:** Tue 12/10/24 **End:** Tue 12/10/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

I have a DVD about Sam Kagel that I think some people would be interested in seeing. He was an Arbitrator for the NLRB, the National Labor Relations Board during an important period of American history.

Instructor: Jonathan Rider

Jonathan is a retired longshore worker from Seattle.

## Wednesdays

### [Psychology Lecture Series](#)

**Subject Area:** Science/Math/Technology, Social Sciences

**Wednesdays:** 11 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 9/25/24 **End:** Fri 11/22/24 -

**Additional Friday session on November 22**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Come learn about the exciting research happening in the Psychology Department! This lecture series will feature graduate students, postdoctoral fellows, faculty, and research staff in the U of A Psychology Department who are eager to share their research and ideas with you. Each presenter will provide a lecture in an area where they have specific training or expertise. This lecture series is meant to give our students and staff an opportunity to interact with the Tucson community and increase our skills at explaining our research to the public. Below is the list of presenters and titles. We hope you enjoy the topics for this semester's Psychology Lecture Series!

1. Jacob Francis Dahill-Fuchel: How To Train Your Body, Brain, and Mind by Breathing
2. Lisbeth Haaheim: Perspectives on Healthy Aging with the Brain Imaging & TMS Lab
3. Tara Torres: TBD
4. Jonathan Smith: TBD
5. Kerri Rodriguez: How and why do dogs benefit our lives? Emerging science on the human-dog relationship
6. Sarah Leighton: The Science Behind Service Dogs: Insights from Human-Animal Bond Research
7. Darcey Lynn: Dance for Parkinson's Disease
8. Massimo Piattelli-Palmarini: TBD
9. Sabina Srokova: TBD
10. Diheng Zhang: TBD
11. TBD

Instructor: Alana Muller

Alana Muller is a Ph.D. candidate in Psychology at the University of Arizona studying navigation, spatial memory, and aging in the Human Spatial Cognition Lab.

## Shakespeare Through James Shapiro's Work

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No**

**Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Shakespeare, James Shapiro and the Theater  
Shakespeare scholar James Shapiro was asked whether Shakespeare came more alive on the stage or when reading the plays. James Shapiro replied a third pleasure has been reading the great Shakespeare criticism that “blew open” available ways of understanding the plays.

This class will explore how James Shapiro has blown open Shakespeare in his time and in America. I invite those interested in exploring a part of the books below to make a presentation in addition to what I will present.

We'll start with background on Henry VIII, Elizabeth, James VI and how the theater evolved before and during his time.

His book *Contested Will, Who Wrote Shakespeare?* James Shapiro explores why others have been proposed as the author (hint: to support a pet theory, right wing reactionary or left wing revolutionary). He shows why, of course, Will Shakespeare of Stratford wrote the plays. We'll spend two classes on this book.

James Shapiro spent 15 years researching *A Year in the life of William Shakespeare, 1599*. He shows in fascinating depth what was happening the year he wrote those light weights *Henry V*, *Julius Caesar*, *As You Like It*, and *Hamlet*. We'll explore at least two of the four sections and plays

In *The Year of Lear*, Shakespeare in 1606, Shapiro spent ten years researching. He shows in depth what was happening in England during while he wrote *King Lear*, *Macbeth* and *Anthony and Cleopatra*. We'll cover parts of it.

James Shapiro has looked at Shakespeare in America in two books, *Shakespeare in a Divided America* and *The Playbook, A story of Theater, Democracy, and the Making of a Culture War*. Shapiro says Shakespeare is more popular in American than England.

I invite those interested in exploring a part of the books below to make a presentation in addition to what I will present. Feel Free to present a part of these books, one chapter or more. Most of these books are available for \$5 including shipping on [AbeBooks.com](https://abebooks.com) and through Interlibrary Loan.

Instructor: Kathleen Reeve

Kathleen Reeve has been an SGL for ten OLLI classes, ranging from book discussions to Jane Austen, to Shakespeare, to Pompeii and the West. She was a photojournalist at the Chicago Sun-Times in what she didn't know was the Golden Age of Photojournalism. She retired to Tucson and loves living here and leading and taking classes at OLLI.

## Shin Buddhism Outside the “-ism”

**Subject Area:** Philosophy/Spirituality/Religion

**Wednesdays:** 7 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 9/18/24 **End:** Wed 10/30/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

The largest Buddhist "sect" in Japan isn't really a sect at all, and it isn't Zen: it's Jodo Shinshu ("True Pure Land School"), or just "Shin." Outside Japan, Shin is hardly known, despite the fact that its

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unintentional founder, Shinran, was arguably one of the most revolutionary Buddhist thinkers since Shakyamuni. Shin, which means "true," is too universal to be sectarian; it does not require conversion, or the adoption of suffixes ("ist," for example), or even practices. What it does require is hearing, and self-examination. Giving all due respect to the temples of organized Jodo Shinshu, it is quite possible to delve into the thrilling-yet-ordinary (non-mystical) essence of Shinran's teaching outside any formal and hierarchical religious institution. Using texts written and translated by Nobuo Haneda, Director of the Maida Center of Buddhism (an independent and unaffiliated teaching center), this study group will sample the nondualistic No-Dharma Dharma of Shinran, who called himself "a foolish, ordinary person" as well as a "disciple of Shakyamuni."

Instructor: John Veen

John Veen is a long-time Maida Center of Buddhism participant studying the writings of Shinran Shonin, guided by Rev. Dr. Nobuo Haneda. Before retiring and moving to the Tucson area he worked as a trade union representative, organizer, and communicator in central California.

## [Film Discussion Class](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No**

**Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

We will meet weekly to discuss a film that has been watched by the class. The film selection will be assigned to or voted upon by class members. A class member will lead the discussion for the movie. This

class has been ongoing for several years and generates lively and engrossing discussions as members dissect and compare films, frequently calling upon their own personal and professional experiences. Please consider volunteering to lead the discussion. A guide to how to lead the discussion will be given out prior to the first session. Movies will be from The Loft, local theaters as well as Netflix/Amazon.

Instructor: Rob Getlan

Rob Getlan has always been an avid film enthusiast. This class has been a great way to see and discuss the new releases from Netflix, Amazon, and The Loft.

## [News and Views](#)

**Subject Area:** History/Current Events

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No**

**Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

This class is a long running class participation opportunity for all to share and express their views. We discuss politics, social issues and learn from each other.

We also have a lot of fun.

Instructor: Terry Coleman

Terry has been in OLLI for many years and lives in Tucson.

## [Where the Air Is Clear by Carlos Fuentes](#)

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Where the Air is Clear is the first novel by Carlos Fuentes published in 1958. It is constructed out of a series of fictional encounters with upper class residents of Mexico City during the 1950's when the people of Mexico City were grappling with the idea of a unified Mexico after the revolution of 1917. Mexico was considered a backwater on the world stage and Fuentes was one of the authors who established what it means to be Mexican and indeed brought Latin America to the foreground as a force in the "Latin American Boom movement" in world literature.

Instructor: Charles Peters

Chuck is an experienced study group leader.

## [All for All: Government By and For The People](#)

**Subject Area:** Civic

Engagement/Community/Government

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

"All for All: Government By and For The People" is a 12-week discussion-oriented class. Its focus is on what we want from government and what we can do as voters and activists to influence how government works.

Each weekly class has three 30-minute sessions, each focused on a separate topic. A week before each class, participants will receive three short readings, one for each topic. At the start of each 30-minute session, the study group leader will briefly summarize the reading and then invite discussion, using open-ended questions pertaining to the reading or topic.

Session topics include democracy, primary elections, ranked choice voting, the role of government, tax systems, the federal debt, economic policy, employment, corporations, climate change, health care, Social Security, abortion, campaign finance reform and immigration, among many others.

Instructor: Greg Falk

Greg Falk served as Executive Director for The Arc of Spokane, a non-profit serving people with developmental disabilities, for 14 years. Prior to that, he worked in health care administration for 15 years. He received a master's degree in health

administration from the University of Washington in 1983.

## Beginning Knitting

**Subject Area:** Crafts/Cooking

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

In the Beginning Knitting class I will teach How to Cast On (Begin), the Knit Stitch, the Purl Stitch and how to Stop (Bind Off). Learn the tricks to make a "perfect" project! The second half of this session will be the actual creation of a Scarf, Poncho or simple Short Sleeve T-Shirt. Students need to bring a ball of yarn and needles for practice. The yarn for the project will have to be purchased by the student when ready to create! – I can advise what type of yarn to get at that time. Men are invited and encouraged to attend!

Instructor: Kathe Haskell

Kathe Haskell has been a knitter since she was 4 years old. She had a yarn shop but briefly. She designed and created custom items and loves to teach! She is fascinated to notice how beneficial knitting is for neurological stimulation, how it helps with focus and concentration, dexterity, and is known to calm hand tremors and ease arthritis.

## TMA Docent Art Talks

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 9/18/24 **End:** Wed 10/23/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Once again TMA Docent Art Talks are offered. The talks, beautifully illustrated and well researched, will be presented both in person and on Zoom. The talks cover lesser as well as well-known artists, their levels and their work.

Instructor: Dick Woodward

Dick Woodward is a 10+ year OLLI-UA member and SGL who has led classes in literature, drama and the visual arts. He prides himself as an engineer who uses OLLI to round out his liberal arts education in his dotage. He looks forward to sharing his enthusiasm for lifelong learning.

## Take Control of Your Healthcare – Advocate for Yourself!

**Subject Area:** Health/Wellness

**Wednesdays:** 7 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 9/25/24 **End:** Wed 11/6/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Are you overwhelmed by the healthcare system? Empower yourself to navigate its complexities and take control of your wellbeing. Learn how to effectively prepare for doctor visits and establish trust-based relationships with healthcare providers. Understand common safety hazards for patients and acquire practical techniques to prevent them.

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Discover essential strategies for ensuring safety during hospital stays, and confidently voice concerns about your or your loved one's care. Gain insight into the importance of medication reconciliation, preparing Advanced Directives for clinicians to follow when you can no longer speak for yourself, and troubleshoot real-life examples of adverse events.

Instructor: Nancy Keller

Dr. Keller is a seasoned healthcare professional with over 40 years of experience, and an independent board-certified patient advocate committed to helping clients navigate the complexities of the healthcare system. Her passion is understanding how the human body works. She holds a bachelor's degree in health-related Professions from the University of Arizona, and a PhD in Pathology from Vanderbilt University. As a Medical Science Liaison in the pharmaceutical industry, she educated physicians and clinical researchers in academia and private practice.

## [Understanding Journalism: Its Past, Present, the Border and the Election](#)

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events

**Wednesdays:** 5 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 9/18/24 **End:** Wed 10/16/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

This class is an expanded version of the sold-out class first offered in the spring of 2024. We'll begin by looking at the Golden Age of journalism during the last half of the 20th Century (especially 1970 to

2000), before turning to how the internet, cable TV and social media have changed journalism beyond recognition. The third class will zoom in on how all these changes have impacted journalism in Tucson/Southern Arizona and feature several prominent journalists/editors from Tucson.

We'll then turn to two issues of immense importance. The fourth class will focus on coverage of The Border and immigration and include presentations from journalists based in southern Arizona who cover the border every day. We will compare their perspective to what the rest of the nation hears about the border from such national outlets as Fox and CNN, as well as the Presidential candidates. Our final class – which will take place before the November election – will focus on coverage of the 2024 elections, which are sure to be among the most contested and consequential in American history. I will encourage class participation and provide time for your questions.

While we are offering this class in hybrid format – in response to numerous requests – it is very important that we have a large in-person presence at the Tucson campus, because we are inviting a number of prominent journalists to speak, and they will enjoy interacting with students! So please plan to attend in person if possible.

Instructor: William (Bill) Symonds

Bill Symonds worked as a professional journalist for more than 30 years. His career included working at a major daily newspaper as well as Business Week Magazine, when it was the world's largest business magazine. During his career, he served as a Washington correspondent; a foreign correspondent (based in Europe and Canada); and was also based in Des Moines; Pittsburgh; Denver and Boston. He wrote about an extremely broad range of subjects and won numerous awards. His journalism career ended in 2006 during the cataclysmic decline in print journalism.

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## Iranian Literature in Context

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 10/23/24 **End:** Wed 11/13/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

This course will explore the rich tapestry of Persian and American/British literature, focusing primarily on Iranian short stories and poetry, while incorporating comparative works when relevant. We will delve into the works of prominent Iranian authors, examining the historical, cultural, political, and social contexts that shape their writings, and providing comparative analysis in certain cases. Discussions will include gothic literature and modern women's literature.

Participants will be exposed to translated texts, art pieces, films, and videos from Iranian artists to help students become familiar with Iranian literature, culture, history, and politics. Sara will provide short poetry and short stories to read at home or in class, with pictures, presentations, and movies as supplemental material to contextualize and help students better understand these materials. She will introduce Persian and Iranian authors and artists, both classical and modern, to enrich the learning experience.

Additionally, Sara will present modern digital paintings, geographical videos related to some texts, and photos to help students visualize the settings and the authors' contexts. As a woman from the younger generation of Iranians, Sara brings a passionate and dynamic approach to teaching literature. She is dedicated to creating a lively, modern, and up-to-date discussions, in which students can enrich their understanding of Iranian literature and culture through contemporary works

in a comprehensive and immersive learning experience.

Instructor: Sara Madandar

Sara is an experienced instructor with Bachelor's and Master's degrees in English Language and Literature. She is currently pursuing a PhD in Persian and Iranian Studies focusing on Comparative Literature. Sara has lived in India, Iran, and the US, and has taught English courses for years and worked as a Teaching Assistant at the University of Arizona. Her wide-ranging background and academic expertise make her uniquely qualified to guide people through the intricate worlds of Persian and American literature.

## Arizona 2024 Ballot Measures - What Are They About?

**Subject Area:** Civic

Engagement/Community/Government

**Wednesdays:** Single session 3:00 PM - 4:30 PM

**Start:** Wed 10/23/24 **End:** Wed 10/23/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

There will be 13 measures on your ballot to vote on this year - plus some local measures depending on your district. This is a record length ballot - two full pages front and back. The class will review the measures so that you can make an informed decision when you vote.

Instructors: Peter Hovell and Eloise Gore

Peter Hovell is a long time OLLI member who has taught this subject for several years. He is not only a political nerd but served as an elected town official for over 25 years in Connecticut.

Eloise Gore has been an OLLI member for over five years. Some of her favorite classes have been

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presentations by local performance organizations: True Concord, Tucson Symphony Orchestra, and the Rogue Theatre.

## [Heraldry: History and Components of Coats of Arms, Banners, and More](#)

**Subject Area:** Arts/Culture, History/Current Events

**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 10/30/24 **End:** Wed 11/6/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

This 2-session course (previously taught in 2019) explores the history and explains the meanings behind the complex field of heraldry. Heraldry has evolved from before Christ to the present day and, although it no longer commands the attention of as many people in everyday life, is still evolving in our modern world of industry and government (Ex. Transportation Security Administration), industry (Ex. Starbucks), education, and religion. I explain the components of the “charge”, especially the supporters, motto, and the colors, shapes, animals, and divisions of the shield.

Instructor: Bill Couchman

William Couchman worked for Ford in management, primarily as a planner for 33 years. He worked for H&R Block as a tax preparer for 20 years, retired in 2023 and is now doing taxes self-employed. He has taught about a dozen courses for OLLI and spent 7-years as an instructor for H&R Block. He has a BE from Yale University and MBA From Carnegie Mellon.

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## [Connectivity – à la Carte](#)

**Subject Area:** DIY/Self-Help

**Wednesdays:** 2 Sessions 3:00 PM - 4:30 PM  
**Start:** Wed 10/30/24 **End:** Wed 11/6/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

20 years ago, most of us had a cable TV service, a landline and maybe a cell phone, but then the cost of cable went way up, the landline became little more than an aggravation, cell phones became mobile computers, social media exploded, and we started streaming movies at home. Eventually, the cost of connectivity exceeded \$300/month, much of it unused or duplicated. 5G home internet has finally created a very competitive market and has rapidly changed how consumers connect to the world. This course will examine why and how to unbundle those cable and phone services and re-connect with what you need and want, à la carte. That’s called cord cutting and it can significantly lower the cost of your connections.

Instructor: Loring Green

Loring has taught a number of classes on a number of subjects over the past 20+ years.

## [Mastering Snapseed](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 11/6/24 **End:** Wed 12/4/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Snapseed is a photo-editing application that enables users to enhance photos and apply digital filters.

Created by Nik Software then acquired and expanded by Google, it is one of the most popular photo editing apps out there. It's a tiny app with plenty of editing power you can harness to make your photos stand out. It is made specifically for editing on your mobile device and works on both Android and IOS devices, like smartphones and tablets. It does things that compare very favorably with what you can do with the more expensive photo-editing software programs, except Snapseed is free and quite easy to use, once you become familiar with how it operates. Snapseed boasts 29 non-destructive photo-editing filters and tools, which means that your editing efforts do not change your original photo, allowing you to make one or multiple edits that can all be undone at will. In this 4-session class, participants will be exposed to the 29 filters and tools and will engage in multiple exercises over the first 3 sessions that will build their familiarity and capability. In the 4th session, participants will have the opportunity to show off their before and after photos and explain where and how they applied the Snapseed suite of tools to enhance their images.

Instructor: Ann Baxter

Ann Baxter retired in 2014 after a business career with a variety of companies, working in public relations, sales management, training, and consulting. In both her business career and in retirement, she has traveled extensively. To record her adventures, she has mastered the iPhone camera, iPad, Mac computer and the iMovie app to turn her still photos and video clips into creative movies that capture both the images and the spirit of her travels.

## [History of the Shipping Container: How China Became Supplier to the World](#)

**Subject Area:** History/Current Events

**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 11/13/24 **End:** Wed 11/20/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

This 2-session (previously taught in 2019), first describes the historical method of shipping goods by ship: by loading items individually and mixing all sorts of cargo in the hold, such as bananas up against coils for steel cable, appliances, and bags of cement, and describes how the development of the standardized shipping container resulted in 40 times improvement in efficiency per man-hour. It required 12 years, until 1970, for the standards to be developed, including lengths of 20', 30', and 40', steel-sided and topped, and a locking system that allowed for stacking 6 high (12 if empty). In this new world, ships can carry 21,000 40' containers and unload them in a few hours. The near ubiquity of container shipping has resulted in manufacturing and farm labor being put in competition around the world, which has enabled China to become the "Supplier to the World". In the 20 years after containerization, there was an 8-fold increase in bilateral trade. Accidents happen: an average of 675 containers are lost at sea each year.

Instructor: Bill Couchman

William Couchman worked for Ford in management, primarily as a planner for 33 years. He worked for H&R Block as a tax preparer for 20 years, retired in 2023 and is now doing taxes as self-employed. He has taught about a dozen courses for OLLI and spent 7-years as an instructor for H&R Block. He has

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a BE from Yale University and MBA From Carnegie Mellon.

## [An Integration of Psychology and Mindfulness for Wellness](#)

**Subject Area:** DIY/Self-Help, Health/Wellness, Science/Math/Technology

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM  
**Start:** Wed 11/13/24 **End:** Wed 12/4/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Students are guided by Dr. Fields to explore the benefits of psychology and mindfulness in improving relationships, mental health, and overall well-being.

The course will cover a variety of topics including:

- The instillation and renewal of hope
- Optimism & Pessimism: The Three Phases
- Stages of Change, Motivation, Recovery, & Relapse Prevention
- Dealing with Reactive Emotions - Anger, Criticism, Impatience

The format will be presentations and small discussion groups.

Instructor: Richard Fields

Richard Fields, Ph.D. has over 40 years of experience as a private psychotherapist, author, and presenter. He is a dynamic, engaging, and creative group leader, and speaker. He is the author of the college textbook, *Drugs in Perspective*, 10 editions published, and the 2024 Revision Edition, McGraw Hill, 2024. He is also the author of *52 Compassion Quotes*, FACES Publishing, 2015.

## [Scouting in America and Southern Arizona – Yesterday, Today, and Tomorrow](#)

**Subject Area:** Civic Engagement/Community/Government, History/Current Events, Social Sciences

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM  
**Start:** Wed 11/13/24 **End:** Wed 12/4/24 - **No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Today's young people face a multitude of challenges in our society. As engaged adults, we have a stake in the future of our youth. Studies show that youth are struggling to catch up in reading, math, and social skills—all of which have atrophied since the beginning of the coronavirus pandemic. Scouting is a perfect solution to increase social interaction among young people with fun and challenging experiences that encourage youth to get out from behind their screens. Scouting has been the answer for decades as the world's largest youth development program. Scouting's mission and vision have continued to be constant over the last 115 years but has recognized the need to adapt to be relevant to today's youth and families.

With a particular focus on the Boy Scouts of America organization, the course will examine the history, the timeless aims, and methods of how many community and business leaders, from presidents to astronauts developed their initial leadership skills in the Scouting program. We'll add a few stories and adventures to our discussions, just like scouts do.

Instructor: Don Riegger

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Don Riegger, Jr., CPA, is the Immediate Past President of the Catalina Council in Southern Arizona. He and his wife, Mallory, have had diverse and international professional and personal experiences over the last 30 years. They have included scouting adventures in Asia, Europe, and the US with their three sons, all of whom are Eagle Scouts.

## England's Legendary Black Prince

**Subject Area:** History/Current Events

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 12/4/24 **End:** Wed 12/11/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Edward of Woodstock died a legend, yet few recognize his name.

He was born the eldest son and heir of King Edward III and is recognized by historians as the greatest warrior prince of the Middle Ages. Though he began his military career officially in 1346 at the age of 16, he was a king-in-training from infancy. Throughout his military career, he never lost a battle.

Biographies of Edward detail his long list of battle achievements but who was Edward? What made him tick? This workshop will explore the man beneath the legend, the boy who grew up to forge a legend.

Instructor: R. Jay Brenner

R. Jay Brenner is an independent researcher of Plantagenet history and a graduate of Miami University with a BA in Communication. Her article, "Joan of Kent, the First Princess of Wales", appeared in the Ricardian Bulletin, distributed internationally by the Richard III Society. She is also a member of the Historical Novel Society.

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## How Cars Work

**Subject Area:** Science/Math/Technology

**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 12/4/24 **End:** Wed 12/11/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

This new 2-session course explains the key systems of cars and trucks, including mechanical (engines, transmissions, differentials, suspension, brakes, and tires); drive systems (2WD/4WD); electrical (lighting, instruments, displays, distribution, and power); chemical (fuel burning, batteries); sound (entertainment, mufflers, antennas, and sound); self-driving (sensors; override; legal issues); hitches (5th wheel, hitch balls); and extra wheels of trucks.

I also explain how cars use off-board systems (GPS, radio signals). I will explain the differences and pros/cons of mechanical, hydraulic, pneumatic, and electrical. And I will explain trade-offs: variable cost, investment, appearance, function, complexity, and number of platforms (wheelbase and tread).

Instructor: Bill Couchman

William Couchman worked for Ford in management, primarily as a planner for 33 years. He worked for H&R Block as a tax preparer for 20 years, retired in 2023 and is now doing taxes as self-employed. He has taught about a dozen courses for OLLI and spent 7-years as an instructor for H&R Block. He has a BE from Yale University and MBA From Carnegie Mellon.

## [Public Speaking Tips and Tricks \(December\)](#)

**Subject Area:** DIY/Self-Help

**Wednesdays:** 2 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 12/4/24 **End:** Wed 12/11/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Nervous about speaking in front of people, even in small groups? How about to hundreds of people? Or want to polish your existing public speaking technique and learn some new tips? This will be a fun class even if speaking in public terrifies you! Learning some basic techniques will be a game-changer for you, whether you speak to large audiences or a table full of people at dinner. These are simple techniques that anyone can learn, and they transform your presence in public. Please bring a prepared written script for a “speech” – a story that takes just 1 minute to tell. It can be about anything you know about (gardening, a recipe, a good book review, your favorite restaurant, a vacation, etc.). Are you getting butterflies in your stomach already? Let’s get those butterflies marching in formation and give you some confidence to tell your stories in front of people – and keep their attention! Sharon the Study Group Leader went from feeling nauseous at the idea of giving a keynote speech to a convention to having fun AND enjoying her dinner too – with these exact tips. It’ll work for you too, you’ll see!

**Instructor:** Sharon Root

Sharon Root is a professional trainer/speaker who owned a Silicon Valley training company for 21 years. She has been teaching Emotional Intelligence and Women's Empowerment programs for over a decade. Sharon is also the Treasurer of the Board of Directors for Winding Road Theater Ensemble.

## [Using the Touch Retouch App to Edit Digital Photos](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** Single session 9:00 AM - 10:30 AM

**Start:** Wed 12/11/24 **End:** Wed 12/11/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

An accidental or unwanted object, though it may look harmless, can completely ruin the composition of your photo and make it useless, but here comes TouchRetouch to the rescue. TouchRetouch is an easy-to-use mobile photo-editing app that works on both Android and IOS devices. TouchRetouch allows you to get the wrong people or things out of your pictures in an instant. It also comes in handy when dealing with color correction and composition problems. In a few simple steps, you are able to efficiently eliminate things like debris, garbage cans, street signs, powerlines, mesh fences, skin blemishes, dust spots, scratches, shadows, surface breaks, and photo-bombers from your photos. The download has a one-time cost of \$3.99 for the app with 4 tools or has a paid subscription model that provides 1 extra tool, but it's not worth the on-going expense. In this 1-session program, participants will learn to use all the tools in the TouchRetouch Toolkit using SGL provided example photos. By the end of the session, you can start transforming your photo "oops!" into photo "oohs!"

**Instructor:** Ann Baxter

Ann Baxter retired in 2014 after a business career with a variety of companies, working in public relations, sales management, training, and consulting. In both her business career and in retirement, she has traveled extensively. To record her adventures, she has mastered the iPhone

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camera, iPad, Mac computer and the iMovie app to turn her still photos and video clips into creative movies that capture both the images and the spirit of her travels.

# Thursdays

## [Birds of Arizona: Sparrows, Finches and Towhees \(In-Person\)](#)

**Subject Area:** Science/Math/Technology

**Thursdays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 9/19/24 **End:** Thu 10/10/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

If you enjoy watching or identifying birds, you've probably observed some of Arizona's species of sparrows, finches and towhees. Like us, they are a mix of year-round residents and "winter visitors." Although most don't have flashy colors, they have interesting voices and are pretty easy to spot and identify since they like to visit bird feeders and often search for food on or near the ground. Over 4 class sessions, we'll discuss their appearance, behavior, and how to identify different species. During this course, we'll also talk about a birding controversy even non-birders might have seen in the news: the story behind last Fall's decision by birding powers-that-be to change the names of many bird species.

In addition to the class sessions, participants will be able to choose from a few dates to join an optional 2-hour morning birding field trip, scheduled soon after the end of the course. No need to register separately with OLLI for the field trip linked to this course. Field trips will be guided by Laura at

Sweetwater Wetlands Park (Tucson) and at Historic Canoa Ranch (Green Valley), both great places to see all sorts of birds including sparrows, finches and towhees. Beginners and "non-birders" alike are welcome in this class and on field trips - learn something new about Tucson's beautiful natural environment!

This class (the same material) will be offered twice: in person at Central Tucson, and online via Zoom. Register for whichever time and learning format you prefer.

**Instructor:** Laura Couchman

Laura Couchman is a dedicated amateur birder, spotting and identifying birds for 20 years. She is an Arizona Master Naturalist. Laura and her husband Bill have lived in Tucson since 2014, and they go birding locally and wherever they travel. Laura has been an SGL for previous OLLI classes about birds and birding, including birding for beginners, habitat, woodpeckers, birds of prey, hummingbirds, and birders' tech tools. She is a volunteer field trip leader for the Tucson Audubon Society.

