



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SPRING 2024



Cal Poly
Humboldt.

OLLI



Osher Lifelong Learning Institute at Cal Poly Humboldt

Web: humboldt.edu/olli
facebook.com/CalPolyHumboldtOLLI
YouTube.com/@ollihumboldt

Location: Cal Poly Humboldt Student & Business
Services Building, Suite 211 (2nd floor)
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Arcata, CA 95521-8299

Hours: Mon.-Fri., 9 a.m.-4 p.m. (closed 12-1)

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SPRING 2024

OSHER
LIFELONG
LEARNING
INSTITUTE



Classes for *everyone!*

**Registration closes for classes
3 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. Recordings may be available, and may be viewed by registered students only. Classes are noted in this catalog:

-  The class will be recorded.
-  No class recording will be available.

About class fees: 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.

Join a community of lifelong learners

At the **Osher Lifelong Learning Institute at Cal Poly Humboldt**, everyone can join as a valued member, and take part in lifelong learning.

There are many benefits that come with being a member of OLLI at Humboldt. Members get...

- **reduced class fees**
- **priority registration**
- **shared opportunities with other OLLI programs nationwide**
- **access to members-only events, classes, and special interest groups**
- **access to the university recreation center** (for an additional fee)

Members enjoy diverse **year-round programs**, and...

- **join** a thriving community of lifelong learners
- **explore** opportunities to learn and connect with friends
- **discover** new topics in classes designed for those 50 and better
- **enjoy** dynamic and engaging instructors in a relaxed and friendly environment

Your membership helps sustain this vibrant lifelong learning program. Join today and become a part of the Cal Poly Humboldt community.

OLLI Annual Membership: \$35

Valid through June 30, 2024. Memberships are non-refundable.

JOIN **OLLI**



humboldt.edu/olli/join

OLLI Cal Poly **Humboldt.**

We acknowledge that Cal Poly Humboldt is located on the unceded lands of the Wiyot people, where they have resided from time immemorial. We encourage all to gain a deeper understanding of their history and thriving culture. As an expression of our gratitude we are genuinely committed to developing trusting, reciprocal, and long lasting partnerships with the Wiyot people as well as all of our neighboring tribes.

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 OLLI: (707) 826-5880

PHOTO CREDITS

Front cover: Bar-tailed Godwit by Russ Namitz

Back cover, inside front: Humboldt Bay birds by

Kellie Jo Brown, Photographer, Cal Poly Humboldt

Marketing & Communications. See more of her work on flickr.com/photos/calpolyhumboldt galleries.

COLLEGE OF
Extended Education & Global Engagement

OLLI CLASSES: SPRING 2024

IN-PERSON CLASSES BY DATE

Course Title	Date	Page
Beginning Pickleball: Skills and Drills (Option 1) - FULL	Sun., March 3-24	3
Becoming an Animated Reader	Tues., March 5-April 2	3
Becoming a Zoom Wiz [OLLI members only]	Fri., March 8	9
Adventures of Noni & Tule at Sequoia Park Zoo	Sat., March 9	3
Close to the Bone: Writing from the Inside Out	Tues., March 12-April 2	4
Acting Up: The Fundamentals of Acting	Wed., April 17-May 8*	4
Creating an Edible Garden	Sat., March 16	4
The World of Electric Transportation	Canceled	5
Birding at the Marsh	March 30-April 20	5
We're Online: How to Be Tech Savvy [OLLI members only]	Mon., April 1	9
Beginning Pickleball: Skills and Drills (Option 2)	Sun., April 14-May 5	3
Everything Smart Device [OLLI members only]	Mon., April 15	9
Art School	Tues., April 16	5
Torah 101	Tues., April 16	6
Relativity 101	Thurs., April 18	6
Remembering Poet Mary Oliver	Thurs., April 18 & 25	7
All You Need is Creativity: The Beatles' Creative Process	Tues., April 23-May 7	7
Bees in Myths, Legends, Fables, and Fairy Tales	Sat., April 27	7
Rock, Paper, Scissors, Paint!	Sat., April 27	7
Unleash Your Creativity	Thurs., May 2	8
Sleep: An Exploration	Sat., May 4	8
Hiking Britain	Tues., May 7	8
An Exploratory Trek Through the Arcata Community Forest: Spring	Thurs., May 9	8

