



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

FALL 2023



Cal Poly
Humboldt.

Join the community of lifelong learners age 50 and better.

At the **Osher Lifelong Learning Institute at Cal Poly Humboldt** (OLLI at Humboldt), everyone benefits from lifelong learning, and anyone can be an OLLI member.

Members get priority registration and reduced class fees with early notification of events, and shared opportunities with other OLLI programs nationwide. Members also get access to the Cal Poly Humboldt Library, discounts on public transportation, access to the university recreation center (for additional fee), discounts for community services and at local businesses, and much more!

Join OLLI today and help reach its annual membership goal of 1,000 new or renewing members. Your membership helps to make sustaining this program possible. 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.

JOIN OLLI



OLLI Annual Membership: \$35 (July 1, 2023-June 30, 2024)

humboldt.edu/olli/join

OLLI Cal Poly Humboldt.





COURTESY OF AMELIA WRIGHT

From the Dean

Dr. Cindy Bumgarner

Greetings! I am quite thrilled to be writing to you as the new dean of the College of Extended Education and Global Engagement. I am equally excited that the fantastic OLLI program is part of this college.

As an educator for over 20 years, I have seen and experienced the transformative power of education. The joy that comes from the pursuit of new knowledge can captivate, no matter our age. This is the power of OLLI. It opens an expansive door to lifelong learning for those of us over the age of 50 here in the Humboldt community.

OLLI at Cal Poly Humboldt offers an excellent and varied set of courses and meetings with committed instructors and

equally committed OLLI members. We are quite proud to offer these opportunities for fulfilling engagement and connection with the world of ideas.



If you are already an OLLI member, thank you. Together with the generosity of the Bernard Osher Foundation, your memberships allow us to continue supporting this vibrant community of lifelong learners. If you are not yet an OLLI member, please consider joining today to begin creating your own learning pathways and to join this wonderful OLLI community.

COLLEGE OF Extended Education & Global Engagement

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 Cal Poly Humboldt Native American Food Sovereignty Lab at hsu.link/foodsovereigntylab.

Cal Poly Humboldt is an AA/EQ Employer.

Disability accommodation may be available.

Contact CEEGE: (707) 826-3731

Front/back cover photos: Dahlias in the Sequoia Park Flower Garden, Eureka, by Grace Kerr.

Photos on these pages: Sequoia Park Flower Garden and view from the Sequoia Park Zoo Skywalk, by Amelia Wright.



Osher Lifelong Learning Institute at Cal Poly Humboldt

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

Location: Cal Poly Humboldt Student & Business
Services Building, Suite 211 (2nd floor)
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

OLLI Staff

Dean Dr. Cindy Bumgarner
OLLI Coordinator Kim Laney
OLLI Support Specialist Erin Scofield
Registrar Deserie Donae
Assistant Registrar Summer Turner
Administrative Assistant
& Functional Lead Elizabeth Lujan
Graphic/Web Designer Grace Kerr
Budget Analyst Devinney Brashear
Student Assistants Marina Birruete Sanchez,
Judy McIntyre, Eli Maloney,
Rosemary Kelly, Whitney Vickers

OLLI Curriculum Committee

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

OLLI Finance & Fundraising Committee

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

FALL 2023



***In-person and
online classes
for everyone!***

**NEW! Registration closes for classes
three business days before the class
start date.** (See page 9 for details.)

Before you register: Be sure to review
the listings carefully for how the class will
be delivered. After you register, watch your
email for an enrollment confirmation with
additional information about your class.

In-Person: The class is held
face-to-face in a university classroom or
an off-campus instructional space, or is a
class that includes a field trip.

Online: The class is delivered 100%
online, in real time, via Zoom, a web-
based video conferencing service. See
page 19 for information about Zoom
tutorials and video recordings.

More information: Classes are listed in
this catalog with the **OLLI member fees**.
Non-members pay an additional \$25 per
class. Classes are **open to anyone**, as
space allows. For details, see "How to
register for OLLI" on page 9.

OLLI class scholarships may be
available to members. See
humboldt.edu/olli/scholarships.

Release of Liability forms are
required for field trip classes and
some in-person activity classes.

IN-PERSON CLASSES

Beginning Pickleball: Skills & Drills (Option 1)

Jerry Saner, Instructor

Pickleball is a game that combines aspects of tennis, badminton, and ping-pong. The court is the size of a badminton court. The paddles look like large ping-pong paddles and the ball is a plastic whiffle ball. You will learn to drive, drop, dink, serve, rules, and keep score.

Sun., Sept. 24-Oct. 29

10 a.m.-12 p.m. • In-person: Arcata
\$75 • Class #: 44130



SPECIAL INTEREST GROUP

Citizen Science & Nature Diaries

**Michele Olsen & Gisela Rohde,
Group Leaders**

Meet quarterly in person to explore nature and contribute to scientific research. Learn about public participation in data collection and reporting observations in a nature diary.

Wed., Sept. 27 • 11 a.m.-1 p.m.

Annual: Through June 30, 2024

\$40 • Class #: 31232

Acting Up: The Fundamentals of Acting

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? If so, then this is the class for you. Up your confidence and up your ability in this fun, playful environment as you use improvisation, text work and your life experience to up your acting skills.

Wed., Oct. 4-Nov. 8 • 1-3 p.m.

