Welcome to spring 2021!

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.

**Follow your passion with lifelong learning!**

Please check our website for updates before visiting campus. OLLI staff is telecommuting during campus closure.

**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, 8 a.m.-5 p.m.

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

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

**OLLI Curriculum Committee**
Sharon Ferrett                Judith Rucker
Laura Hennings               Janina Shayne
Kathy Layton                 Gerry Tolleson
Rollie Lamberson             Linda West
Sue MacConnie                Jane Woodward
Maureen Murphy

**OLLI Finance & Fundraising Committee**
Elaine David                 Sam Pennisi
Doug Hartley                 Kimberley Pittman-Schulz
Rollie Lamberson             Rick Vrem

**OLLI Staff**
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Director of
Extended Education & OLLI ...... Sheila Rocker Heppe
OLLI Coordinator......................... Kim Laney
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Budget Analyst ......................Nate Cacciari-Roy
Administrative Assistant........ Kenneth Rainey III
Administrative Support.......... Leslie Anderson

HSU is an AA/EO Employer.

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

Cover photo by Kellie Jo Brown: The inactive St. George Reef Lighthouse, off the coast of Crescent City, as seen from a vessel of the HSU Marine Mammal Education & Research Program, on a study of Steller sea lions.
Celebrating 15 years of Lifelong Learning on the North Coast

OLLI membership is an investment in lifelong learning and creating the community in which we want to live.

The success and growth of OLLI is a reflection of its incredible community of members, volunteers, faculty and Friends of OLLI.

OLLI offers a rich array of courses, programs and events for those age 50 and better.

OLLI at HSU has provided an active 15 years of lifelong learning.

Join or renew today.  
humboldt.edu/olli

Special $15 classes are offered for OLLI members only, in celebration of the 15th anniversary of OLLI at HSU.

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“Don’t you know yet? It is your light that lights the world.”
— Rumi

Spring has arrived, and with it brings new OLLI classes and opportunities to connect and learn with other lifelong learners in our region. For 15 years, OLLI at HSU has been a vibrant learning community where folks 50 and better gather together and make new friends.

Over the course of the past year, OLLI has transitioned to offering all courses and conversations online, so that our members are able to stay connected while remaining safe at home.

The global pandemic brought many changes to our society. One of the challenges for OLLI at HSU has been a drop in membership. OLLI does not receive funding or support from HSU, so it relies on membership fees, donations and course fees to run its lifelong learning institute.

In the past, a majority of both new and renewing memberships were purchased at OLLI Open House events. Since we are unable to gather together at this time, we would like to encourage lifelong learners to join or renew their $35 annual membership online. (humboldt.edu/olli/join)

Now more than ever, we extend our deep gratitude to the many members of the Friends of OLLI group (p. 20). These Friends generously share their resources to make it possible for OLLI at HSU to offer scholarship opportunities, Let’s Connect conversations on Fridays, captioning services for online classes, and free weekly Brown Bag Lunch Presentations to provide learning for everyone.

OLLI offers the opportunity for Friends of OLLI who contribute $15 per month or more, to have their membership automatically renewed year after year. More information can be found on the OLLI website (humboldt.edu/olli/friends).

Thank you for being a part of the OLLI at HSU community. You are the light that lights the world.
**The Klamath Mountains: A Geologic History**

*Mark Bailey, Natural Historian*

Gain an appreciation for the complexity and wonder of the long and continuing geologic history of the Klamath Mountains, from an ancient sea to the modern-day peaks and valleys of our close and mysterious neighbor. Explore the organisms that have been preserved in the rocks which tell the story of an evolving and dynamic mountain range.

Wed., March 10 • 3-5 p.m. • Online
$15 • Class #: 24167

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**Einstein’s Relativity for the Masses**

*Phil Lazzar, Enthusiast*

In 1905 Albert Einstein published his counter-intuitive paper on Special Relativity which revolutionized our understanding of time and space by merging them into spacetime. Gain a conceptual understanding of the deep and meaningful ideas which will be presented in a simple way.

