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.

Please check the OLLI website for updates before visiting campus. Possible campus closures may occur due to the COVID-19 pandemic.

**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.-4 p.m.

**Phone:** (707) 826-5880

**E-mail:** olli@humboldt.edu

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Laura Hennings
Kathy Layton
Rollie Lamberson
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Gerry Tolleson
Linda West
Jane Woodward

**OLLI Finance & Fundraising Committee**
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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 and facing page:
Kellie Jo Brown, HSU Photographer. See more of her work at flickr.com/humboldtstate
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

Online and in-person OLLI classes coming this fall

OLLI at HSU classes will be held mostly online this fall. A few classes — including some field trips — will be held in-person, with safety precautions in place.

Most online classes will be recorded, so if you miss a class, you can view the recording. These recordings will only be available to you if you are pre-enrolled in a class. Please note — when you get access to a class recording link, we ask that you not share the link with anyone, without consent from 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.

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A Place for You
Sheila Rocker Heppe, OLLI Director & Kim Laney, OLLI Coordinator

“Come to the woods, for here is rest. There is no repose like that of the green deep woods. Sleep in forgetfulness of all ill.” — John Muir

As fall arrives, Humboldt State University students return to our community, and we retain our hope for a continued move toward normal.

In an abundance of caution, the majority of OLLI courses will continue to be offered online this fall. We remain steadfast in our commitment to the health and safety of our community.

Before OLLI members will be able to attend an in-person class or visit the HSU campus, the students and instructors will need to follow the HSU protocol, and provide proof of vaccination, or agree to provide negative COVID-19 test results before each gathering.

More information will be available as we present more in-person OLLI classes and events in the future.

OLLI at HSU continues to provide learning activities and opportunities to stay connected with the community. Free weekly Brown Bag Lunch online presentations on a variety of subjects and topics, will be presented Mondays at noon, beginning Sept. 13. Each Friday morning, OLLI offers conversations open to everyone — details about Let’s Connect with Tracey Barnes-Priestley may be found below.

OLLI at HSU offers the Brown Bag Lunch presentations and Let’s Connect free of charge, thanks to the generous support of the Friends of OLLI. These thoughtful members of our community share their resources to extend lifelong learning opportunities to our everyone in our community. Please see the full list of the Friends of OLLI on page 21.

OLLI at HSU could not exist without these donations, and we are forever grateful for the outpouring of support during these especially difficult times brought on by the COVID-19 pandemic.

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/oll/letsconnect

OLLI at HSU • 707-826-5880
The History & Handling of Llamas
Keagan Trischum, Naturalist, & Jon Trischum, English Teacher
Learn about the natural history of South American camelids, in addition to their traditional uses by Andean cultures. You will also learn basic care and management of llamas through lecture, diagram, and a possible hands-on experience or field trip (COVID regulations allowing).
Thurs., Sept. 23-Oct. 7 (plus field trip, date TBA) 1-3 p.m. • Online/In-person $50 • Class #: 43845

The UFO Phenomenon From 1947 Until the Present
Jerry Kroth, Associate Professor Emeritus, Santa Clara University
Join this class for a robust discussion of the possibility that UFOs and extraterrestrials have visited Earth. Each step of the way evidence is sifted and debunkers are consulted. Review the commentary, sightings, actual material, (like the Roswell Foil), and then explore how it impacts our understanding of the modern world.
Fri., Sept. 24-Oct. 15 • 12-1:30 p.m. • Online $25 • Class #: 43848

Relativity for the Masses
Phil Lazzar, Enthusiast
Gain a conceptual understanding of the deep and meaningful ideas behind Einstein’s Theory of Relativity. The ideas will be presented in a simple way, without math.
Wed., Oct. 6-27 • 6-7 p.m. • Online $20 • Class #: 43850
Klamath Mountains: A Geologic History
Mark Bailey, Science Instructor
Discover the amazing progress of the Klamath Mountains, from an ancient sea to the modern-day peaks and valleys of our close and mysterious neighbor. Look at the organisms that have lived here, and were preserved in the rocks across the region, while we observe these rocks telling the story of an evolving and dynamic range of mountains.