ONLINE CLASSES BY DATE

Course Title	Date	Page
Sea Level Rise on the Humboldt Coast (Full Year)	Thurs., Jan. 18-May 16	12
Southeast Humboldt Hinterlands	Sat., March 2	12
Cane Flow for Movement Expression	Tues., March 5-April 2	12
Memory Games: Stay Sharp!	Thurs., March 7	13
Hands-On Techniques to Soothe Your Nerves	Thurs., March 7	13
Oscar Winning Movie Musicals	Sat., March 9	13
The Axial Age: Great Minds in Many Lands	Wed., March 20-April 3	14
A Photographic Exploration of Wigi (Currently Called Humboldt Bay)	Wed., March 27	14
The Enneagram	Thurs., March 21 & 28	14
Can We Talk? Bringing Civil Discourse into Everyday Life	Thurs. April 4	14
Stories of Hope and Salvation	Sat., April 6	15
The Acropolis Caryatids as Political Statements	Tues., April 9	15
Breaking Through Artistic Barriers	Wed., April 10-24	15
A History of UFOs and Crop Circles	Thurs., April 11-May 2	16
Beginning Digital Photography	Tues., April 23-May 7	16
Writing a Legacy Letter	Tues., April 23 & 30	16
Online Shopping Safety	Wed., April 24	16
Latest Treatments of Migraine Headaches	Thurs., April 25	17
American Voices Series: Indigenous Voices	Wed., May 1 & 8	17
Armchair Traveler: Bridges & Ferries, Ridges & Prairies	Sat., May 4	17

IN-PERSON CLASSES

Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

Pickleball 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. Learn to drive, drop, dink, and serve, along with the rules and how to keep score.

OPTION 1: Sun., March 3-24 • 10 a.m.-12 p.m.

In person • \$55 • Class #: 24050

Register by Feb. 28.

OPTION 2: Sun April 14-May 5 • 10 a.m.-12 p.m.

In person • \$55 • Class #: 24051

Register by April 10.



Becoming an Animated Reader

James Floss, Professor Emeritus

Do your grandkids like stories? Do your kids? Do you read to them? How about BECOMING those stories? This course will teach you how to bring literature to life in order to delight and enthrall youngsters by showing stories rather than just telling them. Quick and easy creative dramatic techniques will be shared. Register by Feb. 29.

Tues., March 5-April 2 • 12-1:30 p.m.

In person

\$50 • Class #: 24052



Adventures of Noni & Tule at Sequoia Park Zoo

Christine Noel, Instructor

In summer 2023, Sequoia Park Zoo welcomed American black bears Noni and Tule. These yearling cubs arrived from Lake Tahoe Wildlife Care, Inc., unable to return to the wild. Join us to share in their story of survival, learn about their new life at the Zoo, and observe their antics firsthand! Register by March 6.

Sat., March 9 • 9 a.m.-12 p.m.

In person

\$45 • Class #: 24053



SPRING 2024 • IN-PERSON CLASSES

Close to the Bone: Writing from the Inside Out

Bonnie Shand, Poet

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Allow your writing practice to be an adventure into surprising and unexplored territory. This is not a class for beginning writers, but for those who understand the basics of creative writing and what it takes to breathe life into words on a page. Expand and deepen your writing, share your work, and receive feedback. Register by March 7.

**Tues., March 12-April 2 • 2-4 p.m.* • In person
\$65 • Class #: 24054**



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. Register by March 8.

**Wed., April 17-May 8* • 1-3 p.m.
In person
\$60* • Class #: 24055**



Creating an Edible Garden

Steven Saint Thomas, Permaculturist

It's never too late to gain independence by growing your own food. Through the lens of permaculture, explore low-impact techniques to yield more fruits, berries, veggies, herbs, chickens, and eggs from your place or space — be it a window, balcony, raised bed, or food forest. Systems will include rainwater catchment and composting. See how they're doing it at the McKinleyville Permaculture Learning Center. Register by March 13.

**Sat., March 16 • 10 a.m.-1 p.m. • In person
\$40 • Class #: 24056**



IN-PERSON CLASSES

The World of Electric Transportation

Mike Turek, Historian & E-Transportation Enthusiast

Instructor Mike Turek has been riding an electric bike and driving electric cars for over a decade. He will introduce you to the joys and frustrations of riding and driving electric vehicles. A brief history of electric vehicles will also be included.

This class is canceled.



