Osher Lifelong Learning Institute

COURSE CATALOG

SPRING 2022

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

Members enjoy diverse year-round programs and

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

**Web**: humbleit.edu/olli
**facebook.com/CalPolyHumboldtOLLI**

**Location**: Cal Poly Humboldt
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

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

**OLLI Finance & Fundraising Committee**
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Rick Vrem

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Director of Extended Education & OLLI ........Sheila Rocker Heppe
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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/EO Employer.
Disability accommodation may be available.
Contact the College of Extended Education & Global Engagement: (707) 826-3731.

Front cover photo: OLLI class at Fern Canyon by Kim Laney
Spring course options

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

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

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

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

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

JOIN/RENEW AND REGISTER TODAY:
humboldt.edu/olli/register

OLLI Recording Policy

OLLI Class Video Recordings

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

- The class will be recorded.
- No class recording will be available.
KEET PBS 13, with the support of OLLI at Humboldt, is happy to announce

What’s on Your Bucket List? Season II

This entertaining and fun-filled community based production is back! Host Tracey Barnes-Priestley is currently looking for people who are ready to check something off of their Bucket Lists.

Is there something you’ve always wanted to do here in Humboldt, but never got around to it? Now is your chance to explore a special interest, learn a new skill, or just have some fun doing something new and different! The only qualification? You have to be at least 60 years old!* Interested? Submit your application at the KEET website. Or call 707-445-0813 and a hard copy will be mailed to you.)

Submit your application today at keet.org

* Participants must show proof of COVID-19 vaccinations. All COVID-19 protocols will be carefully followed throughout the production process.
Sea Level Rise & Humboldt Bay Group

Group Leaders: Aldaron Laird & Jerry Rohde

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

Thursdays through June 16 • 2-3:30 p.m.  
Online • $25 • Class #: 23956

Intro to Native Bees

Brian Dykstra, Ecologist

Native bees are amazingly diverse in how they look, forage, nest, pollinate and more. Learn to recognize and understand this diversity through common native bee group identification, bee ecology and floral relationships, endangered bees, invasive bees, global warming, conservation, and policies/protections related to bees.

Fri., March 11 & 18 • 6:30-8:30 p.m.  
Online • $50  
Class #: 24167

A Short Course on the UFO Phenomenon & Crop Circles

Jerry Kroth, Associate Professor Emeritus, Santa Clara University

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

Fri., April 15-May 6 • 12-1:30 p.m.  
Online • $25  
Class #: 24168
American History Through Song
Molly Cate, Humanitarian Educator

Learn about America’s culture wars through three songs. “Oh, Susanna” takes us from minstrelsy to whitewashed nursery rhymes. “America the Beautiful” and its author, Katharine Lee Bates, illustrate the struggle for women’s rights to self-determination. “Were You There When They Crucified My Lord?” introduces lyric tenor Roland Hayes and his battle for dignity.

Wed., March 9-23 • 10 a.m.-12 p.m. • Online
$45 • Class #: 24169

Humboldt County Lighthouses
Julie Clark, Park Ranger/Historian

Step back in time when the economic structure of Humboldt County relied upon the lighthouses for keeping our mariners and ship passengers safe from the tumultuous coast. There will be an in-person presentation on the five Humboldt lighthouses followed by a field trip to Trinidad Head Lighthouse. The walk to the lighthouse is approximately half a mile, and uphill.

Wed., March 16 • 10 a.m.-1 p.m.
On campus: Harry Griffith Hall 226
$10 • Class #: 24170

115 Years of Humboldt History in 120 Minutes
Jerry Rohde, Local Historian & Ethnogeographer

We will review Humboldt County history from white arrival in 1850 to the 1964 Christmas flood. We’ll look at early-day mining, ranching, and logging; ships, stages, and trains; and the tragedies that befell the local Indians and the Chinese.

Sat., March 26 • 1-3 p.m. • Hyflex • $20
In-person option: On campus, Gist Hall 218 • Class #: 24171
Online Option: via Zoom • Class #: 24172
The Harlem Renaissance

Molly Cate, Humanitarian Educator

Explore the creative burst of the New Negro Movement of the 1920s and 30s. Revel in the places, the people, the pressures and its abundant cultural productions. From W.E.B. DuBois to Zora Neale Hurston, from Smalls’ Paradise to the Cotton Club, uncover some of America’s brightest minds and artists.