Tues., Oct. 12 & Thurs., Oct. 14 • 12-2 p.m.
Online • $25 • Class #: 43858

Intro to Permaculture & Regenerative Homesteading
Steven Saint Thomas, Permaculturist
In this introduction to permaculture, students will learn how to be a part of cutting emissions and regenerating the Earth’s topsoil. If you have a garden — or want one — you can be a part of localizing our food system, a huge paradigm shift towards a sustainable world.

Sat., Nov. 6 • 10 a.m.-1 p.m.
In-person/location TBA
$35 • Class #: 43859

Life Beyond Earth: When Chemistry Becomes Biology
Victoria Leo, Nature Lover & Author, & Rick Baird, Astronomy Enthusiast
Is there life on other worlds? How can we tell from a distance? Get an explanation of what scientists look for when they search for life in our solar system and beyond. No prior knowledge of chemistry, biology or astronomy required.

Tues., Nov. 30 & Dec. 7 • 10 a.m.-12 p.m.
Online • $40 • Class #: 43860

Sea Level Rise & Humboldt Bay Group
Group Leaders: Aldaron Laird & Jerry Rohde
This group formed from the OLLI course, Sea Level Rise & Humboldt Bay: Past, Present and Future. 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., Sept. 16-Dec. 16 • 2-3:30 p.m.
Online • $20 • Class #: 43901
Humboldt Sea Level Rise Public Forum
Facilitated by Aldaron Laird, Environmental Planner
Monday, Sept. 20
Noon-1:30 p.m. online via Zoom

This is the first of a series of public forums to learn more about sea level rise planning and projects in our region. This forum will feature the Caltrans District 1 Climate Change Adaptation branch chief Clancy De Smet, who will share the efforts regarding Highway 101 Corridor sea level rise adaptation planning, stakeholder engagement, and other highway segments vulnerable to sea level rise.

Aldaron Laird is an environmental planner active in sea level rise planning in the Humboldt area. He currently hosts The OLLI Sea Level Rise Special Interest Group.

Clancy De Smet is the Caltrans District 1 Climate Change Adaptation branch chief. He has worked in government administration at the federal, state, and local levels.

To RSVP for this event: humboldt.edu/ollsi/sealevelriseforum

This presentation is part of the OLLI Brown Bag series and is FREE and open to anyone who wants to attend.
Sufis: Islam’s Wanderers & Poets
Molly Cate, Humanitarian Educator
Meet the Sufi poets of the 8th to the 13th centuries who danced and laughed their love of humanity and God in poetry and story. We’ll study their history; hear from Rabiah, the woman who began it all; then from Rumi, Hafiz, Omar Khayyam and many others.
Wed., Sept. 22-Oct. 6 • 10 a.m.-12 p.m.
Online • $50 • Class #: 43856

The Armchair Traveler: Beyond the Borders
Jerry Rohde, Historian & Ethnogeographer
Virtually visit historical locations just across the border from Humboldt County. Learn about the Ghost Mill that never cut a stick of lumber, the Long Ago Tunnel on the Eel, the Maiden on the Bridge and more.
Sat., Oct. 2 • 1-3 p.m. • Online
$20 • Class #: 43861

Bigfoot Studies: The Patterson-Gimlin Film
Steven Saint Thomas, Journalist
Is the existence of Bigfoot a matter of “belief,” or is there proof? This class will apply journalistic methods to probe the pros and cons of this legendary film. Survey various analyses of the film over the past 50-plus years, review first hand sources and put hoax theories to the test.
Wed., Oct. 20 • 1:30 p.m. • Online
$35 • Class #: 43862