MIKE TUREK

Birding at the Marsh

Haven LeWinter, Instructor

This is an inclusive course for birding enthusiasts of all levels. Led by an ornithologist, participants will explore the Arcata Marsh, learning bird identification, behaviors, and habitat ecology. The course offers hands-on field experiences to deepen appreciation for the marsh's diverse bird species. Register by March 27.

Sat., March 30-April 20 • 9-11 a.m.

In person

\$75 • Class #: 24058



KELLIE JO BROWN

Art School

Louise Bacon-Ogden, Artist

If you have ever wanted to paint in watercolor but were afraid, this class is for you! Learn to relax and just enjoy the process. We will create a fanciful and colorful school of fantasy fish. We will cover some simple techniques and have a good time! Register by April 11.

Tues., April 16 • 10 a.m.-12 p.m.

In person

\$30 • Class #: 24059



LOUISE BACON-OGDEN

SPRING 2024 • IN-PERSON CLASSES

Torah 101

Phillip Lazzar, Enthusiast

What is the Torah, and what is its purpose? This introductory class delves into the foundational text of Jewish scripture, and will help you gain a rich understanding of its historical, cultural, and spiritual significance. Register by April 11.

Tues., April 16 • 1-2:30 p.m.

In person

\$25 • Class #: 24060



WIKIMEDIA COMMONS

Remembering Poet Mary Oliver

Bonnie Shand, Poet

One of America's most beloved, celebrated, and award-winning poets, Mary Oliver, died in 2019. She was lauded for her precision with language, her lyricism, and the elegiac quality of her writing. She enchanted readers with the purity of her voice and her oneness with the natural world. Learn about her life and discuss her work. Register by April 15.

Thurs., April 18 & 25 • 2-4 p.m.

In person

\$45 • Class #: 24061



COURTESY OF RACHEL GIESE BROWN

Relativity 101

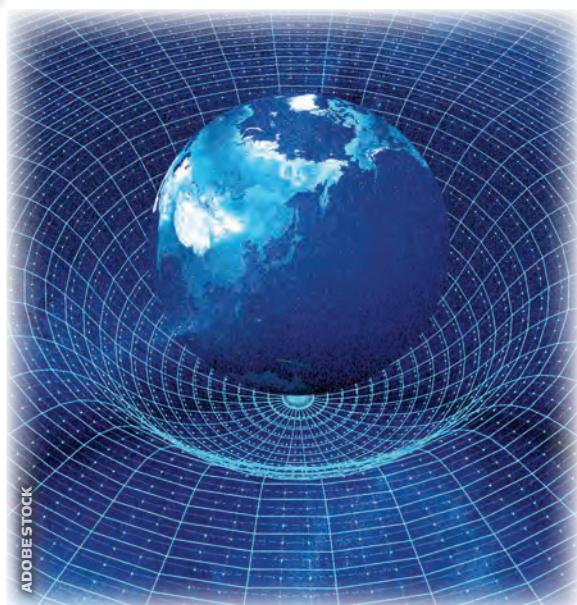
Phillip Lazzar, Enthusiast

You will be exposed to all the basics of relativity theory such as the consequences of relative motion on the measurement of distances and time periods. Register by April 15.

Thurs., April 18 • 1-2:30 p.m.

In person

\$25 • Class #: 24062



ADOBE STOCK

IN-PERSON CLASSES

All You Need is Creativity: The Beatles' Creative Process

Gary Glassman, Historian

Get an enjoyable 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. Register by April 20.

Tues., April 23-May 7 • 5-7 p.m.

In person

\$55 • Class #: 24075



Bees in Myths, Legends, Fables, and Fairy Tales

Brian Dykstra, Ecologist

Get carried away by the magic of bees in myths, legends, fables, fairy tales, and more! Visually engaging storytelling will connect you with bees, essential to many traditional tales and lessons. Stories from around the world will be covered, with wonderful imagery and many magical surprises to be had. Register by April 24.

Sat., April 27 • 10 a.m.-12 p.m.

In person

\$35 • Class #: 24074



Rock, Paper, Scissors, Paint!

Zoe Schmitt, Instructor

Explore the techniques necessary to paint on a rock — layering, sketching, and get an in-depth look into rock art cultivation. Register by April 24.

Sat., April 27 • 1-3 p.m.

In person

\$30 • Class #: 24064



Unleash Your Creativity

Louise Bacon-Ogden, Artist

Are you experiencing “artist block?” This “play with watercolor” class will get the juices flowing. Short and quick fun exercises will be perfect for beginners and experienced alike. Register by April 29.

