



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

WINTER 2022



HUMBOLDT STATE UNIVERSITY

HUMBOLDT STATE UNIVERSITY

COLLEGE OF Extended Education & Global Engagement

OLLI · HSU

*Follow your passion
with lifelong learning!*

At the Osher Lifelong Learning Institute at Humboldt State University (OLLI at HSU), everyone benefits from lifelong learning. Our mission is to create opportunities for academic engagement, civic involvement, personal growth and fun. By offering a myriad of classes and experiences for a vibrant community of learners age 50 and better, OLLI delivers learning for a lifetime.

Members enjoy diverse year-round programs and

- **explore** opportunities to learn and connect with friends.
- **discover** new topics of interest or areas of enrichment.
- **enjoy** dynamic and engaging instructors in a relaxed and friendly atmosphere.
- **join** a thriving community of lifelong learners.

Web: humboldt.edu/olli
facebook.com/hsuolli

Location: Humboldt State University
Student & Business Services Building,
Suite 211
1 Harpst St.
Arcata, CA 95521-8299

Hours: Monday-Friday, 9 a.m.-4p.m.

Phone: (707) 826-5880

E-mail: olli@humboldt.edu

OLLI Curriculum Committee

Sharon Ferrett	Judith Rucker
Laura Hennings	Janina Shayne
Kathy Layton	Gerry Tollefson
Rollie Lamberson	Linda West
Sue MacConnie	Jane Woodward
Maureen Murphy	

OLLI Finance & Fundraising Committee

Doug Hartley	Sam Pennisi
Rollie Lamberson	Kimberley Pittman-Schulz
	Rick Vrem

OLLI Staff

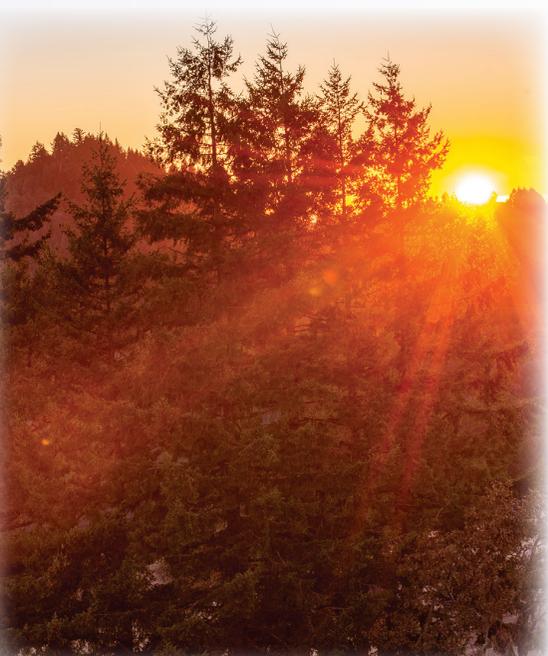
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 Alexandra Gonzalez, Rosemary Kelly, Shawn Khattak

We acknowledge that the land on which we offer educational opportunities is the traditional territory of the Wiyot peoples, who are the caretakers of this land in the past, present, and into the future. Please consider contributing to the Wiyot Tribe at honortax.org and/or to the HSU Native American Food Sovereignty Lab at hsu.link/foodsovereigntylab.

HSU is an AA/EO Employer.

Disability accommodation may be available. Contact the College of Extended Education & Global Engagement: (707) 826-3731.

Photos on front cover, this page, facing page, pages 10 and 21: Kellie Jo Brown, HSU Photographer. See more of her work at flickr.com/humboldtstate



Time to come back to **OLLI**

OLLI course options this winter

Most OLLI classes and all Special Interest Groups and Brown Bag Presentations will be held online via Zoom. Check the listing carefully for how the class will be delivered before you register.

Online:

The course is delivered 100% online, in real time, via Zoom, a web-based video meeting tool. See page 17 for information about free OLLI Zoom tutorials and video recordings.

Hyflex:

A flexible course where students have the option of attending in-person meetings in a university smart classroom, participating online, or both. Safety precautions* apply to those attending in-person.

In-Person:

A course held in a university classroom, instructional space off campus, or one that includes field trips. Safety precautions* apply.

***Safety Precautions:** Proof of vaccination is required for anybody attending activities, events or classes with OLLI. Please check the OLLI website and your course confirmation for updates.

JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli/register



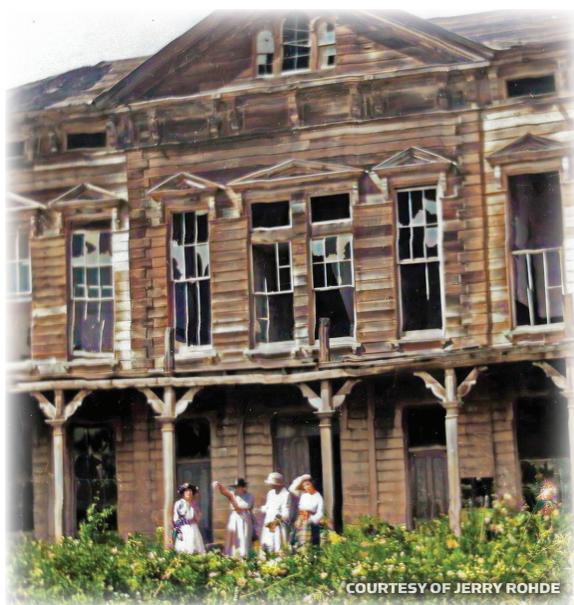
HISTORY

Striking Structures of Humboldt County

Jerry Rohde, Local Historian & Ethnogeographer

Gain an appreciation and understanding of the vast variety of historical structures of Humboldt County. The tin store in Briceland. The towering railroad trestle across Bulwinkle Creek. Gunther's mansion on Indian Island. Humboldt County has been home to scores of stimulating structures that tell of its rich architectural and historical heritage.