In-person: Arcata

\$90 • Class #: 44191

Intro to Permaculture & Regenerative Homesteading

Steven Saint Thomas, Permaculturist

The world is way off course to meet carbon-emission reduction targets in the Paris Climate Agreement. “Permaculture” and “Regenerative Agriculture” are similar paths to making a course correction — and you can help!

Sun., Oct. 8 • 10 a.m.-1 p.m.

In-person: McKinleyville

\$35 • Class #: 44232

FALL 2023 • IN-PERSON CLASSES

Negative Painting

Louise Bacon-Ogden, Artist

Bring your water color image “into the light” by painting dark to light. Together we will create two lovely art pieces using this method.

Tues., Oct. 10 • 2-3:30 p.m.

In-person: McKinleyville

\$20 • Class #: 44192



COURTESY OF LOUISE BACON OGDEN

Bird Mysteries: Origins & Sex

Elliott Dabill, California Naturalist

This class offers an appreciation for the new understanding of birds evolving from dinosaurs, and their very different sex lives.

Wed., Oct. 18 • 9 a.m.-12 p.m.

In-person: Eureka

\$40 • Class #: 44185



On the Road to Shangri La

Michael Turek, Historian

Learn about Tibetans in Yunnan Province, China and how Xianggelila became known as Shangri La.

Thurs., Oct. 19 • 3-4:30 p.m.

In-person: Eureka

\$30 • Class #: 44223



COURTESY OF MIKE TUREK

The Art of French Polynesia

Ron Johnson, Professor Emeritus

This class will examine the art of Tahiti, Huahine, Mo'orea, Fakarava, and the Marquesas. It will include architecture, sculpture, open air temples (Marae), baskets, tapa, tatoos, and dance. Based on the instructor's recent and past voyages to French Polynesia. He will share photos of sculpture from the reopened Museum of Tahiti, and feature the Marae on Raiatea, the center of the Polynesian world.

Tues., Oct. 24 • 1-3 p.m.

In-person: Eureka

\$30 • Class #: 44172



COURTESY OF RON JOHNSON

Empowerment Self Defense

Carrie Slack, Certified Empowerment Self Defense Instructor

Do fears for your safety limit you from partaking in community activities? Would you like to feel more confident setting boundaries? In this class, you will receive accurate information about violence, while learning and practicing simple and effective verbal and physical self-defense skills.

Tues. & Thurs., Oct. 24 & 26 • 1-3 p.m.

In-person: Arcata

\$50 • Class #: 44227

Leaf Montage

Louise Bacon-Ogden, Artist

Join us for a captivating leaf art workshop! Gather, identify, and beautifully color leaves using colored pencils. We'll trace, shade, and add vivid hues to bring out their unique qualities. Let's celebrate the beauty of nature through art!

Wed., Oct. 25 • 2-3:30 p.m.

In-person: McKinleyville

\$30 • Class #: 44224

Reflecting on the Work of Five Award-Winning Women Poets

Bonnie Shand, Poet

Explore the work of five women poets who made an impact on literature. Read and discuss selections by National Book Critics Circle Award Winner **Sharon Olds**, Poet Laureates **Joy Harjo** and **Ada Limón**, Pushcart Prize winner **Doranne Laux**, and Pulitzer Prize winner **Natasha Trethewey**.

Thurs., Oct. 26-Nov. 30 (no class Nov. 23)

2-4 p.m. • In-person: Eureka

\$75 • Class #: 44173

Intro to Pilates Foundations

Summer Turner, Pilates Teacher

Whether your goals include building strength and flexibility, returning to an activity you enjoy, or continuing to recover from an injury or illness, this class will give you an introduction to the foundation of Pilates.

Sat., Oct. 28 • 12-2 p.m.

In-person: Arcata

\$35 • Class #: 44189

The Seven Wonders of the Ancient World

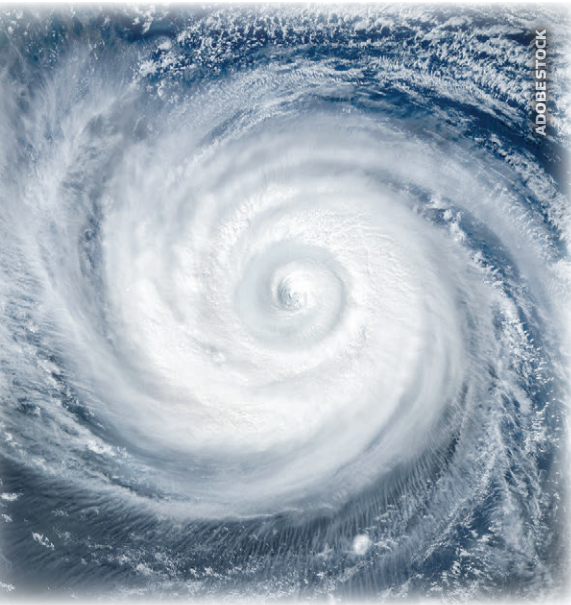
Barry Evans, Local Science Columnist

Around 130 BC, Antipater, a Greek poet living in today's Lebanon, celebrated seven of the finest man-made structures of his time, presaging today's travel industry. In this class, we'll discuss: Why seven? What influenced Antipater's choices? What remains of Antipater's original list? How can we visit the sites of all seven "wonders?"

Wed., Nov. 1 • 2-3:30 p.m.