Lighthouses of Humboldt County
Julie Clark, Park Ranger
Visit the ruins of the Humboldt Harbor Lighthouse, the first lighthouse in Humboldt County, operated from 1856 to 1892. Discover what led to the selection of its site and the reasons behind its demise. No structures remain, but there are brick remnants of the lighthouse tower. It is a half-mile walk on level sand.
Tues., Oct. 26 • 1-5 p.m.
In-person/location TBA
$15 • Class #: 43863
Alexander von Humboldt: Explorer, Visionary Scientist, Humanist  
Molly Cate, Humanitarian Educator

Alexander von Humboldt (1769-1859) was driven by wonder. He explored Latin America and Russia, and measured, studied, collected and drew all that he saw. Humboldt’s culminating work, the book *Cosmos*, became an international sensation. His vision of all life as part of a unity prefigured our modern ecological movement.

Wed., Nov. 3-17 • 10 a.m.-12 p.m. • Online  
$50 • Class #: 43869

Misusing the Milwaukee

Jerry Rohde, Historian & Ethnogeographer

In 1917, the United States Navy prepared for entering World War I by grounding its largest ship on the Pacific Coast, the USS Milwaukee, on the beach at Samoa. We’ll look at this masterpiece of nautical malfeasance, while high and dry in our OLLI Zoom class.

Sat., Nov. 13 • 1-3 p.m. • Online  
$20 • Class #: 43870

East of Arcata Bay

Jerry Rohde, Historian & Ethnogeographer

Everyone is familiar with Highway 101 between Eureka and Arcata. But do you know what was there before the freeway? We’ll find out as we look at former wetlands, logging railroads, ranches, and quarries along with such tiny towns as Bayside, Indianola, and Freshwater.

Sat., Dec. 4 • 1-3 p.m. • Online  
$20 • Class #: 43872
**Torah for Beginners**

**Phil Lazzar, Enthusiast**  
Delve into the Torah, the Hebrew Scriptures, and take a deeper dive into what it is, and why it is important to study it. In the words of our sage Rabbi Hillel, “What is hateful to you, do not do to another, all the rest is commentary, now go and learn.”  

Tues., Oct. 5-26 • 3-4 p.m. • Online  
$20 • Class #: 43873

**Only Hope: My Mother and the Holocaust Brought to Light**

**Irv Lubliner, Professor Emeritus**  
Learn about the Holocaust through the eyes of a survivor and how it impacted lives. Before she passed away in 1974, Felicia Bornstein Lubliner wrote about her captivity in Polish ghettos and two Nazi concentration camps, Auschwitz and Gross-Rosen. Her son will share excerpts from *Only Hope: A Survivor’s Stories of the Holocaust.*  

Tues., Nov. 16 • 10-11:45 a.m. • Online  
$20 • Class #: 43871

**This Season of Light**

**Molly Cate, Humanitarian Educator**  
Explore the many cultural traditions honoring light this time of year — Diwali (Hindu), Hanukkah (Jewish), Winter Solstice (Nature-based), Christmas (Christian), and Kwanzaa (African American). Dive into the many meanings of light — the light within, the light of community, the light of the sun — honored around the world.  

Wed., Dec. 1 & 8 • 10 a.m.-12 p.m. • Online  
$30 • Class #: 43874
Japanese Language
With Mie Matsumoto, Japanese Language Educator
Let’s have fun improving your Japanese reading skills while learning current events in Japan! This online Japanese language class will focus on reading Japanese news articles from “News Web Easy” by NHK and having a conversation based on current topics in Japanese.
Students are required to have the ability to read Japanese in hiragana and katakana and to understand beginning-intermediate level Japanese.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/extended/japanese
Mon. & Wed., Nov. 8-17, 5-6:30 p.m. • Online • $80 • Class #: 43786

Mastering the Digital SLR
Nicole Jean Hill, HSU Art Professor
Explore non-automatic shooting modes and creative control of the DSLR camera functions and exposure. Online class. Students will need access to a DSLR or point-and-shoot camera with manual override. For ages 16 and older.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/digicomm/digiSLR
Mon., Oct. 25-Nov. 15, 5-7 p.m.
Online • $195 • Class #: 43784