Thurs., April 1-22 • 1-2 p.m. • Online
$15 • Class #: 24180

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**Sea Level Rise & Humboldt Bay**

*Aldaron Laird, Sea Level Rise Planner, & Jerry Rohde, Local Historian*

Explore pre-contact conditions and the historical development of the King Salmon-Fields Landing section of Humboldt Bay, through recent shoreline studies and vulnerability assessments. Learn about sea level rise on Humboldt Bay, how and when it might impact these communities, and how to inform and collaborate to seek solutions.

Sat., April 10 • 1-3 p.m. • Online
$15 • Class #: 24181
**Armchair Trifecta: The Redwood Highway**

Jerry Rohde, Local Historian

See the scenery while sheltering in place! The OLLI armchair traveler offers three trips through historic Humboldt County. Here we virtually visit locations along the Redwood Highway, from Richardson Grove to Prairie Creek, preparing you to plan your own trip from the safety of your car.

Sat., March 20 • 1-3 p.m. • Online
$15 • Class #: 24184

**Armchair Trifecta: Around Humboldt Bay**

Jerry Rohde, Local Historian

Let’s look at the largest wannabe lagoon on the California coast — Humboldt Bay. We’ll fire up our armchairs and take a two-hour cruise around the shoreline, sampling such historic sites as Fairhaven, Samoa, Arcata, Eureka, King Salmon, Bucksport, and Fields Landing.

Sat., April 17 • 1-3 p.m. • Online
$15 • Class #: 24185

**Armchair Trifecta: Bygone Byways**

Jerry Rohde, Local Historian

The West Side Road. The Mail Ridge trail. The route to the Klamath gold mines. From the comfort of our armchairs, we’ll follow the dark lines on old maps as we relive the days of pack trains, stage coaches, and solitary mail riders. Join us for a photo-filled two-hour trip.

Sat., May 8 • 1-3 p.m. • Online
$15 • Class #: 24186
REGISTER: humboldt.edu/olli  •  SPRING 2021  |  7

Unsung Heroes of the Civil Rights Era

Molly Cate, Humanitarian Educator

Behind the public figures of the American Civil Rights Movement, many women organizers gave their all. Learn about some who were the backbone and brain of the Southern Christian Leadership Conference, Montgomery Improvement Association, and the Student Non-Violent Coordinating Committee, plus two lesser-known men, Bayard Rustin and Howard Thurman.

Wed., April 7-28  •  10 a.m.-12 p.m.  •  Online  
$40  •  Class #: 24187

The History of the 1918 Spanish Flu (and COVID-19) in Humboldt County

Lynette Mullen, Historian

Learn about the 1918 Spanish flu in Humboldt County, how it developed, the strategies undertaken to stop the epidemic, and the community impact. Then see how similar strategies, including masking, social distancing, non-essential business closures and more, are being employed against COVID-19 today.

Thurs., May 6  •  6-8 p.m.  •  Online  
$20  •  Class #: 24283

Lighthouses of Humboldt County

Julie Clark, Park Ranger

Join Bureau of Land Management Park Ranger Julie and discover the history of the lighthouses of Humboldt County, and where they are today. Learn about the many shipwrecks that prompted a need for lighthouses, the lighthouse keepers who ran them, and how the lighthouses are managed today.

Wed., May 12  •  1-2 p.m.  •  Online  
$15  •  Class #: 24182

Pinch Hitters: The Women of Baseball

Molly Cate, Humanitarian Educator

From 1943 to 1954, women played professional baseball. They were not the first women to play the game, but their gumption and skill have earned them a special place in American history. In 1993, the instructor attended their 50th anniversary. Celebrate spring with this look back at the “girls of summer.”

Wed., May 12 & 19  •  10 a.m.-12 p.m.  •  Online  
$20  •  Class #: 24188
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: Bring your printed registration form with payment and drop it off at the HSU campus parking kiosk. Parking kiosk hours are Tuesdays, Thursdays, and Fridays, 10 a.m.-3 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

Where is my class meeting link?

• Early enrollment is encouraged. Please sign up at least 3 business days in advance of the class start date.
• Zoom class meeting links are emailed one week ahead of the class start date and email reminders are sent three days and 8 hours before the class begins.
• If you sign up within 24-48 hours of the start date, you will receive your class link the morning of the class.