Sat., Jan. 29 • 1-3 p.m. • Online
\$20 • Class #: 23903 ■◀



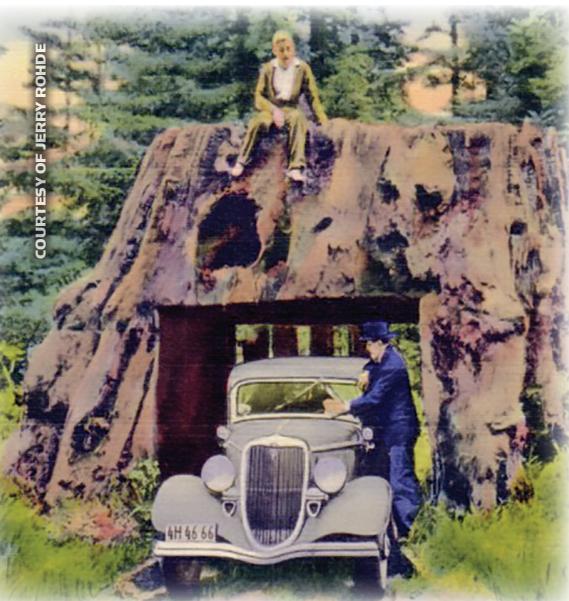
COURTESY OF JERRY ROHDE

The Armchair Traveler: The West Side Road

Jerry Rohde, Local Historian & Ethnogeographer

It's the early 1870s, and the only way up the Eel River is to cross in shallow water from riverbar to riverbar. Then the county builds the West Side Road, connecting Grizzly Bluff with Dyerville, and opening the way for year-round travel through Rio Dell, Scotia, and Pepperwood.

Sat., Feb. 12 • 1-3 p.m. • Online
\$20 • Class #: 23904 ■◀



COURTESY OF JERRY ROHDE

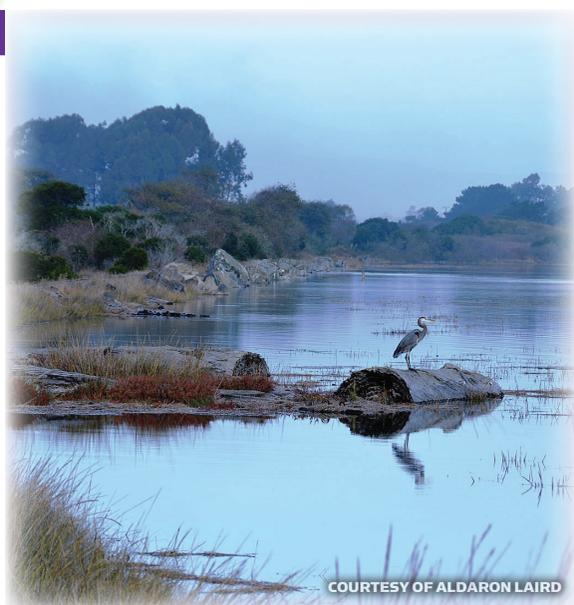
SPECIAL INTEREST GROUP

Sea Level Rise & Humboldt Bay Group

Group Leaders: **Aldaron Laird & Jerry Rohde**

Meet and explore changes to Humboldt Bay and discuss the implications of sea level rise. Meetings will be a forum to learn about current sea level rise planning activities on Humboldt Bay. Meets on the third Thursday of each month.

Thurs., Jan. 20-June 16 • 2-3:30 p.m.
Online • \$25 • Class #: 23955 ■◀



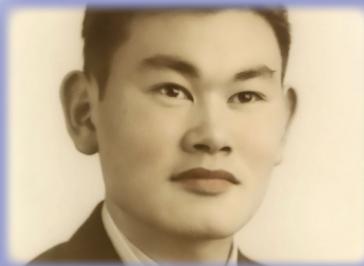
COURTESY OF ALDARON LAIRD

American Heroes: Fred Korematsu & Patsy Mink

Molly Cate, Humanitarian Educator

Be uplifted by these champions of freedom for all. Celebrate two Japanese Americans who have improved American life for us all. Both were champions of civil rights: Fred Korematsu, during and after the imprisonment of Japanese Americans in the 1940s; and Patsy Mink, serving in the U.S. House of Representatives from Hawaii.

Thurs., Jan. 27 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23893 



WIKIMEDIA COMMONS

ADOBE STOCK



American Hero: Temple Grandin

Molly Cate, Humanitarian Educator

Celebrate the achievements of autistic advocate Temple Grandin. An international speaker and expert in animal husbandry, Professor Grandin has written numerous books to help other autistic people and their families find dignity and help. Her life is a miracle of self-determination and an inspiration to us all.

Thurs., Feb. 3 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23892 

American Hero: Ida B. Wells-Barnett

Molly Cate, Humanitarian Educator

Explore the life of Ida B. Wells-Barnett, a powerhouse of freedom who tackled both the lynching of African Americans and racism in the suffrage movement as an investigative journalist, educator, and early leader in the civil rights movement.

Thurs., Feb. 10 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23902 

WIKIMEDIA COMMONS

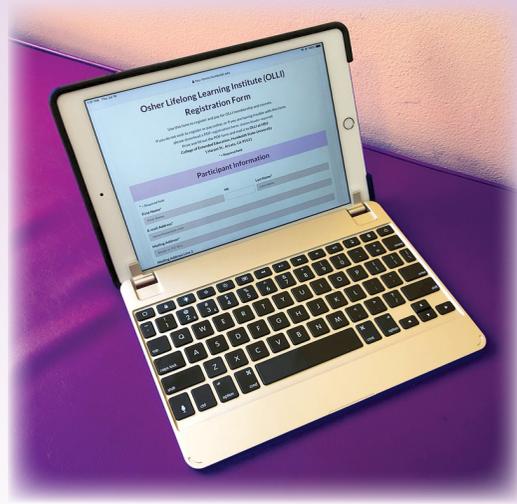


How to register for OLLI

ONLINE: The easiest and preferred method to register is online: humboldt.edu/olli/register. If you don't want to pay online, you can still use the online registration form, and pay by mail or in person.