Photo Portfolio
Nicole Jean Hill, Instructor
Share your photographs, improve your photographic techniques, and create visually engaging and meaningful photographs. Build a strong portfolio for personal, fine art, or commercial use.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/digicomm/photoportfolio
Wed., Oct. 6 & 20; Nov. 3 & 17, 5-7 p.m.
Online • $195 • Class #: 43785

Teach for OLLI this winter
Not all classrooms have four walls
Winter course proposals are due Oct. 31.
The OLLI winter classes will be held between Jan. 24 and Feb. 19.
Find the course proposal form and more information at humboldt.edu/ollis/proposal
SEPT. 13
Tuck Engelmann, Humboldt County Grand Jury: Learn about the Humboldt County Civic Grand Jury, and who is empaneled to do its bidding. Discover why we have a Grand Jury, and how one becomes a jury member. Find out how the Grand Jury decides what or who to investigate.

SEPT. 20
Sea Level Rise Public Forum: Caltrans District 1
Aldaron Laird, Environmental Planner: This is the first of a series of public forums to learn more about sea level rise planning and projects in our region. This first forum will feature the Caltrans District 1 Climate Change Adaptation branch chief Clancy De Smet, who will share the efforts regarding Highway 101 Corridor sea level rise adaptation planning, stakeholder engagement, and other highway segments vulnerable to sea level rise.

SEPT. 27
Understanding Alzheimer’s & Dementia
John Schumann, Alzheimer’s Association: Learn about the common warning signs and symptoms to look for in yourself and others, how to approach someone who is experiencing changes in their memory, the benefits of early detection and diagnosis, and the impact of Alzheimer’s.

OCT. 4
A Life in the Theatre
Michael Fields, Theater Director: Michael Fields will talk about his 45 years at Dell’Arte, and his current transition to a new theatre group, Longshadr.

OCT. 11
New to 60: Tips to Help Plan for the Future
Meghan Gallagher, Area 1 Agency on Aging: Start thinking about how to help ease the aging process for yourself, and your loved ones. We’ll discuss finances, insurance, home modifications, and more.

OCT. 18
Medicare For All: The Time Has Come
Corinne Frugoni & Patty Harvey, Humboldt Health Care For All/Physicians for a National Health Program (HCA/PNHP): Learn how Medicare For All (also known as Single Payer) would be structured, what benefits would be available, how structural reform of our current health care system would address some of the health disparities and racial inequities that currently exist, and how labor and business would benefit.

OCT. 25
Social Justice Philanthropy Giving to Make Systemic Change
Anne Braak Katz, Humboldt Social Justice Donor Circle: Learn about social justice, social justice philanthropy, and how to contribute to systemic change in our region. Discover ways to give to make systemic changes, and find out what it means to give “upstream.” We will talk about some real world examples in our community and problem-solve together.

These presentations are sponsored by the Friends of OLLI.
NOV. 1
**Humboldt Bay Harbor Commission**

Larry Oetker, NBHC: The Harbor District is working with local, state, and federal partners to revitalize the port and attract clean, green, and modern industries that are a good fit for our region. Learn about plans to expand aquaculture, broadband, wood products and offshore wind opportunities around Humboldt Bay.

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NOV. 8
**Brain Health: Tips to Keep Your Brain Healthy**

Meghan Gallagher, Area 1 Agency on Aging: Did you know your brain is like a muscle? It changes and gets stronger when you use it. Get tangible steps you can follow to help keep your brain healthy. As you age, a healthy, active brain will help decrease your chances for memory loss.

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NOV. 15
**From Seeing to Doing: The Clarke Museum at 61**

Katie Buesch, Clarke Historical Museums: Explore how the Clarke Museum’s approach to public education has changed over the last 60 years, with special focus on how the Museum has navigated the pandemic and plans for the future.

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NOV. 22
**Happy Thanksgiving!**

No presentation this week.