In-person: Eureka

\$30 • Class #: 44225



The Science of Everyday Things (Complete Series)

Elliott Parivar, Ph.D., Retired Science Teacher & Adjunct Professor

Examine the chemistry and physics that apply to our everyday lives, without the complicated formulas. Conduct lab experiments and observe demos on weather, heat, sound, light, color, EM radiation, forces of nature, and gravity. Can be taken as a series or individually (see below and pages 7 & 8).

Sat., Nov. 4, 18, & Dec. 2 • 10 a.m.-12 p.m.

In-person: Arcata

\$45 • Class #: 44132

The Science of Everyday Things: Weather

Elliott Parivar, Ph.D., Retired Science Teacher / Adjunct Professor

Learn about the science of weather, pressure, and heat — cloud formation, rain, snow, sleet, hail, tornadoes, hurricanes, phase changes — and the survival skills needed in harsh weather conditions. (This class is also part of a series. See above.)

Sat., Nov. 4 • 10 a.m.-12 p.m.

In-person: Arcata

\$20 • Class #: 44186

Sleep: An Exploration

Jane Woodward, Instructor

We will discuss why we sleep, what happens while we sleep, the various rhythms and stages of sleep, sleep hygiene, habits to facilitate getting to/staying asleep, and issues such as sleep apnea, use of sleep aides, sleep anxiety, napping, the impact of dementia, and how our sleep patterns may change as we age.

Sat., Nov. 4 • 2-4 p.m. • In-person: Arcata

\$20 • Class #: 44233

Beginning Pickleball: Skills & Drills (Option 2)

Jerry Saner, Instructor

Pickleball is a game that combines aspects of tennis, badminton, and ping-pong. The court is the size of a badminton court. The paddles look like large ping-pong paddles and the ball is a plastic whiffle ball. You will learn to drive, drop, dink, serve, rules, and keep score.

Sun., Nov. 5-Dec. 10 • 10 a.m.-12 p.m.

In-person: Arcata

\$75 • Class #: 44131

IN-PERSON CLASSES

The Once & Future King

Barry Evans, Local Science Columnist

Arthur lives on in books and movies as the hero who defended the island of Britain against invaders following the withdrawal of Roman troops in AD 410. We'll discuss the situation in dark-age Britain, the evidence for and against "King" Arthur, and the romanticizing of the legend, then and now.

Wed., Nov. 8 • 2-3:30 p.m.

In-person: Eureka

\$30 • Class #: 44226

The Science of Everyday Things: Periodic Motion

Elliott Parivar, Ph.D., Retired Science Teacher & Adjunct Professor

Learn the science of periodic motion and waves, sound waves and musical instruments, EM radiation, light waves, color, and paint. (This class is also part of a series. See page 6.)

Sat., Nov. 18 • 10 a.m.-12 p.m.

In-person: Arcata

\$20 • Class #: 44187



All You Need is Creativity: The Beatles Creative Process

Dr. Gary Glassman, Historian & Noted Beatleologist, & Dr. Blake Brown, Lecturer

Delve into the Beatles individual and group odysseys — their history, songs, and innovations. This class covers the history of the Beatles from their childhood to their final album, *Abbey Road*, with lecture, slideshow, music, film clips, lyrics, and class conversation.

Mon., Nov. 27, Dec. 4 & 11 • 2-4 p.m.

In-person: Eureka

\$65 • Class #: 44228

Conversations About the Opportunities of "Old Age" Today

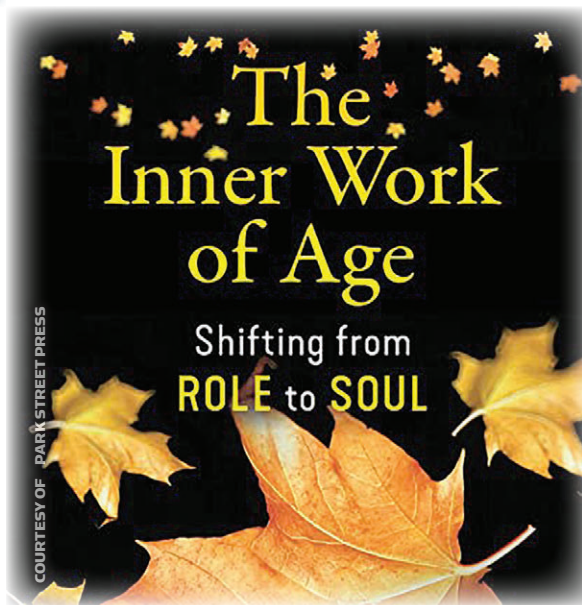
David Marshak, Elder-in-training

We will reflect on our lives in "old age" through a series of conversations, using Connie Zweig's book, *The Inner Work of Age*, as a starting point. We will share ideas, insights, concerns, and questions, and through this sharing we will gain new insights and creative inspirations.

Thurs., Nov. 30, Dec. 7 & 14 • 1-3 p.m.

In-person: Eureka

\$30 • Class #: 44208



FALL 2023 • IN-PERSON CLASSES

Hike & Sketch: Blue Lake

Margaret Kellermann, Artist

As part of our popular Hike and Sketch series, both locals and travelers love touring Blue Lake's picturesque downtown, stopping to sketch along the way. Uncover Blue Lake's fascinating early history. Experiment with "flash sketches," in a fun team-building setting, ending with a great local no-host lunch. All art levels welcome, novice to professional.