BY MAIL: Download and print the registration form at humboldt.edu/olli/regpdf and mail it to OLLI with your payment. This form may be filled out on your computer or by hand.

IN PERSON: The OLLI office is located in the Student Business Service Building on the HSU campus. The office is open Mon.-Fri. from 9 a.m.-4 p.m.



MAIL REGISTRATION FORM WITH PAYMENT TO:

**OLLI at HSU, College of Extended Education & Global Engagement
Humboldt State University, 1 Harpst St., Arcata CA 95521**

Anyone from the community may take an OLLI class. Non-members add \$25 per class.

JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli/register



OLLI · HSU

Virtual Open House

**Tuesday, Jan. 11 • 3-5 p.m.
& Wednesday, Jan. 12 • 10 a.m.-noon**

Explore an ONLINE showcase of upcoming winter classes and presentations. OLLI instructors, staff and volunteers will be available to answer questions. OLLI winter classes will be held virtually and in-person, and start Jan. 24.

FOR THE OPEN HOUSE SCHEDULE AND TO JOIN THIS ONLINE EVENT:

humboldt.edu/olli/openhouse

American Hero: Rachel Carson

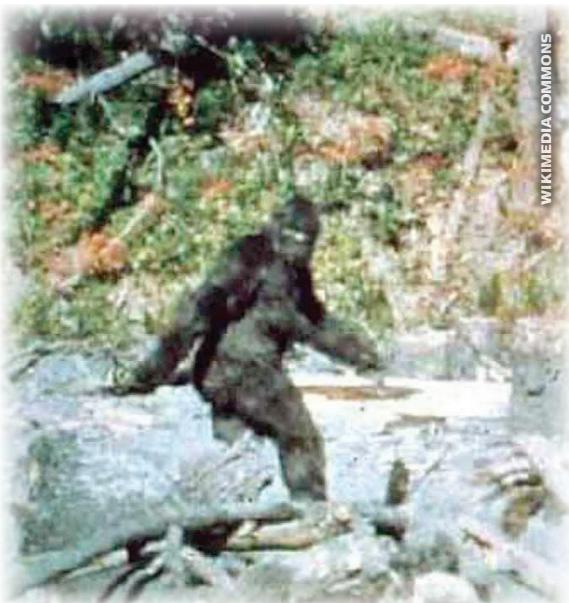
Molly Cate, Humanitarian Educator

One of the finest nature writers in America, marine biologist Rachel Carson was afraid of the ocean. Explore the life of this champion of the environment whose books — especially the influential *Silent Spring* — changed people’s thinking about their relationship with nature.

Thurs., Feb. 17 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 23906 ■◀



ADOBE STOCK



WIKIMEDIA COMMONS

Bigfoot Studies: The Patterson-Gimlin Film

Steven Saint Thomas, Journalist

Using investigative journalism techniques, participants will survey various analyses of the film over the past 50-plus years, review first hand sources, and put hoax theories to the test.

Thurs., Feb. 17 • 1-3 p.m. • Online
\$30 • Class #: 23905 ■◀

A Short Course on the UFO Phenomenon

Jerry Kroth, Associate Professor Emeritus, Santa Clara University

Discuss the possibility that UFOs and extraterrestrials have visited Earth and the impact on our understanding of the modern world. Each step of the way, evidence is sifted and debunkers are consulted. Review the commentary, sightings, actual material (like the Roswell Foil), and explore the controversial area of crop circles.

Fri., Jan. 28-Feb. 18 • 12-1:30 p.m. • Online
\$25 • Class #: 23890 ■◀



MUSIC / WRITING

Women Composers: Clara Schumann to Grazyna Bacewicz

**Elizabeth Morrison,
Cellist & Chamber Musician**

As music lovers, we will never give up Bach, Beethoven or Brahms, but there are female Bs out there, too! Would you like to know about Grazyna Bacewicz and Amy Beach? We will delve into their lives and music, along with those of Clara Schumann, Ethel Smyth, and Florence Price.

Wed., Jan. 26-Feb. 16 • 10 a.m.-12 p.m.

Online • \$45 • Class #: 23958 ■



ADOBE STOCK

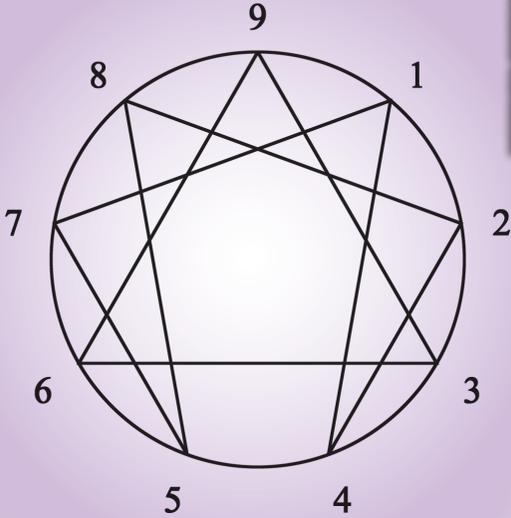
E is for Enneagram: A Primer for Understanding Your Essence

Sharon Ferrett, Author

Learn about the Enneagram, a geometric figure that maps out the nine basic human personality types. It is a system with ancient classical Greek roots, and today it is used for realizing your unique gifts and strengths, overcoming inner barriers, and transforming your life and relationships.