Wed., March 30-April 20 • 10 a.m.-12 p.m.  
Online • $50 • Class #: 24173

Eureka Island

Jerry Rohde, Local Historian & Ethnogeographer

Eureka has long been known as a port city. But with sea level rise, it is on its way to becoming an island, when we’ll need a bridge for the new highway from Kneeland. We’ll look at the history of the shores and sloughs that will encroach on the edges of the city.

Sat., April 23 • 1-3 p.m • Hyflex • $20  
In-person option: Campus, Gist Hall 218 • Class #: 24174  
Online option: Zoom • Class #: 24175

Ray Harryhausen: Animation Master

Molly Cate, Humanitarian Educator

Have fun with the history of stop-motion animation, from King Kong to Clash of the Titans. Thrill and groan though Ray’s successes and failures, as studio moguls undermine his craft. Watch clips from Mighty Joe Young, his Sinbad trilogy, and more. We’ll even see cowboys lasso a T. Rex.

Wed., April 27-May 11 • 10 a.m.-12 p.m.  
Online • $45 • Class #: 24176
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 Cal Poly Humboldt campus. The office is open Mon.-Fri. from 9 a.m.-4 p.m.

MAIL REGISTRATION FORM WITH PAYMENT TO:
OLLI at Humboldt, College of Extended Education & Global Engagement
Cal Poly Humboldt, 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

Virtual Open House

Thurs., Feb. 24 • 10 a.m.-12 p.m.

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

SEE THE OPEN HOUSE SCHEDULE AND RSVP FOR THIS ONLINE EVENT:
humboldt.edu/olli/openhouse
Look Homeward, Humboldt!

Jerry Rohde, Local Historian & Ethnogeographer

It’s spring, so let’s get out and look at some Humboldt history. Discover three easily drivable trips that showcase salient sites such as the gold medal sheep ranch, the river of 81 dairies (not the river you’d think), and the location of the name without a town.

Sat., May 14 • 1-3 p.m. • Hyflex • $20
In-person option: Campus, Gist Hall 218 • Class #: 24177
Online option: Zoom • Class #: 24204

New Frontiers in Inequality Studies: What We Learned From the Pandemic

David Peritz, Professor

The coronavirus pandemic not only spread along the open fault lines of rising inequality, but also accelerated and exacerbated unequal distributions of income, wealth, power, health and well-being. Delve into the causes and consequences within the U.S. and globally, how it is affecting our society, and what kinds of policies we could adopt.

Tues., May 3 • 1-3 p.m. • Online
$40 • Class #: 24271

The Status of Democracy in the U.S.: Where Are We Now?

David Marshak, Instructor

Explore the up-to-date status of the events that resulted from the Jan. 6, 2021 “Insurrection,” and investigate the status of democracy in the United States. This class will be a forum for conversation, not indoctrination, and we will model our adult capacity for mutual respect.

Wed., April 27-May 4 • 10 a.m.-12 p.m. • Online
$25 • Class #: 24214
Conspiracy Studies: The Capitol Riot
Steven Saint Thomas, Journalist
When does a conspiracy theory become an actual conspiracy? Was the Capitol riot of one year ago a spontaneous mob action, or a planned conspiracy? We’ll look at a handful of competing theories and dig for the facts to verify — or debunk — them.
Thurs., March 10 • 1-3 p.m. • Online
$30 • Class #: 24178

Conspiracy Studies: The FBI & Martin Luther King, Jr.
Steven Saint Thomas, Journalist
Participants will learn how reporters use investigative journalism techniques to answer questions in a search for the truth about this controversial tragedy. Recently released documents from the National Archives raise some old questions. Take a fresh look on the anniversary of this tragedy.
Tues., April 12 • 1-3 p.m. • Online
$30 • Class #: 24179

Fascism
Mitch Trachtenberg, Instructor
Get the basics of fascism and fascist politics. We will read How Fascism Works by Jason Stanley, along with some supplemental material, to see how and, to some extent, why, fascism and fascist politics are being enabled today.
Tues., March 29-April 19 • 6-8 p.m. • Online
$20 • Class #: 24270
Conspiracy Studies: COVID Coverups
Steven Saint Thomas, Journalist
Learn how reporters use investigative journalism techniques to answer questions in a search for the truth about this important current topic. The recent Intelligence Community report on coronavirus origins indicated investigators are split on whether the virus was spread to humans from an infected animal or from a laboratory accident.