Be an early bird!
The Abduction of Ida Ballard and Other Stories from Eureka’s Red Light District
Lynette Mullen, Historian
In 1907, 18-year-old Ida Ballard disappeared from downtown Eureka — turning up the next day disheveled and distraught. Attend this class to hear Ida’s story, and other stories about the people and buildings of Eureka’s early Red-Light District.
Thurs., May 20 • 6-8 p.m. • Online $20 • Class #: 24281

The Amazing Story of Youths Today
David Marshak, Activist, researcher
G. Stanley Hall coined the term “adolescence” in 1904. He erred greatly in his description of this life stage, yet we still follow his guidance today. This class will provide insights into Hall’s errors and demonstrate multiple examples of youths aged 13-19 who are now changing the world for the better.
Tues., March 9 & 16 • 10 a.m.-12 p.m. • Online $30 • Class #: 24192

SPECIAL INTEREST GROUP
Sea Level Rise & Humboldt Bay Group
Group Leaders: Aldaron Laird & Jerry Rohde
This group explores changes to Humboldt Bay and discusses the implications of sea level rise. Learn about current sea level rise and activities planned for Humboldt Bay.
Third Thursday of the month: 2-3:30 p.m.
March 18, April 15, May 20, June 17 • Online $20 • Class #: 23955
Mastering the Digital SLR
Nicole Jean Hill, Instructor
Explore non-automatic shooting modes and creative control of the DSLR camera functions and exposure.
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., Feb. 1-22 • 5-7 p.m. • Online
$195 • Class #: 23958

Introduction to Video Editing with Adobe PremierePro®
Stephen Nachtigall, Instructor
Focus on digital video editing from file management and organization to editing, compositing and color correction in Adobe PremierePro. Learn the fundamentals of video editing tools and more.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/digicomm/premierepro.
Thurs., March 4-25 • 5-7 p.m • Online
$195 • Class #: 24061

Organizing & Editing Photos in Adobe Lightroom®
Nicole Jean Hill, Instructor
Learn how to use Lightroom to bring out the brilliance of your images and create a seamless workflow for managing your pictures for easy viewing, sharing and printing.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/digicomm/lightroom.
Mon. & Wed., April 5-14 • 5-7 p.m. • Online
$195 • Class #: 23959

Adobe Photoshop:® Restoring & Manipulating Photographs
Nicole Jean Hill, Instructor
In this introductory Adobe Photoshop course you will learn how to use Photoshop’s tools, retouch, and color-correct photographs.
This is an Extended Education course open to everyone. The non-member fee does not apply. To register, go to humboldt.edu/digicomm/photoshop.
Mon. & Wed., April 19-28 • 5-7 p.m. • Online
$195 • Class #: 24011
**Cyber Security: An Overview of Personal Privacy Concerns**

Pam Holten, Tech Educator

We’re all electronically connected, in one way or another. Discuss how data harvesting affects our lives, how AI (artificial intelligence) is becoming more prevalent, how identity theft can easily occur, how sophisticated algorithms manipulate us, and how surveillance has increased. Also learn what can and cannot be done to protect your personal data and privacy.

Tues, May 4-25 • 2-3:30 p.m. • Online
$35 • Class #: 24193

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**Our Fractal World: Seeing the Complexity**

Molly Cate, Humanitarian Educator

Fractal geometry – the first mathematics to effectively model complex natural systems – introduces a fundamental shift in Western thinking: chaos concealing underlying order. Our built world is constructed of ideal shapes that produce convenience, but encourage misuse of nature. No math experience necessary. We will manipulate concepts, not numbers.

Wed., March 3-17 • 10 a.m.-12 p.m. • Online
$30 • Class #: 24194

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**David Bohm & the Hard Problem of Psychology/Quantum Physics**

Brian “B” Mistler, Healthcare Executive

Our experience feels separate – the mental and physical – leaving the “hard problem” of how consciousness interacts with the universe. Class discussion will be guided by non-technical reading (no math required!) on David Bohm’s physical/neuropsychological theory of “implicate” order, investigating the nature of reality in general, and consciousness in particular.

Thurs., May 6, 13 & 27 • 2-4 p.m. • Online
$35 • Class #: 24007
MARCH 1
Addressing COVID Realities in Humboldt County
Dr. Teresa Frankovich, Humboldt County Dept. of Public Health: Get updates on the status of the COVID-19 pandemic in Humboldt County and delve into projections slated for the upcoming months.