Thurs., May 2 • 1-3 p.m.

In person

\$30 • Class #: 24065



LOUISE BACON-OGDEN



ADOBE STOCK

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. Register by May 1.

Sat., May 4 • 10 a.m.-12:30 p.m.

In person

\$25 • Class #: 24063

Hiking Britain

**Barry Evans, Local Science Columnist,
& Louisa Rogers, Writer**

Britain has some of the most beautiful wilderness areas in the world. Learn about hiking in many parts of the UK, from Hadrian's Wall in the north, to the Brecon Beacons in south Wales, to Dartmoor in the Southwest. Not forgetting Britain's gorgeous coast walks! Whether an active hiker or an armchair traveler, you'll enjoy this informative and illustrated class. Register by May 2.

Tues., May 7 • 2-4 p.m.

In person

\$30 • Class #: 24066

An Exploratory Trek Through the Arcata Community Forest: Spring

Jane Woodward, Instructor

Take an unhurried two- to three-mile conversational trek up hills and down into ravines, pausing en route to discover the wide variety of trees, ferns, flowers and groundcovers, lichen, and flowering and fruiting bushes. Register by May 6.

Thurs., May 9 • 10 a.m.-1 p.m.

In person

\$25 • Class #: 24153



*OLLI at Humboldt staff
is excited to offer these
FREE TECHNOLOGY CLASSES
exclusively for OLLI members.*

Becoming a Zoom Wiz

Dane Oppenborn, OLLI Staff

Whether you're novice or an expert, come join the OLLI staff as we walk you through the world of Zoom and answer any questions you may have. Register by March 5.

Fri., March 8 • 1-3 p.m.

In person

Free to OLLI members only • Class #: 24148

We're Online: How to Be Tech Savvy

Erin Scofield, OLLI Staff

Being proficient with technology and online communication is becoming increasingly more important with every day. Join the OLLI staff as we learn about digital literacy and have an open forum to cover your questions. Register by March 27.

Mon., April 1 • 2-4 p.m.

In person

Free to OLLI members only • Class #: 24149

Everything Smart Device

**Erin Scofield & Dane Oppenborn,
OLLI Staff**

Join the OLLI staff as we cover how to navigate, update, and maximize your smart device usage. Bring your devices and your questions! Register by April 10.

Mon., April 15 • 3-5 p.m.

In person

Free to OLLI members only • Class #: 24150

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. (closed 12-1 p.m.).

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

**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. Memberships are non-refundable.

OLLI registration deadlines have been updated

Enrollments close **three business days prior to the class start date.** Early registration deadlines support the preparedness of OLLI instructors, staff, and volunteers. This ensures the highest quality of education and experiences for our community. Look for the registration deadline at the end of the description for each class in this catalog.

Enjoy your **OLLI** classes!

OLLI *Brown Bag Lunch*

FEBRUARY 26

Creating a Sea Level Rise Institute

With Lori Richmond & Aldaron Laird

The Sea Level Rise Institute formed as an interdisciplinary partnership between Cal Poly Humboldt and the Humboldt community in 2018, to develop sea-level rise research and planning that informs equitable, sustainable, and community-centered local climate action. How is it working?

MARCH 4

Medicare Advantage & ACO-REACH: A Threat to Seniors & The Future of Medicare

With Corinne Frugoni & Patty Harvey

Understand how Medicare Advantage and a newer program called ACO-REACH are privatizing Medicare and posing a threat to Seniors and the future of Medicare.

MARCH 11

Humboldt Bay Update: Offshore Wind, Aquaculture, & Much More

With Rob Holmlund

Staff from the Humboldt Bay Harbor District will share information about several active projects, including an offshore wind port terminal.

MARCH 18

Simple Activism

With Margaret Kellermann

Margaret's term "Simple Activism" covers what any one of us can do to help when we see a need in the community, just by choosing one project we're passionate about.



MARCH 25

The Great Alaska Earthquake & Tsunami: Emergency Preparedness

With Lori Dengler

The Good Friday Earthquake of March 28, 1964 is the second largest magnitude earthquake ever recorded with modern instruments. The tsunami it generated caused the worst tsunami disaster on the U.S. West Coast, and led to the establishment of what is now the National Tsunami Warning Center. The events of 1964 also serve as a model of what could happen here in a Cascadia subduction zone earthquake.