## [Do It Yourself Class on Slavery and Dependency](#)

**Subject Area:** Arts/Culture, History/Current Events, Literature/Writing/Language

**Thursdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Inequality and slavery.

Slavery pervades every part of American history as well as cultures around the world. But it is not just slavery versus freedom.

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Slavery is one aspect of power and domination versus submission, inequality, serfdom, debt bondage and other forms of 'asymmetrical dependency' across cultures and epochs.

After an overview class members can volunteer to make presentations on one aspect that interests them. Presentations can be as short as 15-30 minutes or an entire class. Participation is not required but will be the bulk of the class

Presentations can cover any aspect from the earliest times to any continent. YouTube has a rich array of programs. The library and interlibrary loan can be used. Academic research and primary sources and be accessed through JSTOR.org.

I have a stack of books on the civil war, colonial America and the West which I will bring to class to share. Abebooks.com has many excellent historical books for \$5 including shipping. Also see the Bonn Center for Dependency and Slavery studies.

Topics can include the earliest evidence of slavery, how it evolves in Greece or Rome, the trans-Atlantic slave voyages, US slavery compared to slavery in the rest of the Americas, cowboys and slavery, Texas and slavery, Africans selling slaves to the Islamic world, slavery in China and so on.

Instructor: Kathleen Reeve

Kathleen Reeve has been an SGL for ten OLLI classes, ranging from book discussions to Jane Austen, to Shakespeare, to Pompeii and the West. She was a photojournalist at the Chicago Sun-Times in what she didn't know was the Golden Age of Photojournalism. She retired to Tucson and loves living here and leading and taking classes at OLLI.

## [Writing for Self Discovery – Graduate Level Course](#)

**Subject Area:** Literature/Writing/Language

**Thursdays:** 6 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 9/19/24 **End:** Thu 10/24/24

**Location:** Palo Verde Room **Class Size:** 10

### Course Description

For the first time, we are offering a graduate-level class for OLLI students who have taken and loved Bruce Goldstein's "Writing for Self Discovery." This class will allow you to build on the skills you developed in Bruce's class while further exploring events and themes in your past. We are confident the course will also build a real sense of camaraderie among students. The class will be structured like Bruce's. Each week, you will write a paper of no more than 900 words and share it in advance with other class members. During class, we will discuss the papers, and look at authors who provide excellent examples of writing about themselves. The class will be limited to a maximum of 10 students. We will ask potential students to commit to writing at least 4 papers and to participating in the 6-week course. Again, this course is ONLY open to those who have already completed Bruce's course.

Instructors: Bill Symonds, Molly Kimball

Bill Symonds is a professional writer who spent more than 30 years working as a journalist for major publications. During his career, he mentored many writers. He has taken Bruce Goldstein's course twice and loved it. Bill will be teaching this course with Molly Kimball, who had a long career in writing in universities and the corporate world. She has taken Bruce's class 3 times.

Molly's career was as a professional writer, teaching at universities and writing for a major corporation.

She is a lifelong learner and OLLI-UA volunteer and has taken Bruce Goldstein's class 3 times.

## Latin Jazz

**Subject Area:** Arts/Culture,  
Travel/Entertainment

**Thursdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 9/19/24 **End:** Thu 9/26/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 20

### Course Description

Join me as we travel back to the origins of this lively subgenre of Jazz. We will learn about its pioneers, most influential performers, and those who continue to entertain us to this day.

Instructor: Jorge Tapia

Jorge Tapia is a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. His interests are hiking, listening to all genres of music and traveling. He has been a member of OLLI since 2013.

## The Bostonians

**Subject Area:** Literature/Writing/Language

**Thursdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

The Bostonians, an 1886 novel by Henry James, examines contrasting viewpoints about social issues of the day, particularly feminism, education, art, voting rights and other freedoms. James pits the established views of the southern upper class against the more progressive views of urban

northerners through engaging characters and lively situations.

Any 42-chapter edition of the novel will suffice for this course. Since it was originally serialized in Century Magazine and then printed in several volumes in book form, be certain the one you select has all 42 chapters. The Penguin Classics edition contains useful notes and interesting appendices.

Instructor: Suzanne Peters

Sue Peters is an experienced study group leader.

## What a Waste!

**Subject Area:** Civic

Engagement/Community/Government

**Thursdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

The goal of the class is to learn that how we manage our "waste" is an important component of sustaining a planet where humans can live. The individual actions we take are important and we have choices. The class starts out looking at our resources and the theories that guide their interactions. This is a worldwide problem. We move on to what that means in reality; reduce, reuse, recycle, waste to energy, landfill and how we are doing that in Tucson. What you can do to make a difference will be an underlying theme throughout this lecture and discussion course. There will be guest speakers and a field trip to the Los Reales Sustainability Campus (landfill) and MRF (Materials Recovery Facility).

Instructor: Margot W Garcia

Margot W. Garcia, PhD, FAICP is a retired professor of Environmental Planning. She has taught at

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University of Arizona, UC Berkeley, Arizona State University and Virginia Commonwealth University as well as training classes for the US Forest Service. She was an elected member of the Tucson City Council from 1975-1977 when she was recalled for raising water rates. She has served on the Environmental Services Advisory Board for nearly 20 years, and on the Tucson Transit Advisory Committee. As a community activist, she served as President of Watershed Management Group, numerous city task forces, and her neighborhood association.

## [Old Time Radio and Its Impact on America](#)

**Subject Area:** Arts/Culture, History/Current Events

**Thursdays:** 4 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 10/10/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

The first commercial radio station in the U.S. began operation in November 1920, broadcasting the results of the presidential election. Only nine years later there were over 600 stations nationwide and hundreds of programs to choose from. The remarkable growth of this new medium between 1920 and the late 40's, known as Old Time Radio, spanned the jazz age, the Great Depression, World War II and the start of the Cold War. From comedy programs such as Amos 'n Andy and Jack Benny to Edward R. Murrow broadcasting from rooftops during the London blitz, these broadcasts grew into the fabric of daily life in the United States and set the stage for all electronic media to follow.

This course will focus on eight Old Time Radio programs which had an important impact not only on the people listening, but upon the medium of

radio itself. Each of the four sessions will focus on two broadcasts. The SGL will introduce an audio clip of each program and following the clip, there will be a discussion among participants, which may include observations about the clip, recollections of listening to the show or other similar shows they remember, the current events at the time the show was broadcast, as well as the show's relevance to life in 2024.

Instructor: Neil Novik

Neil is a relative newcomer to Tucson, having spent most of his life in New England. He has a PhD in developmental psychology and taught at the college level for five years. He was also a member of a lifelong learning program in western Massachusetts (Learning in Retirement) and acted as moderator (SGL) for several classes, including those on radio history, McCarthyism, FDR, crime fiction, and jazz biographies.

## [The World Around Us](#)

**Subject Area:** Science/Math/Technology

**Thursdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

It is time to think about our world with 8 billion people. Where are we going, what do we do when we get there?

It is the Anthropocene, a human dominated, geological epoch. To put this unique interval in perspective, we will discuss the contributions to evolutionary biology of Charles Darwin, Thomas Malthus, Annie Dillard, and Rachel Carson along with the contributions to chaos theory of Henri Poincare, Stephen Smale and Edward Lorenz. We

will examine evidence of complex dynamics and chaos in a biological population. Richard Rogers and Oscar Hammerstein bring to Broadway the musical South Pacific. We look at three songs that reflect the diversity of thought on subjects important to the survival of humans. As the course moves along, we imagine that the final state of world population numbers does not increase forever, nor do numbers settle down to periodic cycles or to flat-lining equilibrium but rather are always changing in an unpredictable way, how do we think about that?

This course is a non-traditional science experience. As a guide for class discussions, each student will receive, just before class, a reader-friendly (hand-out) text of the class.

Instructor: Robert Costantino

A PhD recipient from the Institute of Population Genetics at Purdue University, Robert Costantino has been involved with the experimental documentation of nonlinear population dynamics for many years at the Pennsylvania State University, the University of Rhode Island, the University of California at Davis, and research professor at the University of Arizona.

## [Wisdom in the Real World](#)

**Subject Area:** History/Current Events, Social Sciences

**Thursdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

Wisdom in the Real World is an opportunity to discover generational similarities and differences as they relate to issues affecting our society. OLLI learners will be joined by University of Arizona

undergraduate students, coming together to discuss current societal issues, learn from the other's perspective, and collaborate to design generational friendly solutions. This will be supported through a wisdom framework. Theoretically, wisdom is a concept until it is put into action. Action puts wisdom to work, and can be operationalized using 3 components:

Reflectivity - Thoughts, values, understanding about life experiences through self-awareness.

Cognitive Process - Using practical knowledge, good judgment, reasoning, and experience to address some issue/situation.

Compassion - Having compassion/empathy for others and being able to see situations through another's perspective.

Students will be assigned to small groups to create and develop novel solutions to today's most pressing issues that affect all generations (e.g. climate change, healthcare, economics, discrimination, AI, etc.). At the end of the course, each group will have the opportunity to present their solution at a forum in the Arizona Psychology department.

\*Please Note:

Attendance of all or most of the classes is preferred as you will be meeting in groups with your U of A undergrad classmates.

This class is a small pilot study looking at the efficacy of intergenerational collaborative learning. You will be asked to participate in an informal study that is optional (not a requirement of the class).

Instructor: Trish Chilton

Trish Chilton is a graduate student in the Psychology Department at the University of Arizona. She has a background in Gerontology, and specifically is part of the Social Psychology track with a minor in Neuropsychology. Trish's research interests include aging and wellbeing, wisdom, and

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intergenerational relationships. She is originally from North Carolina, and is the mother of four children ages 16-28.

## [Write Your Memories in Prose or Poetry](#)

**Subject Area:** Literature/Writing/Language

**Thursdays:** 12 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Poetry is the art of telling the truth in the best words possible. We all have different stories and poems in our own unique styles waiting to be written. Poetry that inspires, touches the emotions (or funny bones) and causes readers to want more, is our focus. The poet has stood alone, above the fray of human existence for centuries, telling of the times and lighting a way into inspiring literature from Shakespeare to Billy Collins. We can continue with this tradition, creating works of art and interest in poetry that "pops"!

Instructor: Lollie Butler

Lollie Butler has taught creative writing to high school students and Arizona incarcerated women. She holds a master's degree from The University of Arizona and currently is a published writer of memoirs, poetry, and writes music lyrics for a nationally known composer. She has received many awards in writing including a fellowship from the Arizona Commission for the Arts.

## [Modern Piracy at Sea](#)

**Subject Area:** History/Current Events

**Thursdays:** Single session 11:00 AM - 12:30 PM

**Start:** Thu 10/3/24 **End:** Thu 10/3/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Following a brief introduction to the history of maritime piracy, we will turn to the evolving geography of piracy, from the Strait of Malacca to the Gulf of Aden to the east coast of Africa. This is a description of the roots of piracy, the social and political issues that create and support piracy at sea, and the response of the international maritime community to the problem of maritime piracy. Discussion of some general strategies and tactics used by ships at sea to avoid detection and attack will be followed by a sometimes amusing list of the non-lethal devices and structures developed to deter pirates from attacking and boarding ships at sea.

Central to this discussion is the difficulty of a legitimate political and legal response to the general problem of piracy around the world. Ships may be sovereign territory and cannot be boarded without violating national sovereignty, ships in territorial waters may be subject to that country's laws, and ship owners may have very little input into decisions. If pirates are captured, what happens to them? Who has the authority to prosecute captured pirates? And are pirates truly "the enemy of mankind" or just poor sailors motivated by the chance for financial gain? Why won't arming merchant vessels with mercenaries ever work? And finally, what is the ONLY answer that, in the speaker's opinion, is ever likely to be successful in our approach to the problem of modern piracy at sea?

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Hopefully these questions will generate energetic discussion.

Instructor: Thomas Anderson

Captain Tom Anderson is a retired Naval Flight Surgeon. During his 30-year military career, he lived and practiced medicine on, over, and sometimes even under the sea. He now devotes his time researching, writing, and speaking about ideas and events that are changing our world. His current research interests include maritime geopolitics, contemporary maritime affairs, and the future of the international maritime community.

Tom's academic achievements include a BS in Applied Mathematics, an MS in physics, a PhD in Physics, a Doctor of Medicine degree, and an MPH in International Health. His hobbies include flying sailplanes, woodworking, diving, and traveling.

## [Arizona 2024 Ballot Measures - What Are They About?](#)

**Subject Area:** Civic Engagement/Community/Government

**Thursdays:** Single session 11:00 AM - 12:30 PM

**Start:** Thu 10/10/24 **End:** Thu 10/10/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

There will be 13 measures on your ballot to vote on this year - plus some local measures depending on your district. This is a record length ballot - two full pages front and back. The class will review the measures so that you can make an informed decision when you vote.

Instructors: Peter Hovell and Eloise Gore

Peter Hovell is a long time OLLI member who has taught this subject for several years. He is not only a

political nerd but served as an elected town official for over 25 years in Connecticut.

Eloise Gore has been an OLLI member for over five years. Some of her favorite classes have been presentations by local performance organizations: True Concord, Tucson Symphony Orchestra, and the Rogue Theatre.

## [National Park Service and Emergency Response](#)

**Subject Area:** Arizona History/Culture, Civic Engagement/Community/Government

**Thursdays:** 7 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 10/17/24 **End:** Thu 12/12/24 - No

**Class November 7, No Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Session 1: Search and Rescue in Yosemite National Park – In 2022, nearly 4 million visitors came to Yosemite, the great majority of them returned home, safe and sound. But not all of them! In the last fifty years, there have been some 8500 search and rescue missions in the park. YOSAR "Yosemite Search and Rescue" is one of the elite rural and mountain rescue teams in the world. Using many outstanding and rare photos, Butch Farabee, a ranger in Yosemite for almost ten years, will graphically (well, not too graphically) show you many of these incidents. Butch has written five books on this subject, one winning the National Outdoor Book Award, 2017,

Session 2: Plane With 3 Tons of Marijuana - Into a Remote Lake in Yosemite –A plane full of drugs disappeared into a lake in an isolated part of the park in December 1976. Not discovered for six weeks, three tons of marijuana and two pilots were

under the ice for over six months. Over the years, this plane wreck and the subsequent recovery of the dope, has taken on near-legendary repute in Sierra Nevada lore. Certainly tragic, much of the tale is also humorous. Several books and at least one movie were based on this incident. Butch Farabee was there, at the very beginning, diving on the plane wreck under the ice, as well as then recovering the two pilots, six months later.

Session 3: National Park Service 101 – Most of you love our national parks, but do you know much about how both the National Park Service and National Park System (there is a difference) work? How is each organized and what makes them different? There are over 22 different kinds of national park areas. How is the agency organized geographically and how these areas come to be? How they are staffed, managed, and to what levels and with what amounts of funding? With 35 years of National Park Service experience and management, Butch Farabee will expose you to the basic inner workings of our national parks and the agency that manages them.

Session 4: Death in Yosemite National Park - Why Research This Subject? Since 1855, nearly 1900 people have died in Yosemite and Butch Farabee has chronicled them, including writing a book about these. The park averages between 15 to 20 deaths per year, with 38 meeting their end in 1978 alone. From going over waterfalls, murder, planes wrecks, climbing, hiking, horse and buggy crashes, rocks and trees falling, suicides, drownings, lightning, and even a six-year-old being gored by a deer. Yosemite and Yellowstone have rangers who serve as Deputy Coroners and Butch was one of them for over seven years. He will explain why it is important to document these tragedies and what we can learn from them.

Session 5: National Park Service Dive Program – There are 85 million acres included within our

national parks, 11 million of those acres are underwater. There are 80 national park units that include ocean and large lakes and at least 70 of these areas have some history of diving, including, of all places, Hubbell Trading Post on the Navajo Reservation. Beginning in at least 1934, parks have used divers to learn about the resources they protect and, in 2019, the agency had 218 certified divers, making 7100 dives. They perform body recoveries, biological research and underwater archaeology, including of the USS Arizona Memorial in Hawaii. Butch Farabee, with over six decades of dive experience, 900 dives, and once overseeing the Service's national dive program, will discuss this largely unknown function of the Service. Butch has written a book on this subject. And there will be lots of pretty photos. Session 6: El Camino del Diablo - The Devil's

Session 6: El Camino del Diablo - The Devil's Highway – On the National Register of Historic Places, El Camino del Diablo, is a brutal, 200-mile long, prehistoric and historic route from northern Sonora to Yuma, Arizona, then on to the mission areas of California. Used for at least a millennium by Native Americans, conquistadores, Father Kino, miners, undocumented aliens, and modern-day adventurers, El Camino crosses three large federal areas in the extreme desert of southern Arizona, which is the focus of this presentation. A reputed 400 to 2,000 lives have been lost traveling along our very own, isolated and wild part of the Arizona-Mexico border, most from heat, exposure, and a desperate lack of water. Join Butch Farabee, who has driven this remote, four-wheel drive road six times, for a part history, part travelogue, and part informational overview of this fascinating but humbling area.

Session 7: Southern Arizona Search and Rescue and First Response History: 1901-2000 – Learn how First Response and Search and Rescue first appeared in Southern Arizona with the region's Hardrock Mining

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Industry. When did Fire Departments and their Rescue Services, as well as local ambulance services, begin? When did the Sheriff's Departments first form and begin their services for Cochise, Santa Cruz, and Pima Counties. How did Paramedics come on the scene with the very popular television show, Emergency! in 1972. The first and then continued use of military and hospital helicopters and medivac services, starting in 1947. Civil Defense for the Cold War of the 1950's; the Civil Air Patrol, beginning in 1941 and saving thousands of lives around the country; the advent of mountain and desert rescue, including the acclaimed Southern Arizona Rescue Association; how and when did the Border Patrol and their incalculable contributions to SAR come to the border. Do you know about how many young aviators and soldiers died and/or needed rescuing during World War -II, while training at Davis-Monthan Air Force Base.

Butch has just finished a 599-page book, which is free, online, and digital, that this program is based on.

Instructor: Butch Farabee

Butch Farabee is retired from the National Park Service after 35 years as a ranger and superintendent in 11 national park areas, including Grand Canyon, Yosemite, Sequoia, Kings Canyon, Glacier, Death Valley, Lake Mead and Glen Canyon. He is a Tucson High School graduate and holds a BS in Zoology from the University of Arizona and an MS from Cal State-Fresno in Public Administration. He spent three years on the Tucson Police Department and is a graduate of the FBI Academy. He has published five books on park ranger-related subjects and a sixth on the history of Southern Arizona First Responders and Search and Rescue. He is also an Eagle Scout and has explored and researched Southern Arizona for much of his life.

## [Your Amazing Mind](#)

**Subject Area:** Health/Wellness, Science/Math/Technology, Social Sciences

**Thursdays:** 8 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 10/17/24 **End:** Thu 12/12/24 - No

**Class Week of Thanksgiving**

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

This course describes the amazing feats achieved by the mind by asking questions such as: What does it mean to say the mind is conscious? How is consciousness created by the brain? What is happening in the unconscious mind? Can you know what someone else is experiencing or thinking? What happens when you don't pay attention? How does memory work? Why do you sometimes fail to remember or remember inaccurately? Why is sleep important for good memory? How is the mind involved in relating to others? In being a friend? How has artificial intelligence created robots who can interact socially with humans? How can good mental functioning be maintained as a person ages? In dealing with these questions and more the goal is to relate scientific findings to everyday experience. This class is based on previous versions of Your Amazing Mind, updated with new research and ideas.

Instructor: Bruce Goldstein

Bruce taught courses in perception, cognitive psychology and the psychology of art at the University of Pittsburgh and the University of Arizona before starting teaching at OLLI 15 years ago. His goal at OLLI is to present scientific findings about the mind in a way that is meaningful and fun, and which can be applied to everyday life. Bruce has taught other OLLI courses, including Cognition and Aging, The Mystery, Science and Art of Shadows,

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The Social Mind, and Writing for Self-Discovery. His courses are typically lectures, supported by slides, videos, and class discussion.

## [Writing for Self Discovery](#)

**Subject Area:** Literature/Writing/Language

**Thursdays:** 6 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 10/31/24 **End:** Thu 12/12/24 - No

**Class Week of Thanksgiving**

**Location:** Palo Verde Room **Class Size:** 10

### Course Description

What do you know about your life? One way to find out is to write short essays on things such as (1) an event from your childhood, (2) a dramatic life-event (3) something you are dealing with now or have dealt with recently, (4) an important decision that changed your life. The class will consist of some discussion and writing exercises but most of the time will be devoted to providing feedback to each person about how their essay is written. Most people who take this class gain insights into their own lives and a deep appreciation for the other people in the class. Register only if you are committed to attending every session of the class, writing weekly essays, and are open to receiving constructive feedback about your writing. You will also need to be able to email your essays to the other students in the class.

**Instructor:** Bruce Goldstein

Bruce has taught OLLI courses Your Amazing Mind, Cognition and Aging, The Social and Emotional Mind, The Mystery and Science of Shadows, The Art of Shadows and Writing for Self-Discovery. While teaching in the psychology department at the University of Pittsburgh he received the Chancellor's Undergraduate Teaching Award for his teaching and textbook writing. He is the author of two college textbooks: "Sensation and Perception" and "Cognitive Psychology" and two books for general

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readers, "The Mind: Consciousness, Prediction and the Brain" (MIT Press) and "Shadows: Culture, Science, and Art" (Univ of Cambridge Press).

## [Memorable Mexican Melodies](#)

### [Transformed into Popular](#)

### [American Songs](#)

**Subject Area:** Arts/Culture,

Travel/Entertainment

**Thursdays:** 2 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 10/31/24 **End:** Thu 11/7/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

What do Dean Martin, Frank Sinatra, and Nat King Cole have in common with Artie Shaw and Xavier Cugat...Bing Crosby, Julie London, Dionne Warwick, and Tony Bennett with The Beatles and Elvis Presley...Jerry Vale and Ben E. King with Amy Winehouse, Aretha Franklin, and Cher?

They, and many more performers, recorded songs that were originally composed by Mexican and other Latin American songwriters.

During our two sessions we will---

Highlight each composer's major works.

Play one or two of their original compositions which became American favorites (translations will be provided, of course).

Credit the lyricists who transformed the originals into "new" songs and, via movie musicals or popular singers, introduced them to an English-speaking audience.

Play a recording of each "re-written" tune by one of our favorite performers.

List other singers and orchestras that have recorded each song.

Come prepared to participate by sharing those melodies you remember!

Instructor: Jorge Tapia

Jorge Tapia is a retired TUSD teacher, retired Master Sergeant-US Army, and spent 16 years as an adjunct faculty member of the NAU-Tucson campus. His interests are hiking, listening to all genres of music and traveling. He has been a member of OLLI since 2013.

## [Camino de Santiago – 500 Miles and A Life Changing Adventure](#)

**Subject Area:** Arts/Culture, Health/Wellness, History/Current Events, Philosophy/Spirituality/Religion, Travel/Entertainment

**Thursdays:** 2 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 11/7/24 **End:** Thu 11/14/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

The Camino de Santiago is a 500-mile pilgrimage across Northern Spain that has been in existence for nearly 2,000 years. Annually, over 250,000+ people take on this 5-6 week spiritual experience. The Camino is a physical, emotional, and spiritual adventure, and a life-changing one.

Study Group Leader Bob Logan has walked the Camino three times and during his talks, he discusses the life lessons learned that can immediately be applied to everyone's own life, including the power of being uncomfortable; overcoming challenges; dealing with daily doses of adversity; understanding the importance of living a simpler life; and how gratitude and appreciation should play a bigger role in our lives.

Class #1 will discuss the history and the powerful aspects of walking the Camino.

Class #2 will go into detail on Camino preparation decisions one must make before leaving for Spain. Things like backpacks, hiking poles, shoes, blisters, where to sleep, when to go, etc. This class we will also show an award-winning short documentary (27 mins) called "Phil's Camino".

Bob Logan has written a Camino book ([www.letyourpathfindyou.com](http://www.letyourpathfindyou.com)). Purchase of the book is optional for the class, not required.

Please note: The class will appeal to those interested in walking and to those who only want to hear and learn an interesting story.

Instructor: Robert Logan

Bob Logan is a speaker and published author, and he has lived an incredibly varied life, from coaching to fundraising to university administration. After a 30+ year career at the University of Arizona, Bob decided to embark on the Camino de Santiago after seeing the movie "The Way". It so moved him that he has now walked the Camino on three occasions. This experience caused him to transform his life to help others find perspective and to live a more fulfilling life.

## [Tell Me A Story](#)

**Subject Area:** Literature/Writing/Language

**Thursdays:** 2 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 11/14/24 **End:** Thu 11/21/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

Who doesn't have a story to tell? From Chaucer's Canterbury Tales, to Edgar Allen Poe, Tales of Terror. Dating back even further. The object of this class is to tell a story. Tell your own story. Telling stories in your own words. This can be a story about



anything at all. Hopefully this class will be a journey. Join Edwin on this journey.

Instructor: Edwin Holliday Jr.

Edwin Holliday is an avid reader and storyteller. He has a background in theater, Co-starred in The Underpants, The Unsinkable Molly Brown, and Pier Gint. Played different roles with The Red Barn Theater. He also volunteered at the Unscrewed Theater. He worked in hotels and sales.

## [Stewardship and the Preservation of Life in the Tohono O'Odham Sacred Homeland](#)

**Subject Area:** Arizona History/Culture, Health/Wellness, Science/Math/Technology

**Thursdays:** 2 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 12/5/24 **End:** Thu 12/12/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

As a Jane Goodall Institute Grantee for Stewardship and the Preservation of Life in the Tohono O'odham Sacred Homeland, I will share: Raptors and Rattlesnakes are the Answer and Impacts to Native Species and Wilderness Ethics in the Tohono O'odham Sacred Homeland. We will discuss alternatives to toxic herbicides and pesticides that harm native creatures, their ecosystems and the environment that sustains all life. I look forward to sharing and learning with you.

Instructor: Dr. Amy Eisenberg

Amy Eisenberg, Ph.D.: The Hopi Tribe Cultural Preservation Researcher, Interdisciplinary Arid Lands Resource Sciences: Ethnoecology and Native American Studies minor, MS and BS Biology:

Botany, Organic Sustainable Agriculture and Agroforestry, Center for World Indigenous Studies Associate Scholar, Scientific Illustrator, Arizona Archaeological Site Steward.

## Fridays

### [Healing Trauma – Techniques to Understand/Regulate the Nervous System](#)

**Subject Area:** Health/Wellness

**Fridays:** 6 Sessions 9:00 AM - 10:30 AM **Start:** Fri 9/20/24 **End:** Fri 10/25/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Trauma must be addressed by considering both the mind and body. Over the past 25 years tremendous advances have been made in the understanding of PTSD, as well as simple trauma, and it is those advances and that research that we will study in our group. Trauma is extremely prevalent in our culture but the understanding of advances in the research is not as widespread. We will cover and explore, together, facts that will illuminate behavioral puzzles that present themselves to us in the workplace, our homes, schools, institutions and neighborhoods. We will look at how our nervous system responds to trauma and what to do about it. This is not a forum to discuss our personal trauma but is focused on what trauma is, is not, and what can be done about it.

Instructor: Sharon Youngblood

Sharon Youngblood is a Mechanical Engineer/Executive turned Trauma coach, Somatics and Attachment expert. She has thirty plus years of

experience coaching people from all walks of life and is an expert on Trauma.

## Three Mexican Films

**Subject Area:** Arts/Culture

**Fridays:** 6 Sessions 9:00 AM - 10:30 AM **Start:** Fri 9/20/24 **End:** Fri 10/25/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

The class will watch 3 Mexican movies in class. We will pause the movies for discussion. The movies are in color and have English subtitles. The movies deal with the Mexican Revolution (Como Agua Para Chocolate), on the PRI party which governed Mexico for 60 years (La Ley de Herodes) and Padre Amaro which concerns the Catholic Church, the censorship of journalism and the drug cartels. An introduction to these themes will be given before each movie. The movies will be shown over two class periods to allow for discussion. Discussion questions will be provided before each movie is shown. These are well filmed movies which have met with critical acclaim and present intriguing stories.