MARCH 8
Spring Humboldt County Walks (& Drives)
Rees Hughes, author & trail advocate: After a long North Coast winter, it is time to get out and celebrate the coming of spring. Discover favorite (and new) walks and drives to find flowers and to take advantage of our amazing landscape.

MARCH 15
Dementia & Diet
Caroline Connor, MD, MPH, and Heidi Colingwood, MD: Learn about dementia, the pathophysiology of dementia, and how diet affects our potential for dementia.

MARCH 22
The Future of Local Media
Sean Taketa McLaughlin, Access Humboldt executive director: Access Humboldt is the local community media and broadband access organization. Access Humboldt seeks opportunities for restorative, sustainable local media to meet local needs in public health and safety, education, economic and community development, culture and arts, and civic engagement.

MARCH 29
Anthrogenic Earthquakes
Lori Dengler, retired HSU geology professor: Most earthquakes are caused by natural forces. A small subset is caused by human activity. Get an overview of human-induced seismicity, including injection of fluids, filling of reservoirs, and mining activities. Examples include the Geysers Geothermal Area, disposal of well drilling fluids, and the filling of Lake Oroville.

APRIL 5
Climate Action Update: A Whole New World!
Andrea Tuttle, forest and climate policy consultant: A new administration, a tipping point in public attitudes, a rush of corporate commitments to become carbon neutral – the landscape to address climate change has flipped. Let’s take a look at the new opportunities opening up, and ways to get there.

APRIL 12
Housing & Homeless Services During COVID
Dr. Darlene Spoor, Arcata House Partnership executive director: 2020 brought many changes to our community; foremost among them is greater housing and food insecurity. Arcata House Partnership (AHP) continues to work with homeless people, and protect others from becoming homeless. Learn how AHP is working with local, state, and federal agencies to increase housing and homeless services during these unprecedented times.

These presentations are sponsored by the Friends of OLLI.
FREE ONLINE PRESENTATIONS
Mondays, noon-1:30 p.m. on Zoom

APRIL 19
A Journey through Time with the NEC: Celebrating 50 Years of Environmental Advocacy
EcoNews journalist Caroline Griffith and NEC executive director Larry Glass celebrate the 50th anniversary of the Northcoast Environmental Center (NEC), discuss lessons learned from a half-century of environmental advocacy, and talk about what’s in store for the future.

APRIL 26
Scams: How to Identify, Avoid & Report Them
Meghan Gallagher, Area 1 Agency on Aging information and assistance manager: Get an overview of the various types of common scams. We will discuss tips for how to identify when something is a scam, and then go over the steps to take, if you’ve been a victim of a scam.

MAY 3
Intro to Marshall Rosenberg’s Nonviolent/Compassionate Communication
Erin Rowe, mediator: Learn to speak your truth without hurting others. Nonviolent Communication (NVC) is a process of connecting with people in a way that allows everyone’s needs to be met through empathizing with the universal needs we all share. It is a way of relating to ourselves and others out of an awareness of feelings and needs, rather than judgments, labels, punishment, guilt, or shame.

MAY 10
Humboldt County & the U.S. Supreme Court: Two Local Cases that Shaped Federal Indian Law
Cutcha Risling Baldy, HSU Dept. of Native American Studies assistant professor/department chair: Tribes in Humboldt County have long been at the forefront of exercising sovereignty and maintaining their cultural, spiritual, and treaty rights. This presentation will provide a historical overview of two key Supreme Court Cases featuring local tribes, and how this shaped current tribal law and policy throughout the U.S.

MAY 17
Trinidad Memorial Lighthouse: Past, Present & Future
Jan West, retired educator/Trinidad Civic Club co-president: The Trinidad Civic Club preserves the Lighthouse’s maritime history and sponsors this memorial for those lost and buried at sea. Learn about the history and plans for the future memorial site in the Trinidad Harbor.

MAY 24
What is Elder Abuse?
Meghan Gallagher, Area 1 Agency on Aging: Learn about the different types of elder abuse, and common examples of each type. We will talk about tips to prevent abuse, how to report suspected abuse, and briefly cover the legal consequences.

Online via Zoom. To get the meeting link, please RSVP:
humboldt.edu/olli/brownbag
Zoom with OLLI!