Sat., Dec. 2 • 9:30 a.m.-12:30 p.m.

In-person: Blue Lake

\$60 • Class #: 44193



The Science of Everyday Things: Gravity & More

Elliott Parivar, Ph.D., Retired Science Teacher & Adjunct Professor

Learn the science of forces, motion, Newton's Laws of motion, gravity, and astronomy. (This class is also part of a series. See page 6.)

Sat., Dec. 2 • 10 a.m.-12 p.m.

In-person: Arcata

\$20 • Class #: 44188



Intro to Pilates Equipment

Summer Turner, Pilates Teacher

Are you curious about Pilates equipment, yet intimidated at the same time? There's no need to be! The equipment is designed to facilitate resistance and assistance, utilizing springs and straps to enhance your movement experience. Come try it for yourself and fall in love with gentle and supportive exercise.

Sat., Dec. 9 • 12-2 p.m.

In-person: Arcata

\$35 • Class #: 44190



REDWOOD COAST MUSIC FESTIVAL

**Four Days of Live
Music in Eureka**

OCTOBER 5-8

**Jazz • Swing • Blues • Zydeco
Rockabilly • American Roots
Country • Western Swing**

**JOHN CLEARY
DUKE ROBILLARD
MICHAEL DOUCÉT**

HOT CLUB OF COWTOWN

**MARK HUMMEL • OSCAR WILSON
DIUNNA GREENLEAF & BLUE MERCY**

and many more!

**SPECIAL OLLI MEMBER
ALL EVENT TICKET: \$100**
(Four days: all venues, all shows)

SATURDAY ONLY TICKET: \$75
(One day: all venues, all shows)

PRIME TIME TICKET: \$50
(All venues Fri. or Sat., 5 p.m.-closing)

Tickets will be sold only to OLLI members
at the OLLI office until **Sept. 30**.

Discounted tickets are nonrefundable.

Full prices begin Oct. 1, so get your
OLLI member discount tickets soon!

Visit the website for the full lineup,
updates, band info, and special events!

rcmfest.org

How to register for **OLLI**

ONLINE: The easiest and preferred
method to register is online:
humboldt.edu/olli/register

IN PERSON: The OLLI office is
located on the 2nd floor of the Student
Business Service Building on the
Cal Poly Humboldt campus, and is
open Mon.-Fri. from 9 a.m.-4 p.m.

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

Mail registration form with payment to:

**OLLI at Humboldt
College of Extended Education
& Global Engagement,
Cal Poly Humboldt
1 Harpst St., Arcata CA 95521**

WHO CAN REGISTER?

Anyone from the community may take an
OLLI class. Non-members add \$25 per
class to the listed class fee. Non-members
are limited to two classes per term, or
they can become a member for \$35.

OLLI's enrollment deadlines have been updated

Enrollments now close **three business
days prior to the class start date**.

Early enrollment deadlines support
the preparedness of OLLI instructors,
staff, and volunteers. This ensures
the highest quality of education and
experiences for our community.

Enjoy your **OLLI** classes!

OLLI *Brown Bag Lunch*

SEPTEMBER 18

Holistic Dementia Care

Susan Ryan

Be part of an in-depth discussion of holistic dementia care that honors individuals' humanity and empowers caregivers to provide the best life possible for all elders.

SPONSORED BY



SEPTEMBER 25

Cal Poly Humboldt Gallery Director's Exhibitions Tours

Brittany Britton

Cal Poly Humboldt Campus Galleries aims to connect the OLLI community with the Campus Galleries exhibition programming. This is a fun way to view artwork and discuss various topics related to the current exhibitions.

OCTOBER 2

Where the Heck are the Snares? A Natural History Trip to the Sub-Antarctic Below New Zealand

Andrea Tuttle

Enjoy exploring a travelogue to remote islands between New Zealand and Antarctica. It presents the natural history of many endemic birds and mammals found there, as well as the recovery efforts to restore the ecosystem following the impacts of early sealers.

OCTOBER 9

The Shaky History of California's North Coast

Lori Dengler

Humboldt County and the adjacent offshore area is the most seismically active area of the lower 48 states. Understanding what could happen is the first step to preparing your family, your workplace, and community. Learn to practice conscious preparedness to reduce losses and bounce back quickly.

OCTOBER 16

Live Well Humboldt: Community Health Improvement Plan

Sofia Pereria

Learn about this community-wide initiative across multiple sectors of the county to increase equitable opportunities for health and well-being in our community.



OCTOBER 23

A Study of Behavioral Health Services in Humboldt County

Molly Cate

The League of Women Voters of Humboldt County undertook a nearly two-year study of local behavioral health services. From this came the League's new advocacy position on the topic.

More details and Zoom link:

humboldt.edu/olli/brownbag

FREE ONLINE PRESENTATIONS

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

OCTOBER 30

Montessori: Not Just for Children – Changing Old Lives, Too

Anne Kelly

Traditional aged care may create excess disability and can rob people of their independence and dignity. Montessori enables people to be the best they can be by supporting memory loss and independence. Learn about the application of Montessori principles to aged care.



NOVEMBER 27

Life Plan Humboldt Update

Ann Lindsay

Learn about progress towards establishing Life Plan Humboldt and its goals for the future. Life Plan Humboldt (LPH) is a local, grassroots effort to create the first resident-led, not-for-profit life plan community for active older adults on the North Coast.