**Instructor:** Susan Sotelo

Susan Sotelo began her teaching career as a graduate student instructor (GAT) at the University of Arizona. After receiving a MA, she taught K-12 students. Then she returned to the University of Arizona and again taught in the basic language program. After receiving her PhD in Spanish Language Literature, she taught at Pima College. She also taught privately and tutored students. Then she took a job teaching for the Spanish Club in Sun City Vistoso in Oro Valley. This began her experience as a teacher of adult/senior students. She has taught Spanish at OLLI Central Tucson since 2015.

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## Writing, Publishing, and Marketing Your Book from Start to Finish

**Subject Area:** Arts/Culture, DIY/Self-Help, Literature/Writing/Language

**Fridays:** 10 Sessions 9:00 AM - 10:30 AM **Start:** Fri 9/20/24 **End:** Fri 11/22/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

Students are encouraged to bring their current book project to class. The first one-third of the classes will have to do with developing the skills that are needed to get your book project started and finished in the quickest amount of time. Students will be able to ask questions and share their experiences. The next one-third of the classes will discuss the difference between traditional publishing, self-publishing, and print-on-demand publishing. We will teach the students how to self-publish their book and may include a field trip to a local printer. The final one-third of the classes will involve a discussion of social media marketing. Find out what platforms work best for selling your new book, and letting the world know how to find it. If you have a book that is almost finished before the class begins, we should be able to get it published and available for sale by the time the class is finished.

**Instructor:** David Swift

David Swift has been writing and self-publishing books for the last 23 years. In 2021, he began helping new authors write and self-publish their books. In 2023 he started Transformational Publishing and in 2024 he started Arizona Book Publishing. Both businesses teach new authors to get their first book published and then assist with marketing and sales.

## Border Solutions

**Subject Area:** History/Current Events

**Fridays:** 8 Sessions 11:00 AM - 12:30 PM **Start:**  
Fri 9/20/24 **End:** Fri 11/8/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

Immigration is a hot topic in the 2024 presidential election debate. Both candidates expound harmful ideas and propose restrictive policies which are detrimental for the United States, particularly for our economy. This course will explore existing ideas of immigration and border solutions which if enacted would benefit all segments of society and benefit American prosperity.

Instructor: Peter Hirschman

Peter has been involved with refugee resettlement and asylum seekers for almost 13 years. He has led study groups on border issues many times. He has worked on asylum for both detained and non-detained applicants, and on immigration appeals. Most recently he headed a group of volunteers who completed asylum applications for Afghani families paroled into the US after evacuation from Afghanistan.

## Pre-Code Era: Hollywood vs. the Censors

**Subject Area:** Arts/Culture

**Fridays:** 6 Sessions 1:00 PM - 2:30 PM **Start:**  
Fri 9/20/24 **End:** Fri 10/25/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

Starting with a general discussion of the pre-code era in Hollywood and the circumstances that gave rise to it, there will be 6 sessions where a movie from a different sub-genre will be presented each week with the story of its significance to the sub-genre, its background and participants, and what made it not just an ordinary movie but a pre-code one. The class will be invited to discuss the film and how it may relate to other films of the time and those of today. The final session will conclude with the forces that brought the era to an end and the overall significance of the era to the history of American movies.

Instructor: Michael LaBorde

Michael worked most of his pre-retirement years in Information Technology both as a consultant and employee. Since retiring he has pursued his lifelong interest in both movies and music. He has had the time and inclination to delve fairly deeply into not only specific movies and music but into their history and the histories of those who made them. Michael loves all kinds of movies, especially film noir and classic films from the 1930s and '40s. His musical interests these days concentrate on jazz but also include blues, Broadway, R&B and Soul.

## [Building a Star, and Then What?](#)

**Subject Area:** Science/Math/Technology

**Fridays:** Single session 1:00 PM - 2:30 PM

**Start:** Fri 9/20/24 **End:** Fri 9/20/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

Your basic star is the simplest entity in the Universe. It can be described by only five equations. Yet real stars also rotate and are typically either are born with or generate internal magnetic fields. These characteristics are responsible for activity that causes a star's brightness to be variable. Like us, stars age, and this imposes internal chemical inhomogeneities that drastically change the star's structure, a situation complicated by ongoing infall from debris (comets) left over from the star's initial collapse from a gas cloud. Also on the surface, outflowing winds gradually change the star's mass and rotation rate. Oh, wait! In addition to all these processes operating in an isolated star, it's now known that, unlike the Sun, most stars are members of binaries or even trinary systems. As they age these stars swell and transfer matter to their co-orbiting companion. Whether single or binary members, they eject metal-rich matter back into space. This action seeds new generations of stars with heavy elements, and among other things ultimately brings about our existence.

Instructor: Myron Smith

Obtaining his PhD at UA in 1971, Myron Smith became a postdoc at UC Santa Cruz. He went on to professorships at the Univ. of Toledo and UT Austin. He joined the National Solar Observatory and from there transferred to the International NASA's Ultraviolet Explorer satellite mission, then to the archival center at the Space Telescope Science Institute in Baltimore. He also served as Director of

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the Stellar program at the National Science Foundation. The latter experience schooled him not only on how stars tick but astronomers do too. He likes to hike the Catalinas and folkdance.

## [Intermediate Knitting](#)

**Subject Area:** Crafts/Cooking

**Fridays:** 6 Sessions 1:00 PM - 2:30 PM **Start:**

Fri 9/20/24 **End:** Fri 10/25/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

To continue the fun we had in Basic Knitting, this class will take you further in The Joy of Knitting! You must know how to Cast On, Knit, Purl and Bind Off. You may bring a project that you are working on and need help with, or start a project such as a scarf, poncho, or cap-sleeved Tee. I will also continue with my Knitting "Pearls", not to be confused with "Purls"!

Instructor: Kathe Haskell

Kathe Haskell has been a knitter since she was 4 years old. She had a yarn shop but briefly. She designed and created custom items and loves to teach! She is fascinated to notice how beneficial knitting is for neurological stimulation, how it helps with focus and concentration, dexterity, and is known to calm hand tremors and ease arthritis.

## [When Stars Flicker or Go Boom](#)

**Subject Area:** Science/Math/Technology

**Fridays:** Single session 1:00 PM - 2:30 PM

**Start:** Fri 9/27/24 **End:** Fri 9/27/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

This talk follows the "Building a Star" lecture last week. All stars are light variable, and often in any of

several ways and in any or all wavelength ranges. Sometimes they're noticeable even to stargazers. A universal kind of variability is pulsations, vibrations really. These tell us something about the star's interior structure and size, like a ringing musical bell does. Another cause of variability is magnetism as spots - our Sun shows both types of brightness variations. Also, large supergiants can belch out gas that cools over time and condenses to form obscuring dust; an example is Betelgeuse, the red star in the shoulder of the constellation Orion. Moreover, last week we learned that most stars are in binary systems. This means that some of their matter can be transferred from one star to another as it slowly expands and becomes a giant star, spilling matter over to its less evolved companion star. The transfer of this matter produces new kinds of phenomena, including evolution to neutron stars/pulsars (the first of which was discovered at visible wavelengths by my U of A profs when I was an unevolved grad student). Some binaries evolve into exotic stars that have been discovered only recently, like black holes or those emitting radiation in high energy bursts. Still another evolutionary outcome is the binary supernova, which ejects most of its matter back into interstellar space to help form our own bodies.

Instructor: Myron Smith

Obtaining his PhD at UA in 1971, Myron Smith became a postdoc at UC Santa Cruz. He went on to professorships at the Univ. of Toledo and UT Austin. He joined the National Solar Observatory and from there transferred to the International NASA's Ultraviolet Explorer satellite mission, then to the archival center at the Space Telescope Science Institute in Baltimore. He also served as Director of the Stellar program at the National Science Foundation. The latter experience schooled him not only on how stars tick but astronomers do too. He likes to hike the Catalinas and folkdance.

## [Astronomy/Geosciences](#)

**Subject Area:** Science/Math/Technology

**Fridays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Fri 10/18/24 **End:** Fri 11/22/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

Our exploration of the Earth, Solar System, and Universe continues. This semester we will feature 'Navigating the Night Sky' using the 21 brightest stars, with an in-depth look at the constellations where they are located. In particular, we will look at unique Arp peculiar galaxies found within each. We will examine 'Our Greatest Hits', i.e. huge impact basins and craters across our Solar System. As always, we will discuss on-going discoveries in Astronomy, Planetary Sciences, and Earth Sciences. Information will be conveyed using short videos, awesome photos, understandable/fun graphics, and class discussions. We will have several guest speakers from the University of Arizona's Astronomy, Planetary Sciences, and Geosciences Departments. Science Fiction Theatre continues, with short clips highlighting a century of Sci Fi movies and TV shows. And of course, there will be 'Geo-feature of the Week', 'What's for Launch?', and 'Books of the Week.' Please join us for this continuing journey of discovery and adventure. Being in an earlier Astronomy/Geosciences class is neither a prerequisite nor necessary to understand and enjoy this class.

Instructor: Guy Jette

Guy retired from the U.S. Air Force after 37 years working in Research and Development in both the aeronautical and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He has worked in astronomy outreach for the past

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ten years as a docent at Kitt Peak National Observatory. He has also been a frequent guest speaker at the University of Hawaii Institute for Astronomy on Maui.

## Nuts and Bolts of the Criminal Justice System

**Subject Area:** History/Current Events, Social Sciences

**Fridays:** 6 Sessions 11:00 AM - 12:30 PM **Start:** Fri 10/25/24 **End:** Fri 12/6/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 45

### Course Description

Americans are fascinated with TV shows and movies involving police, lawyers, trials, and everything related thereto. Unfortunately, most have at best a very superficial knowledge of how the criminal justice system works. This course is designed as a “nuts and bolts” discussion of the criminal justice system from arrest to appeal and everything in between. Participants will learn things such as, what does a Grand Jury really do? Who are the Grand Jurors? How are they selected? Can legally seized evidence be used at trial? Who decides what charges can be brought against an individual? How is a sentence determined? The course will consist of six 1½ hour sessions presented by a lawyer with 54+ years of trial experience in the areas of prosecution, criminal defense, personal injury and civil rights litigation, and will include, from time to time, video clips and war stories. When you are done with this course, you won't be a lawyer, but you will have a much better practical understanding as to what is happening in any given case.

Instructor: Stephen Weiss

Stephen Weiss is a recently retired trial attorney who has practiced in Tucson for 54+ years. His

practice has been primarily in 3 areas: criminal defense, civil rights involving police misconduct, and personal injury.

## Symbiosis

**Subject Area:** Science/Math/Technology

**Fridays:** 3 Sessions 3:00 PM - 4:30 PM **Start:** Fri 11/1/24 **End:** Fri 11/15/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

In the natural world of living things, plant or animal species, none is an "island unto itself". All species living in close proximity or association with each other interact with each other. The association is known as symbiosis.

Some symbiotic relationships are beneficial to both parties, some harmful to one, and others are indifferent. In this 5-part series we will explore symbiosis in the Sonoran Desert, its importance, and effects of its loss. The last session will include an optional field trip to the Sonora Desert Museum.

Instructor: Marion Cimmino

In professional life, Marion Cimmino was a NYCHS Biology teacher, coauthor of two text books, writer for Baron's Educational Series Review books, and presenter of curriculum programs on the local and national level for the NYBTA (New York Biology Teachers Association). Marion retired to Tucson in 1993. For the past 18 years, Marion has been and still is a docent at the Arizona Sonora Desert Museum. In the Tucson community Marion has provided educational programs for OASIS, Sun City Continuing Ed, retirement and assisted living communities, and even dementia units. The main purpose of these programs is to foster a love for our unique Sonoran Desert through understanding the

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complexity of our natural environment and our uniquely adapted desert plants and animals.

## [Zoning IOI – Overview of Local Land Use Regulations](#)

**Subject Area:** Civic Engagement/Community/Government

**Fridays:** Single session 3:00 PM - 4:30 PM  
**Start:** Fri 10/25/24 **End:** Fri 10/25/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 55

### Course Description

This course is an overview of local land use and zoning regulations, which impact the development and growth of our neighborhoods and communities.

Instructor: Rory Juneman

Mr. Juneman practices in real estate, zoning and land use planning, with a focus on sustainable developments. His representation includes compliance with local, state and federal land use regulations, including zoning and subdivision ordinances. He has extensive experience with land use entitlement processes and hearings, and negotiations with local jurisdictions, agencies and neighborhoods. He has represented clients before various jurisdictions' Boards of Adjustment, Planning Commissions, Design Review Committees and governing bodies for a variety of development approvals.

## [Controversies in Psychiatry](#)

**Subject Area:** Health/Wellness

**Fridays:** 3 Sessions 9:00 AM - 10:30 AM **Start:** Fri 11/1/24 **End:** Fri 11/15/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 65

### Course Description

At the turn of the 19th century, the science of psychiatry began to develop. Descriptions and treatment of psychiatric disorders were proposed based on rigorous and detailed observations by outstanding scientists. Several divergent models of diagnoses and interventions were formulated, developed, and flourished. On the side of psychological science, Wilhelm Wundt, William James, and Sigmund Freud, among others, led a group of disciples and dissenters in exploring the mind and the causes and nature of human behavior. On the neurological side, the scientific understanding of the brain and the serendipitous discovery of medications were major breakthroughs in our knowledge of how to view and treat brain disorders.

Enormous progress has been made on both fronts, the psychological underpinning of human behavior, including the interventions available to alleviate anxiety, depression, and psychosis, as well as the biological understanding of the brain and the biochemical interventions to relieve suffering.

And thus began the great controversies in Psychiatry, from challenging whether mental illness exists, to seeing psychosis as a breakdown or, alternatively, as a breakthrough, to the validity of diagnosis, and to the efficacy of psychological and biological interventions. A critical question centers on whether psychopathology and neuroscience can coexist.

In this course we will review the major controversies that developed over the last century as well as the latest points of contention. You will decide through our discussion what you find most convincing.

Instructor: José Santiago

José Santiago MD was a professor at the University of Arizona Medical School and has been a consultant to large healthcare organizations.

## [Gentle Yoga for Stretching, Balance, and Strength](#)

**Subject Area:** Health/Wellness

**Fridays:** 6 Sessions 9:00 AM - 10:30 AM **Start:** Fri 11/1/24 **End:** Fri 12/13/24 - **No Class Week of Thanksgiving**

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 20

### Course Description

Yoga offers so many benefits including calming the nervous system and promoting overall health. This gentle yoga class geared for 55+ individuals will involve stretching muscle groups as well as work with balance and building strength by activating different muscle groups. The class sequence will include a warmup of the muscles we will be using before we move into any yoga asana or position. We will first activate the muscles and build from there. Modifications will be offered. There will be standing poses and poses done on the yoga mat or a towel. If you have a yoga mat, bring it to class. If you do not have a yoga mat, bring a towel or blanket from your home. However, you may enjoy purchasing a mat if you do not currently own one. Wearing shoes with a rubber sole is suggested if you will be using a towel and do not have a yoga mat. All levels of yoga are welcome including beginners. You do not need to be flexible, but you should be able to get up and

down from the floor. Wear comfortable clothing that does not restrict movement such as shorts or loose pants and a loose top. This class is for all levels. Students will be expected to assist with the movement of tables and chairs to make room for practice and to restore the room after class with tables and chairs back into original place.

Instructor: Bonnie Lammar

Bonnie Lammar has had several successful careers. Her retirement career was a career in yoga. She taught hatha yoga at YogaWorks and was on the schedule at other studios in Marin County, CA. To be able to teach, she completed teacher training with YogaWorks and became a 500 RYT. This means she achieved 500 hours of training. With continuing education credits, she added more hours of study. Bonnie began teaching in 2014. She also managed a YogaWorks studio. And currently Bonnie is in a yoga sutra study group.

## [Cutting the TV Cord in 2024: Pros and Cons and Best Options](#)

**Subject Area:** Science/Math/Technology

**Fridays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Fri 11/1/24 **End:** Fri 11/8/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 30

### Course Description

TV viewing is rapidly migrating from traditional satellite/cable TV services to an increasing reliance on internet TV streaming options. This two-session class will candidly overview the issues, opportunities, and best options for tailoring your personal TV streaming setup. Session 1 will overview streaming pros and cons, equipment and content options, costs, and specific decisions and actions required. Session 2 includes a demo of a typical streaming setup and will discuss several different

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best practice strategies to tailor your setup to your budget and viewing priorities.

Instructor: Bill Jackson

Bill Jackson, a University of Minnesota alum, has a background in sociology/psychology undergrad and industrial relations graduate studies (Carlson School). He is a retired business consultant and leads numerous classes and presentations on TV cord-cutting and related topics.

## [2025 Medicare Update for Pima County](#)

**Subject Area:** Health/Wellness

**Fridays:** Single session 3:00 PM - 4:30 PM

**Start:** Fri 11/1/24 **End:** Fri 11/1/24

**Location:** Saguaro Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

This single session will cover both Original Medicare and Medicare Advantage Plans. It will provide information for anyone new to Medicare. And the class will prepare current recipients for Medicare Open Enrollment which is from October 15th through December 7th. We will cover some current Medicare topics and focus on changes in plans in Pima County for 2025.

Instructors: John Lowy, Connie Lowy

John has been a member of OLLI for 10 years and serves as the coordinator for the volunteer Audio Visual team at the Central Tucson Campus.

Connie has been a volunteer Medicare Counselor at the Pima Council on Aging for the past 10 years. She is a member of OLLI and volunteers at the Food Bank and Saguaro National Park.

## [Investing for Women](#)

**Subject Area:** Social Sciences

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM **Start:** Fri 11/15/24 **End:** Fri 11/22/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Investing for Women is a two-session course providing women with essential knowledge and skills for investment success. Explore the history and psychology behind women's underinvestment, understand securities such as stocks and bonds, compare ETFs and mutual funds, learn about fees and financial resources, and gain the confidence to advocate for yourself. Take control of your financial future and join us today.

Instructors: Richard Mundinger, CFA, Ashlyn Tucker, M.Fin

Richard Mundinger, CFA, with four decades of experience, provides expert investment management to private clients at RMH. A Total Investment Return approach underpins RMH's investment philosophy. As a CFA charterholder, Richard has a network of CFA contacts across the US and globally. Richard's extensive expertise makes him a reliable financial advisor. His commitment to community service is demonstrated through his volunteering with the Community Foundation of Southern Arizona, where he served the Board, Investment, Finance, and Building committees.

Ashlyn attended the University of Arizona's Eller College of Management and Honors College on a full tuition academic merit scholarship. She graduated in three years with her Bachelor of Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

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## Blow-Up: Short Story and Movie

**Subject Area:** Literature/Writing/Language

**Fridays:** 3 Sessions 1:00 PM - 2:30 PM **Start:**

Fri 11/8/24 **End:** Fri 11/22/24

**Location:** Palo Verde Room **Class Size:** 20

### Course Description

Julio Cortázar's short story "Blow-Up" (originally "Las Babas del Diablo") and Michelangelo Antonioni's film adaptation, "Blow-Up," present fascinating explorations of perception, reality, and the art of photography. We will read the short story in English and view the movie in class and explore how both versions play with the concept.

Instructor: Terry Enfield

Terry Enfield is a recently retired high school Spanish teacher. She earned a BA from Austin College, an MA from SMU and continued studies in Spanish at ASU. She lived in Spain during some of her Wonder Years, which gave her a lifelong enjoyment of other cultures and travel. She presently travels to Mexico and parts south whenever time and money allow.

## Critical Role of the Gut

### Microbiome in Overall Health

**Subject Area:** Health/Wellness

**Fridays:** 2 Sessions 9:00 AM - 10:30 AM **Start:**

Fri 12/6/24 **End:** Fri 12/13/24

**Location:** Ocotillo Room (Hearing Loop Enabled) **Class Size:** 50

### Course Description

The gut microbiome is a complex community of microscopic organisms, including bacteria, viruses, fungi, and other microbes, along with their genes. Bacteria, making up around 90% of this

community, are the most extensively studied. While microbes are present throughout our bodies, the largest population, averaging 38 trillion, resides in our intestines.

The gut microbiome produces thousands of chemicals essential for digestion, immune system regulation, inflammation management, metabolism, and even influencing our mood, emotions, and cognition. Fortunately, the gut microbiome is adaptable, and even minor changes in its composition can significantly benefit our health and well-being.

In this course, we will explore factors that determine the types of microbes in your gut, how the gut microbiome impacts health and disease risk, its influence on brain health (mood, emotions, and cognition), and principles for maintaining a healthy gut.

Instructor: Jill Jones

For the past 12 years Jill Jones has been serving as a volunteer speaker at TMC for Seniors, where she develops and delivers proactive wellness presentations. During her 33-year career at IBM, she held positions in systems engineering, marketing, education, and consulting. Her interest in hypnosis led her to start a part-time business, Inspired Motives, where, for 8 years, she trained others in self-hypnosis and visualization techniques. Jill obtained a B.S. in Mathematics and Natural Sciences from Indiana University of PA and was certified as a hypnotist by the National Guild of Hypnotists.

## Hospice and Palliative Care – What You Need To Know

**Subject Area:** Health/Wellness

**Fridays:** 2 Sessions 9:00 AM - 10:30 AM **Start:**  
Fri 12/6/24 **End:** Fri 12/13/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

A diagnosis of a life-threatening illness for you or a family member thrusts you into unfamiliar and terrifying territory. We will discuss what you need to know and the importance of identifying your goals and expectations. We will explore in depth the issues you face, the potential consequences of decisions you will be forced to make and the resources available to you and your family. Is it important to you to know the probable trajectory and prognosis of the illness? Will you seek survival at any cost or pursue quality of life and emotional health in the time that remains? These and other questions can have a profound impact on one's remaining time and that of the family.

Instructor: John F Manfredonia

"Dr John" Manfredonia was born in the suburbs of Philadelphia and migrated to Tucson in the late 70's. He practiced family medicine with an emphasis on obstetrics until transitioning to hospice and palliative medicine in the late 90's. He currently is director of physician and nurse practitioner education with a multi-state hospice, palliative care and home health agency.

## Sum Up Your Life – Write Your Own Obituary

**Subject Area:** DIY/Self-Help

**Fridays:** 2 Sessions 1:00 PM - 2:30 PM **Start:**  
Fri 12/6/24 **End:** Fri 12/13/24

**Location:** Palo Verde Room **Class Size:** 30

### Course Description

Writing your own obituary offers several benefits:

1. It allows you to share your life story and accomplishments in your own words, ensuring you are remembered exactly how you want to be. You can include personal details, heartfelt messages, and your life philosophy that may not be known otherwise.
2. It gives you a chance to express your feelings and gratitude towards loved ones directly. You can convey how much they meant to you and leave personal messages for them.
3. The process of writing your obituary can provide perspective on life, help you make peace with mortality, and inspire you to live more fully. Seeing your life summarized can motivate you to pursue unfulfilled goals or dreams.
4. It relieves the burden on family members during an emotionally difficult time by having your obituary already prepared. They won't have to rush to capture all the important details about your life.
5. Your obituary becomes a lasting legacy and gift for future generations to understand who you were and how you lived. It allows you to control the narrative of your life story.

In essence, writing your own obituary gives you control over how you'll be remembered, provides closure for loved ones, offers perspective on your life's journey, and leaves a meaningful personal legacy. And, hopefully, we'll have fun doing it.

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**OLLI-UA Fall 2024 – Central Tucson Campus**

Instructor: Jim Schultz

Jim graduated from the University of Denver (BS, BA & MBA.) Developing his Human Capital Management skills over a 30-year career with Walgreens, his responsibilities as Divisional Vice President - Performance Development covered training, management & executive development, productivity improvement, human factors engineering, H.R. planning, and media production. He serves on the Board of Choice and Dignity, a non-profit focused on helping people achieve their death-related goals.

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# Green Valley Campus: In-Person Tuesdays

## [American Jury Trial](#)

**Subject Area:** Civic

Engagement/Community/Government,  
History/Current Events

**Tuesdays:** 3 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 10/1/24 **End:** Tue 10/15/24

**Location:** Community Learning Center - Room  
203 **Class Size:** 65

### Course Description

America has seen a large number of high-profile jury trials in recent years. In addition to the trial of former President Trump, other politicians such as Senator Robert Menendez of New Jersey, titans of industry such as Sam Bankman Fried, and celebrities such as Johnny Depp and Amber Heard have generated jury trial headlines. The goal of this course is to improve our understanding of the American jury trial system, from its roots in England, through the Declaration of Independence and the Constitution, and up to the present day. We will discuss how the system was designed to protect us from government misconduct, how jurors are called to serve and then selected to sit on a jury, what jurors hear and how they decide cases, and compare the American jury trial to alternatives within our existing system and to systems used in other countries.

Instructor: Hugh Patrick Furman

Hugh Patrick Furman graduated from law school in 1980, practiced criminal defense for seven years,

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and then joined the faculty at the University of Colorado School of Law, where he taught for twenty-five years. He specialized in criminal law, criminal procedure, constitutional law, evidence, trial advocacy, and wrongful convictions. He has taught and written articles and teaching materials in these areas. He has written books on evidence, trial advocacy, and D.U.I. Hugh retired in 2017 but continues to teach trial advocacy to lawyers, law students, and high school students. He has received professional awards for his teaching and his pro bono work.

## [Introduction to the Shared Native Peoples of Arizona and Sonora](#)

**Subject Area:** Arizona History/Culture,  
Crafts/Cooking, History/Current Events,  
Literature/Writing/Language,  
Philosophy/Spirituality/Religion, Social  
Sciences, Travel/Entertainment

**Tuesdays:** 8 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 10/1/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room  
210 **Class Size:** 30

### Course Description

This seminar, developed in conjunction with Sonora's State Commission for the Development of Indigenous Peoples and Communities and tribal members of the several tribes, will cover the cross-border history, culture, and other aspects of these tribes and develop the issues the tribes face in transmitting their cultures across generations given the border access issues facing these ethnic groups. Each session will focus on one of the main groups, using a mixture of various media and modalities. One or more will involve members presenting from

their communities. The course involves bilingual materials and presentations, but everything will be translated into English.

Instructors: Billy McFarland, Carmen Munguia, Miguel Angel Constantino

Twice retired Army Officer and Diplomat, Billy McFarland, an Arizona native, has lived in Germany, Venezuela, Bolivia, Colombia, Mexico, Canada, Israel/Jerusalem and worked in Argentina, Chile, Ecuador, Panama, Costa Rica, Honduras, Guatemala, Afghanistan, and Iraq. Bill developed his cross-cultural focus as an Army Foreign Area Officer specialized in Latin America and bridged that experience into the United States' diplomatic corps. During his first diplomatic tour, Bill was embedded into an Army brigade in the Sunni Triangle in Iraq during the "surge" of 2007-2008. Since retiring, Bill has been involved with cross border cultural issues.

Carmen is an experienced instructor skilled in several methods and instructional media. She has worked for the last year and a half in this field conducting extensive field work with the different tribes in their communities, in Sonora, Mexico and the United States.

Miguel Angel Constantino Montalvo, Director of Special and Strategic Projects at the State Commission for the Development of Indigenous Peoples and Communities in the State of Sonora, Mexico. Miguel Angel graduated in Business Administration and has 14 years of experience in public service in federal and state governments. He has been working in this field for the last ten years.

## [The Conquest of the Maya](#)

**Subject Area:** History/Current Events, Social Sciences

**Tuesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 10/1/24 **End:** Tue 10/29/24

**Location:** Community Learning Center - Room 203 **Class Size:** 65

### Course Description

The Maya were the first indigenous peoples from mainland Mexico encountered by Europeans, but the last to be conquered. The conquest of the Maya in Yucatan, Chiapas and Guatemala took almost 200 years to complete. It began with the 4th voyage of Christopher Columbus (1502-1504) and ended with the Spanish capture of Nojpeten, the stronghold of the Itzá, the last independent Maya kingdom (1697).