Attend a free OLLI Zoom tutorial

All OLLI classes, Special Interest Groups, and Brown Bag Lunch presentations are held online via Zoom, a web-based video conferencing 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.

Let’s Connect! FREE weekly chat via Zoom

hosted by Tracey Barnes Priestley

FRIDAYS from 10-11 a.m.

Sheltering-in-place is crucial if we are to stop COVID-19. But our reactions to these unique circumstances can be wildly different and ever changing. Let’s connect! ... safely. And what better place to do that, than through OLLI?

Let’s Connect! is an online place to see friendly faces, share experiences, and hopefully, some much needed laughter!

A new topic of discussion each week will be facilitated by Tracey Barnes-Priestley.

To join, RSVP at: humboldt.edu/olli/letsconnect

Learning for a lifetime.

OLLI at HSU membership ($35, July 1-June 30) provides access to lifelong learning experiences and the connection and support of a vibrant community of learners. Membership also entitles you to:

- Lower class fees and first-priority registration.
- an HSU student e-mail account. *
- a discount on the Jack Pass ($60 with enrollment in a fee-based class).
- eligibility for course scholarships.
- student discounts at area businesses.
- participate in OLLI Special Interest Groups.

* Some campus related OLLI at HSU membership benefits are temporarily unavailable due to the safety precautions during the COVID-19 pandemic. It is important to note, the HSU Library and the Student Rec Center will remain closed to OLLI members and the community until further notice.

JOIN, RENEW OR REGISTER: humboldt.edu/olli

Let’s Connect! is a free weekly chat via Zoom with Tracey Barnes Priestley.
**Bottled in Burgundy**

Elizabeth Hans McCrone, Instructor

Explore the wines and history of the region of Burgundy in east/central France. Sample both white and red "burgundies," discuss their American counterparts, and the foods that pair with them. **Class fee does not include the two class wine selections.**

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

Thurs., March 4 • 5:30-7 p.m. • Online
$30 • Class #: 24056

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**Long Live Loire**

Wil Franklin, Instructor

Explore the wines and history of the Loire Valley of northern France. Sample both white and red wines and discuss their American counterparts, as well as the foods that pair with them. **Class fee does not include the featured wine.**

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

Thurs., March 18 • 5:30-7 p.m. • Online
$30 • Class #: 24058

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**One Pot: The Simple, Elegant Solution to Cooking**

Louisa Rogers, Instructor

One pot is all it takes for a fast, healthy, delicious meal. Learn how to create elegant non-meat dishes in under 30 minutes. 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., March 11 • 1-3 p.m. • Online
$20 • Class #: 24195
**Beginning Piano Class**  
**Daniela Mineva, Professor, Music Department, HSU**

Start playing piano or refresh your skills in this fun class designed for the beginning player. Learn about music and playing piano from warming up to hand positioning and so much more. Have your piano or keyboard ready, and with your passion for music, we will create beautiful sounds.

Fri., April 23-May 14 • 1-2:50 p.m. • Online  
$90 • Class #: 24196

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**Why Poetry?**  
**Bonnie Shand, Poet**

What motivates poets to write and others to read poetry? This class is for those who write it, those who read it, and those who are curious about the reasons poetry exists. We will ponder the gifts of this art form and share our reasons for being called to it.

Tues., April 13-27 • 1-3 p.m. • Online  
$35 • Class #: 24197

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**Impressionism**  
**Julie Alderson, Art Historian**

Get an overview of the French Impressionist art movement of the 19th century. We will survey major artists and works of Impressionism, as well as the artistic, historical, cultural, and social contexts within which it evolved.