Thurs., Jan. 27 • 3-5 p.m. • Online

\$20 • Class #: 23960 ■



WIKIMEDIA COMMONS

Autobiography in Five Words

Lindsay Kessner, Artist

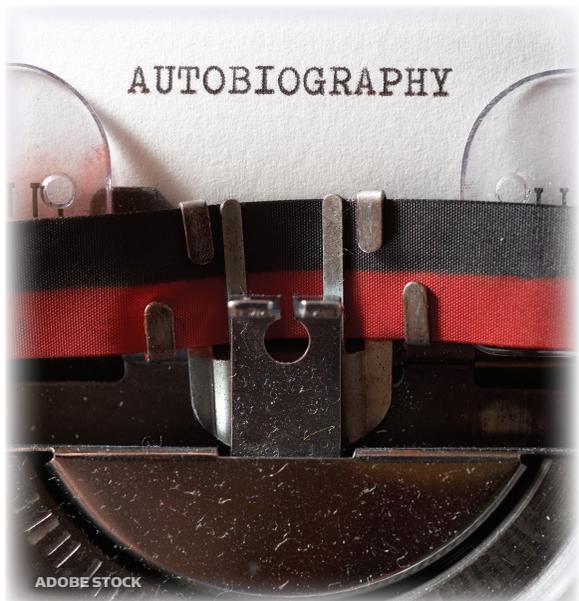
This workshop is an exploration of your story. Through guided writing exercises, you will open and then distill down your history to craft a five-word autobiography. This fascinating process will offer insights into your values, and illuminate connections among all the events that led to who you are today.

Fri., Jan. 28 • 10 a.m.-1 p.m.

Hyflex: In-person on HSU campus or online

\$35 • Class #: 23946 ■

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ADOBE STOCK

Shading & Shadowing

Louise Bacon-Ogden, Self-taught Artist

With the versatility of a graphite pencil, learn how to properly make areas lighter or darker to give dimension and depth to your art. You will work from a black and white photograph to replicate the shadows and shading that give the art "life."

Thurs., Jan. 27 • 1-3 p.m. • Online
\$25 • Class #: 23909 ■



COURTESY OF LOUISE BACON-OGDEN

Masterpieces of Egyptian Art

Ron Johnson, Art Historian

Explore the insides of a major pyramid, some of the greatest temples of Egypt, and the greatest art from the tomb of King Tut. Other major topics will be the Sphinx; Nefertiti, the greatest portrait from ancient Egypt; the mummy burial practices of the Egyptians; and their gods.

Tues., Jan. 25 & Feb. 1 • 2-4 p.m.
In-person: HSU campus
\$30 • Class #: 23907



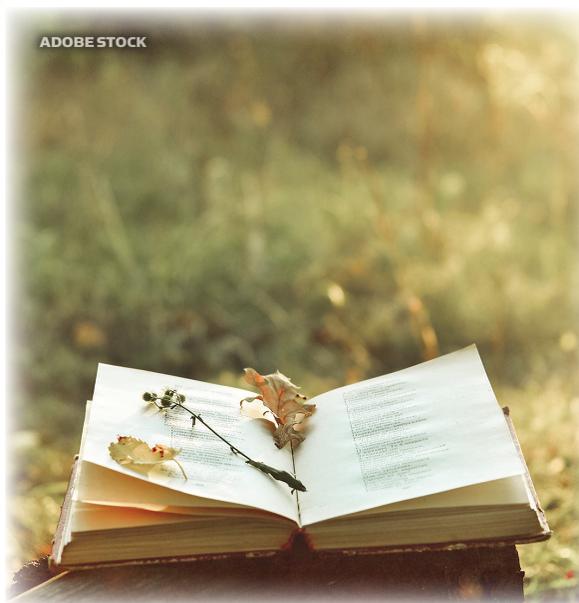
WIKIMEDIA COMMONS

Drawing from Poetry

Lindsay Kessner, Artist

Create pencil and pastel drawings inspired by works of poetry. Participants will be guided through a set of prompts and exercises to make drawings in response to excerpts from poetry. The first week we will work in black and white and then move on to color. No art experience or special materials are required.

Wed., Feb. 2 & 9 • 2-3:30 p.m.
Hyflex: In-person on HSU campus or online
\$45 • Class #: 23945 ■



ADOBESTOCK

ART

Drawing from Photographs

Lindsay Kessner, Artist

Transform a favorite photograph into a beautiful drawing! Learn basic drawing strategies while following a step-by-step process to draw your special scene, person, place, pet -- whatever! No experience is necessary, and you will be amazed by what you can do with some artistic tools and a little guidance.

Tues., Feb. 8 & 15 • 10 a.m.-12 p.m.
Hyflex: In-person on HSU campus or online
\$50 • Class #: 23944 



ADOBESTOCK



WIKIMEDIA COMMONS

Art + Technology

Julie Alderson, Art Historian

Global and historical in scope, this course will examine the deep connections between art and technology. From Egyptian mummification to contemporary NFTs, we will look at the ways that technological advancements have inspired artists, as well as the ways that art has driven technology into new directions.

Tues., Feb. 8 & 15 • 1-3 p.m. • Online
\$30 • Class #: 23908 

SPECIAL INTEREST GROUP

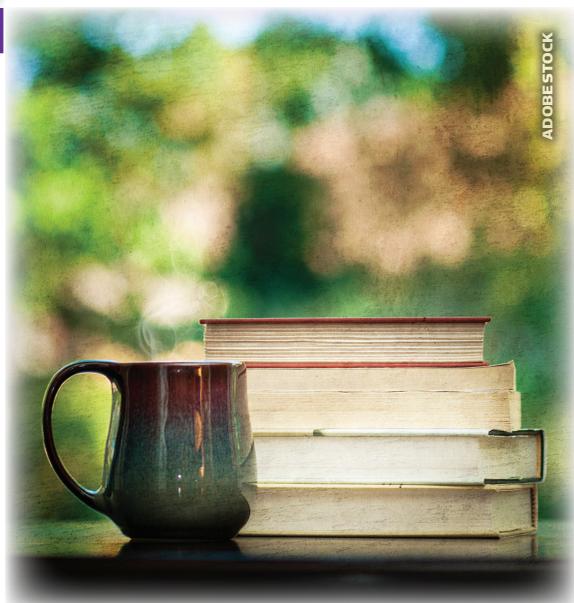
Book Group

Group Leaders:

Mike Zeppegno & Dan Chandler

This group meets on the third Wednesday of each month to select and read books from various genres. Monthly selections are listed on the OLLI website. All readers are welcome.