More presentation details and Zoom link:

humboldt.edu/olli/brownbag

***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

Or subscribe to OLLI at Humboldt YouTube channel: **youtube.com/@ollihumboldt**

FREE ONLINE PRESENTATIONS

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

APRIL 1

Public Banking

With David Cobb

A public bank is owned and operated by a public entity for public benefit; as opposed to private banks, which are owned and operated by private individuals or entities for their personal profit. The Bank of North Dakota is the only public bank in the United States, but recent financial crises have sparked widespread interest in creating public banks.

APRIL 8

Life Plan Humboldt Updates

With Ann Lindsay

Life Plan Humboldt is a nonprofit formed to build and operate a senior life plan community in Humboldt County. Get an update on progress towards building 144 independent living homes and accommodations for memory care support and assisted living.

APRIL 15

Sharing Your Home: Benefits, Pitfalls, & Best Practices

With Julie Andre

More older adults are now opting to share a home to age in place. Through real stories of homesharers, learn about practical ways to safely connect with a housemate locally.

APRIL 22

Supporting Family Caregivers

With Erin McCann

Caring for aging loved ones with chronic illness and/or dementia can be challenging. Join us for a discussion about what makes caregiving so difficult and the support that is available for family caregivers as they navigate the journey.

APRIL 29

Reflections on Artificial Intelligence

With Ross Beveridge

Join a discussion of Artificial Intelligence (AI), what it is, what it does, and where it may go. With advances in technology such as machine learning and artificial neural networks, modern AI systems such as ChatGPT are starting to mimic us in ways that are hard not to notice.

MAY 6

Creativity at Any Age

With Louisa Rogers

Louisa Rogers took a watercolor class at 30, then didn't pick up a paintbrush for another 40 years. Now she paints often, and has developed a nontraditional artistic style that is uniquely her own. In this slide show presentation, she'll offer suggestions for how to discover your personal style, whatever form of expression you pursue.

MAY 13

What Is Going On in Theatre Today?

With Michael Fields

Take a journey through the current theatre world and ecology, find out why it is in danger, as well as some positives and possible paths forward.

MAY 20

Hydrogen's Role in Clean & Renewable Transportation

With Peter Lehman

This presentation will provide an overview of hydrogen's role in providing for zero-emission transportation, with special emphasis on Humboldt Transit Authority's current project to transition to fuel cell electric buses.

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. Register by July 17.

Thurs., Jan. 18-May 16 • 2-3:30 p.m.
Online
\$75 • Class #: 31277 ■■



COURTESY OF ALDARON LAIRD

Southeast Humboldt Hinterlands

**Jerry Rohde, Historian
& Ethnogeographer**

Remote but relevant, southeast Humboldt County was home to four Indian tribes, the first inter-county wagon road, and the Northwestern Pacific Railroad. Sheep ranching, logging, and fruit growing fueled communities along the Van Duzen and main Eel rivers. We'll look at 28 likely locations. Register by Feb. 28.

Sat., March 2 • 1-3 p.m. • Online
\$20 • Class #: 24079 ■■



COURTESY OF JERRY ROHDE

Cane Flow for Movement Expression

**Richard Stull, Certified Advanced
Instructor, American Cane Self-Defense**

Explore Cane Flow, using a J-hooked cane in an expressive and rhythmic way, integrating dance-like steps, elements of juggling, and efficient movement developed by American Cane Self-Defense Founder Joe Robaina. Though not a martial art, Cane Flow is linked to certain cane self-protection principles. **The class fee includes a Canemasters cane to use during the class.** Register by Feb. 29.

Tues., March 5-April 2 • 10:30-11:30 a.m.
Online • \$119 • Class #: 24078 ■■



COURTESY OF RICHARD STULL

Hands-On Techniques to Soothe Your Nerves

Carlisle Douglas, Health Coach

This experiential class will guide you through several sequences designed to soothe your nervous system.

SPONSORED BY



Learn how to respond to life's challenges by invoking calm, rather than activating anxiety. Participation will be a relaxing experience that you can recreate for yourself over and over again. Register by March 4.

Thurs., March 7 • 5-7 p.m. • Online
\$30 • Class #: 24081



ADOBE STOCK

Memory Games: Stay Sharp!

Margaret Kellerman, Artist

Having senior moments? Everyone has them. Enjoy stress-free, easygoing memory games and activities in one group Zoom session. Share your responses, or keep them private. Thinking outside the box is celebrated! Boost your confidence, and create new neural pathways to keep your mind active and creative. Register by March 4.