Tues., May 10 • 1-3 p.m. • Online
$30 • Class #: 24180

Explorando Culturas con Isabel Allende
Ellie Galvez-Hard, Instructor
Those with a fair knowledge of Spanish will be able to read one of Isabel Allende’s funniest novels, El Auaderno de Maya. We will share dialogues, practice Spanish conversations, and exchange visuals of foreign places we’ve visited. Similarities and differences will be the goal in appreciating cultures that are not our native ones.

Thurs., May 5-26 • 1-3 p.m. • Hyflex • $25
In-person Option: Campus,
Harry Griffith Hall 117 • Class #: 24181
Online Option: Zoom • Class #: 24182

OLLI Abroad
Join the new OLLI Travel Committee
As we look forward to the time when we are able to travel again, we would like to invite you to join a conversation about study abroad programs with Cal Poly Humboldt faculty and students. Get more information at the OLLI Open House or olli@humboldt.edu
The Many Faces of Sketching
Louise Bacon-Ogden, Birder turned Artist
Use sketching to enhance your art. Whether you sketch on a canvas or a napkin, a sketch is often the first idea of an artist’s creation. The instructor refers to it as “thinking with a pencil,” or “the bones” of an art piece. You do not have to know how to draw to do a good sketch!
Wed., March 30 • 10 a.m.-12 p.m. • Online
$20 • Class #: 24184

Watercoloring: Masking & Lifting Color
Louise Bacon-Ogden, Birder turned Artist
Learn to use “white” to your advantage. We will learn several techniques in achieving that. Explore masking with painter’s tape, using a wax candle, rubber cement, blotting with a tissue or paint brush, as well as a few more tricks. You will create two art pieces using various techniques or applications.
Thurs., May 5 • 10 a.m.-12 p.m. • Online
$20 • Class #: 24185

Book Group
Group Leaders: Mike Zeppegno & Dan Chandler
This group meets on the third Wednesday of each month to select and read books from various genres. Monthly selections are listed on the OLLI website. All readers are welcome.
Wednesdays through June 15
5-7 p.m. • Online
$25 • Class #: 23955
20th Century Art
Julie Alderson, Art Historian
Examine the radical evolution in art that occurred over the course of the 20th century, through an overview of the major monuments, artists and movements of the period.

Tues., March 22 & 29 • 1-3 p.m. • Online
$35 • Class #: 24186

Making Books Using the Accordion Structure
Sandy Vrem, Book & Paper Artist
Learn how to make an accordion fold, and use it in a variety of books. Make covers and decorate books using different materials.

Tues. & Thurs., March 8 & 10 • 10 a.m.-1 p.m.
In-person: Arcata
$45 • Class #: 24187

Introduction to Faces
Lindsay Kessner, Artist
Great for both brand new and experienced artists, this course will enable you to draw surprisingly realistic human faces. You will receive detailed instruction and assistance in proportions and shading of facial anatomy, and then experiment with techniques to create a life-like portrait of a subject of your choosing.

Fri., March 4 • 10 a.m.-12 p.m. • Hyflex • $30
In-person option: Campus,
Gist Hall 124 • Class #: 24188
Online option: Zoom • Class #: 24191
MARCH 7
**Accessible Trails & Parks in Humboldt**

Rees Hughes, Author & Trail Guide:
There are increasing numbers of paved Class I trails, and trails that meet State Park ADA standards throughout Humboldt County. Whether using a motorized scooter, wheelchair, or other assistive device, there are opportunities to enjoy the outdoors. Rees Hughes will share information and photos on a number of these trails.

MARCH 14
**UN Glasgow Update: Negotiations to Action**

Andrea Tuttle, Consultant, Forest & Climate Policy: The UN climate negotiations in Glasgow finally completed the text for the “Paris Rulebook.” Now countries focus on delivering their pledges to reduce emissions. We’ll take a high level overview of where we stand, and how far is still to go.

MARCH 21
**Cooperation Humboldt: Concrete Projects Leading to Transformation**

David Cobb, Founder, Cooperation Humboldt: Cooperation Humboldt is helping to build a Solidarity Economy in our community. This presentation will be a big picture overview of the organization. We will discuss our vision, goals, strategies and projects. We will also explore various ways individuals can get connected to our work.