This history also featured a brutal campaign in 1561 to impose Christianity, led by the Franciscan friar, Diego de Landa, who tortured and executed Maya religious leaders and held dramatic autos-de-fe to destroy indigenous codices and sacred images.

How were the Maya able to resist colonial authority for so long? To explore that question, we'll consider the geographies of the southern frontier of New Spain, the practical limitations of Spanish rule in the 16th and 17th centuries, and the resilience of local and regional Maya peoples and their leaders. We'll also explore the variety of sources that make a study of this period of Maya history possible, from Spanish accounts like that of Diego de Landa to colonial period manuscripts written by Maya scribes in their own languages like the Books of the Chilam Balam and the Popul Vuh.

Instructor: Kevin Gosner

Kevin is Associate Professor of Latin American History at the University of Arizona, where he teaches classes on Colonial Spanish America, World

History, and Historical Concepts and Methods. The author of *Soldiers of the Virgin: The Moral Economy of a Colonial Maya Rebellion*, his research examines the impact of the Spanish conquest and colonial rule on indigenous communities in southern Mexico and Guatemala. His interests also include music, popular culture, and natural history.

## Wacky Hollywood

**Subject Area:** Travel/Entertainment

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 10/8/24 **End:** Tue 10/15/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

### Course Description

The 1950's was a difficult time for the movie industry in America. Television was growing in popularity and keeping audiences away from movie theaters by the millions. Hollywood had to do something. That something was partly technology and partly wide-screen block buster movies.

But as the major studios saw their budgets squeezed, some small operators stepped into bring people back into theaters. They were the gimmick men like William Castle with his floating ghosts and electrified seats. And Arch Opler with really cheap 3-D movies. The 1950's was a very strange time in the movie business. This two-week class will explore such luminaries as Edward D. Wood, judged to be the worst director in movie history. We will also take a look at "Midget Westerns", very cheezie space movies and some of the worst monsters ever to visit the silver screen. This is movie history at perhaps its lowest point... but it will be a lot of fun.

Instructor: Philip Wenstrand

Philip Wenstrand spent most of his life in the media. For 30 years he worked in commercial television

news and documentary production. He is a graduate of Linfield College and the Brooks Institute.

## Camino de Santiago – 500 Miles and A Life Changing Adventure

**Subject Area:** Arts/Culture, Health/Wellness, History/Current Events, Philosophy/Spirituality/Religion, Travel/Entertainment

**Tuesdays:** 2 Sessions 3:00 PM - 4:30 PM  
**Start:** Tue 10/1/24 **End:** Tue 10/8/24

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

The Camino de Santiago is a 500-mile pilgrimage across Northern Spain that has been in existence for nearly 2,000 years. Annually, over 250,000+ people take on this 5-6 week spiritual experience. The Camino is a physical, emotional, and spiritual adventure, and a life-changing one.

Study Group Leader Bob Logan has walked the Camino three times and during his talks, he discusses the life lessons learned that can immediately be applied to everyone's own life, including the power of being uncomfortable; overcoming challenges; dealing with daily doses of adversity; understanding the importance of living a simpler life; and how gratitude and appreciation should play a bigger role in our lives.

Class #1 will discuss the history and the powerful aspects of walking the Camino.

Class #2 will go into detail on Camino preparation decisions one must make before leaving for Spain. Things like backpacks, hiking poles, shoes, blisters, where to sleep, when to go, etc. This class we will also show an award-winning short documentary (27 mins) called "Phil's Camino".

## OLLI-UA Fall 2024 – Green Valley Campus

Bob Logan has written a Camino book ([www.letyourpathfindyou.com](http://www.letyourpathfindyou.com)). Purchase of the book is optional for the class, not required.

Please note: The class will appeal to those interested in walking and to those who only want to hear and learn an interesting story.

Instructor: Robert Logan

Bob Logan is a speaker and published author, and he has lived an incredibly varied life, from coaching to fundraising to university administration. After a 30+ year career at the University of Arizona, Bob decided to embark on the Camino de Santiago after seeing the movie "The Way". It so moved him that he has now walked the Camino on three occasions. This experience caused him to transform his life to help others find perspective and to live a more fulfilling life.

### [Superfund, a Low Technology Discussion](#)

**Subject Area:** Science/Math/Technology

**Tuesdays:** 6 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 10/1/24 **End:** Tue 11/5/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

#### Course Description

Superfund has existed since 1980 and it is still a part of our lives. This series of discussions will include primary topics such as what Superfund is, why it is, how do we know it is a Superfund site, now what do we do, where is the next Superfund site?

I prefer to offer this information in a discussion format, rather than a PowerPoint presentation that I read to you. There will be a few slides at the first meeting, and I suspect a few will be prompts for subsequent meetings. If you hear something that doesn't make sense, confuses or puzzles you, please

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let me know and ask any questions right then. You won't be interrupting me (in the sense of here's the syllabus and we will stick to it) and I prefer to clarify as we go. I propose six meetings, but will use time as needed to clarify uncertainty and answer questions that arise.

Instructor: Rick Weissenborn

Rick spent more than 20 years of his professional career working on and at state and federal Superfund sites.

### [The Pale Blue Dot – Why Change Is Happening](#)

**Subject Area:** Science/Math/Technology

**Tuesdays:** 6 Sessions 1:00 PM - 2:30 PM **Start:** Tue 10/8/24 **End:** Tue 11/19/24 - **No Class November 5**

**Location:** Community Learning Center - Room 203 **Class Size:** 45

#### Course Description

This program will focus on the dynamic interaction between the world's oceans and atmosphere. Six sessions will explore how the relationships between sun, sea and sky are significantly changed by both natural and human activity, how these changes are researched, documented, and how the information (i.e. data) obtained is shared around the world. A fundamental understanding of basic physics and chemistry is useful but not necessary to appreciate the material in this course. Each session will deliberately encourage active discussion between instructor and attendees.

Session 1: Winds on Water: How sunlight, oceans, air and a spinning planet create our climate

Session 2: Oceans: The planet's thermostat as a reservoir for heat and carbon



Session 3: Case Study: The Southern Ocean - the long overlooked global ocean laboratory at the heart of the system

Session 4: Ice: What we are learning from the ice shelves, floes and glaciers

Session 5: Two steps forward and one step back: How everything discussed thus far affects climate and the water cycle on planet Earth.

Session 6: 'A Picture's Worth a Thousand Words' The art of creating interactive models and the role of climate agencies like NOAA, NASA, Copernicus and others. The important differences between 'weather' and 'climate' are clarified.

Instructor: Joellen Russell

Prof. Joellen Russell is an oceanographer and climate scientist, a Distinguished Professor, and the Thomas R. Brown Distinguished Chair of Integrative Science, and (most recently) Department Chair of Geosciences at the University of Arizona in Tucson, AZ. Dr. Russell's research uses robot floats, supercomputers and satellites to observe and predict the ocean's role in climate and the carbon cycle. She is the modeling lead for the Southern Ocean Carbon and Climate Observations and Modeling project (SOCCOM), and she currently serves as Chair of the NOAA Science Advisory Board's Climate Working Group.

## [Investigating Police In-Custody Deaths](#)

**Subject Area:** History/Current Events

**Tuesdays:** 3 Sessions 1:00 PM - 2:30 PM **Start:** Tue 10/22/24 **End:** Tue 11/5/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

### Course Description

This 3-week course will be a review the facts and fiction within the public debate regarding police officer-involved fatal custodial deaths. My primary goal is to describe the process and the adjudicating factors involved in investigating custodial deaths. The class will include an explanation of the prevailing US Supreme Court rulings. It will conclude with an examination of the facts and fiction behind several of the more recent controversial shootings. I will not be showing images nor videos of any incidents. The class is designed to be informative and not a forum for debating related social issues.

Instructor: David Grabelski

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels. In his first career, he served 21 years with the Los Angeles Police Department including assignments as a Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice / National Drug Intelligence Center. Dave recently retired as the Chair and Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. He holds advanced degrees from Pennsylvania State

University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

## [Architecture of the Brain Game](#)

**Subject Area:** Science/Math/Technology

**Tuesdays:** Single session 3:00 PM - 5:00 PM

**Start:** Tue 10/15/24 **End:** Tue 10/15/24

**Location:** Community Learning Center - Room 203 **Class Size:** 45

### Course Description

Embark on a fascinating journey through the early stages of brain development with The Brain Architecture Game! Created in collaboration between The Harvard Center for the Developing Child and the University of Southern California's School of Cinematic Arts, this immersive experience facilitates participants' exploration of the complexities of neuronal growth and its societal implications, including factors that drive progress and those that pose challenges. Your involvement goes beyond mere entertainment; it's a crucial step toward understanding the hurdles faced by vulnerable children and sparking meaningful change within our systems.

Instructors: Dorothy Johnson, MD, FAAP, Susan Hopkinson

DJ, AKA Dorothy Johnson, MD, FAAP, Developmental Pediatrician, practiced in university-based and private pediatric practices and directed a multidisciplinary developmental pediatric practice in San Diego. Subsequent to working as a PCC Instructor for 10 years, she now embraces her third career as volunteer educator/consultant with The Center for Neurosciences Foundation focusing on early development. She served on the Pima First Things First Council for 16 years and sits on the Child Parent Centers' Health and Nutrition Committee. Education: Colorado College (BA, MCL), University of Chicago's Pritzker School of Medicine

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(MD, AOA), Pediatric Residency at University of Rochester, NY. Additional training: UCSD, USD, UNC and NAU.

Susan Hopkinson is the Director of Fundraising and Operations at The Center for Neurosciences Foundation. Her duties include scheduling educational events, recruiting volunteers, writing grant proposals, organizing fundraising events, and coordinating Brain Bus activities. The mission of the Foundation is to promote care of brain health through public engagement and empower everyone to optimize the development and functioning of their brain and nervous system to the peak of their potential throughout their lifetime. Susan's background in Marketing Management enables her to wear many hats in this position.

## [Presidential History: The Good, Bad, and Ugly](#)

**Subject Area:** History/Current Events

**Tuesdays:** 5 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 10/22/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

In this Part One (5-Sessions), participants will explore and gain insight into American history through the lives and legacies of several US Presidents.

We will focus on the transition from FDR to Truman, the Adams family (John and John Quincy), the harm done by a great decline in intelligence/wisdom from Lincoln to Andrew Johnson, JK Polk's expansion of Presidential powers and American geography, and the ongoing debate between Big Business and Big Government embodied in the presidencies of Wm McKinley and Theodore Roosevelt.

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The goal will be to better understand the personalities, accomplishments, decisions, heartaches, and quirks of these gifted (and sometimes troubled), men (so far). Part Two will examine additional Presidencies and will be taught next year.

Instructor: Ron Rude

Ron Rude and his wife, Nancy, live in Tucson. He has taught courses on the interplay between Nature's natural sciences (astronomy, geology, evolutionary biology, paleoanthropology, ecology) and Christian theology at Holden Village, Chicago Theological Seminary, Glacier National Park, OLLI, and in various conferences and congregations. He recently retired to writing and teaching after 17 years as Lutheran campus pastor at the University of Arizona. His most recent book is "Amending the Christian Story" (Wipf and Stock Publishers, October 2021). He has taught several OLLI classes on Presidential History, including most recently 'The Life and Politics of Thomas Jefferson.'

### [Poetry Group – Read Your Poems and Listen to Others Read Theirs](#)

**Subject Area:** Literature/Writing/Language

**Tuesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 10/29/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 203 **Class Size:** 20

#### Course Description

What's on your mind? Poets take this question seriously - and are moved to write about it. Join this group of like-minded people to share what you've written. No performance required: stay in your seat and simply read your latest work. Hear your own words reverberate and experience the opportunity to learn, improve, and most of all ENJOY. The best part: hearing what's on other people's minds is

inspiring and often gives you new ideas for future poems! No feedback unless you want it.

Instructor: Eileen Valentino Flaxman

Eileen Valentino Flaxman has a degree in English Literature and is a published author, poet, and lyricist. Among her works are the memoir "Pieces Of Glass - Growing up Catholic In The Fifties" as well as two collections of poetry: "What Lies Beneath" - a poem for every chapter in the classic novel, Moby-Dick and "What's Been On My Mind" - a collection of poems and stories.

### [Best Musical Introductions Ever](#)

**Subject Area:** Arts/Culture

**Tuesdays:** Single session 11:00 AM - 1:00 PM

**Start:** Tue 11/5/24 **End:** Tue 11/5/24

**Location:** Community Learning Center - Room 203 **Class Size:** 65

#### Course Description

From Puff to Pavarotti, from Johnny Cash to Joni Mitchell, from Mozart to Miles, the best musical introductions propel great songs into our ears and souls forever and a day. We'll have performance videos and singalong song samples to enjoy together for two hours of toe tapping tunes. What are your favorite song intros? We'll find out together.

Instructor: John "Nemo" Nemerovski

John Nemo is a lifelong musician and educator who immerses himself in folk, early rock, blues, jazz, and classical music. He plays guitar and provides a fascinating playlist for his music appreciation courses.

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## Investing for Retirement

**Subject Area:** Social Sciences

**Tuesdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 11/12/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

### Course Description

Investing for Retirement is a two-session course that equips individuals with the knowledge and tools to ensure their portfolio is setting them up for success in retirement. This course covers topics, such as investment policy statements, time horizons, risk tolerance, income investing, and alternative investments. Participants will learn how to build a robust portfolio that considers inflation and their lifespan. Explore withdrawal rates and strategies to ensure a sustainable income stream. Join us to gain the confidence and expertise to navigate the complexities of retirement investing successfully.

Instructors: Richard Munding, Ashlyn Tucker, M.Fin

Richard Munding, CFA, with four decades of experience, provides expert investment management to private clients at RMH. A Total Investment Return approach underpins RMH's investment philosophy. As a CFA charterholder, Richard has a network of CFA contacts across the US and globally. Richard's extensive expertise makes him a reliable financial advisor. His commitment to community service is demonstrated through his volunteering with the Community Foundation of Southern Arizona, where he served the Board, Investment, Finance, and Building committees.

Ashlyn attended the University of Arizona's Eller College of Management and Honors College on a full tuition academic merit scholarship. She

graduated in three years with her Bachelor of Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

## Nuclear Power – Where Are We Headed?

**Subject Area:** History/Current Events, Science/Math/Technology

**Tuesdays:** Single session 11:00 AM - 12:30 PM

**Start:** Tue 11/12/24 **End:** Tue 11/12/24

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

Some positives. The largest reactors in history may go online in the US and Europe, new or old re-engineered designs are gaining popularity, sizes from proven Naval reactors size to SNRs (small reactors) are being touted, high level political support in the US and some other countries now support nuclear power. So, does nuclear power have a renewed bright future?

Some negatives. Comparable costs, perceived safety risks, “not in my backyard” politics, and seemingly never-ending nuclear waste issues. Will they continue to both short and long term severely limit the use of nuclear power?

Let's get together and explore the issues. The end of the session will include an “individual” zero to 100% opinion poll on the 20-year future of nuclear power which I will average and see if we are 20%, 50%, 80% positive about the future of nuclear power.

Instructor: Gerald Geise

Gerald Geise is Chemical Engineering graduate from Montana State University. He spent 25 years in the

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nuclear industry with General Electric and United Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for the Hanford, Washington nuclear reactors producing plutonium for nuclear weapons and president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He has an extensive public speaking background on the risks and benefits of nuclear power - and a 30 year hobby of making candles.

### [Investing for Women](#)

**Subject Area:** Social Sciences

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 11/12/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

#### Course Description

Investing for Women is a two-session course providing women with essential knowledge and skills for investment success. Explore the history and psychology behind women's underinvestment, understand securities such as stocks and bonds, compare ETFs and mutual funds, learn about fees and financial resources, and gain the confidence to advocate for yourself. Take control of your financial future and join us today.

Instructors: Richard Mundinger, CFA, Ashlyn Tucker, M.Fin

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Foundation of Southern Arizona, where he served the Board, Investment, Finance, and Building committees.

Ashlyn attended the University of Arizona's Eller College of Management and Honors College on a full tuition academic merit scholarship. She graduated in three years with her Bachelor of Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

### [Building Your Team: Finances, Estate, and More](#)

**Subject Area:** Social Sciences

**Tuesdays:** Single session 3:00 PM - 4:30 PM **Start:** Tue 11/12/24 **End:** Tue 11/12/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

#### Course Description

Have you built your team? Creating a collegial relationship between your professional team is an important part of a stress-free and organized retirement. We define your professional team as your accountant, financial advisor, estate attorney, and any other individual you consider important to your plan. This course will still be applicable to individuals who fulfill one or more of these roles and do things themselves. We will discuss things that we've seen work well and where we have seen things go wrong. The objective of this course is to equip you with tools to organize your finances, estate, and legacy planning.

Instructors: Richard Mundinger, CFA, Ashlyn Tucker, M.Fin

Richard Mundinger, CFA, with four decades of experience, provides expert investment management to private clients at RMH. A Total

Investment Return approach underpins RMH's investment philosophy. As a CFA charterholder, Richard has a network of CFA contacts across the US and globally. Richard's extensive expertise makes him a reliable financial advisor. His commitment to community service is demonstrated through his volunteering with the Community Foundation of Southern Arizona, where he served the Board, Investment, Finance, and Building committees.

Ashlyn attended the University of Arizona's Eller College of Management and Honors College on a full tuition academic merit scholarship. She graduated in three years with her Bachelor of Science in Finance in 2022. Ashlyn went on to graduate from Eller's Master of Science in Finance program in 2023, and from there she joined RMH Investment. Ashlyn is a CFA Level II candidate.

## [Metabolism and Metabolic Health: Optimizing Your Body's Energy Systems](#)

**Subject Area:** Health/Wellness

**Tuesdays:** Single session 11:00 AM - 12:30 PM  
**Start:** Tue 11/19/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 203 **Class Size:** 50

### Course Description

When we hear "metabolism," we often think about burning calories and managing weight, primarily through Basal Metabolic Rate (BMR)—the calories burned at rest. However, metabolism encompasses much more, including cellular processes that convert food into energy, essential for sustaining life. A balanced intake of proteins, fats, and carbohydrates is crucial for a healthy metabolism.

This class will cover topics such as Basal Metabolism vs. Cellular Metabolism, how the body uses

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carbohydrates, fats, and proteins, indicators of metabolic health, tools for assessing metabolic health, and strategies to boost energy and improve metabolic health.

Instructor: Jill Jones

For the past 12 years Jill Jones has been serving as a volunteer speaker at TMC for Seniors, where she develops and delivers proactive wellness presentations. During her 33-year career at IBM, she held positions in systems engineering, marketing, education, and consulting. Her interest in hypnosis led her to start a part-time business, Inspired Motives, where, for 8 years, she trained others in self-hypnosis and visualization techniques. Jill obtained a B.S. in Mathematics and Natural Sciences from Indiana University of PA and was certified as a hypnotist by the National Guild of Hypnotists.

## [Annuities](#)

**Subject Area:** Social Sciences

**Tuesdays:** Single session 3:00 PM - 4:30 PM  
**Start:** Tue 11/19/24 **End:** Tue 11/19/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

### Course Description

Join us for a one-session course where we will discuss the benefits and downsides of annuities. We will contextualize annuities in the broader market and discuss what roles they can play in an investment portfolio. Explore the impact of annuities on inflation and compare their performance. Analyze annuity fees and uncover the true cost of purchasing one. Determine who can benefit from annuities, what to consider when shopping for one, and what to do if you already have an annuity.

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Instructors: Richard Munding, CFA, Ashlyn Tucker, M.Fin

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# Wednesdays

## [Play-Reading To Experience and Understand What Makes Other People Tick](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 8 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 10/2/24 **End:** Wed 11/20/24

**Location:** Community Learning Center - Room 210 **Class Size:** 20

### Course Description

We will sit at tables and read aloud great stories that will entertain, inspire, and move us. You don't

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have to be a professional actor -- just be willing to read aloud, or if you prefer not to read, it's OK to just listen. For this session we will read Crimes of the Heart, by Beth Henley, the story of siblings who return home to deal with a death in the family - a play that is entertaining, deeply emotional, and at times hilarious. We will also, as a group, choose a second play. Finding full texts online can be challenging, and trying to read aloud from your phone is not recommended. FYI - Crimes of the Heart is available at AbeBooks.com and Amazon.com (used) for under \$5.

Instructor: Eileen Valentino Flaxman

Eileen Valentino Flaxman was a professional actor for 25 years, in both Los Angeles and New York and is now a published author, produced playwright, and poet. There is so much to learn about other people - and ourselves - by delving into all the stories available to us. Reading plays together is an enjoyable way to share the wisdom, drama and inspiration that only live theater can bring.

## [Learn Mah Jongg Basics](#)

**Subject Area:** Travel/Entertainment

**Wednesdays:** 8 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 10/2/24 **End:** Wed 11/20/24

**Location:** Community Learning Center - Room 205 **Class Size:** 10 Additional Costs: \$5 for printed materials

### Course Description

Mah Jongg is played with 4 players seated around a table. Players shuffle the tiles, cast the dice, and perform rituals involving the allocation of tiles. Then the exchange of tiles begins. The first person to match a hand of 14 tiles with the card ends the game.

Mah Jongg Card can be purchased online from the National Mah Jongg League or Amazon. Please have

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available for the first day of class. There will also be a \$5 fee for copying materials.

Instructors: Myrna Feldman, Judy Lang

Myrna Feldman was born and raised on the East Coast with formal education in science. She has a master's degree in Radiation Biology and has taught at the high school and college level. As a former Hospital Administrator, she is glad to be retired. Myrna has been playing Mah Jongg since she was a teenager.

Judy Lang is a former Elementary School teacher and has been playing Mah Jongg for about 20 years.

### [The Plot Against America](#)

**Subject Area:** History/Current Events

**Wednesdays:** 6 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 10/16/24 **End:** Wed 11/20/24

**Location:** Community Learning Center - Room 210 **Class Size:** 20

#### Course Description

View and discuss The Plot Against America, an HBO miniseries based on the Philip Roth novel of the same name. Six 90-minute classes each consist of a 60-minute viewing followed by a 30-minute discussion.

The novel and miniseries are both an alternative history in which Franklin D. Roosevelt is defeated in the presidential election of 1940 by Charles Lindbergh. The novel follows the fortunes of the Roth family during the Lindbergh presidency, as antisemitism becomes more acceptable in American life and Jewish-American families like the Roths are persecuted on various levels.

Instructors: Rick Cendo, Gary Hamner

A graduate of Duke University, Rick Cendo was editor of the daily newspaper there and later wrote and reported for The New Yorker Times. He also

taught writing composition at University of Colorado - Boulder.

Gary Hamner practiced Psychiatry in Boulder, CO.

### [Nuts and Bolts of the Criminal Justice System](#)

**Subject Area:** History/Current Events, Social Sciences

**Wednesdays:** 5 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 10/23/24 **End:** Wed 11/20/24

**Location:** Community Learning Center - Room 203 **Class Size:** 45

#### Course Description

Americans are fascinated with TV shows and movies involving police, lawyers, trials, and everything related thereto. Unfortunately, most have at best a very superficial knowledge of how the criminal justice system works. This course is designed as a “nuts and bolts” discussion of the criminal justice system from arrest to appeal and everything in between. Participants will learn things such as, what does a Grand Jury really do? Who are the Grand Jurors? How are they selected? Can legally seized evidence be used at trial? Who decides what charges can be brought against an individual? How is a sentence determined? The course will consist of six 1½ hour sessions presented by a lawyer with 54+ years of trial experience in the areas of prosecution, criminal defense, personal injury and civil rights litigation, and will include, from time to time, video clips and war stories. When you are done with this course, you won't be a lawyer, but you will have a much better practical understanding as to what is happening in any given case.

Instructor: Stephen Weiss

Stephen Weiss is a recently retired trial attorney who has practiced in Tucson for 54+ years. His practice has been primarily in 3 areas: criminal

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defense, civil rights involving police misconduct, and personal injury.

## What the Election Results Mean for U.S. Foreign Policy

**Subject Area:** History/Current Events

**Wednesdays:** Single session 9:00 AM - 10:30 AM  
**Start:** Wed 11/13/24 **End:** Wed 11/13/24

**Location:** Community Learning Center - Room 203 **Class Size:** 65

### Course Description

We will discuss how our country will likely respond to our major foreign policy challenges in 2025 and beyond. Much depends, of course, on whether Kamala Harris or Donald Trump is inaugurated as president in January.

**Instructor:** David Dunford

Dave Dunford was the U.S. ambassador to Oman and was the deputy ambassador to Saudi Arabia during the 1990-91 Gulf War. He is a member of the governing board of the University of Arizona's Center for Middle East Studies. He has taught courses on the Arab-Israeli conflict and the Middle East business environment at the University of Arizona and has consulted for both the government and the private sector on Middle East issues. He is the author of *From Sadat to Saddam: The Decline of American Diplomacy in the Middle East* (Potomac Books 2019).

## Connectivity – à la Carte

**Subject Area:** DIY/Self-Help

**Wednesdays:** 2 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 11/13/24 **End:** Wed 11/20/24

**Location:** Community Learning Center - Room 210 **Class Size:** 30

### Course Description

20 years ago, most of us had a cable TV service, a landline and maybe a cell phone, but then the cost of cable went way up, the landline became little more than an aggravation, cell phones became mobile computers, social media exploded, and we started streaming movies at home. Eventually, the cost of connectivity exceeded \$300/month, much of it unused or duplicated. 5G home internet has finally created a very competitive market and has rapidly changed how consumers connect to the world. This course will examine why and how to unbundle those cable and phone services and reconnect with what you need and want, à la carte. That's called cord cutting and it can significantly lower the cost of your connections.

**Instructor:** Loring Green

Loring has taught a number of classes on a number of subjects over the past 20+ years.

# Online Classes

## Mondays

### [Investigating Police In-Custody Deaths](#)

**Subject Area:** History/Current Events

**Mondays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 9/16/24 **End:** Mon 10/7/24

**Location:** Online Zoom Offering 1 **Class Size:** 30

#### Course Description

This 4-week course will be a review the facts and fiction within the public debate regarding police officer-involved fatal custodial deaths. My primary goal is to describe the process and the adjudicating factors involved in investigating custodial deaths. The class will include an explanation of the prevailing US Supreme Court rulings. It will conclude with an examination of the facts and fiction behind several of the more recent controversial shootings. I will not be showing images nor videos of any incidents. The class is designed to be informative and not a forum for debating related social issues.

Instructor: David Grabelski

Dave has 45 years of tactical and strategic intelligence experience in the law enforcement and intelligence communities at the local, federal, international, and university/college levels. In his first career, he served 21 years with the Los Angeles Police Department including assignments as a Senior Homicide Detective and Gang Unit Supervisor. His second career was as a Gangs/Drugs/Violence analyst/Instructor for the US Department of Justice / National Drug Intelligence Center. Dave recently retired as the Chair and

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Assistant Professor of the Mercyhurst University's Tom Ridge School of Intelligence Studies in Erie, PA. He holds advanced degrees from Pennsylvania State University and Pepperdine University. Dave and his wife Kitty currently reside in Vail, AZ.

### [Chen Village Tai Chi](#)

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Mondays:** 7 Sessions 9:30 AM - 10:45 AM

**Start:** Mon 9/16/24 **End:** Mon 10/28/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

No previous Tai Chi experience is necessary. All the movements are slow and gentle, and no martial arts applications will be taught or practiced in this study group. These methods may help lessen body pain, correct spinal misalignment, cultivate a sense of internal energy, and rest the mind.