DECEMBER 4

Challenges & Successes of Conducting Aquatic Restoration Activities

Scott McBain

Get an overview of the challenges of doing large scale river and wetland restoration projects that result in meaningful improvements in target species populations, habitat function, and ecological processes. Discuss challenges and successes based on experience with several large-scale restoration programs (Platte River, Trinity River, San Joaquin River, etc.).

NOVEMBER 6

The Jacquard Loom & 21st Century “Me Too”

Tom Boyer

We will discuss how computers became a catalyst for the increase of women's roles in the workforce, from the Jacquard loom to an increased role of women in STEM.

NOVEMBER 13

Who Needs Physical Therapy?

James Moore

Physical therapy is not well defined in the public mind. We will show the various aspects of physical therapy, and what injuries physical therapy is good for treating. We'll illustrate the various types of treatment in physical therapy, including hands-on body work, exercises and activities, preventive measures, and modalities to control pain.

DECEMBER 11

Wiyot Tribe Dishgamu Humboldt Community Land Trust

David Cobb

Dishgamu Humboldt is a cutting-edge new community land trust that is operated by the Wiyot Tribe. Learn about Dishgamu Humboldt's activities, and how to collaborate with it.

***Brown Bag Lunch presentations are sponsored by
the Friends of OLLI and Life Plan Humboldt.***

Can't make it to a live presentation? Past presentation videos are available at
humboldt.edu/olli/brownbagarchive

FALL 2023

Osher Online

Six-week classes offered online in real time,

Studies in Architecture: Twelve Iconic Buildings

Nancy McAfee, Art Historian

Look at “great” buildings throughout history, and learn about the principles of architecture and the importance of materials, technology, and patronage.

Wed., Sept. 27-Nov. 1 • 4-5:30 p.m.

Online

\$65 • Class #: 44212

Going Viral: An Introduction to Virology

John Kloetzel, Molecular Biologist

“Going Viral” implies explosive growth and spread. Viruses have been around way longer than people. Look at the ways viruses work in the biosphere.

Thurs., Sept. 28-Nov. 9 • 10-11:30 a.m.

Online

\$65 • Class #: 44213

Mindless in America: A Historical Perspective

Timothy Lacy, Historian

All through U.S. history, critics have accused certain segments of the American public with ignorance, stupidity, thoughtlessness, and anti-intellectualism.

Tues., Oct. 3-Nov. 7 • 10-11:30 a.m. • Online

\$65 • Class #: 44214

Crime & Punishment: Murder, Mystery, & the Menace of Ideas

**Peter Kaye, Educational Administrator,
Editor & Teacher**

In 1866, the Russian novelist Fyodor Dostoevsky wrote what would become one of the world’s great novels about murder. This discussion course anticipates that students will read the novel and actively participate in class discussion about each week’s reading.

Wed. Oct. 4-Nov. 8 • 9-10:30 a.m. • Online

\$65 • Class #: 44216

SEE DETAILED COURSE DESCRIPTIONS AND REGISTER:

humboldt.edu/olli/osheronline

Enjoy an opportunity to learn with OLLI members from across the nation!

through Osher National Resource Center

How the Modern World is Made: Modern Manufacturing Processes

Eliot Bethke, Inventor

Have you ever wondered how modern appliances are made? In this course, we'll explore a series of case studies which will explain various manufacturing techniques which make our modern life possible.

Thurs., Oct. 5-Nov. 9 • 2-3:30 p.m. • Online
\$65 • Class #: 44217

Equality, Equity, & the Journey toward Justice

Atia Thurman, Equity & Inclusion Fellow

Examine the difference between equality and equity, reflect on individual identity and institutional practices, and explore our roles in the journey toward justice.

Fri., Oct. 6-Nov. 10 • 9-10:30 a.m. • Online
\$65 • Class #: 44215

Jazz as Social Protest

**Caleb Westby, Composer,
Performer & Educator**

Jazz is a storied and complicated genre of American music. Evaluate a variety of artists, subgenres, and songs through the lens of social activism and protest.

Sat., Oct. 7-Nov. 11 • 9-10:30 a.m. • Online
\$65 • Class #: 44218

The Worlds of Comedy

**David Misch, Folksinger, Stand-up
Comedian & Screenwriter**

This course has the temerity to claim humor is an art form, then try to prove it by looking at what it is and how it works - the history, mythology, anthropology, biology, psychology, philosophy and even theology of comedy. David also draws from his background in comedy to show how professional humor is constructed

Tues., Oct. 10-Nov. 21 • 1-2:30 p.m. • Online
\$65 • Class #: 44219

OLLI MEMBERS ONLY: Register by Sept. 8!

Space is limited. These classes will not be recorded.

There will be no refunds for the Osher Online courses.


Hidden History Series: Indian Boarding Schools

Molly Cate, Humanitarian Educator

For a century, Indigenous children in Canada and the U.S. were removed from their families and mistreated, with the intention to destroy their cultures. Learn about this history that has been kept quiet for too long, and about initiatives in both countries that seek to redress the incalculable harm caused by those institutions.