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NOV. 29
**Iceland: Volcanoes, Glaciers, Waterfalls, & Puffins**

Rollie Lamberson, HSU Professor Emeritus: We will take a trip around Iceland’s Highway 1, “The Ring Road,” which completely circles the island.

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DEC. 6
**Update on Life Care Humboldt: A New Senior Living Option**

Ann Lindsay, Public Health Doctor: Dr. Lindsay will share the current status of the Life Care Humboldt project, highlighting the potential benefits for residents of this developing life plan community. Learn the latest about this senior life plan community under development.

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DEC. 13
**Volunteering with the Red Cross**

Andrew Bogar, American Red Cross: Learn about your local Red Cross Program and its volunteers, and how — with your help — we can help take care of our neighbors when they need it the most.

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To get the Zoom online meeting link, please RSVP:

**humboldt.edu/olli/brownbag**

Many past presentation recordings are available at **humboldt.edu/olli/brownbagarchive**

Sponsored by the Friends of OLLI.
Cleopatra’s Needles
Caroline Cocciardi, Author & Lecturer
Rome boasts 13 monolithic granite obelisks from Egypt, coined “Cleopatra’s needles.” Take a virtual Vespa tour through Rome’s city center and marvel at how Roman engineers were able to transport and erect these 326-ton monoliths made from solid granite. Discover how a Christian nation accepted these pagan symbols as part of its history.
Thurs., Sept. 23 • 10:30 a.m.-12 p.m. • Online
$20 • Class #: 43875

Ancient Empire of Mongolia
Rollie Lamberson & Rick Vrem, Professors Emeritus, HSU
The ancient Mongol Empire was first established by Genghis Khan in the 13th century. Mongolia encompasses huge expanses of rugged steppes and harsh desert occupied by nomadic herders. Recently mining and the associated wealth has begun to encroach on the traditional culture. We will visit the capital Ulaanbaatar, but spend most of our time with herders of cattle, yaks, horses, camels, and even reindeer.
Wed., Dec. 8 • 1-3 p.m. • In-person
$20 • Class #: 43876

What in the World is Going On in the USA?
David Marshak, Citizen Activist
Millions of our fellow citizens believe that the presidential election was stolen, the COVID-19 vaccine puts a chip into your body, and Democrats are socialists, communists, and/or nazis. We will explore these strange phenomena both in the light of previous U.S. history and with insight from adult development research.
Tues., Sept. 21 & 28 • 10 a.m.-12 p.m. • Online
$25 • Class #: 43877
Home Selling Basics
Phil Lazzar, Enthusiast
Selling a house involves some strategy and know-how, no matter how good the real estate market is. Learn how to sell a house and navigate the process, from setting a price to negotiations, contract, disclosures, inspections, and more.
Thurs., Oct. 7-28 • 3-4 p.m. • Online
$20 • Class #: 43878

Walk in My Shoes: Learning to Undo Privilege
Molly Cate, Humanitarian Educator
Find greater understanding of many kinds of underprivileged peoples through developing cultural competency. Acknowledging race, cultural differences, gender, sexual orientation, physical ability, and class as sites of systemic privilege, we’ll explore many tactics for self-education to gradually overcome the ignorance that comes with privilege, thereby enhancing the oneness of the human family.
Wed., Oct. 13-27 • 10 a.m.-12 p.m. • Online
$50 • Class #: 43879

Colored Pencil, in Three Parts
Louise Bacon-Ogden, Self-Taught Artist
Become familiar with colored pencils and create art pieces using different techniques from fun blending and embossing to shapes and shading. Demonstrations will be provided as well as a study of objects (still life) and use of a photo. No experience needed!
Tues., Oct. 5-19 • 10 a.m.-12 p.m. • Online
$50 • Class #: 43880
Vincent van Gogh in the Popular Imagination

Julie Alderson, Art Professor, HSU

From the wildly popular immersive experiences of his paintings currently touring the globe, to the recent publication of his sister-in-law’s biography Everything for Vincent: The Life of Jo van Gogh-Bonger, this course will examine the persistent fascination with Vincent van Gogh and his art.