Participants can wear comfortable roomy or stretchy clothing and some soft tai chi shoes or socks to wear on their feet.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received a M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

## [This is America: Art and Artists from the Collection of SAAM](#)

**Subject Area:** Arts/Culture

**Mondays:** 4 Sessions 11:00 AM - 12:30 PM

**Start:** Mon 9/16/24 **End:** Mon 10/7/24 - **No**

**Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 45

### Course Description

The Smithsonian American Art Museum is home to one of the largest and most inclusive collections of American art in the world. Its holdings capture the aspirations, character, and imagination of the American people throughout three centuries. Drawing from the Museum's extensive collections, join study group leaders as they shine a light on the contributions of overlooked, marginalized, and self-taught artists from diverse backgrounds working in a variety of media who have contributed to the nation's rich visual heritage. Four discussion-based sessions will explore:

**Seeing Is Thinking:** Learn the languages of art and consider the many choices artists make when creating their works.

**History, Culture, Identity:** Two sessions will each invite participants to explore works by artists from groups well-represented in SAAM's collection, which could include African American, Latinx, Native, and Asian American artists. Through their artworks, see history, culture, and identity as members of a group and as Americans reflected and explored.

**This is Art?:** Beyond the traditional media of paintings and marble sculptures lie a host of artworks that some might not expect to find in the collection of an art museum. Come prepared to discuss the historical and aesthetic roots of works that may include craft, found object, or

contemporary works by trained and self-taught artists.

Instructor: SAAM Presenters

Smithsonian American Art Museum study group leaders are a corps of seasoned volunteer videoconference presenters deeply familiar with the Museum's collections and how to facilitate conversations about artworks. Their professional experiences, paired with Museum-provided training, have prepared them to be responsive to participants' interests and facile leaders of artwork-based discussions.

## [Behind the Scenes at Wikipedia](#)

**Subject Area:** History/Current Events, Science/Math/Technology

**Mondays:** 3 Sessions 11:00 AM - 12:30 PM

**Start:** Mon 9/30/24 **End:** Mon 10/14/24

**Location:** Online Zoom Offering 2 **Class Size:** 50

### Course Description

This three-session course uncovers details of Wikipedia that most people don't know. What we cover should make you a super savvy user of this collaboratively edited information resource that enjoys worldwide popularity. Classes will use student suggestions to exemplify strengths and weaknesses of specific Wikipedia articles and to model editing that addresses weaknesses. Those who want to can participate in some hands-on activities.

**Session 1:** We'll overview what Wikipedia is meant to be. We'll start identifying individual areas of student interest and expertise that will guide our focus on article quality. Most of our in-class activity this session will use example articles that match our individual interests.

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## OLLI-UA Fall 2024 – Online Classes

Session 2: We'll hone in on Wikipedia's guidelines for notability and reliability, and we'll consider features of writing that affect readability. Most of our in-class activity this session will address specific ways to tweak existing articles.

Session 3: We'll discuss some of Wikipedia's strengths and weaknesses. Weaknesses include gender and geographic imbalances. Strengths include guidelines for editors, accessibility of articles, and transparency of processes. Our last in-class activities will solidify what students have learned and encourage students to consider contributing edits as next steps.

Instructor: Cecile McKee

Professor Emerita of Linguistics at U of Arizona, Cecile McKee's research and teaching emphasized children's language and literacy development. She's also active in public engagement around language topics, as well as science communication more broadly. Her public-facing work includes participation in Wikipedia's Education Program. McKee's personal interests include food and drink. She grows food in a straw bale garden and makes liqueurs at home. And she's a docent at Mission Garden, Tucson's living agricultural museum. Also, she has raised several puppies for Guide Dogs for the Blind and Canine Companions.

### [Free Speech – Is There Such a Thing?](#)

**Subject Area:** Civic

Engagement/Community/Government

**Mondays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Mon 10/7/24 **End:** Mon 10/28/24

**Location:** Online Zoom Offering 3 **Class Size:** 70

#### Course Description

It is likely that debates about free speech began shortly after humans first learned to communicate

with each other, because our earliest ancestors would have realized very quickly that 'words matter', and that all forms of communication have consequences. Many scientists have demonstrated that a functioning society depends on altruism and trust, which require limits on personal expression.

The concept of free speech is, in many respects, a misnomer. First, speech is a metaphor for all forms of expression (writing, visual and performing art, music, public demonstrations, blogging and other forms of electronic messaging, billboards and signs, flags, clothing, etc.) Second, communication has never been 'free' – it has always come at a price, from a positive or negative reaction from listeners to outright banning, imprisonment, excommunication, exile, and ultimately loss of life.

In Ancient Greece, the playwright Euripides wrote: "(it) is slavery, not to speak one's thought."

However, the ancient Greeks defined free speech differently for different segments of its population (isegoria and parrhesia). Today, no country in the world that has a functioning legal system, including the U.S., allows totally unconstrained 'free speech'.

This course will examine the definitions and various forms of expression, the history of the concept of 'free speech', the constraints that have been put on free expression by governments, religions, the military, social norms, etc. We will also look at other modern democracies, particularly in Western Europe and how they limit free speech, as well as the debates around our Constitution's First Amendment.

Instructor: Stephen Berardo

Stephen Berardo has a bachelor's degree in English literature, a master's degree in Public Administration, and is a lifelong student of history and political systems. Steve lived in Europe for over 12 years, including in countries that had dictatorships. His careers have included adjunct and full-time college faculty member teaching courses

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in business and public administration, aviation consultant, and he has taught a variety of courses at OLLIs around the country for more than six years.

## [Writing a Legacy Letter](#)

**Subject Area:** Health/Wellness,  
Literature/Writing/Language

**Mondays:** Single session 11:00 AM - 12:30 PM  
**Start:** Mon 10/7/24 **End:** Mon 10/7/24

**Location:** Online Zoom Offering 3 **Class Size:** 30

### Course Description

A legacy letter (also called an “ethical will”) is a written document that allows you to share your life lessons, express your values and transmit your 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 and friends. This one-session online workshop 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.

**Instructor:** Jay Sherwin

Jay Sherwin has practiced law, given away money for five different 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. Jay has extensive experience facilitating online adult learning programs and he has taught this course for OLLI programs nationwide.

## [Finding Purpose as an Older Adult](#)

**Subject Area:** DIY/Self-Help, Health/Wellness,  
Philosophy/Spirituality/Religion

**Tuesdays:** 3 Sessions 1:00 PM - 2:30 PM **Start:**  
Tue 10/15/24 **End:** Tue 10/29/24

**Location:** Online Zoom Offering 2 **Class Size:** 45

### Course Description

As time passes and our lives circumstances change, defining meaning in our lives becomes more nuanced and subtle. Let’s discuss how in this current stage we can find fulfillment, meaning and purpose which impacts our mental health and feelings of contentment. We'll unpack how society's definitions of purpose and meaning in life minimize the potential of older adults and how by shifting the way we perceive our lives we can arrive at a more positive way of understanding our current situation. Class discussion will be encouraged.

**Instructor:** Sarah Hiller-Bersson

Sarah Hiller-Bersson is a licensed clinical social worker, a psychotherapist and founder of the Center for Purposeful Aging. She practices teletherapy and is licensed in New York, New Jersey, Florida and Arizona. Ms. Hiller-Bersson specializes in themes of aging, retirement, transitions, loss of functioning and purpose, grief and caregiver stress.

# Tuesdays

## [Norteno and Tejano Music – A Fox Theatre Curious Conversation](#)

**Subject Area:** Arizona History/Culture, Arts/Culture, History/Current Events, Social Sciences, Travel/Entertainment

**Tuesdays:** Single session 1:00 PM - 2:00 PM

**Start:** Tue 9/10/24 **End:** Tue 9/10/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

Come September, the Fox Theatre will host multi-grammy-winner Lila Downs, whose exquisite artistry has long-bridged traditions from across the Americas. Her most recent album, “La Sánchez,” draws heavily on the music of Northern Mexico—whose musical traditions have of course had a huge influence in our region, including through Tejano and Norteño genres. This Curious Conversation with Adalberto Gallegos—a living legend of the Tejano world—will give us a deeper understanding and appreciation of the musical fabric that very much surrounds us here in the Sonoran Desert.

**Instructor:** Adalberto Gallegos

Originally from Sonora, Mexico, Adalberto Gallegos was an early member of the foundational youth mariachi group in Tucson, Los Changuitos Feos. He exploded onto the Tejano scene in the 1970s, ending up as the lead singer for the seminal Tejano band, The Latin Breed. Described as “walking history,” he continues to make music that draws on a wide range of genres—making him an ideal guide through the music of the borderlands.

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## [A Book Study: Maps Our Brain Creates to Guide Us](#)

**Subject Area:** Health/Wellness, Science/Math/Technology

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 2 **Class Size:**

300 **Additional Costs:** Purchase of the book "Brainscapes" by Rebecca Schwarzlose is strongly recommended and is estimated to cost about \$20.

### Course Description

This study group is designed to be a journey through what neuroscientists have learned so far as to the “how” of human brain function, i.e., how neural pathways guide us to be functional living beings and how such pathways develop. The study group is based on the book “Brainscapes” by Rebecca Schwarzlose (HarperCollins, 2021). Schwarzlose uses the term “Brainscapes” to describe the various maps in the brain (made of neurons), how they develop and how they allow us to respond to our environment and to “remember, imagine, learn, and think the way we do”. We will work our way through the book with recommended reading assignments. We (the SGLs) will use our meeting times to try to embellish upon and/or add to the themes of each reading, to hear your comments, and do our best to respond to your questions. Extensive science background is not necessary. Any expertise you wish to contribute will be a welcome addition. For full benefit from this study group, we recommend each SG member purchase Schwarzlose’s book, which at this writing appears to be available for about \$20. Quoting Schwarzlose’s last few sentences of her introduction: “Yes, your brain is complex. But it is

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not out of reach, far off in the heavens. It is down in the mud with you. And that is a truly wonderful thing!"

Instructors: Marilyn Halonen, Gerald Fleischner, Patricia Sohler

Marilyn Halonen is currently Professor Emerita of Pharmacology, University of Arizona, and is continuing to carry out research at the University as a volunteer faculty member in the Asthma and Airways Diseases Research Center and the Bio5 Institute. Before retiring in 2010, she taught classes at UA in Immunology and Inflammation, performed research and trained students in research related to immunity, allergy and asthma. She spent one year on sabbatical at NIH. For OLLI, she has led groups discussing "How Your Immune System Works", "The Meaning of Life" and "Dealing with the Aging Brain" and a co-group leader for "Evolution" and "Molecular Biology".

Gerald M. Fleischner, MD, is a retired physician who spent 40 years teaching, caring for patients, and doing science at the Albert Einstein College of Medicine in the Bronx, NY. Early research training at Einstein was with the immunologist-vaccinologist Dr. John B. Robbins and the hepatologist Dr. Irwin Arias. An unquenchable curiosity about the life process has him spending much time and effort in studying genomics and evolutionary science and how they intersect the medical literature. An OLLI member for over 12 years, he has served as SGL or co-SGL in courses involving the biological sciences and medicine.

Patricia Sohler, Ph.D. is a retired clinical psychologist whose career involved conducting psychotherapy, psychological assessment, and the coordination of mental health programs, psychological services and research in Department of Veterans Affairs Medical Centers in WV, FL and MN. She has been an OLLI member since 2022 and

has served as a tech host for several online OLLI classes.

## [American History: The United States Comes of Age: 1865 – 1910](#)

**Subject Area:** History/Current Events

**Tuesdays:** 12 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This is a survey course looking at the various threads of events in the United States that brought the country, reuniting and recovering from a costly Civil War to its stature as a world power in less than 50 years. These threads of events include: the success and failure of reconstruction, confronting racial and ethnic tensions, the settlement of the West, the exploitation of natural resources, industrialization, immigration, transportation, and foreign policy. Participants will study and discuss the political and economic implication of these threads of events, and how they influence today's world. Class discussions will revolve around the lectures from the Great Courses survey of American History and other relevant lectures and documentary films.

Instructor: Paul Waugaman

Paul Waugaman has been an OLLI member since 2013. He retired from a career in research management in the Federal Government, academia, and consulting. History has been an interest throughout his life. He has concentrated on the Civil War and the evolution of the United States in the 19th Century. He has taught U.S. History part-time at the college level, and as a consultant, senior manager, and study leader, has planned and

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presented educational experiences in professional development for adults. He has teamed up with Mallory both as an SGL and Tech Host in prior semesters.

## [Imperial Faberge: Jeweler to the Tsar](#)

**Subject Area:** Arts/Culture, History/Current Events

**Tuesdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Tue 9/17/24 **End:** Tue 9/24/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

The greatest jewelers of all time are most closely associated with the Romanovs, the richest emperors of all time. Providing adornments for the tsarist court set fashions for the rest of the European royal families. The end of the Romanov empire might have terminated the ability to continue producing the delicate works but not the mystique. This PowerPoint presentation is filled with examples of their artistry and describes the court life in which such art was possible.

Instructor: Carol Rudie

As the education outreach coordinator at the Museum of Russian Art, Carol Veldman Rudie uses her college teaching skills to research and to present background to Russian art and culture. She earned her MA from the University of Minnesota and subsequently did further graduate work that included art history. Sharing her love for the visual, performance and literary arts motivates her involvement with TMORA.

## [Contemporary Economic Policy Issues](#)

**Subject Area:** Social Sciences

**Tuesdays:** 6 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 10/22/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

Economics plays a central role in the functioning of every aspect of society. It plays this role primarily through the actions of governments at the federal, state, and local levels. Given the centrality of its role, this course will address a set of prominent policy issues where economics is at the core. We will explore these issues in detail, including their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. The focus will be on what the economics profession collectively understands to be true about the issue. The structure of the course will be an initial lecture on the U.S. Economy. Subsequent lectures will be standalone, taught by a subject matter expert – all of whom have a Ph.D. in Economics. Potential topics include Climate Change Economics, Healthcare Economics, Economic Inequality, Autonomous Vehicles, and many more. The topics presented will be determined by what is most topical at the time of the course.

Instructor: Jon Haveman

Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). He has a reputation for providing audiences with edible economic information that is readily useful in their work and private lives. Jon was previously a Senior Economist with the President's Council of Economic Advisers and he also held a faculty position in the Business School at Purdue University. Dr. Haveman



holds a Ph.D. in Economics from the University of Michigan.

## [How Tyrants Rise to Power](#)

**Subject Area:** History/Current Events

**Tuesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **No Class**

**Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:**

300

### Course Description

This course explores the emergence of tyrants in European history. It examines how Western political philosophy has played out in the real world of ancient Greece and Rome, the Middle Ages and the twentieth century. History does not repeat, but it drops hints. Just now a good number of historians are saying if America turns into an autocracy we should have seen it coming. We will be looking at historical indicators.

Instructor: Jesse Frey

Jesse is an experienced study group leader.

## [Israeli-Palestinian Conflicts:](#)

## [Israel Forever Wars](#)

**Subject Area:** History/Current Events

**Tuesdays:** 8 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 11/5/24

**Location:** Online Zoom Offering 2 **Class Size:**

300

### Course Description

Since its creation in 1948, the state of Israel has been involved in a total of no less than 10 military conflicts with its Arab neighbors and/or its Arab/Palestinian population with no apparent sight for an ever-elusive peace for Israelis or Palestinians.

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After briefly reviewing the era preceding the creation of Israel (covered, last semester, in Part I of this program) we will examine these wars /conflicts, exploring the circumstances that caused each one of these confrontations and their inconclusive outcomes.

Instructor: Samih Baalbaki

Born and raised in Lebanon (18 different religious and ethnic legally recognized communities), Samih retired as a lawyer after spending his last 17 years based in Dubai and traveling extensively on professional assignments to over 20 Muslim countries in the Middle East, North Africa and southeast Asia. For the last 8 years, with OLLI at CCU as well as other educational institutions, Samih has taught courses on Islam, Middle Eastern politics and current affairs. Samih is a native Arabic speaker. Passionate about teaching, Samih has taught two weekly Zoom classes throughout the Covid-19 confinement.

## [Introduction to Group](#) [Contemplative Practice](#)

**Subject Area:** Philosophy/Spirituality/Religion

**Tuesdays:** 5 Sessions 1:00 PM - 2:30 PM **Start:**

Tue 9/17/24 **End:** Tue 12/10/24 - **Class Meets**

**Every 3 Weeks**

**Location:** Online Zoom Offering 3 **Class Size:** 10

### Course Description

This class will offer the opportunity for participants to learn about and, more importantly, experience the basics of contemplation in a small group setting. Through the rhythm of sharing, listening, and silence, group members will deepen their awareness of the Divine Presence in themselves and one another.

People of all faith traditions and spiritual orientations are welcome! This class is not an

attempt to proselytize nor push a particular spiritual agenda, but rather to allow each person to cultivate their relationship with the Divine as they alone understand the Divine to be.

Everyone’s spiritual journey is sacred and personal. Respect and compassion for each person’s dignity, freedom, and spiritual orientation is essential.

Instructor: Al Dell'Angelo

Al is a retired educator with graduate degrees in counseling and theology and a graduate certificate in spiritual direction. His lifelong interests include guitar, photography, film, computers and spirituality. Al is a fan of anything imaginative and creative such as the music of Bob Dylan, The Beatles, progressive rock and jazz and has attended over 200 concerts. Spiritually eclectic, Al draws from both eastern and western traditions including Catholicism, Taoism, Buddhism, and Quakerism; he cites Teilhard de Chardin, S.J., Thomas Merton, Howard Thurman, and Thich Nhat Hanh as few of his wisdom figures. He is a lifelong resident of Pennsylvania in suburban Philadelphia.

## Medicare and Other Senior Concerns

**Subject Area:** Health/Wellness

**Tuesdays:** 2 Sessions 1:00 PM - 2:30 PM **Start:** Tue 9/17/24 **End:** Tue 10/1/24 - **No Class September 24**

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

1. The 4 Parts of Medicare – What are they all about? What is known as “Original Medicare”?
2. What are the differences between a Medicare Supplement and a Medicare Advantage plan?

3. Service Area Description: The county and/or specific county zip code area served by the Medicare Advantage and Prescription Drug Plans (PDP’s).

4. Benefits: The benefits & services of all plans, including conditions & limitations, premiums, cost-sharing (deductibles, copayments, coinsurance), benefits offered under Original Medicare and hospice benefit.

5. Pharmacy Benefits: The network limitations, mail order and drug formulary limitations.

6. Access to Providers: Information about how to access contracted providers, including the location of contracted network providers, the use of contracted networks for cost savings and the provider referral process, if applicable.

7. Out-of-Area Coverage: How to access care if the provider is out-of-network or the consumer is out-of-area, length of stay limitations as well as cost share differences.

8. Emergency Coverage: What constitutes an emergency and how to access emergency services (in-network and out-of-area)?

9. Prior Authorization: Medical services that require prior plan review and approval to ensure payment for covered services. (Rx’s coverage).

10. Appeals & Grievance Procedure: Where to find information on filing grievances and appeals?

Instructor: Steven Bleicher

Steven is licensed to offer various insurances in the State of Arizona. He emceeds a free Medicare-related lecture series in order to fully acquaint seniors with all of its rules, regulations and complications. He received extensive training on senior’s needs including Medicare supplements, long-term care, home health care, life insurance and safe tax-favored investment products. He entered the insurance business after seeing his own mother suffer multiple financial problems during many

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hospitalizations. Personal Philosophy Statement: I believe that advanced planning will help families to get through the hard times of advanced aging. I volunteer my services in order to assist people with preparation tailored to their specific needs. I will conduct myself with my clients in a manner that will instill the utmost trust and dependability in order to foster a long-term relationship.

## Lives and Music of an Important Group of Broadway and Hollywood Songwriters

**Subject Area:** Arts/Culture

**Tuesdays:** 8 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 9/17/24 **End:** Tue 11/5/24

**Location:** Online Zoom Offering 1 **Class Size:** 50

### Course Description

The music of Broadway and Hollywood musicals is an art form in and unto itself. It takes a team of multi-talented performers and an orchestra to produce these entertainment extravaganzas. At the heart of it are creative geniuses who set the whole thing in motion, the song writers. In this multi-media course, we will cover: Richard Rodgers, Cole Porter, Alan Jay Lerner, Andrew Lloyd Webber, Jerome Kern, Claude-Michel Schoenberg, Leonard Bernstein, Jule Styne and George Gershwin. Much attention will be paid to their collaborators as well.

Instructor: Lee Kaufman

Lee Kaufman has taught in continuing education for Parkway School District, St. Louis Community College, Chautauqua Inst., Olli classes at Washington University, Univ. of Cincinnati, and Univ. of Utah. He is the secretary and founder of The Elgar Society, North Am. Chapter, Co-producer of "George Gershwin Alone, Monsieur Chopin, Beethoven as I knew Him." He lives in St. Louis and tutors second graders in Clayton Schools. Before

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retirement Lee owned his own company in the floorcovering business for 33 years.

## Electric Vehicles: Are You Curious?

**Subject Area:** Science/Math/Technology

**Tuesdays:** Single session 9:00 AM - 10:30 AM

**Start:** Tue 10/1/24 **End:** Tue 10/1/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

Are you ready for electric cars? Do you have questions about Electric Vehicles (EV's)? We will discuss the pros and cons of electrification. Topics include Range Anxiety, Charging, Purchase Decisions and Maintenance.

Instructor: Michael Adamson

Michael trained adults on technical topics for a large corporation until retiring in 1998. In the last 10 years he has owned six electric vehicles from three different manufacturers. He has researched, owned and operated each of these EV's accumulating commendable knowledge on this subject.

## Cuban Music – A Fox Theatre Curious Conversation

**Subject Area:** Arts/Culture, History/Current Events, Social Sciences, Travel/Entertainment

**Tuesdays:** Single session 1:00 PM - 2:00 PM

**Start:** Tue 10/1/24 **End:** Tue 10/1/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

More than just about any other group, the Buena Vista Social Club and related projects have brought

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Cuban music to the world stage. Their current version, the Buena Vista Social Orchestra, is coming to Tucson to perform at the Fox Theatre in October. This gives us a wonderful opportunity to dive into the rich cultural and musical heritage they represent, via the Fox's Curious Conversation Series! Through stories, musical demonstrations, and a Q&A with participants, local Cuban musician Liudvik Cutiño will bring to life this vibrant corner of the musical world.

Instructor: Liudvik Cutino

Liudvik Cutiño is a Cuban musician who graduated from el Instituto Superior de Arte de Cuba as a choir conductor and singer. As a songwriter and performer, he has appeared in concerts and on recordings with a range of legendary Latin American musicians, in addition to playing festivals across Cuba, Mexico, and Arizona.

### [Pundits, Polls and Politics! The '24 Election!](#)

**Subject Area:** Civic

Engagement/Community/Government,  
History/Current Events

**Tuesdays:** Single session 9:00 AM - 10:30 AM

**Start:** Tue 10/8/24 **End:** Tue 10/8/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

#### Course Description

The '24 Election is here! How can we make an informed choice? Let's 1) Review POTUS "Approval" history 1945-2020), 2) Explore how better voter polls are done, 3) Discuss major '24 election issues and 4) Identify party positions. We'll review the current polls and do some in-class survey exercises such as a typical Corporate Assessment Model (CAM) on the choice for POTUS. CAM is a "tool" to rank the issues AND the candidates! We will wrap

up by doing a class electoral vote prediction, state-by-state! Just 1 in 20 voters actually decide an election! Let's be a better prepared voter and be part of the "1"! A cellphone and some familiarity with Q/R codes is helpful, but not required. This is a non-partisan discussion!

Instructor: Douglas Stowell

Doug Stowell is a consumer and political polling veteran in both U.S. and EU Markets. His career includes Market Research Director for the Xerox Corp., U.S. Clients Director for the U.K. polling firm NOP Ltd in London, and Senior Polling Executive for Wirthlin Worldwide in Washington, D.C. He launched Market Resource Associates in 2008 and conducts opinion polls on U.S. and global issues. He is a member of the Furman University OLLI in Greenville, SC and conducts Zoom programs for more than 80 groups nationally. This is his fourth quadrennial election program.

### [Polish Heroes](#)

**Subject Area:** History/Current Events

**Tuesdays:** Single session 1:00 PM - 2:30 PM

**Start:** Tue 10/15/24 **End:** Tue 10/15/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

#### Course Description

Poland has a rich history that spans centuries. This class will examine the lives and accomplishments of significant Poles. Some of these individuals received little credit until recently. Poland has always occupied a strategic location in central Europe. Today it is a member of NATO and borders Ukraine, Belarus, and Lithuania to the East. An overview of the history and people of this strategic US ally is timelier than ever. From the Battle of Vienna to the modern day, Poles have fought for an independent and democratic country.

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Instructor: Katrina Shawver

Katrina Shawver is an author, lifelong history geek, and relentlessly curious about finding unknown stories. Her book, *Henry: A Polish Swimmer's True Story of Friendship from Auschwitz to America*, about a Polish survivor of Auschwitz and Buchenwald, garnered many awards and reviews and is now available in English, Polish, and Czech. The Polish American Congress of Arizona awarded Katrina their 2018 Polish Heritage Award "for her contribution to documentation of the suffering inflicted on Polish people during the Holocaust." She lives in Phoenix, Arizona.

### [Earthquakes: Past, Present and Future](#)

**Subject Area:** History/Current Events, Science/Math/Technology

**Tuesdays:** 4 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 10/15/24 **End:** Tue 11/5/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

Join me for this four-week session where we will delve into the fascinating world of earthquakes. We'll take a journey through the seismic history of our planet, from ancient tremors to modern-day earthquakes, including the legendary San Francisco quake of 1906. Another notable example we will look at is much older. Scientists recently reported on an ancient earthquake that occurred roughly 4,000 years ago in northern Chile that may be the biggest earthquake in human history. It is thought that it resulted in the human population abandoning the coastline for a thousand years. We'll also uncover the basic mechanics of earthquakes, exploring their causes, effects, and the science behind them. Lastly, we'll look at the techniques

scientists use to try to forecast these natural phenomena, as we explore the question of whether earthquake prediction is possible.

Instructor: Nic Richmond

Nicola Richmond is the Vice Chancellor of Strategy, Analytics and Research at Pima Community College. She oversees strategic planning, institutional and operational effectiveness, federal and state reporting and ad hoc reporting at the institution. She has an extensive data analysis and research background that most recently focuses on higher education, but her experience also includes the analysis of magnetometer data for the moon and Mars, and the application of cellular automata models to coastal environments. She has a Ph.D. in Geology from University College London. Her doctoral research focused on the incorporation of aluminum and iron into deep Earth magnesium silicate minerals using numerical modeling approaches from quantum mechanics and solid state physics. Nic has a strong interest in cross-disciplinary research approaches, taking techniques from the sciences and bringing them to higher education research.

### [Connectivity – à la Carte](#)

**Subject Area:** DIY/Self-Help

**Tuesdays:** 2 Sessions 11:00 AM - 12:30 PM

**Start:** Tue 11/12/24 **End:** Tue 11/19/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

20 years ago, most of us had a cable TV service, a landline and maybe a cell phone, but then the cost of cable went way up, the landline became little more than an aggravation, cell phones became mobile computers, social media exploded, and we started streaming movies at home. Eventually, the cost of connectivity exceeded \$300/month, much of

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it unused or duplicated. 5G home internet has finally created a very competitive market and has rapidly changed how consumers connect to the world. This course will examine why and how to unbundle those cable and phone services and re-connect with what you need and want, a la carte. That's called cord cutting and it can significantly lower the cost of your connections.

Instructor: Loring Green

Loring has taught a number of classes on a number of subjects over the past 20+ years.

## Wednesdays

### [Birds of Arizona: Sparrows, Finches and Towhees \(Online\)](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 9/18/24 **End:** Wed 10/9/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

If you enjoy watching or identifying birds, you've probably observed some of Arizona's species of sparrows, finches and towhees. Like us, they are a mix of year-round residents and "winter visitors." Although most don't have flashy colors, they have interesting voices and are pretty easy to spot and identify since they like to visit bird feeders and often search for food on or near the ground. Over 4 class sessions, we'll discuss their appearance, behavior, and how to identify different species. During this course, we'll also talk about a birding controversy even non-birders might have seen in the news: the story behind last Fall's decision by birding powers-that-be to change the names of many bird species.