Wed., Sept. 20 & 27

10:30 a.m.-12:30 p.m. • Online

\$40 • Class #: 44177 

Take Charge of Your Aging

**Ann Lindsay, MD, & Maggie Kraft,
Executive Director, A1AA**


This class will help you identify your social and support networks, review health care decision-making and end-of-life choices, discuss aging in place, and your next steps for your plan. This class is based on the curriculum, *Aging Solo*.

SPONSORED BY



Fri., Sept. 22- Oct. 27 • 1-2:15 p.m.

Online

\$30 • Class #: 44195 

SPECIAL INTEREST GROUP

Live & Local: Eureka Symphony & the Eureka Chamber Music Series


Elizabeth Morrison, Group Leader

Meets online before live classical concerts (Monday or Thursday) to preview the music and discuss the composers and musicians. See the concert calendar at humboldt.edu/olli/sig-concert

First meeting: **Mon., Sept. 25** • 6-7:30 p.m.

Group meets through **May 28, 2024**

Online • Free to members • Class #: 31230

*Free to OLLI members, thanks to sponsorship
by the Eureka Symphony.* 

Sea Level Rise on the Humboldt Coast

**Aldaron Laird, Environmental Planner,
& Jerry Rohde, Historian
& Ethnogeographer**

Explore and discuss current articles, books, and local vulnerability assessments and adaptation planning projects related to sea level rise, and how it might affect Humboldt's coastal areas.

Fall: **Thurs., Sept. 28, Nov. 16, & Jan. 18**

2-3:30 p.m. • Online

\$45 • Class #: 44174 

Annual: **Sept. 28, 2023-May 16, 2023**


\$75 • Class #: 31277

Southwest Humboldt Hinterlands

Jerry Rohde, Local Historian

From Shelter Cove to Bear River, from Petrolia to Phillipsville — the communities along the Bear, Mattole, and South Fork Eel rivers all have captivating stories. We'll look at the historical highlights of 24 communities as illustrated by dozens of full-color maps and photos.

Sat., Sept. 30 • 1-3 p.m. • Online

\$20 • Class #: 44244 

American Voices Series: Forging New Paths

Molly Cate, Humanitarian Educator

Learn about three strong voices for freedom: Roger Williams, founder of the colony that became Rhode Island; transgender pioneer and gender activist Lou Sullivan; and Texas teacher Opal Lee, who led the movement to make Juneteenth a federal holiday. We'll explore their social worlds and legacies.

Wed., Oct. 4-18 • 10:30 a.m.-12:30 p.m.

Online

\$45 • Class #: 44178 


SPECIAL INTEREST GROUP

Issues in Public Policy

Kathleen Lee, Group Leader

Explore current controversial issues in politics. We will consider the roles of the executive, legislative, and judicial branches, as well as the media and public opinion. Conversations will include vaccination policy, extremism and the Overton Window, the Indian Child Welfare Act and the Civil Service. Meets second Wednesday of the month.


Wed., Oct. 11, 2023-June 12, 2024

3-4:30 p.m. • Online
\$50 • Class # 44221 

Pen & Ink with Watercolor

Louise Bacon-Ogden, Artist


Together we will do a sketch with a permanent marker and bring it to life with a soft colored wash. The affect is soft and pretty. Doing this mixed medium art work can include some detail with a pen, and some soft color strokes with watercolor. No previous art ability is needed.

Tues., Oct. 24 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44196 

Disregarded No More!

Molly Cate, Humanitarian Educator


Discover the newly revealed technological mastery of ancient South and North Americans, and Indigenous Australians, too. Bias — unconscious or overt — has kept mainstream white academics and the public ignorant of the achievements of people of color around the world. We'll examine several examples and the technologies now revolutionizing our understanding.

Wed., Nov. 1-15 • 10:30 a.m.-12:30 p.m.
Online
\$45 • Class #: 44179 

Armchair Traveler: North to the Klamath!

Jerry Rohde, Local Historian

Moonstone Beach, Trinidad, Prairie Creek — the Redwood Highway connects many scenic and historic spots along the northern Humboldt coast. We'll visit a string of striking locations from the comfort and convenience of our OLLI armchairs, so take a seat and join us!

Sat., Oct. 21 • 1-3 p.m. • Online
\$20 • Class #: 44175 

Watercolor with Pen & Ink

Louise Bacon-Ogden, Artist


We will doodle color onto paper and then create a “masterpiece” with a pen. Then we will “see” an image that will be enhanced with a permanent marker or pen. This is a fun way to kick-start your creative brain. Prime your imagination and create, just for the joy of the experience.

Thurs., Oct. 26 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44197 

Nature in Haiku

Mie Matsumoto, Instructor


Explore the beauty of Haiku, the Japanese short poem consisting of only three lines with a total of 17 syllables. Many Haiku focus on and capture a moment in nature, and Japanese Haiku poets such as Basho, Buson, and Issa wrote many Haiku during their journeys. Haiku is a beautiful poetic technique that may inspire you to travel in Japan, or perhaps write your own.

Fri., Nov. 3 • 1-3 p.m. • Online
\$30 • Class #: 44202 

Life Story Telling

Margaret Kellermann, Author

Have you wanted to write down a brief life history for your family, or even publish some stories as Humboldt history? Find what makes compelling written history, and share some of your own stories. Collect them in a book in time to share for the holidays, if you wish.