Tues., Oct. 5 • 1-3 p.m. • Online
$25 • Class #: 43881

Nature Journals: Fall in Nebraska

Michele Olsen, Nature Journaler & Book Artist

Fall in Nebraska provides many opportunities for the nature journalist. Join me as we learn to draw landscapes with rolling hills, dramatic skies, and fall colors. Sandhill cranes, box elder bugs, and beaver dams are all there waiting to be recorded. Writing will be used as tools for observations and inquiry.

Thurs., Oct. 28 • 10 a.m.-12 p.m. • Online
$25 • Class #: 43882

Another Eye-Catching Surface Design on Paper

Sandy Vrem, Book Artist

Surface designs will be created by applying metallic acrylic paint to papers using stencils, stamps and other mark making tools. The designs will be enhanced with markers and pens creating lovely papers that can then be incorporated in making collages, cards, pages for books and other items.

Tues., Nov. 2 & Thurs., Nov. 4 • 10 a.m.-1 p.m. In-person/location TBA
$45 • Class #: 43883
SPECIAL INTEREST GROUP

Book Group

Group Leaders: Mike Zeppenno & 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., Sept. 15-Dec. 15
5-7 p.m. • Online
$20 • Class #: 43900

Modern Short Stories: A Reading Course

Rachel Engelman, Author & Educator

Enjoy a new literary discussion class surveying four works of short fiction. Kaleidoscopic tales of mystery, joy, and heartbreak. Guided conversation to get to the heart of what makes stories work, and what makes them echo in our minds. Read and discuss stories by Raymond Carver, Grace Paley, Bernard Malamud, and Alice Munro.

Wed., Nov. 3-Dec. 1 (no class Nov. 24) • 1-3 p.m.
Online • $45 • Class #: 43884

Introduction to Creative Writing

Rachel Engelman, Author & Educator

Take a deep dive into beginning fiction writing. Explore what makes a great story and how to use language to transport your reader. Get in-class-exercises to sharpen your narrative skills and develop your creative senses. Writers of all different backgrounds and levels of experience will learn the skills to creatively express themselves through writing.

Wed., Sept. 22-Oct. 13 • 1-3 p.m. • Online
$40 • Class #: 43885

Memoir Writing

Sharon Ferrett, Author & Educator

Everyone has a fascinating story to tell. Whether your memoir is for family, friends, the community or yourself — taking a memoir writing class can help you capture memories and craft your story. Class discussion, writing exercises and reflection will help you structure your memories into a priceless gift. Let’s do this!

Tues., Nov. 30-Dec. 7 • 2-3:30 p.m. • Online
$20 • Class #: 43886
One Pot: The Simple, Elegant Cooking Solution
Louisa Rogers, Workshop Leader & Writer
One pot is all it takes for a fast, healthy, delicious meal. Learn how to create elegant non-meat dishes in 30 minutes tops from a self-taught cook. Get tips for how to design a user-friendly kitchen, what foods to have on hand, which tools to keep (and avoid!), and secrets for quick stews, soups, stir-fries and salads. Recipes included.
Thurs., Nov. 18 • 1-2:30 p.m. • Online
$30 • Class #: 43855

Pre-Diabetes Intervention Strategies
Carlisle Douglas, Diabetes Prevention Health Coach
An estimated one in three people in this country meet the criteria for pre-diabetes, and most do not know it yet. Simple changes to diet, exercise, sleep and stress management can prevent onset of Type 2 diabetes. Learn what you can do for yourself, and to support your loved ones to stop this needless epidemic.
Mon., Oct. 4 • 3-5 p.m. • Online
$20 • Class #: 43887