MARCH 28
**Future Telling & Planning in Arcata**

David Loya, Director of Community Development, City of Arcata: The City is engaged in planning for growth and development that honors the community values of agricultural, environmental, and forest preservation; sustainability, social and environmental justice, and racial equity; vibrancy in the arts, the economy, and our shared community spaces; and a commitment to a high quality of life for all who live, work, and play in Arcata.

APRIL 4
**Pacific Forest Trust: Protecting Forests & Putting the Forest Back into Forestry**

Laurie Wayburn, President, Pacific Forest Trust: Since 1993, the Pacific Forest Trust has created economic incentives that reward private forest owners for conserving their forests whole and practicing sustainable forestry. We’ll discuss what this means and how it shapes regional and national forest conservation and climate policies. Learn about The van Eck forest and the services being provided in an effort to save wildlife and their habitats, create effective climate change solutions, conserve intact forested landscapes, and protect natural water sources.

APRIL 11
**Humboldt Senior Resource Center’s New Behavioral Health Services**

Samantha Day, DSW, LSW: The new Behavioral Health Services program at HSRC provides counseling designed specifically to meet the needs of older adults. Join us to explore how this holistic program focuses on the social, physical, and emotional aspects of mental health for adults age 55 and older.

**Brown Bag Lunch online presentations are sponsored by the Friends of OLLI.**
APRIL 18
The Effects on the Pandemic on Our Southern Indigenous Immigrants in Rural Humboldt
Karen Villa, Researcher, will describe the lasting effects that the 2020 pandemic had on our Southern Indigenous immigrant population in Humboldt County. Many immigrants were forced to take (if not already in) essential jobs that exposed them to COVID-19. This presentation will detail the mobilization of the community to support the government’s lack of resources and funds directed to these immigrant essential workers.

APRIL 25
Alzheimer’s Awareness
Lynn McKenna & Kim Coelho, Alzheimer’s Association: Topics covered include the warning signs and stages of Alzheimer’s; resources and support; clinical trials; and how donations can help find a cure. Learn about the local Walk for Alzheimer’s, and how to become involved. Education is key to bringing awareness about Alzheimer’s into efforts to help those suffering from this disease.

MAY 2
Update on Life Care Humboldt, Senior Life Plan Community in Development
Ann Lindsay, President, Life Care Humboldt: Learn about progress made by Life Care Humboldt in building a non-profit senior life plan community.

MAY 9
Transitioning to Cal Poly Humboldt
Jenn Capps, Provost, Cal Poly Humboldt: Provost Capps will describe the implications of becoming Cal Poly Humboldt for the curriculum and available majors, the hiring of faculty, coordination with CR, the anticipated size and nature of the student community, as well as the anticipated time-frame for this evolution.

MAY 16
Community & Innovation at Cal Poly Humboldt Library
Cyril Oberlander, Dean, Humboldt Library: Libraries curate and inspire learning, research, teaching, collaboration, and creativity. Learn about the university library’s transformation, and share your suggestions. In addition to half a million books, the library has added to its collections and services: Humboldt Press, virtual reality, flight simulation, the Brain Booth, and more.

MAY 23
History of Arcata Community Forest & the Challenge of Climate Change
Mark Andre, Environmental Services Consultant: Get a brief history of the Arcata Community Forest, and its recent additions, and its flora and fauna. Learn about the city’s goals for the forest, forestry economics, and maintenance issues, the challenges posed by climate change, and its vulnerability to fire. The relative uniqueness of the Arcata Community Forest has been a model for other communities. Find out how we can support this community treasure.

To get the Zoom online meeting link, please RSVP:
humboldt.edu/olli/brownbag

Many past presentation recordings are available at humboldt.edu/olli/brownbagarchive
Introduction to Watercolors

Lindsay Kessner, Artist

Explore watercolor materials and techniques and create your own unique image. No prior art experience is necessary. The class will walk you step-by-step through the proper usage of brushes, paint, and materials to build skills and get comfortable with the medium.

Thurs., April 7-21 • 10 a.m.-12 p.m. • Hyflex • $75
In-person option: Campus, Harry Griffith Hall 117 • Class #: 24192
Online option: Zoom • Class #: 24193

Drawing from Dreams

Lindsay Kessner, Artist

Setting aside the idea of interpretation, we will use the visual aspects of dreams in this class to focus on transformation and inspiration, and to have fun making vivid drawings. Working through a series of playful prompts, you will stretch your artistic imagination and perhaps gain some insight into yourself.