Thurs., March 7 • 1:30-3 p.m.
Online
\$30 • Class #: 24080



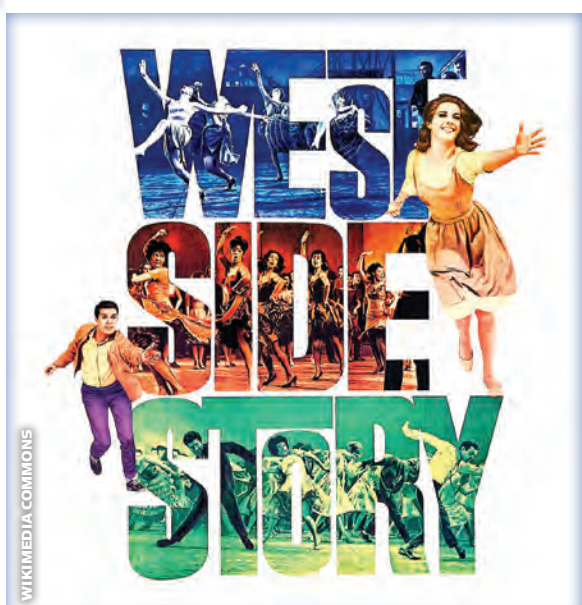
MARGARET KELLERMAN

Oscar-Winning Movie Musicals

Sam & Candy Caponegro, Theater Artists

Oscar time is here! In 92 years, musical films have won the award for best picture ten times. Ten terrific musicals! Take a tour with us as we explore *American in Paris*, *The Great Ziegfeld*, *West Side Story*, and six more musical winners. Feel inspired and filled with unbridled joy with Oscar winning performances. Register by March 6.

Sat., March 9 • 3:30-5 p.m. • Online
\$25 • Class #: 24082



WIKIMEDIA COMMONS

The Axial Age: Great Minds in Many Lands

Molly Cate, Humanitarian Educator

The Golden Rule and other new ideas about the dignity of humanity sprang forth independently throughout Asia and parts of Europe between 600 BCE and 200 BCE. From China to India to Israel and Greece, we will explore these cultures and this time period. Register by March 15.

Wed., March 20-April 3 • 10 a.m.-12 p.m.

Online

\$40 • Class #: 24086 ■■



The Enneagram

Sharon Ferrett, Author & Educator

The Enneagram is an ancient and dynamic model for understanding nine distinct personality structures and the complex interaction between thought, feelings, and behavior. It is a distinct spiritual tool for self-awareness and transformation. It has helped people gain tools for understanding compulsions, coping with stress, and relating more effectively with others. Register by March 18.

Thurs., March 21 & 28 • 10 a.m.-12 p.m.

Online

\$30 • Class #: 24091 ■■

A 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 kayaking, hiking, and exploring the bay's tidelands, wetlands, forest, and wildlife. Register by March 22.

Wed., March 27 • 1-3 p.m. • Online

\$25 • Class #: 24088 ■■

Can We Talk? Bringing Civil Discourse into Everyday Life

Sharon Ferrett, Author & Educator

This course is designed to foster civil discourse and help you learn to appreciate and practice civility and kindness. We will learn how to build community and address topics that are difficult to discuss. You will learn effective communication skills for how to listen — so people will feel free to speak — and how to talk so people will want to listen. Register by April 1.

Thurs. April 4 • 1-3 p.m. • Online

\$25 • Class #: 24093 ■■



Stories of Hope & Salvation

**Jerry Rohde, Historian
& Ethnographer**

Here are some history stories to counteract the bombardment of bad news from the present: the teenager who saved a band of Indians from starvation; the women who helped preserve a redwood forest; the rancher who faced down a gang of racists; the non-swimmer who rescued others from drowning. Register by April 3.

Sat., April 6 • 2-4 p.m.

Online

\$20 • Class #: 24094 



COURTESY OF JERRY ROHDE

The Acropolis Caryatids as Political Statements

Tom Boyer, Local Artist

The Acropolis Caryatids are statues supporting a roof. Some believe that these pillars were designed to honor the maidens of Athens. Vitruvius, a Roman architecture critic, believed that these Caryatids served as a political statement. This presentation will examine other caryatids, which may also have been political statements. Register by April 4.