Wed., Jan. 19-June 15
5-7 p.m. • Online
\$20 • Class #: 23955



ADOBESTOCK

Home Selling Seminar

Phil Lazzar, Realtor

Learn all you need to know to sell your home in today's hot sellers' market:

- Pricing
- Timing
- Negotiating
- Saving money
- Multiple offers
- And more

Wed., Feb. 2 • 3-4:30 p.m. • Online
\$20 • Class #: 23939 



Home Buying Seminar

Phil Lazzar, Realtor

Learn all you need to know to buy a home in today's hot seller's market:

- Searching
- Financing
- Negotiating
- Getting your offer accepted in this hot sellers' market
- And more

Wed., Feb. 9 • 3-4:30 p.m. • Online
\$20 • Class #: 23940 



Conspiracy Studies: The Last JFK Files

Steven Saint Thomas, Journalist

Almost 30 years ago, Congress passed the JFK Records Act of 1992, ordering the complete release of previously classified documents regarding President Kennedy's assassination in 25 years (2017). Participants will explore why 15,000 files are still classified and use investigative journalism techniques in a search for the truth about this controversial tragedy.

Thurs., Feb. 3 • 1-3 p.m. • Online
\$30 • Class #: 23911 



A Place for You

Sheila Rocker Heppe, OLLI Director & Kim Laney, OLLI Coordinator

Welcome 2022!

The new year promises to be filled with growth and change, especially for Humboldt State University.

As HSU embraces new directions and a future as a polytechnic institution, OLLI at HSU will also be looking toward new beginnings. We will have important decisions to consider. All OLLI members will have a voice as we navigate these exciting new times for our lifelong learning community.

Now is the time to renew your membership. OLLI members will receive regular updates on the transformations occurring at Humboldt State University, and have priority registration for the many lifelong learning classes and activities OLLI provides.

For the past 16 years OLLI has been a place to connect, learn, gather with your community and make new friends. We invite you to take some time to explore all that OLLI at HSU has to offer this winter, and we look forward to seeing you soon (either in person, with vaccination card in hand, or on zoom).



Thank you for being a part of the OLLI at HSU community. We are excited to grow and change with you.

Happy New Year!

Sheila *Kim*

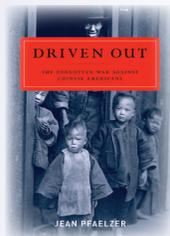


OLLI · HSU *Brown Bag Lunch* **FREE ONLINE PRESENTATIONS**

Mondays, noon-1:30 p.m. on Zoom

JAN. 24: *The Chinese in California:*

A History of Hate Resistance & Resilience



Jean Pfaelzer, Author: Explore the culture and history of the first Chinese Americans. Discover the origins of anti-Chinese racism and its ties to attitudes toward Native Americans and African Americans in California. Learn how Chinese Americans forged new Chinatowns across California including Eureka, and how they fought back and resisted anti-Chinese racism. Find out about upcoming events by the Humboldt Asians and Pacific Islanders and the Eureka Chinatown Lunar New Year events.

JAN. 31: *Warrior Institute:*

An Indigenous Wellness Initiative



Jude Marshall, Warrior Institute: Gain an understanding of the importance of supporting Indigenous led wellness initiatives. The Warrior Institute envisions Indigenous leaders who are grounded in the past and present, who can implement solutions for the next seven generations. Learn about the Warrior Institute, and explore opportunities for engagement and support.

FEB. 7: *Making HSU an Aging Friendly University*



Lily Downs, HSU Student, Social Work: Join Lily for a look at HSU and how we can better meet the needs of older adults. Lily is partnering with the Department of Social Work to make HSU an Aging Friendly University, and would like your input. We will look at what HSU is doing well, and look at the areas with room for growth. A survey to better understand needs will be included.

FEB. 14: *The 2021 U.S. Capitol Christmas Tree: After the Event*



Linda West, U.S. Forest Service Volunteer: Get an in-depth look at the impressive artistry and collaboration needed to bring recognition to the people's tree. Hear from representatives of the Forest Service (decorations lead, forester, others), the Redwood Empire Quilt Guild, and BT Metals, as they share their stories about their participation in the U.S. Capitol Christmas tree that came from the Six Rivers National Forest.

Online via Zoom. To get the meeting link, please RSVP:

humboldt.edu/olli/brownbag

HEALTH

Intro to Tai Chi Chuan

Richard Stull, Tai Chi Instructor

Get an appreciation of how the slow, moving meditation martial art can become a daily practice for relaxation, centering, balance, and rhythmic self-renewal for mind and body health. You will be introduced to the Yang Style Short Form (first 18 of 37 postures). Emphasis will be on relaxation, breath, efficient movement mechanics, and rhythmic flow.

Mon. & Wed., Jan. 24-Feb. 16 • 4:45-5:20 p.m.
Online • \$35 • Class #: 23961 

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COURTESY OF KELLIE JO BROWN

Intro to Tai Chi Chuan, Part 2

Richard Stull, Tai Chi Instructor

Build on the practices learned in Introduction to Tai Chi Chuan. You will continue to learn the Yang Style Short Form postures 17-37, completing the Yang Style Short Form. Emphasis on relaxation, breath, efficient movement mechanics and footwork, and rhythmic flow.