Thurs., April 28 • 1-4 p.m. • Hyflex • $40
In-person option: Campus, Harry Griffith Hall 117 • Class #: 24194
Online option: Zoom • Class #: 24195

Poetry in the Lyrics of Five Women Singer-Songwriters

Bonnie Shand, Poet

Read and hear the words of these songwriters as poetry: Joni Mitchell, Lucinda Williams, Rosanne Cash, Kate Wolf, and Patty Griffin. We will discuss how their skill as writers enhanced their fame as musicians. We will consider any differences between writing a song and a poem.

Thurs., April 7-May 5 • 2-4 p.m. • In-person Campus: Harry Griffith Hall 226
$75 • Class #: 24200
Enneagram II
Sharon Ferrett, Author
The Enneagram is an ancient system of nine personality types which are based on coping strategies we developed in childhood to deal with the outer world. Appreciate the strengths and limitations of your personality type and increase your effectiveness in dealing with stress and communicating with others.

Sat., April 30 • 3-5 p.m. • Hyflex • $20
In-person option: Campus, Harry Griffith Hall 117 • Class #: 24292
Online option: Zoom • Class #: 24293

Women Composers: Valerie Coleman to Reena Esmail
Elizabeth Morrison, Cellist & Chamber Musician
This is a good time to be a woman composer. Our study of four contemporary Americans — Valerie Coleman, Gabriela Lena Frank, Reena Esmail, and Caroline Shaw — demonstrates success in today’s classical music world. Their talent, diversity, and appeal, and above all — their music — validate the many women who have composed before them.

Wed., April 13-May 4 • 1-3 p.m. • Online
$45 • Class #: 24201

Travel Skills for a Challenging Time
Randy & Edie Robertson, Adventuring Travelers
Hear what it is like to travel on a Rocky Mountaineer train trip (Denver to Moab) and a Viking River Cruise (“France’s Finest”) during these challenging times. Over the years we have learned a number of travel lessons that enrich our lives, keep us well, healthy and adventuring! As Rick Steves says, “Keep on traveling!”

Sat., April 9 • 1-3 p.m. • In-person
Campus: Harry Griffith Hall 226
$20 • Class #: 24202
Effectively Address Your Sugar Cravings
Carlisle Douglas, Integrative Nutrition Health Coach

Discover how good you can feel when you break free of overeating sugar and processed carbs. Learn how to use current dietary guidelines and brain neuroscience in combination to eliminate the cravings that we used to blame on weak character. Proactively meet your body’s needs, and be rewarded with improved health and well-being.

Thurs., March 24 • 1-3 p.m. • Online
$20 • Class #: 24203

Intro to Tai Chi Chuan
Richard Stull, Tai Chi Instructor

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

Mon. & Wed., April 4 - May 4 • 4:45-5:20 pm. Online • $45 • Class #: 24224

Intro to Tai Chi Chuan, Part 2
Richard Stull, Tai Chi Instructor

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

Mon. & Wed., April 4 - May 4 • 5:30-6:05 p.m. Online • $45 • Class #: 24225
**Wine: The Aromatics**

*Pam Long, Wine Educator*

Learn about different “aromatic” wines, where the grapes are grown, and the science behind why these wines smell so darn good. Learn a bit about the chemical compounds which cause intense floral and perfume-like aromas in certain wine grape varieties. As a participant, you will also learn how to taste and evaluate these wines like a pro.

Sat., April 16 • 1-3 p.m.
In-person option: Campus, Harry Griffith Hall 117
$40 (wine included) • Class #: 24198
Online Option:
$20 (wine not included) • Class #: 24199

**Paddling the North Coast**

*Billie Prosser, Whitewater Instructor*

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

Sat., March 5 • 8 a.m.-1 p.m. • In-person Field Trip
$50 • Class #: 24227

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**FREE Online Conversations**

**FRIDAYS • 10-11 a.m. on Zoom**

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

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

Register once and use the same Zoom link each week.

Find the topics listed on the OLLI website:

humboldt.edu/olli/letsconnect
LEISURE ACTIVITIES

Introduction to American Cane Flow
Richard Stull, Self-Defense Instructor
Learn to develop the rhythmic skills of cane flow and spinning for fitness, balance, coordination, and brain health. Get basic foundational skills in using the cane with assertive commands for personal self-protection. Included is a high-quality cane designed for both spinning and self-protection.