In addition to the class sessions, participants will be able to choose from a few dates to join an optional 2-hour morning birding field trip, scheduled soon after the end of the course. No need to register separately with OLLI for the field trip linked to this course. Field trips will be guided by Laura at Sweetwater Wetlands Park (Tucson) and at Historic Canoa Ranch (Green Valley), both great places to see all sorts of birds including sparrows, finches and towhees. Beginners and "non-birders" alike are welcome in this class and on field trips - learn something new about Tucson's beautiful natural environment!

This class (the same material) will be offered twice: in person at Central Tucson, and online via Zoom. Register for whichever time and learning format you prefer.

Instructor: Laura Couchman

Laura Couchman is a dedicated amateur birder, spotting and identifying birds for 20 years. She is an Arizona Master Naturalist. Laura and her husband Bill have lived in Tucson since 2014, and they go birding locally and wherever they travel. Laura has been an SGL for previous OLLI classes about birds and birding, including birding for beginners, habitat, woodpeckers, birds of prey, hummingbirds, and birders' tech tools. She is a volunteer field trip leader for the Tucson Audubon Society.

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## [What Science Tells Us About the Universe](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 9/18/24 **End:** Wed 9/25/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

Many developments in science that seem to be of only local interest actually tell us a lot about the universe. I'd like to explore some of these here. No knowledge of science will be needed to take this class.

Instructor: Carl DeVito

Carl DeVito is an emeritus professor at the University of Arizona. Lately he has been active in the conceptual aspects of astro-biology, and participated in conferences on these matters over the past few years.

## [Reading The Economist Magazine with Non-Economists](#)

**Subject Area:** History/Current Events

**Wednesdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

Join us to think about and discuss the news as reported in the world's most influential weekly news magazine with wide appeal. The Economist is written for the general public, not specialists.

The Economist has an international perspective, examining countries and current developments on a wide range of topics. The magazine has something

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for everyone - reportage, commentary, analysis, profiles, criticism, statistics and even cartoons. Articles are typically 1-2 pages. A background in Economics is definitely NOT necessary.

Each week 3 or 4 class members volunteer to take a different article from the current issue and prepare a short summary and commentary for group discussion for the class the following week. In addition, the entire class will read a major article for group discussion.

Access to a print or digital version of the magazine is required - a low-priced short-term deal is usually offered by The Economist. The magazine's list price for annual subscription is expensive but several low-priced subscriptions from various sources are available on the web.

Instructor: Charles Wright

Charles is a retired architect. During his career he was involved in a number of projects for international organizations in Europe, Africa, Asia, South America and the Caribbean. Join us for some interesting discussions.

## [Spanish For Beginners](#)

**Subject Area:** Literature/Writing/Language

**Wednesdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 2 **Class Size:** 30

### Course Description

This course is for individuals who have little to no prior experience with the Spanish language. It is designed as an introductory course to provide a basic understanding of the structure of the language and an opportunity to learn and practice vocabulary and simple phrases, narratives and conversations. Classroom exercises will include speaking, reading and writing. The emphasis

throughout the course will be on proper pronunciation as well as building a solid practical vocabulary. Lessons will include the Spanish alphabet, counting from zero to 1000, and naming the days of the week, months and seasons. Topics such as identifying gender, the use of personal pronouns, and definite/indefinite articles will be covered. The lessons in this class will focus on the simple patterns used to form the present indicative tense. Learning will include the conjugation of regular -ar, -er and -ir verbs as well as some often-used irregular verbs. Although this class is geared toward the beginner, anyone who wants to review the basics and sharpen their skills is welcome to join.

The book that will be used to structure the lessons is Barron's "Spanish the Easy Way" 4th Edition. ISBN# 0-7641-1974-5. It can be purchased at Amazon or eBay, as well as other online book outlets. Various Bookman locations in Tucson often have this book in stock. Make sure to check the ISBN# to ensure that it is the 4th Edition.

Instructor: Camellia Watters

Camellia ("Millie") has been an OLLI member since 2020. She has taken beginning, intermediate and advanced levels of Spanish at OLLI. She has also done tech hosting for all three levels. Prior to joining OLLI, she volunteered as a tutor in the California Adult Literacy Program, where she taught individuals and groups of native Spanish speakers to read English.

## [TMA Docent Art Talks](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 1:00 PM - 2:30 PM

**Start:** Wed 9/18/24 **End:** Wed 10/23/24

**Location:** Online Zoom Offering 1 **Class Size:** 70

### Course Description

Once again TMA Docent Art Talks are offered. The talks, beautifully illustrated and well researched, will be presented both in person and on Zoom. The talks cover lesser as well as well-known artists, their levels and their work.

Instructor: Dick Woodward

Dick Woodward is a 10+ year OLLI-UA member and a SGL who has led classes in literature, drama and the visual arts. He prides himself as an engineer who uses OLLI to round out his liberal arts education in his dotage. He looks forward to sharing his enthusiasm for lifelong learning.

## [Understanding Journalism: Its Past, Present, the Border and the Election](#)

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events

**Wednesdays:** 5 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 9/18/24 **End:** Wed 10/16/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This class is an expanded version of the sold-out class first offered in the spring of 2024. We'll begin by looking at the Golden Age of journalism during the last half of the 20th Century (especially 1970 to 2000), before turning to how the internet, cable TV

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and social media have changed journalism beyond recognition. The third class will zoom in on how all these changes have impacted journalism in Tucson/Southern Arizona and feature several prominent journalists/editors from Tucson.

We'll then turn to two issues of immense importance. The fourth class will focus on coverage of The Border and immigration and include presentations from journalists based in southern Arizona who cover the border every day. We will compare their perspective to what the rest of the nation hears about the border from such national outlets as Fox and CNN, as well as the Presidential candidates. Our final class – which will take place before the November election – will focus on coverage of the 2024 elections, which are sure to be among the most contested and consequential in American history. I will encourage class participation and provide time for your questions.

While we are offering this class in hybrid format – in response to numerous requests – it is very important that we have a large in-person presence at the Tucson campus, because we are inviting a number of prominent journalists to speak, and they will enjoy interacting with students! So please plan to attend in person if possible.

Instructor: William (Bill) Symonds

Bill Symonds worked as a professional journalist for more than 30 years. His career included working at a major daily newspaper as well as Business Week Magazine, when it was the world's largest business magazine. During his career, he served as a Washington correspondent; a foreign correspondent (based in Europe and Canada); and was also based in Des Moines; Pittsburgh; Denver and Boston. He wrote about an extremely broad range of subjects and won numerous awards. His journalism career ended in 2006 during the cataclysmic decline in print journalism.

## [Diamonds – Myth, Legend, Reality and Hope](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM

**Start:** Wed 10/16/24 **End:** Wed 11/6/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Their original discovery is lost in the mists of time, once thought to come from a deep valley filled with snakes and recovered by throwing sheep carcasses which the diamonds adhered to and were retrieved by vultures. Some diamonds are thought to be endowed with curses. They have a certain allure and have been highly valued for several millennia. Large diamonds are rare, highly prized, and a few may exceed \$1.5 million per carat especially yellow, blue, black, brown and red diamonds. Diamonds have often been a preferred method of exhibiting, transporting or transferring wealth. They may grace countless engagement rings, finance wars, and be spoils of war. The Cullinan is the largest stone ever recorded weighing an impressive 3,106 carats. After intensive studies, it was cut into nine large stones, 97 small brilliants and some unpolished fragments. The larger stones were incorporated into the UK Royal crown jewels. The class will examine where diamonds come from, how they are formed, found, mined, processed, and evaluated to make them as valuable as or more so than gold.

We are still living in the Stone Age and attendees should come away with a greater appreciation of these stones.

Instructor: Mark Cocker

Mark is a scientist emeritus with the U.S. Geological Survey and has spent much of his career investigating so-called industrial minerals such as

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clays, talc, potash, and rare-earths, as well as the metallic minerals such as gold, silver, platinum, aluminum, and molybdenum. He has worked in the mining industry, state and federal geologic surveys.

## Some Bio-Cultural Aspects of the Sonoran Desert

**Subject Area:** Arizona History/Culture, History/Current Events, Science/Math/Technology

**Wednesdays:** 4 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 10/16/24 **End:** Wed 11/6/24

**Location:** Online Zoom Offering 1 **Class Size:** 20

### Course Description

The tropical origins of the Sonoran Desert will be presented, followed by a field trip to the Desert Laboratory on Tumamoc Hill, the birth and hub of Sonoran Desert study, and contributor to ecology as a discipline. This will be followed by two more presentations: "The Bio-Cultural History of the Sonoran Desert Toad", and "A Sonoran Desert Carroll: How to Name a Most Unusual Tree".

The Desert Laboratory on Tumamoc Hill is located at 1675 W Anklam Rd, Tucson AZ, 85745. For our second session, we will meet at this destination for a field trip. OLLI does not provide transportation. The first, third, and fourth sessions will be held on Zoom.

Instructor: Robert Villa

Robert A. Villa is a naturalist and ethnobiologist in the Sonoran Desert region. His area of focus is amphibians and reptiles, botany, and bio-cultural history and reconciliation. He has worked on various projects from biodiversity and species monitoring, to consulting for documentaries, film, and art projects. He is the president of Tucson Herpetological Society, and Community Outreach Assistant at the Desert Laboratory on Tumamoc Hill.

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His presentations will cover different aspects of the Sonoran Desert region in an attempt to give some context to its most unique or popular elements.

## Art and Monuments: Honoring Memory and Service with SAAM and ABMC

**Subject Area:** Arts/Culture, History/Current Events

**Wednesdays:** Single session 9:00 AM - 10:30 AM  
**Start:** Wed 10/23/24 **End:** Wed 10/23/24

**Location:** Online Zoom Offering 3 **Class Size:** 45

### Course Description

As sites of our national memory, American Battle Monuments Commission cemeteries honor the service and sacrifice of US soldiers overseas. As the national institution that documents America's stories through art, the Smithsonian American Art Museum reveals key aspects of America's culture and history through its collection.

Honor, sacrifice, and service are themes that artists and war memorial designers have brought to life using many different forms of symbolism and allegories. During this interactive program, representatives of ABMC and SAAM help contextualize the history of memorials, monuments, and art in their collections. Participants will compare what specific artworks and cemeteries meant when first created versus what they mean now. Explore the visual elements of sculpture, architecture, and 2-dimensional works to understand how the design of their respective compositions work together to convey these themes.

Instructors: Sally Evans and Ben Brands

Join Sally Evans, a seasoned volunteer videoconference presenter from SAAM who is

deeply familiar with the Museum’s collections, and Ben Brands, a former Army officer, Ph.D. candidate in history, and military historian from ABMC, for an engaging conversation.

## [Holocaust Destination: Ecuador](#)

**Subject Area:** History/Current Events, Social Sciences, Travel/Entertainment

**Wednesdays:** Single session 11:00 AM - 12:30 PM **Start:** Wed 10/30/24 **End:** Wed 10/30/24

**Location:** Online Zoom Offering 3 **Class Size:** 300

### Course Description

When Hitler and the Nazis rose to power in the 1930s, it became evident to Jews across Europe that their civil and religious rights would soon be in serious peril. About 5,000 Jews ended up in Ecuador as their haven in the storm. Many of them thrived and made lives there, even though they could leave once WWII ended. Even American Jews were unaware of this tiny Jewish community and its many contributions to their adopted county. This presentation gives the background to Ecuador's welcoming policies towards refugees from around the world, first-person testimonials from Jewish refugees, and examples of what they and their descendants have done thanks to the government and people of Ecuador who gave them freedom and safety.

Instructor: Doris Rubenstein

Doris Rubenstein is a Detroit native with a B.A. from the University of Michigan and M.A. from Augsburg University. She served in the U.S. Peace Corps in Ecuador from 1971-73. Researching her historical novel *The Boy with Four Names*, Doris became one of the few Americans who have extensive knowledge of the Ecuadorian Jewish community and its oversized impact and influence on their

adopted country. She has presented numerous programs on the subject of the Jews of Ecuador all over the country including Boise State University, Washington University in St. Louis, University of Texas-Austin, and the University of Minnesota.

## [Electric Vehicle Frequently Asked Questions \(EVFAQs\) Answered](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 5 Sessions 9:00 AM - 10:30 AM  
**Start:** Wed 11/6/24 **End:** Wed 12/11/24 - No Class Week of Thanksgiving

**Location:** Online Zoom Offering 3 **Class Size:** 30

### Course Description

EVFAQs is a 5-session class that addresses Frequently Asked Questions (FAQ) about owning, driving, and buying an Electric Vehicle here in the desert Southwest/Tucson. The FAQs are ones that have been discussed and answered during previous OLLI-UA EV Discussion Forum and EV Basics classes and have been updated to the present.

The 5-sessions will address FAQs related to:

The Different EVs – What are the differences between Hybrid, Mild Hybrid, Plug-In Hybrid (PHEV), and Battery Electric Vehicles (BEV)?

EV Batteries – How Long Do they last? Are EV Batteries Safe? What is Battery Degradation? Do EV tires wear out sooner?

Charging and Range – What are Levels I, II, and III charging? When does one do them? What is Regen? How long does it take to Charge an EV? What is the range of an EV and what affects range?

Long Distance Trip Planning – Why do I have to do trip planning? How does one do it? What is being done to improve the location, number, & reliability of chargers (charging infrastructure) in the US?

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## OLLI-UA Fall 2024 – Online Classes

Buying an EV – Which EV is right for me? What tools can I use to check out EVs? What things should I look for? How do I get the Federal Tax "Credit"?

Cares & Coffee get together – Last class session is planned to provide an opportunity to meet and chat with current and former EV class participants who currently own and drive EVs.

Instructor: Damond Osterhus

Damond has given EV Discussion Forum Classes and EV Basics Classes both in person and via Zoom at OLLI-UA since 2022. He has test driven 8 different EVs, accumulating over 6,500 miles of documented testing, and over 75 chargings at both Tesla NACS, and non-Tesla EV CCS stations. He continues to do research on all aspects of owning and driving EVs here in the desert Southwest.

### [Scouting in America and Southern Arizona – Yesterday, Today, and Tomorrow](#)

**Subject Area:** Civic

Engagement/Community/Government, History/Current Events, Social Sciences

**Wednesdays:** 3 Sessions 3:00 PM - 4:30 PM

**Start:** Wed 11/13/24 **End:** Wed 12/4/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

Today's young people face a multitude of challenges in our society. As engaged adults, we have a stake in the future of our youth. Studies show that youth are struggling to catch up in reading, math, and social skills—all of which have atrophied since the beginning of the coronavirus pandemic. Scouting is a perfect solution to increase social interaction among young people with fun and challenging

experiences that encourage youth to get out from behind their screens. Scouting has been the answer for decades as the world's largest youth development program. Scouting's mission and vision have continued to be constant over the last 115 years but has recognized the need to adapt to be relevant to today's youth and families.

With a particular focus on the Boy Scouts of America organization, the course will examine the history, the timeless aims, and methods of how many community and business leaders, from presidents to astronauts developed their initial leadership skills in the Scouting program. We'll add a few stories and adventures to our discussions, just like scouts do.

Instructor: Don Riegger

Don Riegger, Jr., CPA, is the Immediate Past President of the Catalina Council in Southern Arizona. He and his wife, Mallory, have had diverse and international professional and personal experiences over the last 30 years. They have included scouting adventures in Asia, Europe, and the US with their three sons, all of whom are Eagle Scouts.

### [Managing the Good Guys](#)

**Subject Area:** Civic

Engagement/Community/Government

**Wednesdays:** Single session 11:00 AM - 12:30 PM **Start:** Wed 11/20/24 **End:** Wed 11/20/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

Many years ago, Fred Rogers, from the PBS TV show Mister Rogers' Neighborhood, offered this advice to his young viewers to help them get through troubled times: 'Look for the helpers. You will always find people who are helping.' Nothing

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exemplifies this more than people in the modern fire service. These helpers are the Good Guys. To be clear, "guys" in this sense includes women.

Of course, there are variations to the theme. Fire service these days ranges from small volunteer departments in rural areas, all the way to wide-area fire districts and city departments. For most districts and departments, roughly 80 percent of what they do is emergency medical, from broken bones, snake bites, and heart attacks to swift-water rescue and full-on catastrophic events. And fires. Don't forget the fires. All this requires more and more technology and a broad range of knowledge. And just so crews stay sharp and up to date on all they're expected to know, there is constant training, cooperation and collaboration.

To manage all this requires a diverse skill set and the desire to lead and adapt. We will be joined by Northwest Fire District Fire Chief Norman "Brad" Bradley and Tucson Fire Department Fire Chief Chuck Ryan. Together, we will explore the challenges and benefits to these two fire service models, from financing and governance to personnel management and all the moving parts required to keep things going in the right direction.

Instructor: Bruce Kaplan

Bruce Kaplan has had a variety of short and not so short careers. A native Tucsonan, he worked in a family supply business off and on since he was 13 years old, eventually as vice president. Following military service, he earned a BS in journalism after studying geology and anthropology. He has owned a publishing company, bi-weekly newspaper, and provided business marketing materials for small businesses. He ended up in IT at the University of Arizona, creating printed and online materials. Kaplan was involved in auto racing for many years. He has served as an elected fire district board member for 13+ years.

## [Light Up Your Life With a Candle for the Holidays](#)

**Subject Area:** Crafts/Cooking, Science/Math/Technology

**Wednesdays:** Single session 9:00 AM - 10:30 AM **Start:** Wed 12/11/24 **End:** Wed 12/11/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

Candles - OK, so they will not become a major source of energy. But they have a fascinating 15,000-year history of lighting and lengthening our days, religious and romantic overtones, technological development, etc. The Catholic Church has used beeswax from virgin bees for candles since the 12th century. There is a lot of chemistry and physics behind the beauty and light of a candle flame. Michael Faraday, father of magnetism and electricity, delivered a series of 6 lectures on the "Chemistry History of Candles" at the Juvenile Academy of the Royal Institution Great Britain during the Christmas holidays of 1861. Individual entrepreneurship has always played a major role in the history of candles. A shy Massachusetts high school student melting crayons to make candles in his parent's basement created the \$1.75 billion dollar Yankee Candle Company - which still dominates the market. The major ingredient that sells candles is scent; you have to pick them up and smell them. Join us for a review of candles from stones filled with animal fat, burning oily candlefish on a stick, to today's soy wax candles with highly engineered woven and wooden wicks.

Instructor: Gerald Geise

Gerald Geise is Chemical Engineering graduate from Montana State University. He spent 25 years in the nuclear industry with General Electric and United

Nuclear in increasingly responsible engineering and management positions. Those include being the operations manager for the Hanford, Washington nuclear reactors producing plutonium for nuclear weapons and president of a United Nuclear division that manufactured nuclear reactors for the US Navy. He has an extensive public speaking background on the risks and benefits of nuclear power - and a 30 year hobby of making candles.

## Thursdays

### [Gentle Energizing Movement, Relaxation, and Meditation](#)

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Thursdays:** 9 Sessions 9:10 AM - 10:30 AM

**Start:** Thu 9/19/24 **End:** Thu 11/21/24 - **No Class October 3**

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

Let go of stress and come home to yourself. Over millennia, the sages of the Himalayan Yoga Tradition developed highly effective methods of movement, relaxation, and meditation. In this study group you will learn foundational practices from the Himalayan Yoga Tradition. Each session will have three phases: gentle movement and breathing, deep relaxation, and meditation. Members can expect to leave this class refreshed. Please note that the movements taught in this study group are not acrobatics. They are suitable for people with no yoga experience. If you've attended yoga classes and found them to be too strenuous or otherwise challenging, this study group is for you.

Instructor: Randall Krause

Randall Krause served many years as an attorney and conflict resolution facilitator. Later, he studied counseling and received a M.A. in interdisciplinary consciousness studies with an emphasis in holistic health counseling, was certified and served as a personal coach and mentor. He studied Effective Communication intensively and also studied The Gremlin Taming Method for more than 10 years. In addition, Randall is a senior mentor and teacher in the Himalayan yoga meditation tradition and is registered with Yoga Alliance (YA) as an Experienced Yoga Teacher and a Continuing Yoga Education Provider.

### [Anatomy of the Spirit: Healing Through Seven Stages of Power](#)

**Subject Area:** DIY/Self-Help, Health/Wellness, Philosophy/Spirituality/Religion

**Thursdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 2 **Class Size:** 300

#### Course Description

Carolyn Myss's best seller Anatomy of the Spirit: The Seven Stages of Power and Healing synthesizes the ancient wisdom of three spiritual traditions – the Hindu Chakras, the Catholic sacraments, and the Kabbalah's Tree of Life – to create ways people can heal themselves physically, emotionally, and spiritually. She synthesizes the practices in each of these belief systems to help readers recognize and cultivate their own inner intuition. Personal empowerment and spiritual growth become the natural consequence of the integration of this intuition.

Utilizing Myss's groundbreaking work, this class will explore the seven Chakras as well as the aspects of each religious tradition showing how we can

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## OLLI-UA Fall 2024 – Online Classes

integrate them into our lives, strengthen our bodies, heal our emotions, and deepen and empower our souls.

Please join us for these twelve classes. Bring your knowledge, beliefs, experiences, insights, and wisdom to share in our discussions. While reading the book is not required, it could be helpful in furthering participants' understanding of this transformation.

Please know that this discussion group is not intended to replace your own psychological therapeutic work.

Instructor: Mary Ellen Klawiter

Mary Ellen lived her first fifty years in Philadelphia, Pennsylvania where she worked as an educator, a Director of Religious Education, and a Hospice Chaplain. Since moving to Sahuarita, Mary Ellen received an M.S. in Mental Health Counseling and counseled at-risk teens, pre-teens, and people struggling with loss. Her undergraduate work was in History and Theology and her graduate theological studies were in Religious Education and Clinical Pastoral Education.

### [Reading and Discussing The New Yorker](#)

**Subject Area:** Arts/Culture, Health/Wellness, History/Current Events, Social Sciences

**Thursdays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 45

#### Course Description

The New Yorker magazine is a rich resource for current, historic, cultural, and scientific information. To get the most out of this resource each week we discuss five current articles. The class chooses an

article for next week's group discussion, then four different class members volunteer to provide an introduction to other articles. Each class starts with a group discussion. Then the volunteers' introductions are used to provide the basis for the four additional weekly discussions. All members are encouraged to make presentations and participate in discussions.

Instructors: Ronald Peterson, John Nemo

Ron Peterson has been a UA OLLI-UA member since 2012 following a career as a broker and investment banker in Washington, DC. He served as a VP at Paine Webber and Prudential Securities and headed a financial futures unit for Merrill Lynch. He is the author of "Solomon's Wishes," a book on investment strategies and tactics and two other books, won two investment contests and lectured on markets for banks and individual investors. He holds two masters' degrees and four graduate certificates.

John Nemo is a member of our tech host and presentation team here in Reading and Discussing The New Yorker.

### [Magic of Motown: Music, History and Timeless Legacy](#)

**Subject Area:** Arts/Culture

**Thursdays:** 8 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 11/7/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

#### Course Description

This seminar series delves into Motown's golden era from the 1960s – 1970s, highlighting its breakthrough songwriting, iconic artists, and profound social influence. Learn about Motown's innovative processes that crafted timeless sounds and how it navigated racial barriers, adapting to cultural shifts to achieve global acclaim.

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Over eight weeks, we'll spotlight over two dozen artists and groups, featuring more than ninety seminal tracks and videos spanning from 1957 to 1983. Discover the stories behind legendary songwriters and the development of unique talents that defined Motown's new sound.

We'll examine how Motown's strategies in artist development and music production helped it transcend its era and leave a lasting legacy. The series concludes by reflecting on the end of Motown's golden era and celebrating its first twenty-five transformative years.

Join us to appreciate the magic of Motown and its enduring impact on music and culture worldwide.

Instructor: Michael Agron

Michael returns to our OLLI for his fourth seminar series. He grew up in LA, the heart of the recording and entertainment industry. He loved music so much he wanted to become a recording engineer. Fate had different plans and he ended up with a successful career in hi-tech, including founding a webinar marketing agency. He has been fortunate enough to fulfill his musical and entertainment passions by offering his varied and unique popular seminars thirteen times to members the Sacramento Renaissance Society at Cal State University Sacramento and to other OLLI organizations across the country.

## Online Film Discussion

**Subject Area:** Arts/Culture

**Thursdays:** 12 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Each week we'll watch a favorite movie available on Netflix or Prime. I'll choose and present the first film. In the eleven weeks that follow, class members will have an opportunity to choose and present a favorite old film or a new film of interest. The presenter should have seen their suggested film.

The class will vote on which film to watch for the following week. If no one volunteers, I will choose the film to discuss and may or may not introduce the film. If there are more than 6 suggested films, I'll decide which to include. Those not chosen can be resubmitted. Class members are welcome to attend the discussion whether they have seen the film. This is a chance to revisit old favorites or share new ones. There may be a charge to watch some of the films.

Instructor: Trudy Hill

Trudy Hill has an MS degree in Art Education from UW Madison and has taught art and reading to elementary, junior high, and adult students. She was a co-SGL for Science Fiction and Poetry Classes and SGL for Calligraphy Class. She is an SGL for Film Discussion classes. Her background includes working for Visa International as an architect of computer chips on payment cards and Visa systems that support them. Since she was a young girl, she has loved reading everything, watching films and making art (still does)!



## Simple Justice

**Subject Area:** History/Current Events

**Thursdays:** 6 Sessions 1:00 PM - 2:30 PM

**Start:** Thu 9/19/24 **End:** Thu 10/24/24

**Location:** Online Zoom Offering 3 **Class Size:** 50

### Course Description

The class will view and discuss the documentary film Simple Justice, the story of Thurgood Marshall and Charles Hamilton Huston and how the NAACP brought forward the case of Brown vs. the Board of Education to the U. S. Supreme Court. After discussing Simple Justice, we will see films on Ketanji Brown Jackson, Raphael Warnock and other prominent African American legislators.

Instructor: Jeri Aldridge

After teaching English, Speech, Debate and History for 32 years in Evergreen, Colorado, Jeri retired and moved to Tucson. She collects folk art (Mata Ortiz Pottery, Wood carvings and Fabric Art) has a B.A. in Speech Communications from the University of Denver and an M.A. in Education from Colorado University. Jeri has traveled widely to Europe, China, Guatemala, England and Scotland and has an interest in politics and micro finance.

## Dream Group Class

**Subject Area:** Social Sciences

**Thursdays:** 12 Sessions 3:00 PM - 4:30 PM

**Start:** Thu 9/19/24 **End:** Thu 12/12/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 30

### Course Description

Learn how to access the valuable information in your dreams! Attendees share texts of their nighttime dreams and are invited to contribute their associations and insights on others' dreams. Various

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techniques of interpretation will be demonstrated, such as "If it were my dream." The group format opens multiple perspectives and layers of meaning. "Aha's" of recognition follow as we unpack the dream. In this process we learn to listen to our intuition, increase compassion for others, discover deeper aspects of ourselves and receive guidance.

Instructor: Helen Landerman

Dr. Landerman has been curious about the meaning of her dreams and writing them down for decades. She has continuously participated in dream groups and facilitates dream groups. Because dreams speak a language of visual symbols, her Harvard Ph.D. in Romance Languages and Literatures has enabled her fascination for metaphors and archetypes. She has 15 years of experience teaching at the college level. She is certified by Jeremy Taylor's Marin Institute for Projective Dream Work and is a long-time member of the International Association for the Study of Dreams and of the Southern Arizona Friends of Jung.