Sparkling Holidays: Discover the World of Bubbles
With Pam Long, Wine Educator
Beyond expensive French Champagne, there’s a world of budget-friendly bubbles from just about every wine region on the planet. Delve into the process of how sparkling wines are made, how the grapes are sourced, and why the term “Extra Dry” on sparkling wine labels actually means sweet (what??). From Italy’s delightful Prosecco to Spain’s quaffable Cava, you will find many options for low alcohol and inexpensive sparkling wines. Get ready to celebrate this holiday season with sparklers that pair with just about every dish.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/wine/sipsparkling
Thurs., Nov. 4 • 5:30-7 p.m. • Online • $30 • Class #: 43793
Updates in Migraine Treatments
Caroline Connor, M.D., M.P.H., Physician & Headache Specialist
Learn about migraines in general, and the old and new treatments for migraine sufferers.
Tues., Oct 5 • 6-8 p.m. • Online
$40 • Class #: 43888

Adult Immunizations in 2021
Caroline Connor, M.D., M.P.H., Family Physician
Learn about the different types of vaccines, and how they are developed. Find out how a vaccine works to protect you, and what the recommended vaccines are for people 18 and over. Hear about the latest developments in the COVID-19 vaccine story.
Thurs., Nov. 4 • 6-7:30 p.m. • Online
$30 • Class #: 43897

Languishing & What You Can Do About It
Tracey Barnes Priestley, Writer/Retired Therapist & Coach
Has slogging through the pandemic left you stuck in a monumental case of the blahs? You’re not depressed, but you sure aren’t flourishing either? This class explains the unique emotional state of languishing, and offers practical tips for moving through it.
Tues., Oct. 26-Nov. 9 • 11 a.m.-12 p.m. • Online
$20 • Class #: 43899

Lightening Your Load: How to Let Go of Your Stuff for Good
Louisa Rogers, Workshop Leader & Writer
Too much stuff! As we age, many of us want less — but letting go of our cherished belongings is emotionally and physically challenging. Overcome resistance, solve common decluttering problems, develop a plan, and take the first steps towards a spacious, life-enhancing environment.
Thurs., Dec. 2 • 1-2:30 p.m. • Online
$30 • Class #: 43846
**Autumnal Yoga: A Journey Through the Elements**

**Lena Schmidt, Yoga Teacher**

Enjoy a well-rounded, all-level, mellow movement class with an Autumnal theme. Learn about an element (earth, water, fire, air) each session, including environmental impacts, indigenous and international traditions, and social justice action. Sessions may be taken individually for $15; see website to enroll.

Series: Tues., Oct. 19-Nov. 9 • 12:30-1:30 p.m.  
Online • $45 • Class #: 43890

**Yoga for Ecological Grief**

**Laura Johnson, PhD, RYT-500, HSU Lecturer & Yoga Teacher**

Honor, open to, and move through collective grief for the world in these times. Following an introductory lecture/discussion, you will receive four weekly recorded yoga practices consisting of breathwork, meditations, mudras, and accessible poses. This heart-opening series cultivates compassion and equanimity, loving-kindness and joy, courage and resilience.

Thurs., Oct. 7 • 11 a.m.-1 p.m. 
Plus 4 weekly recordings • Online 
$40 • Class #: 43898

**Introduction 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. Students will be introduced to the Yang Style Short Form (first 18 of 37 postures). Emphasis on relaxation, breath, efficient movement mechanics, and rhythmic flow.

Mon. & Wed., Oct. 11-Nov. 10 • 5:30-6:05 p.m.  
Online • $45 • Class #: 43889

**Meditation for Beginners; We Are All Beginners**

**Thérèse Scott, Embodiment Teacher**

Explore meditation through the lens of breath and body awareness in a somatic style of practice that encourages subtle and relaxed movement, as well as periods of stillness. In this way, everything that arises can be enjoyed as part of the practice.

Mon. & Wed., Sept. 20-Oct. 13 • 9-10 a.m.  
Online • $45 • Class #: 43908

**Introduction to American Cane Spinning**

**Richard Stull, Cane with Doc!**

Get an introduction to basic cane spinning and how the hook cane can be used in combination with assertive commands for personal self defense. Additionally, students will learn about the rhythmic skills of cane spinning for fitness, balance, coordination and brain health.