Wed., April 7 & 14 • 1-3 p.m. • Online  
$25 • Class #: 24199
Let’s Draw Birds!
Louise Bacon Ogden, Bird Loving Self-Taught Artist
Using simple shapes like circles, triangles, and oblongs, you can create a bird. The medium will be graphite, which you will use to learn to shade and shape the bird of your choice.
Tues., May 4 • 10 a.m.-12 p.m. • Online
$15 • Class #: 24200

Decolonizing Bees
Brian Dykstra, Interdisciplinary Researcher
Diverse, vital ties between human cultures, bees, and ecosystems are disrupted by colonialism. This class uses human-bee relationship case studies from different regions to critically examine harmful historical and ongoing eurocentric momentum, as well as positive contemporary acts of change, resistance, and reclamation. The goal is to decolonize our relationships with bees.
Friday, March 5 • 3-5 p.m. • Online
$15 • Class #: 24282

Nature Journals: Spring In Humboldt
Michele Olsen, Nature Journalist
Get your journal ready for spring outings. Explore how to organize materials so you can easily journal on site. Page layouts, writing prompts, and techniques for environmental observations and documentation will be emphasized.
Wed., March 24 • 10 a.m.-12 p.m. • Online
$15 • Class #: 24198
Update on Immunizations in 2021

Caroline Connor, M.D., M.P.H.

Are you confused about all the adult vaccines available? Learn more about vaccinations in general, get updated on which vaccines are recommended for adults in 2021, and be informed about the new COVID-19 vaccine recommendations.

Tues., March 23 • 6-7:30 p.m. • Online
$20 • Class #: 24202

Understanding Migraine Headaches

Caroline Connor, M.D., M.P.H., Headache Specialist

This class is for anyone who has migraines (or has friends and family with them) and wants to learn more about diagnosis and treatment. Migraine is a complicated and debilitating disease. This course will help dispel some of the myths regarding migraines and give you a clearer understanding of this disease process.

Thurs., March 18 & 25 • 6-7:30 p.m. • Online
$40 • Class #: 24201

Prediabetes Intervention Strategies

Carlisle Douglas, Diabetes Prevention Health Coach

An estimated one in three people in this country have prediabetes, and most do not yet know it. Simple changes to diet, exercise, sleep and stress can prevent Type 2 diabetes. Learn what you can do for yourself, and to support your loved ones to stop this needless epidemic.

Wed., March 24 • 4-6 p.m. • Online
$15 • Class #: 24203

Yoga for Ecological Grief

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

Honor, open to, and move through personal and collective grief for the world. Following a lecture/discussion, you will receive a recorded yoga practice (4 total) consisting of breathwork, meditations, mudras, accessible yin and restorative poses, readings, and accompanying ‘dharma talks.’ This grounding, heart-opening series cultivates compassion and equanimity, loving-kindness and joy, courage and resilience.

Fri., April 2 + recordings • 1-3 p.m. • Online
$40 • Class #: 24205
Guided Self-Massage

Carlisle Douglas, Massage Therapist

Could you use some tension relief and a nervous system reset? Start providing it for yourself! Learn and practice the principles and techniques of self-massage. By the end of this class, you will have given yourself a relaxation treatment, all while sitting clothed in a Zoom room.

Fri., March 26 • 5-7 p.m. • Online
$15 • Class #: 24204

Buried in Treasures: Addressing Your Hoarding Issues

Maggie Kraft, Senior Move Manager

Hoarding is a disorder than can be treated and requires focused effort and commitment. How do you get started? This class will use the best self help book for people who hoard – Buried in Treasures – to help you focus your efforts in a supportive environment. If you are ready to do the work, please join us!

Fri., April 9, 23 & May 7 • 1-3 p.m. • Online
$45 • Class #: 24206

Lightening Your Load: How to Let Go of Your Stuff for Good

Louisa Rogers, Instructor

Too much stuff! As we age, many of us want less — but letting go of our cherished belongings is emotionally and physically challenging. Learn how to overcome resistance, solve common decluttering problems, develop a plan, create accountability, and take the first steps towards a spacious, life-enhancing environment.

Thurs., May 6 • 1-3 p.m. • Online
$20 • Class #: 24275
**Resiliency: Bouncing Back & Moving Forward**

Sharon Ferrett, Author

This has been a tough year full of uncertainty, isolation and loss. Resilience can give you the ability to look beyond setbacks, handle stress, and find joy and inner strength. We will look at simple tips to rebound from setbacks and move forward.

Wed., May 5 • 4-6 p.m. • Online
$15 • Class #: 24274

**Ballet for Adults**

Nancy Call, Ballet Instructor

Step into the beautiful world of ballet and walk out with grace, good posture, and a toned body. Students will learn the basic foundation steps including stretching, strengthening and floor work.