## Daylight Saving Time – The History and Impacts

**Subject Area:** Social Sciences

**Thursdays:** 2 Sessions 9:00 AM - 10:30 AM

**Start:** Thu 10/31/24 **End:** Thu 11/7/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

Daylight Saving Time - What is it? What is the history? This discussion and presentation will acquaint you with the history of this peculiar, twice-a-year (at least, in most of the rest of the US, Europe, and parts of Canada & Australia) undertaking to 'Fall Forward' and 'Spring Back'.

This is a reprise of a class provided UofAZ OLLI a few years back.

Instructor: Michael Stewart

A Transfer Instructor from OLLI at GMU in NOVA, Mike Stewart has led interactive classes on decision making models and practical real life examples. Mike is a 28-year Veteran of the US Army and an experienced Intelligence Officer, Leader, Manager, and Industry Veteran (SAIC, LEIDOS, MJS Consulting, LLC; Advanced Onion, Inc.), with 50+ years of observing Human Behavior.

## [Yoga of Resilience: Practices for Calm in Turbulent Times](#)

**Subject Area:** Health/Wellness

**Thursdays:** Single session 11:00 AM - 12:30 PM

**Start:** Thu 11/14/24 **End:** Thu 11/14/24

**Location:** Online Zoom Offering 3 **Class Size:** 60

### Course Description

This session will outline the ways yoga aids your nervous system and body/mind in creating resilience. The second half of the session will be chair-based experiential practices to create calm, including practices of mindfulness of your breath, body, gentle movement, guided meditation and relaxation.

Instructor: Jessica Byron

Jessica Byron MD ERYT500 CIAYT TIYT is a retired physician, registered yoga teacher, certified yoga therapist with the International Association of Yoga Therapists, and a trauma-informed yoga teacher facilitating accessible chair yoga for resilience in health challenges and life's transitions.

## [A Holocaust Survivor's Legacy – The Boy Who Refused to Die](#)

**Subject Area:** Health/Wellness, History/Current Events, Philosophy/Spirituality/Religion

**Thursdays:** Single session 3:00 PM - 4:30 PM

**Start:** Thu 11/14/24 **End:** Thu 11/14/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

My father, Sidney "Sevek" Finkel, was seven years old when World War II began. He survived the ghetto, slave labor, concentration camps, death march and the brutal murder of his family. A long-time resident of Tucson, his book, Sevek and the Holocaust; the Boy Who Refused to Die, is used widely in Pima County middle schools. Sevek's story teaches the dangers of dehumanization and provides inspiration to become an upstander. I am excited to share his story as well as the journey of growing up in the shadow of his trauma and carrying his legacy forward.

Instructor: Ruth Wade

Ruth Finkel Wade is the daughter of Holocaust survivor Sidney Finkel, a Tucson resident. She is a docent and speaker at the Florida Holocaust Museum in St Petersburg, Florida, and editor of and contributor to the award-winning book The Ones Who Remember; Second-Generation Voices of the Holocaust. Ruth grew up in Chicago, Illinois and spent 25 years living in Ann Arbor, Michigan. She now resides in Largo, Florida.

# Fridays

## Intellectual and Cultural History of the West Part I: The Greeks

**Subject Area:** Arts/Culture, History/Current Events, Literature/Writing/Language, Philosophy/Spirituality/Religion, Science/Math/Technology

**Fridays:** 13 Sessions 9:00 AM - 10:30 AM

**Start:** Fri 9/20/24 **End:** Fri 12/13/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This is a course in intellectual history, or the history of ideas. In this section we will examine ancient culture from the pre-Socratics to Aristotle and the Stoics. We will look at some of the great ideas from this era and how they were reflected in the art and culture of the time and today. We concentrate on 3 areas: a. Cosmology or Worldview; b. Epistemology or how humans can know things and c. Axiology or what humans value including ethics and art. This course has been taught twice before and its entirety takes 2 academic years including

1. Ancient (this semester)
2. Medieval
3. Early Modern
4. Modern

The content is heavily intellectual but no special background in philosophy or art is necessary. The course is historical and survey level.

Instructor: Robert MacArthur

Robert MacArthur worked for 32 years at UA in the College of Agriculture as an IT guy. He has a PhD in Cultural and Intellectual History from UA.

## News and Views with Sherry and Doug

**Subject Area:** Civic Engagement/Community/Government, History/Current Events

**Fridays:** 12 Sessions 11:00 AM - 12:30 PM

**Start:** Fri 9/20/24 **End:** Fri 12/13/24 - **No Class Week of Thanksgiving**

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

Every week we pick and vote on topics to discuss. We like to discuss news from many different angles. So all civil opinions/views are welcome.

### News and Views Guidelines:

- 1 - We begin the class by soliciting topics from the students for possible discussion. Sometimes topics can be combined.
- 2 - A list of all of the topics is created in order of suggestion.
- 3 - A vote is taken for each suggested topic. Students can vote for as many topics as they wish to discuss.
- 4 - The voting results will be immediately shown.
- 5 - Topics are discussed by vote total (most to least) and in the event of a tie, either in order of suggestion or by SGL or group decision.
- 6 - The person who suggested a topic will be given 1-2 minutes to present their topic, either in advance of the vote if the topic is not clear, or when the topic is up for discussion.

7 - Important: We ask that everyone please keep your comments succinct - less than three minutes. Don't ramble and please refrain from repeating yourself or others. We want everyone to be able to speak.

8 - Everyone will get a chance to speak before someone is called on again for a given topic.

Instructors: Sherry Goncharsky, Doug Syme

Sherry Goncharsky worked at IBM as a programmer and systems engineer after studying computer science at the University of Illinois. As a retirement job, she spent time "teaching computers to behave for their owners." Soon after joining OLLI, the pandemic hit and she became an active part of the tech hosting community and is also part of the AV Committee. Her hobbies include reading and crocheting.

Doug Syme was born and raised in Dublin. He graduated 1972 in Mechanical Engineering from Trinity College, Dublin University. He was recruited in 1983 to establish manufacturing of a Weighing and Batching System in New Jersey after the system was bought from the company for which he was working in Ireland. He is a Naturalized Citizen of the United States. Doug lived and worked in NJ for 8 years, and lived in PA for 25 years. He worked in small firm providing Equipment and Services to Commercial Swimming Pools. Doug retired in 2016 and moved to Green Valley. He has served on the board of Esperanza Estates HOA. He is a World Rugby Licensed Educator and teaches Rugby Refereeing. He volunteers with Sahuarita Food Bank. He also enjoys Choral Singing and participates in a number of Choirs in the area. He is an active student and Tech Host with OLLI.

## [Lessons From the Vietnam War](#)

**Subject Area:** History/Current Events

**Fridays:** Single session 11:00 AM - 12:30 PM

**Start:** Fri 9/20/24 **End:** Fri 9/20/24

**Location:** Online Zoom Offering 2 **Class Size:** 300

### Course Description

The session will focus on events leading to U.S. involvement in Vietnam culminating in an avoidable war with casualties over two million, including 58,000 Americans. There will be a discussion of the history of Vietnam, the French colonial era, the rise of Ho Chi Minh and the Viet Minh, South Vietnamese politics, and U.S. policy decisions. There will also be a detailed examination of the conduct of the war, with an emphasis on the tactical decisions leading to heavy casualties among Americans and their communist opponents. This will be an interactive session soliciting questions and comments.

Instructor: Ed Linz

Ed Linz, a 1965 graduate of the U.S. Naval Academy, is the author of five books, including recent works on The Great Depression and the Vietnam War. He was the Commanding Officer of a Ballistic Missile submarine and holds advanced degrees from Oxford University and George Mason University. He lives in Maine and Virginia and is the grateful recipient of a heart transplant in 1994.

## [Banned Books Club](#)

**Subject Area:** Literature/Writing/Language

**Fridays:** 2 Sessions 3:00 PM - 4:30 PM **Start:** Fri 9/20/24 **End:** Fri 9/27/24

**Location:** Online Zoom Offering 2 **Class Size:** 300 Additional Costs: There may be a cost to accessing a copy of the book and viewing the

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movie version.

### Course Description

Once again, members will read and discuss a young adult book that has been challenged or banned from school and/or public libraries. In the past semesters, *The Hate U Give* by Angie Thomas and *The Absolutely True Diary of a Part-Time Indian* by Sherman Alexie were the novels we read and discussed. This semester we'll examine *The Giver* by Lois Lowry. Each participant is encouraged to gain access to a copy of the book. I purchased my book on Amazon along with a teacher's discussion guide booklet. The book's discussion will be covered during the first class. There is also a film version that is based on the novel starring Meryl Streep that I'd like for us to watch in order to make a comparison to the novel. This book club encourages individuals to share their thoughts freely in order to delve deeply into the possible intent of the author and to discover why the novel was challenged or banned.

Instructor: Frankie Harris

Frankie is a retired teacher from South Carolina. She joined the University of Arizona's OLLI program when Covid caused her local OLLI at Coastal Carolina University in Conway, South Carolina to close. She has been an active member from the very beginning of her enrollment. She has taken numerous classes and she's even led several SIGs. The wide variety of classes offered, and the warm, welcoming people that she has met are what keeps her returning each year.

## [Life at Your Computer](#)

**Subject Area:** Science/Math/Technology

**Fridays:** 8 Sessions 3:00 PM - 4:30 PM **Start:** Fri 9/20/24 **End:** Fri 11/8/24

**Location:** Online Zoom Offering 1 **Class Size:** 300

### Course Description

This course teaches foundational skills to effectively navigate technology and computers. The program focuses on basic computer operations, email, file management, internet navigation, online safety, and managing financial and important information. Each session includes lectures, hands-on practice, and Q&A sessions to reinforce learning and address individual concerns.

### Course Outline:

**Introduction to Technology and Computers:** Understanding computer hardware and software basics, Setting up the home and troubleshooting, Learning basic navigation skills and keyboard shortcuts, Exploring operating system features, settings, and accessibility options.

**Email and Communications:** Setting up accounts on multiple devices, Sending, receiving, and organizing emails and attachments, Social media accounts, privacy settings, and engaging safely online, Customizing user profiles and privacy settings.

**Web Browsing Skills:** Online Shopping and Information Gathering, Bookmarking and leveraging browser features, Account setup and managing various online accounts, Safe practices for searching and comparing products, Secure methods for online payments and understanding digital wallets.

**File Storage and Cloud Computing:** Introduction to cloud storage and its benefits, Using services like Google Drive and Dropbox, File organizing on your computer and in the Cloud, File management

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## OLLI-UA Fall 2024 – Online Classes

basics: creating, renaming, and organizing files and folders

Using Your Favorites and Staying Safe: Working with pictures and video from phone to computer, Creating, formatting, and sending documents using Word, Basic Excel spreadsheet set up and alternative choices, Strong passwords, antivirus software, and secure browsing practices.

Instructor: Monica Pampell

Monica Pampell works on wellness programming and technology adoption. She is passionate about education and broad access, especially considering the speed of change we see in our world. Monica works in technology managed services, helping build and manage systems that are easy to use and efficient towards meeting organizational and personal objectives. Monica brings 20 years of professional teaching experience across all ages, a welcoming and actionable approach to learning, and 6 years of work on Enterprise-level IT Program Management where she developed the skills to teach technology for broad access. Monica has close family in Green Valley, AZ.

### [Southwestern Indian Rock Art and Time Reckoning](#)

**Subject Area:** Arizona History/Culture, Arts/Culture, History/Current Events, Social Sciences

**Fridays:** 4 Sessions 3:00 PM - 4:30 PM **Start:** Fri 10/11/24 **End:** Fri 11/8/24 - **No Class Oct 25**

**Location:** Online Zoom Offering 3 **Class Size:** 300

#### Course Description

Southwestern Native Americans developed sophisticated skills in astronomy and predicting the seasons, centuries before non-Indian peoples first entered the region, as evidenced by certain aspects

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of archaeological rock art and architecture. This class will begin with an overview of ancient southwestern Indian petroglyphs (symbols carved or pecked on rocks) and pictographs (rock paintings), then will focus on how those images and their placement, and certain precontact architectural features, appear to evidence astronomical alignments and possible calendrical reckoning attributes at such places as the Hovenweep area of Utah, the Mesa Verde and Chimney Rock regions of Colorado, New Mexico's Chaco Canyon archaeological district, and sites in Arizona including Ancestral Pueblo ruins in the northeastern part of the state and the Casa Grande Ruins and Picture Rocks Hohokam sites farther south.

Instructor: Allen Dart

Registered Professional Archaeologist Allen Dart has worked in Arizona and New Mexico since 1975 for federal and state governments, private companies, and nonprofit organizations. He is the executive director of Tucson's nonprofit Old Pueblo Archaeology Center, which he founded in 1993 to provide educational and scientific programs in archaeology, history, and cultures. Al has received the Arizona Archaeological Society's Professional Archaeologist of the Year Award, the Arizona Archaeological and Historical Society's Victor R. Stoner Award, the Arizona Governor's Archaeology Advisory Commission Award in Public Archaeology, and other honors for his efforts to bring archaeology and history to the public.

## [Astronomy/Geosciences](#)

**Subject Area:** Science/Math/Technology

**Fridays:** 6 Sessions 1:00 PM - 2:30 PM **Start:**

Fri 10/18/24 **End:** Fri 11/22/24

**Location:** Online Zoom Offering 1 **Class Size:**  
300

### Course Description

Our exploration of the Earth, Solar System, and Universe continues. This semester we will feature 'Navigating the Night Sky' using the 21 brightest stars, with an in-depth look at the constellations where they are located. In particular, we will look at unique Arp peculiar galaxies found within each. We will examine 'Our Greatest Hits', i.e. huge impact basins and craters across our Solar System. As always, we will discuss on-going discoveries in Astronomy, Planetary Sciences, and Earth Sciences. Information will be conveyed using short videos, awesome photos, understandable/fun graphics, and class discussions. We will have several guest speakers from the University of Arizona's Astronomy, Planetary Sciences, and Geosciences Departments. Science Fiction Theatre continues, with short clips highlighting a century of Sci Fi movies and TV shows. And of course, there will be 'Geo-feature of the Week', 'What's for Launch?', and 'Books of the Week.' Please join us for this continuing journey of discovery and adventure. Being in an earlier Astronomy/Geosciences class is neither a prerequisite nor necessary to understand and enjoy this class.

Instructor: Guy Jette

Guy retired from the U.S. Air Force after 37 years working in Research and Development in both the aeronautical and space fields. He holds MBA and MS degrees, and is an Associate Fellow of the American Institute of Aeronautics and Astronautics. He has worked in astronomy outreach for the past

ten years as a docent at Kitt Peak National Observatory. He has also been a frequent guest speaker at the University of Hawaii Institute for Astronomy on Maui.

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# Osher Shared Online Classes with

Chico State, RIT and New Parter Arizona  
State!

## Mondays

### [History of Sculpture: Part I](#)

**Subject Area:** Arts/Culture, History/Current  
Events

**Mondays:** 5 Sessions 8:15 AM - 9:45 AM **Start:**  
Mon 10/28/24 **End:** Mon 12/2/24 - **Shared**  
**From OLLI at Rochester Institute of**  
**Technology. No Class Week of Thanksgiving.**

**Location:** Online Zoom Offering **Class Size:** 300

#### Course Description

Shared From OLLI at Rochester Institute of  
Technology

This class begins at 8:15 AM local Arizona time.

People have fashioned 3-D figures out of clay since  
the beginning of time: Sculpture! This series will  
explore the evolution of sculpture from the earliest  
figures to those made during the 15th C.

Renaissance. We will look at cultural incentives,  
materials, patrons, and artists. We will follow the  
thread as artists use sculpture to express ideas  
about life. Part 2 will follow in the Winter 2025  
Term.

Note: Daylight Savings Time ends on November 3,  
2024. After that date, this class will begin at 9:15  
AM Arizona time.

Instructor: Nancy McAfee

Nancy McAfee is an art historian who spent 18 years  
at the Cleveland Museum of Art as an educator and  
community outreach director including 10 years  
teaching AP art history. She has an AB from Cornell  
and an MA in art history from Case Western Reserve  
University.

### [The Birth of an Organelle and the Rise of Complex Life on Earth](#)

**Subject Area:** Science/Math/Technology

**Mondays:** 2 Sessions 10:30 AM - 12:30 PM

**Start:** Mon 10/28/24 **End:** Mon 11/4/24 -

**Shared From OLLI at Rochester Institute of**  
**Technology**

**Location:** Online Zoom Offering **Class Size:** 300

#### Course Description

Shared From OLLI at Rochester Institute of  
Technology

This class begins at 10:30 AM local Arizona time.

Around 2 - 2.5 billion years ago, one prokaryotic cell  
engulfed another, forming a symbiotic, mutually  
beneficial partnership. Almost every living thing we  
see today is directly descended from that chimeric  
couple, as they gave rise to eukaryotes. We will  
explore the environmental conditions that favored  
this symbiosis, why the presence of the engulfed  
cell required a complete remodeling of the host  
cell's organization, and the many important  
biological consequences of the symbiosis. We will  
also briefly discuss the only other known examples  
of engulfed endosymbionts evolving into organelles.

Note: Daylight Savings Time ends on November 3,  
2024. After that date, this class will begin at 11:30  
AM Arizona time.

Instructor: John Jaenike

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John Jaenike, a retired professor from the University of Rochester's biology department, has been interested in all aspects of nature since he was a kid and spent most of his career studying the mondo bizzarro of insects. He plans to teach a course on “bugs” in the near future.

## [Historical Oddities: Events that Are Almost Unbelievable](#)

**Subject Area:** History/Current Events

**Mondays:** Single session 9:15 AM - 10:45 AM

**Start:** Mon 11/4/24 **End:** Mon 11/4/24 - **Shared From OLLI at Rochester Institute of Technology**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Rochester Institute of Technology

This class begins at 9:15 AM local Arizona time.

History is full of events that seem unbelievable except they are completely true. This course will visit a baker's dozen of these oddities. You'll be appalled, amused, and astounded. Do you know about the dancing plague of 1518? Did you know that a bushel of oysters almost destroyed the British Fleet in WWI? Learn some of the history you were never taught.

**Instructor:** Gary Mitchell

Gary Mitchell fell in love with history as soon as he learned to read. He's read a lot in his 70+ years, and he's eager to share some of that knowledge with anyone who has an interest in the fascinating story of mankind.

# Tuesdays

## [Art History of Later India](#)

**Subject Area:** Arts/Culture, History/Current Events, Philosophy/Spirituality/Religion

**Tuesdays:** 10 Sessions 1:00 PM - 2:30 PM

**Start:** Tue 9/10/24 **End:** Tue 11/12/24 - **Shared From OLLI at Chico State CA.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Chico State CA

This class begins at 1:00 PM local Arizona time.

This class will examine the art and architecture of later South Asia (India and Pakistan) from the time of the introduction of Islam in 711 CE to the present. We will consider the social, religious, and political context for the various monuments. Special focus will be given to the Mughal Dynasty and the culture that influenced the creation of Taj Mahal.

**Note:** Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 2:00 PM Arizona time.

**Instructor:** Katherine Harper

Katherine Harper (she/her/hers) has a PhD in the art history of India from UCLA. She retired from Loyola Marymount University in Los Angeles after 37 years. She has lived and traveled extensively throughout Asia.

## Let's Keep Knitting

**Subject Area:** Crafts/Cooking

**Tuesdays:** 10 Sessions 3:00 PM - 4:30 PM

**Start:** Tue 9/10/24 **End:** Tue 11/12/24 - **Shared From OLLI at Chico State CA.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Chico State CA

This class begins at 3:00 PM local Arizona time.

Knitting with others is a wonderful learning environment. This class is designed to give knitters who have mastered the basic stitches of knit and purl a chance to work on a project of their choosing while we chat and share ideas online with other knitters. All levels of ability are welcome! Gale contributes to the class by offering tips and suggestions for patterns, yarn, and tools based on her years of knitting experience.

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 4:00 PM Arizona time.

Instructor: Gale Ulvang

Gale Ulvang, a lifelong knitter, has made a hobby out of collecting odd bits of information and techniques she can use to improve her knitting projects. She promotes using internet resources to find patterns and expand skills and loves sharing that knowledge with others. She learned the Fibonacci sequence as a scheme for striping in hats and scarves and was inspired to learn more about how it can improve artistic composition.

## Beethoven: His Life and His Music

**Subject Area:** Arts/Culture, History/Current Events

**Tuesdays:** 12 Sessions 10:30 AM - 12:30 PM

**Start:** Tue 9/17/24 **End:** Tue 12/10/24 - **Shared From OLLI at Rochester Institute of Technology. No Class Week of Thanksgiving.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Rochester Institute of Technology

This class begins at 10:30 AM local Arizona time.

Using a BBC biography and Robert Greenberg's lectures as core materials, we will explore the life and the music of this revolutionary composer who changed forever how music is written and performed. Despite deafness becoming almost total, Beethoven wrote music which was groundbreaking, amazingly profound, and supremely beautiful. A live performance of a chamber work by University of Rochester's Eastman School of Music students will be part of the course.

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 11:30 AM Arizona time.

Instructor: Victor Poleshuck

Victor Poleshuck is a retired physician with a lifelong love of classical music.

# Wednesdays

## [Myths, Legends, and Tales of the Celts](#)

**Subject Area:** History/Current Events

**Wednesdays:** 10 Sessions 10:00 AM - 11:30 AM  
**Start:** Wed 9/11/24 **End:** Wed 11/13/24 - **Shared From OLLI at Chico State CA.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Chico State CA

This class begins at 10:00 AM local Arizona time.

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

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 11:00 AM Arizona time.

Instructor: Lynn H. Elliott

Lynn H. Elliott is professor emeritus and former chair of English at Chico State. In addition to his prose and award-winning plays, he is a multiple award-winning national and international screenplay writer.

## [The Art of Seeing Art](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 5 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 9/11/24 **End:** Wed 10/9/24 - **Shared From OLLI at Chico State CA.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Chico State CA

This class begins at 1:00 PM local Arizona time.

We use our senses and memories to help us navigate daily life. Applying them when visiting galleries and museums can be as enlightening as reading labels. This class explores the connection between viewing art and our personal experiences. For example, your awe at the Grand Canyon can be similar to your awe when seeing Michelangelo's David. In advance of each class, participants will receive emails with playful exercises and recommended readings and videos. Each of the five classes will focus on a separate discipline.

Instructor: Dolores Mitchell

Dolores Mitchell received a BA in studio art and a PhD in art history from UCLA in 1970 and taught "Renaissance to 20th Century Art History" at Chico State for 30 years. She co-founded Chico's Avenue 9 Gallery, where she exhibited her art until the gallery closed in 2015. Dolores now focuses her energies on painting.

## [Soldiers, Citizens, and Poets: Scenes From The American Civil War by Its Chroniclers](#)

**Subject Area:** History/Current Events

**Wednesdays:** 10 Sessions 8:15 AM - 9:45 AM

**Start:** Wed 9/18/24 **End:** Wed 11/20/24 -

**Shared From OLLI at Rochester Institute of  
Technology**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Rochester Institute of  
Technology

This class begins at 8:15 AM local Arizona time.

This Civil War course will meet at the crossroads of political ideology, military history, military strategy and tactics, literature, oratory, journalism, photography, song, and poetry—all contributing elements in our attempts to better understand The War of the Rebellion, the effects of which continue to the present and shape our Union. We will humbly study the military actions of Grant, Meade, Lee, and Longstreet and also peruse the words of Lincoln and Whitman, Emily Dickinson and Frances Watkins Harper, William Seward and William Tecumseh Sherman, Ambrose Bierce and Stephen Vincent Benét, and others.

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 9:15 AM Arizona time.

Instructor: William McLane

Now retired, Bill McLane worked as a journalist, Marine Corps intelligence officer, college teacher, and educational psychologist. A Pennsylvanian, he has been a student of the Civil War since stepping foot on Little Round Top in 1953. More recently, he

has studied at The Gettysburg College Civil War Institute.

## [Draw Your Own Unique Cartoon Characters](#)

**Subject Area:** Arts/Culture

**Wednesdays:** 6 Sessions 10:30 AM - 12:00 PM

**Start:** Wed 9/18/24 **End:** Wed 10/23/24 -

**Shared From OLLI at Rochester Institute of  
Technology**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Rochester Institute of  
Technology

This class begins at 10:30 AM local Arizona time.

Have fun exploring the many possibilities for creating your own unique characters. Learn to draw cartoon heads and bodies, along with all their features. Learn how to bring your characters to life and give each their own unique personality. You will learn how to make them talk and think. Enjoy exploring single- and multi-panel comic strips. Absolutely no drawing ability required. All that's needed is a pencil and some inexpensive paper.

Instructor: Dick Kennedy

Retired graphic designer and illustrator Dick Kennedy received his art degree at Michigan State University. He worked as a draftsman, production artist, and art director before running his own freelance graphics business. Dick has taught cartooning and drawing for OLLI at Chico State. [See some of Dick's cartoons.](#)

## [The Future of Health, Medicine, and Biotechnology: Part 5](#)

**Subject Area:** Science/Math/Technology

**Wednesdays:** 12 Sessions 10:30 AM - 12:00 PM  
**Start:** Wed 9/18/24 **End:** Wed 12/11/24 - **Shared From OLLI at Rochester Institute of Technology. No Class Week of Thanksgiving.**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Rochester Institute of Technology

This class begins at 10:30 AM local Arizona time.

We will continue to explore the new developments in medicine and biotechnology and how they impact our health and wellbeing. Participation in previous parts of this course is not a pre-requisite.

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 11:30 AM Arizona time.

Instructor: Alex Marcus

Alex Marcus is a retired physician who has been leading Osher at RIT courses for over 20 years on subjects relating to medicine and neuroscience. He has training and experience in internal medicine, neurology and psychiatry.

## [Chico State Faculty Lecture Series](#)

**Subject Area:** History/Current Events,  
Literature/Writing/Language,  
Philosophy/Spirituality/Religion,  
Science/Math/Technology, Social Sciences

**Wednesdays:** 6 Sessions 1:00 PM - 2:30 PM  
**Start:** Wed 10/9/24 **End:** Wed 11/13/24 - **Shared From OLLI at Chico State CA.**

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**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Chico State CA

This class begins at 1:00 PM local Arizona time.

Chico State's tradition of academic excellence goes back more than 130 years. With over 850 faculty members and 13,000 students, the University's teaching and learning community is thriving. Discover the imagination, cutting-edge research, and expertise that flourishes in our own backyard!

Note: Daylight Savings Time ends on November 3, 2024. After that date, this class will begin at 2:00 PM Arizona time.

Instructor: Sandra Flake

Sandra Flake (she/her/hers) retired from the English Department at Chico State, where she enjoyed teaching general education courses in "American Indian Literature" and "Literature for Life" for several years, following a long career in academic administration (provost at Chico State and the University of West Florida, academic dean at the University of Northern Colorado and the University of Wisconsin-La Crosse). She earned her doctorate in English, with a focus on fiction, at the University of Wisconsin-Milwaukee and taught literature and composition there and, subsequently, at the University of Minnesota, where she also directed a learning center.

# Thursdays

## [Whodunnit? Cold Cases From the Ancient World](#)

**Subject Area:** History/Current Events

**Thursdays:** Single session 1:00 PM - 2:30 PM

**Start:** Thu 10/17/24 **End:** Thu 10/17/24 - **Shared From OLLI at Arizona State University**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Arizona State University

Whodunnit? This is a question every society asks when faced with a murder, and the Greeks and Romans were no different. In this class with Dr. Sarah Bolmarcich, Associate teaching Professor in the School of International Letters and Cultures at ASU, we will examine two famous cold cases from the ancient world: the assassinations of the Greek king Philip of Macedon as well as the Roman Germanicus, the Emperor Tiberius's heir. Who was blamed at the time? Who actually committed the crime? These are some of the ultimate cold cases in history; come join us and be a detective!

Instructor: Dr. Sarah Bolmarcich

Sarah Bolmarcich, PhD, is a multi-year lecturer in the School of International Letters and Cultures, focusing on classics and Middle Eastern studies, at ASU. Dr. Bolmarcich earned her degrees at Smith College and the University of Virginia. She was awarded a Fulbright grant and spent two years living and studying in Greece. While she was in Greece, she also completed her dissertation on ancient Greek international relations. Before teaching at ASU, she taught at the Universities of Michigan, Minnesota, and Texas at Austin.