Tues., Nov. 7 & 14 • 1-3 p.m. • Online
\$60 • Class #: 44209 

An Introduction to Critical Race Theory: What It Really Is & Why It Matters

David Marshak, Citizen


Examine critical race theory (CRT) in detail: its origins, claims, and questions. Also explore the widespread propaganda that has misrepresented CRT in the public square for the purposes of maintaining existing norms of discrimination. CRT details and explains institutionalized racial disadvantage, both historic and contemporary.

Thurs., Nov. 9 & 16 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44203 

Mindfulness in Haiku

Mie Matsumoto, Instructor


Many Haiku poems capture the beauty of nature in the present moment. We will explore the art of mindfulness in selected nature haiku poems by Japanese haiku master Basho, Buson, and more.

Thurs., Nov. 16 • 1-3 p.m. • Online
\$30 • Class #: 42205 

Photographic Exploration of Wigi (Currently Called Humboldt Bay)

Aldaron Laird, Photographer


Gain an understanding and appreciation of the diversity and beauty of Wigi (Humboldt Bay) through a photographic exploration. See the diversity and beauty of five different regions of Wigi, based on mapping its entire shoreline perimeter, as well as the instructor's 13 years of kayaking, hiking and exploring the bay's tidelands, wetlands, forest, and wildlife.

Wed., Nov. 8 • 1-3 p.m. • Online
\$25 • Class #: 44198 

Conspiracy Studies: JFK Assassination Hits 60

Steven Saint Thomas, Journalist

On Nov. 22, 1963, the world was changed forever by the public assassination of President Kennedy. As the 60th anniversary of the shooting nears, the government is still withholding some 4,000 related documents. Using investigative journalism methods, we'll sort out what we know — and what we have yet to learn — about possible government complicity in this controversial tragedy.

Wed., Nov. 15 • 1-3 p.m. • Online
\$35 • Class #: 44204 

SPECIAL INTEREST GROUP

Book Group

Mike Zeppegno & Dan Chandler, Group Leaders

Meet online on the third Wednesday of the month to discuss books from various genres. All readers welcome. Monthly selections are listed at humboldt.edu/olli/sig-book


Wed., Sept. 20-Dec. 20 • 5-7 p.m.
\$30 • Class #: 31229

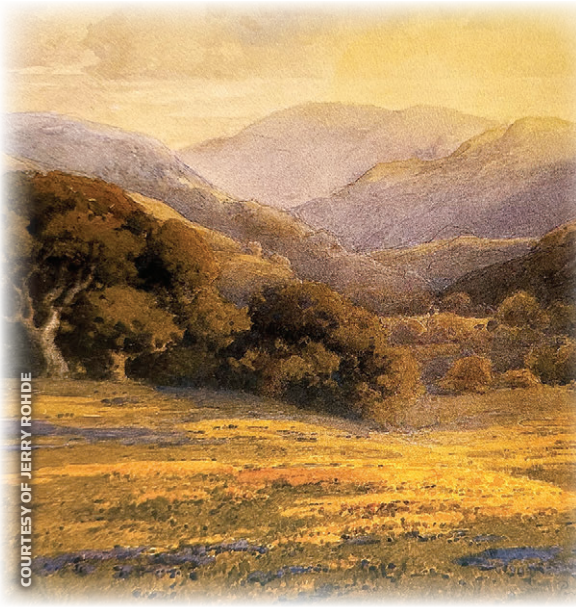
Annual: Sept. 20, 2023-June 19, 2024
\$50 • Class #: 31228 

The Golden Age of Golden State Painting: Part 2

Jerry Rohde, Art Appreciator

In Part 2 of this series, we'll look at artists (such as Maurice Braun, John Gamble, and Percy Gray) from San Diego, Santa Barbara, Monterey, and the San Francisco Bay area, as well as viewing some additional work from the Laguna Beach and Pasadena areas covered in Part 1.

Sat., Nov. 18 • 1-3 p.m. • Online
\$20 • Class #: 44199 




COURTESY OF JERRY ROHDE

Funny Funny Musicals

Sam & Candy Caponegro, Instructors

Just want to sit back and laugh while exploring the world of musicals? This is the class for you. You'll be chuckling while watching and discussing the most hilarious numbers from famous Broadway and movie musicals and some not so famous musicals. Nothing like a great song to get you in a great mood.


Mon., Nov 20 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44206 

United States' Original Sin: The War Between the States

David Marshak, Citizen Historian

This class will explore the "original sin" of slavery and the ways in which this "sin" established a "war between the states" that confronted the USA for 235 years. Topics include the Constitution's 3/5 compromise, the Compromise of 1820, FDR's compromise with Jim Crow, the blue/red state "war" today, and others.

Tues., Nov. 28 & Dec. 5


10 a.m.-12 p.m. • Online
\$30 • Class #: 44207 

Godzilla & Nuclear Power

Molly Cate, Humanitarian Educator

How did Japan's deep aversion to nuclear energy, forged by the horrors inflicted upon Hiroshima and Nagasaki, transform into the radiation disaster at Fukushima Daiichi? We'll learn about nuclear power mishaps in Japan and other places. One 1950s Japanese movie, *Gojira* (*Godzilla* in the U.S.), will inform our exploration.

Wed., Nov. 29 & Dec. 6

10:30 a.m.-12:30 p.m. • Online
\$40 • Class #: 44180 

Mindmapping with an Attitude

Margaret Kellermann, Artist & Author

Do you find constant listmaking to be a bore? Your brain might be better suited to the visual word-association method of mindmaps, or word clusters. Even if you've mindmapped before, you can give your business or pastimes a boost, and find your path through puzzling mazes of all kinds.