Mon. & Wed., Jan. 24-Feb. 16 • 5:30-6:05 p.m.
Online • \$35 • Class #: 23962 

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ADOBE STOCK

FREE Online Conversations FRIDAYS • 10-11 a.m. on Zoom

Let's Connect! is a place to see some friendly faces, share experiences, and maybe learn a thing or two. Hopefully, there will also be some much needed laughter!

Tracey Barnes-Priestley will facilitate the conversation and will have a new topic of discussion for each week.

Register once and use the same Zoom link each week.

Find the topics listed on the OLLI website:

humboldt.edu/olli/letsconnect

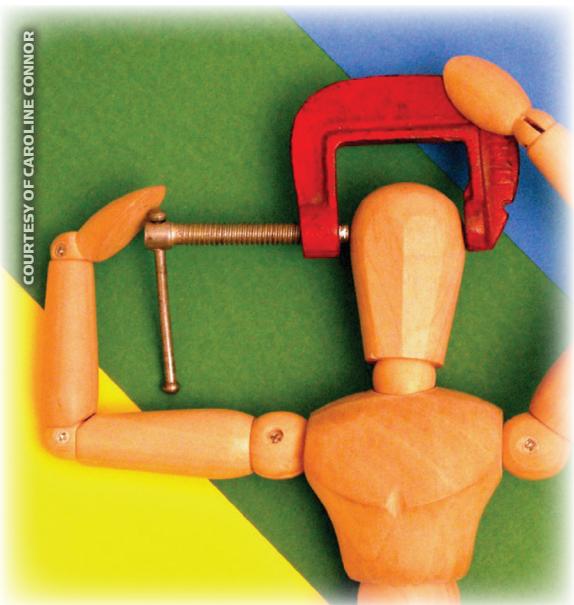


Updates in Migraine Treatments

**Caroline Connor, M.D., M.P.H.,
Physician & Headache Specialist**

Students will gain an in-depth understanding of migraines in general and the latest treatments. Learn the difference between episodic and chronic migraine, delve into the comorbidities of migraine and explore the migraine brain and how the disease gets started.

Thurs., Jan. 27 • 6-8 p.m. • Online
\$40 • Class #: 23942 ■◀



COURTESY OF CAROLINE CONNOR

Stress Less

**Larissa Hul-Galasek,
MA, LMFT,
Licensed Therapist**

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Learn more about how stress impacts our nervous system, health and emotional well-being. Most importantly, we'll go through a variety of easy to implement interventions to support you during stressful times. You'll learn several quick ways to relax your nervous system and reduce the impact of stress in your life.

Sat., Feb. 5 • 1-3 p.m. • Online
\$50 • Class #: 23910 ■◀



KELLY JO BROWN

Vaccines Galore!

**Caroline Connor, M.D., M.P.H.,
Family Physician**

Delve into the history of vaccines. We will discuss how vaccines work in the body, and what vaccines are recommended for adults. Review and discuss the most up-to-date guidelines for the COVID-19 vaccination.

Thurs., Feb. 10 • 6-8:30 p.m. • Online
\$50 • Class #: 23943 ■◀



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LEISURE ACTIVITIES

Beginning Ballet for Adults

Nancy Call, Ballet Instructor

Feeling unfit, or ready to experience a new form of exercise? Step into the beautiful world of ballet. It is rewarding, meditative, and glorious. Learn the basic foundation steps, combinations in the center, stretching exercises and theraband work. Feel rejuvenated after working your body and your mind. Ballet is a winner!

Wed., Jan. 26-Feb. 16 • 10:30 a.m.-12 p.m.

Online • \$60 • Class #: 23913 ■



NANCY CALL

Intermediate Ballet for Adults

Nancy Call, Ballet Instructor

Bring your ballet practice to the next level. Students who have had prior ballet experience or have taken the Beginner Ballet class, will be working at a faster pace during the barre and center. Additional ballet steps and complex combinations will be taught, while continuing to work on posture, alignment and balance.

Tues. & Thurs., Jan. 25-Feb. 17

10:30 a.m.-12 p.m. • Online

\$120 • Class #: 23912 ■



COURTESY OF NANCY CALL

Basic Tap Dance

Melissa Hinz, Dance Teacher

Learn how to make music with your feet. Enjoy the great benefits of tap dancing, including balance, rhythm, stronger brain-to-body connection, along with strengthening your feet, legs, and core. Tap shoes are not required, but encouraged.

Fri., Jan. 28-Feb. 18 • 10:45-11:45 a.m.

Online • \$50 • Class #: 23914 ■



COURTESY OF MELISSA HINZ

Intro to Paddling on the North Coast

Billie Prosser, Whitewater instructor

Get an understanding of water safety protocols, boat handling techniques, and ways to transport boats to and from paddling destinations. We will discuss ways on how to find river conditions, types of proper apparel and gear. Learn basic paddling techniques for a stand-up paddleboard, kayak, or canoe.

Thurs., Feb. 10 • 3-5 p.m. • Online
\$30 • Class #: 23975 



Paddling on the North Coast

Billie Prosser, Whitewater instructor

Spend the morning learning more about your favorite floating equipment including stand up paddleboards, kayaks, or canoes. Delve deeper into the equipment and practicing safety protocols learned in the introduction class. Move into the water and get some hands-on experience practicing paddling skills and getting in and out of the water. Use your own or rental equipment (separate fee).

Sat., Feb. 12 • 8 a.m.-1 p.m. • In-person: TBA
\$50 • Class #: 23976 



Magic & Fun with Your Grandkid

Phil Lazzar, Enthusiast

Now that we can finally spend time with our grandkids again, let's have fun with them. You'll learn simple, easy, close-up magic tricks, and some you can even teach them. All done with things you already have in your home. No gimmicks, no fancy sleight-of-hand, and nothing to buy.