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## [Transcending Loneliness](#)

**Subject Area:** DIY/Self-Help, Health/Wellness

**Thursdays:** Single session 10:00 AM - 11:30 AM

**Start:** Thu 11/7/24 **End:** Thu 11/7/24 - **Shared From OLLI at Arizona State University**

**Location:** Online Zoom Offering **Class Size:** 300

### Course Description

Shared From OLLI at Arizona State University

The experience of loneliness is a profoundly personal and nuanced, yet undeniably social phenomenon. Participants will begin by exploring the essence of loneliness and its role as a call to action, urging us to forge deeper connection with ourselves and others. We will examine our vulnerabilities and how embracing them strengthens our resilience and shared humanity. The class emphasizes practical mindful self-compassion practices by Dr. Nika Gucci, executive director at ASU's Center for Mindfulness, Compassion and Resilience, to transform our relationship with solitude and loneliness, enhancing our connections with others. Through reflective exercises and guided practices, participants will learn to transform loneliness by nurturing compassion for themselves and forging meaningful relationships in their communities.

Instructor: Dr. Nika Gucci

Dr. Nika Gucci is a born and bred New Yorker who moved to the desert to advance Arizona State University's Charter of inclusion and belonging. She is the inaugural Executive Director of ASU's Center for Mindfulness, Compassion and Resilience, created as an institutional-priority initiative to build human capacity through an innovative whole-person approach. She is a Senior Fellow at ASU's Learning Enterprise as lead on personal development offerings for lifelong learners, where she designs concepts for a scalable and equitable

## OLLI-UA Fall 2024 – Shared Online Classes

approach to flourishing. She serves on the Arizona Veterinary Medical Association Wellness Task Force and fosters dogs. She holds an EdD in leadership and innovation from Arizona State University, MA in communication from New Mexico State University and a BA in Russian from Columbia University in the City of New York.

Seen in ASU News:

<https://mindfulnesscenter.asu.edu/>

# Field Trips

## Tuesdays

### [A Tour of Etherton Gallery](#)

**Subject Area:** Arizona History/Culture, Arts/Culture

**Tuesdays:** Single session 10:00 AM - 11:30 AM

**Start:** Tue 9/17/24 **End:** Tue 9/17/24

**Location:** Etherton Gallery **Class Size:** 20

#### Course Description

Come join us on a very special tour of the legendary Etherton Gallery. Voted Best Art Gallery in town by the Tucson Weekly for nine consecutive years, this gallery has been firmly established in the local art community since 1981. Its focus is on 19th and 20th Century vintage and contemporary photographs from all around the globe, including works by such luminaries as Ansel Adams and Eadward Muybridge, but it also features local and regional artists in different media. This is a special tour, for Terry Etherton has agreed to open his gallery an hour early just for this OLLI field trip. He will personally conduct our talking tour which will include photographs that Terry says truly represent what his gallery is all about.

Instructor: Al Bergesen

Al Bergesen is an emeritus professor of sociology at UA with a wide range of interests and passions, who teaches classes and organizes field trips for OLLI.

### [A Tour of Bahti Indian Arts](#)

**Subject Area:** Arizona History/Culture, Arts/Culture

**Tuesdays:** Single session 10:30 AM - 12:00 PM

**Start:** Tue 10/8/24 **End:** Tue 10/8/24

**Location:** Bahti Indian Arts **Class Size:** 20

#### Course Description

Join us for a very informative tour of the Bahti Indian Arts gallery led by gallery manager, Tim Price. Owned by American art appraiser, writer, and researcher in the field of Indian art and contemporary Indian issues, Mark Bahti, it was founded by Mark's father Tom in 1952. This legendary Tucson gallery focuses upon contemporary and vintage Southwest Indian art from jewelry to baskets, fetish carvings, katsinas, Navajo textiles. sculpture, paintings, prints, pottery and books. Previously located in St Philips Plaza, Bahti Indian Arts has recently moved downtown to the new arts district. If you haven't visited the new gallery, or would like to see and hear more about their collection, this is the perfect opportunity to learn about what's going on in today's world of Indian Arts.

Instructor: Al Bergesen

Al Bergesen is an emeritus professor of sociology at UA with a wide range of interests and passions, who teaches classes and organizes field trips for OLLI.



## [Mid-Morning Get-Together at Monsoon Chocolate Cafe](#)

**Subject Area:** Crafts/Cooking

**Tuesdays:** Single session 10:00 AM - 11:30 AM

**Start:** Tue 10/22/24 **End:** Tue 10/22/24

**Location:** Monsoon Chocolate Cafe & Market

**Class Size:** 20

### Course Description

Back by popular demand! Join us for a unique experience on the patio of the new Monsoon Chocolate Cafe! We'll be able to order from a large selection of fresh baked goods, coffees, teas, ice creams, sundaes and shakes, and of course, Monsoon's award-winning chocolates! The variety of flavors and designs are incredible! All items on the menu, other than made-to-order beverages, are produced at the local Monsoon Chocolate Factory on East 22nd St., and there are several gluten-free and vegan offerings. Here's a bit of information from their website: "Making chocolate is a difficult task to begin with and making chocolate in the desert is quite the undertaking. However, we believe that anything worth doing should be a challenge. The chocolate we make is truly a collaboration with the farm workers who grow, harvest, ferment, and dry the cacao. Our goal is to honor their hard work by processing the cacao as minimally as possible to reveal the beautiful and complex flavors inherent in the beans." This get-together promises to be a real treat...in more ways than one!

**Instructor:** Judith Rockey

Judith is recently retired and enjoys weaving and taking classes at OLLI.

## Wednesdays

### [New York Metropolitan Opera Encore of Les Contes d'Hoffmann](#)

**Subject Area:** Arts/Culture

**Wednesdays:** Single session 1:00 PM - 4:00 PM

**Start:** Wed 10/9/24 **End:** Wed 10/9/24

**Location:** Park Place Cinemark **Class Size:** 12

**Additional Costs:** Senior online tickets cost \$27.69.

### Course Description

Watch an encore presentation of Offenbach's Opera, Les Contes d'Hoffmann. It will be sung in French, but the subtitles will be in English. Here's the link to the opera's synopsis.

<https://www.metopera.org/season/2024-25-season/les-contes-dhoffmann/>

We will go to Cinemark Century Park Place Cinema on Broadway. 5870 E. Broadway Blvd. Tucson. Ample parking is available at the Park Place Mall.

Don't miss the chance to experience thrilling streamed opera with special cast interviews, and behind-the-scenes features from the comfort of a reclining seat, stadium seating, high-definition video, and popcorn. Order tickets online through Fathom Events.

<https://www.fathomevents.com/series/the-met-live-in-hd/> OR on the day of at the cinema. Senior online tickets cost \$27.69. Ann Tai's seat number is D7.

**Instructor:** Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from

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## OLLI-UA Fall 2024 – Field Trips

Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

### [A Tour of HF Coors Factory](#)

**Subject Area:** Arizona History/Culture, Crafts/Cooking, Travel/Entertainment

**Wednesdays:** Single session 9:00 AM - 11:00 AM **Start:** Wed 10/16/24 **End:** Wed 10/16/24

**Location:** HF Coors Pottery Company **Class Size:** 10

**Additional Costs:** \$10 Admission to Factory Tour

#### Course Description

Join other OLLI members for a small group, 1-hour informative and educational tour of the HF Coors Factory and learn how hand-made, high-quality dinnerware is manufactured. We'll walk through the factory and observe every aspect of HF Coors's ceramic manufacturing—from mixing their own raw ingredients to form clay, all the way to shipping finished goods. The company was founded in California in 1925. Tucson based since 2003, the company manufactures dinnerware for wholesale and retail customers today. For your own safety, you must wear closed-toed shoes on the factory floor. The factory is a dusty environment. Except in case of a possible medical emergency, there are no places to take breaks or sit down during the tour. Due to moving equipment such as forklifts and carts, guests in wheelchairs or with walkers may not be able to access some areas of the factory floor. If you have ambulatory issues, you may bring your lightweight walker.

All Tour guests will receive 10% off any regular priced merchandise purchased in the Factory store on the day of the tour. Factory purchases may be paid for in cash or credit card only.

OLLI-UA members will meet at the factory, and parking is available at the factory property. Cost: \$

10 cash per person to Group Tour organizer on day of Field Trip.

Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

### [New York Metropolitan Opera Encore of Tosca at a Tucson Cinema](#)

**Subject Area:** Arts/Culture

**Wednesdays:** Single session 1:00 PM - 3:30 PM **Start:** Wed 12/4/24 **End:** Wed 12/4/24

**Location:** Park Place Cinemark **Class Size:** 10

**Additional Costs:** Price to be announced by email closer to the event.

#### Course Description

We will go to a local cinema and watch an encore of Puccini's Opera, Tosca. It will be sung in Italian, but the surtitles will be in English.

[Here's the link to the opera's Synopsis.](#)

Don't miss the chance to experience thrilling streamed opera with special cast interviews, and behind-the-scenes features from the comfort of a reclining seat, stadium seating, high-definition video, and popcorn. Information about seat choices and ordering tickets online will be forthcoming in an email about a month before the event. You will need to purchase your tickets before the event. It may be available through Fathom Events. <https://www.fathomevents.com/series/the-met-live-in-hd/> OR. As of press time, tickets have not been released to the public. Ample parking is available at the Park Place Mall.

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Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

## Thursdays

### [Election, Voting, and Ballot Processing in Pima County](#)

**Subject Area:** Civic

Engagement/Community/Government

**Thursdays:** Single session 9:00 AM - 11:00 AM

**Start:** Thu 9/19/24 **End:** Thu 9/19/24

**Location:** Pima County Recorder's Office Ballot Processing **Class Size:** 40

#### Course Description

Join us to find out more about how your ballot is processed in Pima County, hosted by the Pima County Recorder and Pima County Elections Director. The event includes a presentation and tour of the ballot processing facilities.

The Pima County Recorder's Office processes documents as a public records repository, promotes voter registration, processes voter registration forms, trains voter registration groups and individuals, supports signature verification in conjunction with the Secretary of State, and facilitates Early Voting and Ballot by Mail voting during Elections. Their top priority is to ensure the security and integrity of voter records for the residents of Pima County.

This tour will describe the verification of signatures, participation by bi-partisan teams, and the process for counting ballots. The tour takes place where these crucial activities happen and will be presented

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by the people involved in the process. The tour will last two hours, including time for questions. Our hosts ask that we arrive no later than 8:50 so that the tour can start promptly at 9:00.

Instructor: Eloise Gore

Eloise Gore has been an OLLI member for over five years. Some of her favorite classes have been presentations by local performance organizations: True Concord, Tucson Symphony Orchestra, and the Rogue Theatre.

## Fridays

### [Field Trip to Fort Lowell Museum in Tucson](#)

**Subject Area:** Arizona History/Culture, History/Current Events

**Fridays:** Single session 10:00 AM - 11:30 AM

**Start:** Fri 9/27/24 **End:** Fri 9/27/24

**Location:** Fort Lowell Museum **Class Size:** 15

**Additional Costs:** Cost: \$3.00 in cash, per person, payable to Field Trip organizer at start of event as organization accepts only one payment from us.

#### Course Description

Fort Lowell was established in 1873 along the Rillito River at the confluence of the Pantano and Tanque Verde washes. The site provided grazing grounds, water, and was far enough away from the temptations of Tucson. Fort Lowell was an active fort from 1873-1891, during the Apache Wars. The name was changed from Camp Lowell to Fort Lowell in 1879. We will have a docent answer questions about the exhibits and buildings. Cost: \$3.00 in cash, per person, payable to Field Trip organizer at start of event as organization accepts only one payment from us. Be prepared to walk on paved as

## OLLI-UA Fall 2024 – Field Trips

well as uneven surfaces. Bring water. Plenty of free parking available close to the Museum.

Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

### [Birding at Agua Caliente Park in Tucson](#)

**Subject Area:** Science/Math/Technology

**Fridays:** Single session 8:00 AM - 10:00 AM

**Start:** Fri 11/1/24 **End:** Fri 11/1/24

**Location:** Agua Caliente Regional Park **Class Size:** 20

#### Course Description

Join OLLI friends for some guided birdwatching! This single session field trip is at Agua Caliente Park, an easy-to-find birding “hotspot” on the East side of Tucson with free parking, smooth and level walking trails, a pond, and a natural environment that attracts a variety of birds. Be sure to bring binoculars if you have them. If you enjoy using Merlin and eBird tech tools, Laura does too, and she can answer your questions about using these while we’re birding.

Drive your own car, park for free, and be there by 8:00 am sharp (they don’t call them early birds for nothing). Wear sturdy flat shoes and a hat, and plan to walk around slowly for about 2 hours. Beginning birders welcome.

Instructor: Laura Couchman

Laura Couchman is a dedicated amateur birder, spotting and identifying birds for 20 years. She is an Arizona Master Naturalist. Laura and her husband Bill have lived in Tucson since 2014, and they go

birding locally and wherever they travel. Laura has been an SGL for previous OLLI classes about birds and birding, including birding for beginners, habitat, woodpeckers, birds of prey, hummingbirds, and birders' tech tools. She is a volunteer field trip leader for the Tucson Audubon Society.

### [Richard F. Caris Mirror Lab Tour at the U of A](#)

**Subject Area:** Science/Math/Technology

**Fridays:** Single session 12:45 PM - 2:30 PM

**Start:** Fri 11/1/24 **End:** Fri 11/1/24

**Location:** Steward Observatory Building **Class Size:** 15

Additional Costs: \$20 per person.

#### Course Description

How do astronomers study galaxies far, far away? Telescopes, of course. In this tour we will learn how UA developed and use the latest technology to craft mirrors for these telescopes. Check-in is in the lobby of the Steward Observatory Building, (933 Cherry Ave., 85721 - Tucson, Arizona) 15 minutes prior to the start of your tour which is 12:45 PM. The tour is predominantly a standing and walking tour. Participants **MUST** be able to ascend and descend several flights of stairs and stand for periods of time. Participants must wear flat closed-toe shoes and may only bring ID, keys, and a cell phone to be placed in a pocket. No bags of any kind are permitted on tour. Sneakers and comfortable attire are recommended. When you enter the Steward Observatory lobby from Cherry Ave, please note restrooms are on your right. Special Note: No bags or items that cannot fit in a pocket. You will not be allowed on the tour if you have these items.

Parking (self-pay): Cherry Avenue (closest) or South Stadium Garage, see UA Parking Map. Download the app Passport UA so you can conveniently pay by

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phone and exit without any delays or hassle. App will ask you for the model of your car and License Plate #. Cost is \$3.00 per hour.

Cost is \$20.00 per person. Link for paying by credit card will be available closer to date. Check your registered classes page on the OLLI website for updates. When purchasing multiple tickets, it is your responsibility to make sure your guests are aware of the Lab's policies and procedures. Please Note: Your credit card statement will reflect a charge from U of A Steward Observatory Mirror Lab Tours (SOML). There are no refunds, transfers, or exchanges. Upon your purchase, your name will be added to the docent's check-in list.

Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

### [Birding at Christopher Columbus Park in Tucson](#)

**Subject Area:** Science/Math/Technology

**Fridays:** Single session 8:00 AM - 10:00 AM  
**Start:** Fri 11/8/24 **End:** Fri 11/8/24

**Location:** Christopher Columbus Park **Class Size:** 20

#### Course Description

Join OLLI friends for some guided birdwatching! This single session field trip is at Christopher Columbus Park, an easy-to-find birding “hotspot” in Tucson with free parking and walking trails. This lesser-known park has a larger pond than other city parks, making it an especially good place to spot waterfowl and shorebirds. Be sure to bring binoculars if you have them. If you enjoy using Merlin and eBird tech tools, Laura does too, and she

can answer your questions about using these while we're birding.

Drive your own car, park for free, and be there by 8:00 am sharp (they don't call them early birds for nothing). Wear sturdy flat shoes and a hat, and plan to walk around the pond slowly on a flat, hard dirt trail for about 2 hours. Beginning birders welcome.

Instructor: Laura Couchman

Laura Couchman is a dedicated amateur birder, spotting and identifying birds for 20 years. She is an Arizona Master Naturalist. Laura and her husband Bill have lived in Tucson since 2014, and they go birding locally and wherever they travel. Laura has been an SGL for previous OLLI classes about birds and birding, including birding for beginners, habitat, woodpeckers, birds of prey, hummingbirds, and birders' tech tools. She is a volunteer field trip leader for the Tucson Audubon Society.

### [Field Trip to Equine Voices Rescue and Sanctuary](#)

**Subject Area:** Arizona History/Culture

**Fridays:** Single session 10:00 AM - 12:00 PM  
**Start:** Fri 11/15/24 **End:** Fri 11/15/24

**Location:** Equine Voices Rescue and Sanctuary **Class Size:** 30

**Additional Costs:** Requesting participants to bring a 5–10-dollar donation to the site of the field trip. OLLI SGL will not handle money; it will go directly to the Sanctuary staff.

#### Course Description

Nestled in the foothills of the Santa Rita Mountains of Southeastern Arizona is Equine Voices Rescue & Sanctuary, this year celebrating its twentieth year of operations! The Sanctuary is a 501 (c)(3) non-profit organization whose mission is to rescue equines from neglect, abuse, abandonment and slaughter.

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Additionally, they rehabilitate, adopt and/or provide a safe and loving sanctuary to those equines who need a forever home. Another important mission of the Sanctuary is to educate and empower individuals to learn about how mares and their foals are used in the production of Premarin, (a post-menopausal hormone drug for women) and horse slaughter.

Prior to the field trip, each attendee must complete and submit online release documents. A link to the documents will be provided for registrants. Transportation is not provided and will be the responsibility of participants. Driving directions will be provided prior to the field trip.

During the visit, please wear a hat, sunscreen, and closed-toed shoes (preferably boots). Also, bring plenty of water to drink.

Equine Voices staff offer a fun and informative tour where we get to meet the horses and learn about their lives on the ranch. The Sanctuary provides for the needs of the horses at a multi-thousand dollar cost each month; please bring a five-to-ten-dollar donation (or more, if moved to do so) to assist in funding their care. Thank you!

Instructor: Janelle McCormick

As a former volunteer at Equine Voices Rescue and Sanctuary, Janelle would like to offer the opportunity to familiarize others with this remarkable locally-owned and nonprofit horse rescue.

## [Walking Tour of Historic Armory Park](#)

**Subject Area:** Arizona History/Culture, Arts/Culture, History/Current Events

**Fridays:** Single session 10:00 AM - 12:00 PM

**Start:** Fri 11/15/24 **End:** Fri 11/15/24

**Location:** Blenman Inn **Class Size:** 15

Additional Costs: \$25 per person admission fee. Payable in cash to Ann Tai. Presidio San Agustin Museum only accepts deposit from Field Trip organizer ahead of the event.

### Course Description

The Armory Park neighborhood is south of Broadway and east of Stone. Buildings started to go up in this area with the arrival of the railroad in 1880. The tour led by Alan Kruse covers a half-mile in two hours and includes the outsides of public buildings on the west side of the neighborhood, no homes. These include the Blenman Inn, the Carnegie Free Library, the Scottish Rite Cathedral, the Safford School, the Willard Hotel, and the Temple of Music and Art. Wear comfortable shoes and attire. Lots of walking and standing. Bring water.

The tour will meet across the street from the Blenman Inn at 204 S. Scott. Free, two-hour, on-street parking is available near the Blenman Inn. Download app: Passport for ease of paying. \$25 per person fee for the tour, payable in cash to Ann Tai. Presidio San Agustin Museum only accepts deposit from Field Trip organizer ahead of the event.

Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.

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# Saturdays

## [OLLI-UA at the Community Food Bank of Southern Arizona](#) [October, November, and December](#)

**Subject Area:** Civic Engagement/Community/Government

**Saturdays:** Single session 9:00 AM - 12:00 PM

**Dates:** Sat 10/19/24, Sat 11/16/24, Sat 12/21/24

**Location:** Community Food Bank of Southern Arizona **Class Size:** 20

### Course Description

OLLI-UA at the Community Food Bank of Southern Arizona

Join Fellow OLLI-UA Members and Help Give Back to the Community

Your help is needed to pack emergency food boxes and bags for families and seniors across southern Arizona! Volunteers participate in an assembly-line style activity and work together to pack non-perishable food items and more for those in need.

October 19, November 16, and December 21 from 9:00 AM to 12:00 PM. Please register for each Saturday separately.

OLLI-UA member Connie Lowy is helping organize groups to help periodically at the Community Food Bank of Southern Arizona. This opportunity is available to all OLLI-UA members. This is a wonderful activity that provides great impact in a short few hours. Given the food bank is located south of Tucson it is an easy drive for most of the campuses we serve.

Participants appreciate the fact that this is a group volunteer effort and one they may not typically do

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on their own. Watch the video below and see what kind of fun and work is involved.

Note the work requires you to stand for periods of time, lifting approximately 25 pounds, and the ability to work the full shift.

Your RSVP is requested ASAP. Upon registration, an email will be sent with complete details.

## [Field Trip to Watershed Management Group of Tucson](#)

**Subject Area:** Civic Engagement/Community/Government, Science/Math/Technology

**Saturdays:** Single session 9:00 AM - 11:00 AM

**Start:** Sat 12/7/24 **End:** Sat 12/7/24

**Location:** Watershed Management Group **Class Size:** 14

**Additional Costs:** Donation is recommended. Pay when you register online on the WWMG website.

### Course Description

If you are an average Tucsonan, you use 80 gallons of water per day from the Central Arizona Project that transports water a long distance from the Colorado River. Join us at the Living Lab, a demonstration site and explore the systems Wastewater Management Group, <https://watershedmg.org/>. WMG has ideas to reduce our dependency on distant watersheds and that make it possible for us to exist on rainwater, stormwater, and greywater most of the time. You will also have the opportunity to think about what you might do in your own home and neighborhood. Their How Low Can You Go (HLCYG) presentation consists of a number of stations that makes us more aware about our personal water consumption.

## OLLI-UA Fall 2024 – Field Trips

After you have registered through OLLI-UA, you need to also register directly on the WWMG website by November 18, 2024. A link will be emailed to you closer to the date.

Cost: Free. A donation of \$10 is suggested when you register online. When you support WMG with a donation, you are ensuring this organization can continue to offer free and affordable virtual events and adapt to meet pressing needs while cultivating important relationships with the community.

Be prepared to be outside for more than an hour in all weather! Some areas have space for sitting and resting, however, you will be standing for most of the presentation. Dress for the weather and bring a water bottle. Try their free filtered water. Free parking is limited, and ridesharing or public transportation (#4 Speedway Route) are recommended. Access to their primary lot is a west turn off Dodge into the first alley north of Speedway. Do not park along Dodge Boulevard or in the large parking lot adjacent to the WWMG lot. You will get more detailed information by email for the registration online link.

Instructor: Ann Tai

Ann Tai is a volunteer on the Social Activities Committee and previously on the Membership and Outreach Committee 2020-2022. A transplant from Michigan, she has organized numerous Field Trips and OLLI Dines Out events since Fall 2022.



# Special Social Events



## [OLLI-UA Gelato Social](#)

Monday, September 16 12:30 PM - 3:00 PM

Location: Central Tucson Campus

Come celebrate the start of Fall Session and meet fellow members at our Central Tucson Campus Gelato Social featuring the renowned Gelato from Tucson's own Frost. A non-dairy sorbet option will also be provided.

The cost is \$5 per person payable upon registration and the **event is open to all members.**

**RSVP By:** Monday, September 9<sup>th</sup>.

*Please note this is non-refundable.*

Phone: 520.626.9039

Email: [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

Website: [olli.arizona.edu](http://olli.arizona.edu)

# Special Interest Groups (SIGs)

## What are Special Interest Groups?

Special Interest Groups (SIGs) are ongoing groups that meet and socialize regularly around a topic. It's easy to join, and you can do so at any time. You register just like you do for a class. There is a menu for special interest groups on the [Browse Classes](#) menu of the website, or you can register on the links below. Want to start a special interest group at OLLI? It can be online or in-person. Let us know your ideas: email us at [ollimail@arizona.edu](mailto:ollimail@arizona.edu)

## In-Person SIGs

### [Creative Fun](#)

**One Saturday per Month: 10:00 AM - 2:00 PM**

**Location: Central Tucson Campus and Online  
OLLI-UA In-Person Special Interest Group for all members**

#### SIG Description

This Special Interest Group is designed to help our students learn/do/complete interesting creative projects while enjoying a social atmosphere. We are offering this class as a hybrid – online and in person. All OLLI-UA members, friends and family are welcome to join and experience the fun and creativity that OLLI can offer.

Our group will offer a variety of creative opportunities, including scrapbooking & card making, painting, needlework, beading, and much more in a casual, social setting. Bring your suggestions, unfinished projects to finish, learn new

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activities, and/or provide your knowledge to the group.

We have scheduled to meet at least one Saturday per month from 10am-2pm. We can order lunch to be delivered or bring your own.

We anticipate eventually doing a larger scale project, such as a quilt for donation to charity. The possibilities are endless! Future dates for group sessions vary and are determined by the group.

### [Community Service Special Interest Group](#)

**Location: Varies**

**OLLI-UA In-Person Special Interest Group for all members**

#### SIG Description

This is an ongoing, self-managed offering; join at any time.

Group Lead: Connie Lowy

Volunteer in the Community

OLLI Programs have a long tradition of giving back to the communities they serve. Join this group if you are interested in being part of a team dedicated to various community service initiatives. It is a great way to meet fellow members and give back to the community we live in. If you're interested in volunteering, join this SIG today! New volunteer opportunities will be added as they become available. Past projects have included helping at the Tucson Community Food Bank and the Tucson Festival of Books.

# Online SIGs

## [Fun with Games](#)

**Every Sunday: 3:00 PM - 4:00 PM**

**Location: Online Zoom Offering**

**OLLI-UA Online Special Interest Group for all members**

### SIG Description

What a great way to start your week! If you enjoy playing different games that will exercise your brain, as well as allow you to laugh and have fun with friends, please join your local members and members from other states each Sunday at 3 PM (Arizona time). I have a large collection of trivia and board games that I have adapted to use in the online zoom setting. All you need to bring each Sunday is a desire to have fun. If you are interested in joining in the fun, sign up today!

Spend an hour in the virtual lounge playing popular board games that have been adapted to online.

Two games will be played each session: one with teams competing and one with individual scoring.

Just show up: we provide the online games! This is a friendly competition with lots of fun & laughter to be shared!

Hosts: Frankie Harris & Susan Williams

# Support OLLI-UA by Purchasing Jim Click Millions for Tucson Raffle Tickets

[Purchase your Raffle Tickets  
online today!](#)

## About the Raffle

100% of the ticket cost is retained by OLLI-UA. We have already sold over \$7,000 in tickets. **Help us meet our goal of \$10,000.**

You could win:

- A Jeep Wrangler Rubicon 4xe Plug-in Hybrid
- Two Round-Trip First-Class Plane Tickets to Anywhere in the World\*
- \$5,000 in Cash

5 Tickets for \$100

1 Ticket for \$25

OLLI-UA keeps the entire amount you purchase!  
*(Note: Purchase is not tax deductible.)*

It's an easy way to support OLLI-UA with the added benefit of possibly winning a significant prize!

[More about how the raffle works and the prizes\\*](#)

# YOU COULD WIN



*\*Image for illustration purposes only*

One of three great prizes:

**NEW 2024  
JEEP WRANGLER RUBICON  
4xe PLUG-IN HYBRID,**  
two round-trip, first-class airline tickets to  
anywhere in the world OR \$5,000 cash!

(Restrictions apply to airline tickets: Please see  
Millions for Tucson Raffle Rules)