Tues. & Thurs., April 5-May 5 • 5:30-6:05 p.m.
Online • $179 • Class #: 24226

Acting Up: 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? Join this fun and interactive class. Up your confidence and your ability, as you use improvisation, character development, scene work, and your life experience to up your acting skills.

Wed., March 2-April 6 • 1-3 p.m.
In-person: SPACE • $80 • Class #: 24205

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.

Online Option 1: Fri., March 4-April 8
10:45-11:45 a.m. • $75 • Class #: 24207

Online Option 2: Fri., April 22 -May 27
10:45-11:45 a.m. • $75 • Class #: 24208
**Intermediate Ballet for Adults**

**Nancy Call, Ballet instructor**

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

Online Option 1: Tues. & Thurs., March 8-April 19
10:30 a.m.-12 p.m. • $180 • Class #: 24211

Online Option 2: Tues. & Thurs., April 21-May 31
10:30 a.m.-12 p.m. • $180 • Class #: 24212

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**Beginning Ballet for Adults**

**Nancy Call, Ballet instructor**

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

Online Option 1: Wed., March 9-April 13
10:30 a.m.-12 p.m. • $90 • Class #: 24209

Online Option 2: Wed., April 20-May 25
10:30 a.m.-12 p.m. • $90 • Class #: 24210

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**Campus Parking**

A Cal Poly Humboldt parking permit will be provided to OLLI members who register for in-person classes held on campus. After you register, instructions and a parking code will be included in your course enrollment confirmation. You may pick up your permit before you park.
Whether you take OLLI classes, or just want to show your support for lifelong learning, join OLLI today and help us reach our membership goal of 1,000 new or renewing members. **Invite a friend, family member or colleague to be one in a thousand.**

The Friends of OLLI are at the heart of the Osher Lifelong Learning Institute at Cal Poly Humboldt. They are community members who have contributed a monetary gift to support OLLI and make possible the weekly free Brown Bag Lunch Presentations and Let’s Connect gatherings. The generous financial support of the Friends of OLLI also helps keep class fees low and provides scholarships for members.

Recently **Jerry and Gisela Rohde** made a long-term commitment to OLLI at Humboldt by pledging annual support to fund a student assistant position. The Rohdes are grateful that our community has an Osher Lifelong Learning Institute, and they want to invest OLLI at Humboldt and support employment for Cal Poly Humboldt students. Please join us in expressing our gratitude for the Rohdes’ support, and for enabling us to grow our team to include Humboldt students Alex Gonzales and Dane Oppenborn.

**OLLI at Humboldt operating funds come from interest on the Bernard Osher Foundation endowment, membership dues, class fees, donations, and gifts from OLLI members who value lifelong learning. OLLI receives no direct funding from Cal Poly Humboldt.**

The Osher Foundation has established 125 similar programs at colleges and universities throughout the U.S.

Please join the Friends of OLLI by making an online donation, or contact us for more information on how to give: Call 707-826-5880 or e-mail olli@humboldt.edu

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**About OLLI scholarships**

The OLLI Scholarship program is made possible by the generous support of the Friends of OLLI.

A limited number of partial scholarships for OLLI classes are available to **OLLI at Humboldt members only**. Scholarships may be used for class fees only, and not for OLLI memberships.

Awards are based on financial need. Limit is two scholarships per term, per member. Applications are reviewed on an ongoing basis.

To apply, complete a scholarship request form and indicate the class you are requesting. The form will serve as your registration form for the class.

For more information, contact OLLI Director Sheila Rocker Heppe:

Phone: 707-826-3743  •  E-mail: srh@humboldt.edu

Download a scholarship request form: [humboldt.edu/olli/scholarship](humboldt.edu/olli/scholarship)
Thank you to these Friends of OLLI who gave from July 1, 2021-Jan. 30, 2022, and OLLI faculty who donated their course fees back to the OLLI program. We apologize if we inadvertently omitted anyone. See the updated Friends of OLLI list at humboldt.edu/oli/friends
Virtual Open House

Thurs., Feb. 24
10 a.m.-12 p.m.

Explore an ONLINE showcase of upcoming spring classes and presentations. OLLI instructors, staff and volunteers will be available to answer questions.

SEE THE SCHEDULE AND RSVP FOR THIS ONLINE EVENT:

humboldt.edu/olli/openhouse