Wed., Feb. 16 • 3-4:30 p.m. • Online
\$20 • Class #: 23941 



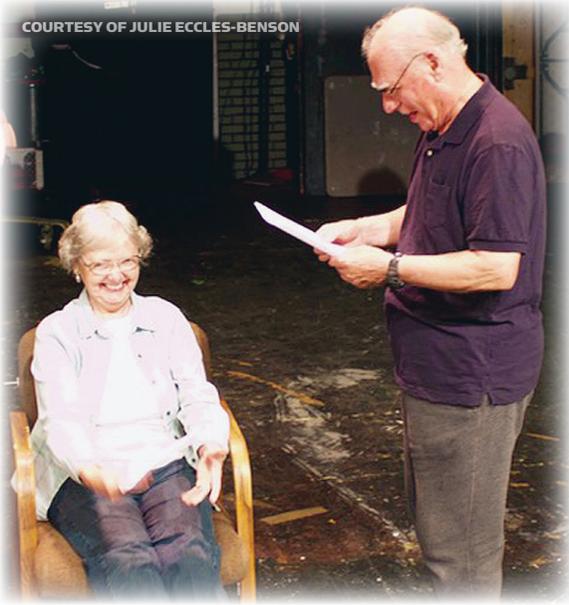
LEISURE ACTIVITIES

Acting Up

Julie Eccles-Benson, Actor

Have you ever wanted to act, but been afraid to try? Or do you simply want to improve your acting technique? Then join us in this fun and interactive class. Up your confidence and up your ability, as you use improvisation, character development, scene work, and your life experience to up your acting skills.

Wed., Jan. 26-Feb.16 • 1-3 p.m. • In-person
SPACE, Studio A • \$70 • Class #: 23915



ADOBE STOCK



Chess Tournament!

Margot Genger, Tournament Organizer

Stimulate your memory, exercise your mind, have fun, and meet new people. Enhance your chess skills through a tournament schedule. Both experienced and beginning players are welcome, but beginners must arrive already understanding the rules. Enjoy a lively game of chess each week, as you increase your skill at the game.

Fri., Jan. 28-Feb. 18 • 2-3:30 p.m. • In-person
HSU campus: Harry Griffith Hall 225
\$25 • Class #: 23963

Campus Parking

An HSU parking permit will be provided to OLLI members who register for in-person classes held on the HSU campus. After you register, instructions and a parking code will be included in your course enrollment confirmation.

You can pick up your permit before you park.



OLLI Recording Policy

OLLI Class Video Recordings

Class recordings will only be available and sent to students who are pre-enrolled in a class. Please note: When a link to a class recording becomes available, we ask that you not share it with anyone, without consent of the instructor or the OLLI office.

Not all classes will be recorded, and some class recordings may not be available due to unforeseen circumstances.

■ The class will be recorded.



No class recording will be available.

Brown Bag Presentation Video Recordings

When available, past Brown Bag Presentation recordings may be viewed on the OLLI website: humboldt.edu/olli/brownbagarchive

You may also view the recordings on Youtube: humboldt.edu/olli/youtube

Typically recordings will be available one to four days following a presentation. Note that not all presentations will be recorded, and recordings may sometimes not be available due to unforeseen circumstances. (See upcoming Brown Bag presentations on page 11.)



BE AN EARLY BIRD!

Please register at least three days in advance of the class start date.

Online class meeting links will be e-mailed to you.

Zoom with OLLI!

Attend a free OLLI Zoom tutorial

Most OLLI classes, Special Interest Groups, and Brown Bag Lunch presentations are held online via Zoom, a web-based video meeting tool that allows users to meet online, with or without video. (Free accounts are available at the Zoom website: zoom.us)

Learn how to navigate Zoom, and test your audio and video, in advance of a presentation or class. Please e-mail olli@humboldt.edu if you are interested in attending a Zoom Tutorial.



EXTENDED EDUCATION CLASSES



Practical Beekeeping

With Dick LaForge & Jeannine Kaprielian, Beekeepers

Gain the skills you need to keep honeybees for honey, pollination, other hive products, and enjoyment. You will learn about honeybee biology, beekeeping equipment, and management techniques. You will have an opportunity to buy bees. Required textbook: *Beekeeping for Dummies*, 5th edition, 2020, by Howland Blackiston.

Mondays, Feb. 7-May 2 (no class March 14)
6:30-8:30 p.m. • In-person • HSU campus
Plus four Saturday field trips
1-3 p.m. • Off campus: TBA (weather permitting)
\$175 • Class #: 23879

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to extended.humboldt.edu/beekeeping

Bee Yard Experience

With Dick LaForge & Jeannine Kaprielian, Beekeepers

This class meets at the bee yards of the instructors and students. We will follow the progress and challenges of the bee colonies. We will inspect the colonies to assess their condition, and guide them to good health and honey production.

You should have taken Practical Beekeeping, have beekeeping experience, or be taking Practical beekeeping concurrently.

Sundays, Feb. 13-May 1 (no class March 20)
1-3 p.m. • In-person • HSU campus
\$175 • Class #: 23925

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to extended.humboldt.edu/beekeeping

Sip In Place

ONLINE WINE CLASSES

Overview of German Wines

With Wil Franklin

Join us for an overview of wines from Germany by regions, styles, grape varieties and parlance.

Thurs., Feb. 24 • 5:30-7 p.m.
Online • \$30 • Class #: 23933

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/sipgerman

Alsace

With Elizabeth Hans McCrone

Join us for an exploration of the seven grape varieties and the wines that make up the fascinating region of Alsace and reflect its rich cultural mix.