Thurs., Oct. 28 • 1:10 p.m. • Online 
$15 • Class #: 43896
**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.

Option 1: Fri., Sept. 24-Oct. 29  
10:45-11:45 a.m. • Online  
$72 • Class #: 43847

Option 2: Fri., Nov. 5-Dec. 10 (no class Nov. 26)  
10:45-11:45 a.m. • Online  
$60 • Class #: 43849

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**Beginning Ballet for Adults**  
*Nancy Call, Ballet Instructor*

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.

Option 1: Wed., Sept. 29-Oct. 27  
10:30 a.m.-12 p.m. • Online  
$72 • Class #: 43851

Option 2: Wed., Nov. 3-Dec. 8 (no class Nov. 24)  
10:30 a.m.-12 p.m. • Online  
$72 • Class #: 43852

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**Intermediate Ballet for Adults**  
*Nancy Call, Ballet Instructor*

Bring your ballet practice to the next level. Additional ballet steps and complex combinations will be taught, while continuing to work on posture, alignment and balance.

Option 1: Tues. & Thurs., Sept. 28-Oct. 28  
10:30 a.m.-12 p.m. • Online  
$130 • Class #: 43853

Option 2: Tues. & Thurs., Nov. 2-Dec. 9  
(no class Nov. 11, Nov. 23, or Nov. 25)  
10:30 a.m.-12 p.m. • Online  
$130 • Class #: 43854
Friends of OLLI

Friends of OLLI have given additional financial support to the Osher Lifelong Learning Institute at Humboldt State University. We thank these generous donors who have helped OLLI at HSU keep classes accessible and affordable.

Why give to OLLI?

Be a part of the future of OLLI at HSU

For the past 16 years, OLLI at HSU has grown into a vibrant lifelong learning community. In order to fully support our institute, we must raise funding or increase resources.

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.

OLLI does not receive funding or support from HSU, and relies on membership fees, donations and course fees to run its lifelong learning institute. Friends of OLLI donations support the weekly Brown Bag Lunch Presentations and Let’s Connect gatherings, which are offered for FREE to the entire community.

As we look to the future, we hope to enhance OLLI at HSU in some new ways:

OLLI at HSU is looking forward to creating a Lifelong Learning Lab.

We hope to 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 at HSU supports college students, and we benefit from Lifelong Learning Student Assistants.

In January, Jerry and Gisela Rohde — champions of OLLI and beloved faculty members — made a generous endowment of $30,000 to OLLI at HSU, which will serve to support a Lifelong Learning Student Assistant position in perpetuity.

Hopefully you have had a chance to meet Alex Gonzalez, who is the first OLLI at HSU Lifelong Learning Student Assistant. Alex helps facilitate classes, consults on technology needs and program enhancements, and conducts special projects with the OLLI Coordinator.

We hope to open three more 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.

Please consider supporting OLLI at HSU by making a donation on our secure website or contacting us at the OLLI office for more information on how you can give to the future of OLLI.

JOIN FRIENDS OF OLLI: humboldt.edu/giving/ollı

Thank you to these Friends of OLLI who gave from July 1, 2020 through July 31, 2021. We apologize if we inadvertently omitted anyone.

The updated Friends of OLLI list may be found at humboldt.edu/ollı/friends
### Philanthropist: $2500 +

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### Presidents’ Club: $1000 +

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### Gold: $500-$999

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### Friend: Any amount

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<td>Anne Harris, in honor of Tom &amp; Anita Gage</td>
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Sustaining members are in bold.
The 2021 U.S. Capitol Christmas Tree, is an 84-foot white fir harvested from the Six Rivers National Forest. Named “Sugar Bear,” this tree will grace the West Lawn of the nation’s Capitol for the holiday season.

Sugar Bear’s theme is “Six Rivers, Many Peoples, One Tree,” and represents the diversity and natural history of our region. California residents, including OLLI members, are making the 15,000 ornaments for this tree, and the 130 other trees at the Capitol.

Learn more about the Capitol tree at uscapitolchristmastree.com