Tues., Dec. 5 • 1:30-3 p.m. • Online


\$30 • Class #: 44234 



Buster Keaton: Existential Slapstick

David Misch, Screenwriter


Silent film comic Buster Keaton is recognized as one of the most daring, inventive, and hilarious comedians ever. Using copious clips, we'll look at how Keaton's art springs from the beginnings of comedy — the mythical trickster — and how, without dialogue, he employs pretty much every other element of cinema.

Wed., Dec. 6 • 3-5 p.m. • Online
\$30 • Class #: 44231 

Musical Biographies

Sam & Candy Caponegro, Instructors


Musical biographies have always been a staple in movies and on Broadway. Biographies of musical performers, musicians, and song writers are especially popular because of big star names, notoriety, and/or their signature songs. Musical clips include *Annie Get Your Gun*, *Night and Day*, *Funny Girl*, and more.

Thurs., Dec. 7 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44210 

The '70s

Julie Alderson, Art Historian

Art produced in the 1970s was extremely varied. Conceptual, performance, earth, and feminist art are just a few of the movements that developed during that decade. We will examine the complexity of '70s art in order to better understand this critical time in art history.


Thurs., Dec. 7 • 4-6 p.m. • Online
\$30 • Class #: 44230 



Pointillism

Louise Bacon-Ogden, Artist

Together we will look at some famous pointillism artists' works. We will be inspired by their use of this method and create art with little dots and dashes. No art experience is necessary, just enthusiasm for wanting to create. Use the medium of your choice (no oils, please).

Tues., Dec. 12 • 10 a.m.-12 p.m. • Online
\$30 • Class #: 44200 

OLLI Recording Policy

OLLI Class Video Recordings

If you are pre-enrolled in an online class, you may have access to class video recordings. Recordings may only be available for up to two weeks following the class. Not all online classes will be recorded, and some class recordings may not be available due to unforeseen circumstances. In-person classes are not recorded.

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.

 The class will be recorded.

 No class recording will be available.

Attend a free OLLI Zoom tutorial

Many OLLI classes and events 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 zoom.us)

Before you attend an online presentation or class, you can attend a Zoom tutorial, where you can learn how to navigate Zoom, and test your audio and video. To attend a tutorial, e-mail olli@humboldt.edu.



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

These weekly sessions – which began early in the pandemic as a response to the isolation – have now grown to become a regular gathering of friendly and interesting people.

Facilitated by **Tracey Barnes-Priestley**, this hour of conversation focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter. Please join us!

Register once and use the same Zoom link each week.

See weekly topics and register: humboldt.edu/olli/letsconnect

Friends of **OLLI**

Be a **part** of the **future** of **OLLI** at **Humboldt**

OLLI at Humboldt was founded by the Bernard Osher Foundation. Operating funds for OLLI come from interest on the Osher Foundation endowment, membership dues, and class fees. OLLI receives no direct funding from Cal Poly Humboldt.

When Friends who value lifelong learning give to OLLI, donations are used to provide scholarships, courtesy memberships, and to bring more benefits back to OLLI members.

OLLI is currently creating a dedicated Lifelong Learning Classroom and office space located off campus, designed to inspire learning.

This educational space, located in the former Stewart School building in Arcata, will be inclusive and accessible, with an audio induction telecoil loop (T-loop) system and other technologies, to allow OLLI classes to be



**Coming soon:
Lifelong Learning
Classroom**

offered simultaneously in-person and online. Your donation will help OLLI move into its new Lifelong Learning Classroom this next year.

*Meet **Marina Birruete Sanchez**: OLLI Student Assistant*

Marina Birruete Sanchez is a first-generation college student from the Bay Area. She is starting her second year at Cal Poly Humboldt, majoring in political science and minoring in psychology.

She is currently an OLLI student assistant, and says, “I’ve met so many kind-hearted people who have shown me so many new and different perspectives. OLLI is a community of its own, that allows everyone to join together through a common interest and share their thoughts and opinions.”

When Marina hosted online OLLI classes, she was “very surprised at the enthusiasm radiating from both OLLI instructors and students. Instructors are able to pick a topic they are well knowledgeable in, and share their information with others who are excited and engaged in the course.”

Marina shares that her participation in OLLI classes has helped her “gain a lot of knowledge

on the history of Humboldt County, ranging from learning about the local Native American tribes and the stories they carry down with them.”

Marina believes that OLLI benefits the Humboldt community by “providing a comfortable and safe environment for people to open up about topics they love to learn about and discuss. OLLI brings people together and allows them to be themselves in more than one.”

She adds, “I feel very lucky and grateful to have joined the OLLI team. I’ve been able to increase my own perception of the world with each class I tune into, as well as meet so many new and interesting people I care dearly for.”



OLLI student assistant positions are made possible thanks to Jerry and Gisela Rohde, who have given a generous donation to provide student assistants for OLLI in perpetuity.

Sustaining Friends: Monthly Donations

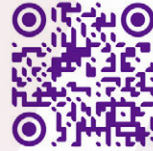
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Thank you to these Friends of OLLI who gave from July 2022-July 2023, and OLLI instructors who donated their course fees back to OLLI. We apologize if we inadvertently omitted anyone.



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