Thurs., March 3 • 5:30-7 p.m.
Online • \$30 • Class #: 23934

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/sipalsace

The Mosel

With Pam Long

Of Germany's 13 regions for quality winemaking, the Mosel may be the most renowned. In this class, we will examine the intensely aromatic wines produced from the Mosel's unique climate, the blue and red slate soils, and the definitive farming and winemaking techniques of the region.

Thurs., March 10 • 5:30-7 p.m.
Online • \$30 • Class #: 23935

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/sipmosel

FROM VINE TO TABLE

WINE STUDIES CERTIFICATE PROGRAM

Wine Sensory Evaluation

With Pam Long

Jump-start and refine your wine tasting evaluation skills as you explore key aspects of the industry: wines of the world, winemaking styles, customer engagement, food-pairing basics, professional wine service, and becoming a smarter wine buyer. This course includes a digital presentation and lecture, several guided wine tasting flights, and lunch.

Sat., March 26 • 10 a.m.-4 p.m. • In-person
On Campus • \$175 • Class #: 23928

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/sensory

Marketing Wine in Humboldt County (& Beyond)

With Elizabeth Hans McCrone

Learn about creating a successful wine brand, building a loyal customer base, selling direct to consumer, and regional products. Activities include presentations from top-notch wine professionals, local winemakers, wine buyers and retailers, and a field trip to a tasting room. Lunch and wine tasting are included.

Sat., April 23 • 10 a.m.-4 p.m. • In-person
On/off Campus • \$150 • Class #: 23929

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/marketing

The Art & Science of Winemaking

With Wil Franklin

Develop your understanding of the basic craft of smaller-scale commercial winemaking; explore methods of producing wines of balance and complexity; and gain hands-on experience in a commercial winery. Suitable for aspiring home winemakers. Lunch and a local wine tasting are included.

Sat., May 7 • 9 a.m.-4:30 p.m. • In-person
Off Campus • \$150 • Class #: 23930

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/winemaking

Sustainable Wine-Grape Growing & Establishment in Humboldt

With Wil Franklin

Dig into the science of establishing vineyards and growing wine grapes in Humboldt County's unique "terroir." Explore grape varieties, growing seasons, soil preparation, and pest and mold management, all hands-on in a local vineyard. Lunch and a wine tasting are provided.

Sat., May 21 • 9 a.m.-4:30 p.m. • In-person
Off Campus • \$150 • Class #: 23931

This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/grape

Classes begin in March – take one or the full series. (Series: \$600, Class #: 23932)

Participants must be age 21 or older to enroll in these courses.

LEARN MORE: **humboldt.edu/wine**

Friends of **OLLI**

are the **future** of **OLLI** at **HSU**

The Friends of OLLI are community members who have contributed a monetary gift to the Osher Lifelong Learning Institute at Humboldt State University. Friends of OLLI donations support the weekly Brown Bag Lunch Presentations and Let's Connect gatherings, which are offered FREE to the community. This generous financial support also helps keep class fees low and provides scholarships for our members.

The vision for the future of OLLI is developed with OLLI members who lead through their work on the curriculum, and finance and fundraising committees. In the future, we hope to enhance OLLI at HSU in some new ways:

- OLLI at HSU looks forward to creating a **Lifelong Learning Lab**. Your donation will help develop a dedicated classroom space designed to inspire learning and create connections for a lifetime. This educational space will be designed to be inclusive and accessible, with an audio induction telecoil loop (T-loop) system and other technologies, to allow OLLI courses to be offered simultaneously in-person and online.
- OLLI hopes to create additional **Lifelong Learning student assistant positions** to provide employment to HSU students interested in supporting learning in our community. Student jobs are crucial to retention, making college more affordable, and fostering a sense of belonging at Humboldt State University.

Save time and help support OLLI with your sustaining membership today. OLLI membership is an investment in lifelong learning, and creating the community in which we want to live. One-hundred percent of your membership fee goes directly to funding year-round classes and educational programs.

Sustaining Friends of OLLI are those who contribute **\$15 per month or more**. The Sustaining Friends have the benefit of having their memberships automatically renewed each year. Sustaining donations are automatically charged monthly to a credit or debit card, and can be increased, decreased, or stopped at any time.

*OLLI at HSU is an endowed program of the **Bernard Osher Foundation**.*

The OLLI at HSU operating funds come from interest on the Osher Foundation endowment; membership dues; class fees; donations; and gifts from OLLI members who value lifelong learning.

OLLI receives no direct funding from HSU.

The Osher Foundation has established 124 similar programs at colleges and universities throughout the U.S.

*Please consider supporting OLLI at HSU by making an online donation, or contacting us for more information on how you can give to OLLI:
Phone 707-826-5880 or
e-mail olli@humboldt.edu*

GIVE TODAY: humboldt.edu/giving/olli

Thank you to these Friends of OLLI who gave from July 1 to Dec. 13, 2021, and faculty members who donated their course fees back to the OLLI program. We apologize if we inadvertently omitted anyone.

See the updated Friends of OLLI list at humboldt.edu/olli/friends

Sustaining Friends

Christine Cogen
Lois Freisleben-Cook & Howard Hall
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Laura & John Hennings
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Tributes

Kim & Tim Laney, in Memory of Clint Rebik



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College of Extended Education
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OLLI at HSU is self-supporting. This catalog
is not printed or mailed at state expense.

If you want to be removed from the mailing list,
go to humboldt.edu/extended/nomail

OLLI · HSU

Virtual Open House

Tuesday, Jan. 11 • 3-5 p.m.

& Wednesday, Jan. 12 • 10 a.m.-noon

Explore an online showcase of upcoming winter classes and presentations.
OLLI instructors, staff and volunteers will be available to answer questions.
OLLI winter classes will be held virtually and in-person, and start Jan. 24.

FOR THE OPEN HOUSE SCHEDULE AND TO JOIN THIS ONLINE EVENT:

humboldt.edu/olli/openhouse