Option 1: Mon. & Wed., March 1-April 12 (no class March 31) • 9:30-11 a.m. • Online
$145 • Class #: 24270

Option 2: Mon. & Wed., April 19-May 26 9:30-11 a.m. • Online
$145 • Class #: 24271

**Ballet for Adults: Intermediate**

Nancy Call, Ballet Instructor

 Appreciate the wonderful benefits of musicality, flexibility, strength, coordination, and balance. Intermediate ballet students will need to know the ballet vocabulary, as they will working at a faster pace during the barre work. More ballet steps and complex combinations will be taught.

Option 1: Tues. & Thurs., March 2-April 8 10:30 a.m.-12 p.m. • Online
$145 • Class #: 24272

Option 2: Tues. & Thurs., April 13-May 20 10:30 a.m.-12 p.m. • Online
$145 • Class #: 24273
**Basic Tap Dance**

**Melissa Hinz, Dance Teacher**

Learn how to make music with your feet. Enjoy the 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., March 5-April 9  
10:30-11:30 a.m.  •  Online  
$72  •  Class #: 24268

Option 2: Fri., April 23-May 28  
10:30-11:30 a.m.  •  Online  
$72  •  Class #: 24269

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**The Sport of Navigation: Basics of Orienteering**

**Erin Schirm, Coach**

Discover orienteering, the sport of navigation. Learn mapping symbols for orienteering maps and topo maps; how to use both map and compass to navigate on many types of terrain. Whether you’re an experienced hiker, competitive runner, or just a family or group out for an activity in a park, this sport helps you improve your navigation skills.

Fri., March 19 & April 9  •  9:30-11 a.m.  •  Online  
$25  •  Class #: 24267

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**SPECIAL INTEREST GROUP**

**Book Group**

Group Leader: **Mike Zeppegno**

Choose and discuss books from all genres. All readers are welcome.

Meets 3rd Wed. of the month: 5-7 p.m.  
March 17, April 21, May 19, June 16  •  Online  
$20  •  Class #: 23954
Friends of OLLI have given additional financial support to the Osher Lifelong Learning Institute at Humboldt State University. These generous donors have helped OLLI at HSU keep classes affordable and available throughout the community.

### Philanthropist: $2500 +

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<td>Kathy Layton</td>
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<td>Sam Pennisi &amp; Sharon Ferrett</td>
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### Presidents’ Club: $1000 +

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### Gold: $500-$999

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<td>Amy Uyeki &amp; Rees Hughes</td>
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Sustaining members are in bold.

**Join Friends of OLLI.**

Donate today: [humboldt.edu/giving/olli](humboldt.edu/giving/olli)
or **707-826-5880**

Thank you to all Friends of OLLI who gave July 1, 2020 to Jan. 24, 2021. We apologize if we inadvertently omitted anyone.

See the updated Friends of OLLI list: [humboldt.edu/olli/friends](humboldt.edu/olli/friends)
**Green: $300-$499**

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<td>Bob &amp; Laura Chapman</td>
<td>Janette Heartwood</td>
<td>John Palmquist</td>
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<td>Laura Clark</td>
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<td>Doug Durham</td>
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<td>John &amp; Nhu-Quynh Schaferr</td>
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<td>Allan Gradek</td>
<td>Maria &amp; Thomas Krenek</td>
<td><strong>Doug Shaw (Mad River Hospital)</strong></td>
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**Purple: $120-$299**

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**Friend: Any amount**

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<td>Solon &amp; Shelley Holstein</td>
<td>Kathleen Pelley</td>
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<td>Kevin &amp; Rebecca Collins</td>
<td>David &amp; Denise Jones</td>
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<td>Brent Duncan</td>
<td>Phil Lazzar</td>
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<td>Barbara Madaras</td>
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**Tributes**

Anne Harris, in honor of Tom & Anita Gage

**OLLI does not receive any state funding from Humboldt State University. OLLI is a self-support program partially underwritten by interest earned on the initial endowment from the Bernard Osher Foundation, and class registration fees. Donations from the Friends of OLLI are critical to the success and sustainability of lifelong learning in our community. Thank you!**
See inside for special $15 classes for OLLI members only, in celebration of the 15th anniversary of OLLI at HSU.

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 www.humboldt.edu/extended/nomail