Tues., April 9 • 1-3 p.m. • Online

\$30 • Class #: 24095 



ADOBE STOCK

Breaking Through Artistic Barriers

Molly Cate, Humanitarian Educator

Learn about creatives who overcame biased gatekeeping in ballet, opera, modern dance, and several visual arts. Along the way we'll celebrate International Dance Day, too. Register by April 5.

Wed., April 10-24 • 10 a.m.-12 p.m.

Online

\$30 • Class #: 24096 


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CARL VAN VECHTEN COLLECTION



A History of UFOs & Crop Circles

**Jerry Kroth, Associate Professor
Emeritus, Santa Clara University**


Discuss the possibility that UFOs and extraterrestrials have visited Earth. There is myriad anecdotal testimony that UFOs are indeed real. Get an overview of commentary, sightings, actual material (like the Roswell Foil), which will be intriguing and fascinating to both skeptics and aficionados. Register by April 8.

Thurs., April 11-May 2 • 1-2:15 p.m.
Online
\$40 • Class #: 24097 

Beginning Digital Photography

Eli Vega, Photographer & Author


In this highly interactive course, you will learn the basics — like those dials on your camera, those mysterious menu items; composition, f/stops, shutter speeds, and the exposure meter, and how they all work together; ISO and white balance; different types of lenses; the number one solution to the number one problem in photography — and more! Register by April 18.

Tues., April 23-May 7 • 10 a.m.-12 p.m.
Online
\$65 • Class #: 24098 

Writing a Legacy Letter

Jay Sherwin, Writer/Consultant

A legacy letter allows you to share your life lessons, express your values, and offer your blessings to family and friends. This brief course includes discussion and reflective writing exercises to help you complete your own legacy letter. Register by April 18.

Tues., April 23 & 30 • 1-2:30 p.m.
Online
\$30 • Class #: 24099 


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Online Shopping Safety

Pam Holten, Tech Educator

How do you know for sure that it's safe to order online? During this class you'll learn all the ways to verify the safety of shopping at an online store. Register by April 19.

Wed., April 24 • 1-3 p.m.
Online
\$25 • Class #: 24100 



COURTESY OF CAROLINE CONNOR



Latest Treatments of Migraine Headaches

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

If you or your family or friends suffer from migraine headaches, join us for an hour to discuss the latest neuromodulators and medications for treatment. Register by April 22.

Thurs., April 25 • 5-7 p.m.

Online

\$35 • Class #: 24101 ■■

American Voices Series: Indigenous Voices

Molly Cate, Humanitarian Educator

Listen to Indigenous writers' and lecturers' own words while we explore the historical and present contexts of their lives. Appreciate human dignity anew through these voices from the 500 years of Indigenous Hawaiians, North and South Americans contending with European domination. Register by April 26.

Wed., May 1 & 8 • 10 a.m.-12 p.m.

Online

\$30 • Class #: 24102 ■■

Ka'm-t'em A Journey Toward Healing



COURTESY OF KAIM-TEM: A JOURNEY TOWARD HEALING

Armchair Traveler: Bridges & Ferries, Ridges & Prairies

**Jerry Rohde,
Historian & Ethnogeographer**

Join us for a look at four kinds of Humboldt landmarks. See the last operating ferry in the county, the bridge too beautiful to destroy, the ridge dominated by the postal service, and the prairie that pulsates with purplish pulchritude — all from the comfort of your own armchair. Register by May 1.

Sat., May 4 • 1-3 p.m.

Online • \$20 • Class #: 24103 ■■



COURTESY OF JERRY ROHDE



SPECIAL INTEREST GROUPS

One of the benefits of being an **OLLI member** is the opportunity to participate in these unique Special Interest Groups (SIGs).

GROUP	DATE	FEE	CLASS #
<i>Live & Local: Concerts</i>	Mon., Feb. 26, March 11, April 8 & 22, Tues., May 28.....	FREE	31230
<i>Issues in Public Policy</i>	Online, 2nd Wed./month: Feb. 14- June 12	\$50	44221
<i>Book Group</i>	Online, 3rd Wed./month: Feb. 21-June 19	\$50	FULL
<i>Citizen Science/Nature Diaries</i>	In person, quarterly on Wednesdays	\$40	31232

LEARN MORE & REGISTER: humboldt.edu/olli/sig

Let's Connect! FREE Online Conversations FRIDAYS at 10-11 a.m. on Zoom

OLLI, in collaboration with **Tracey Barnes-Priestley**, facilitate this hour of conversation that focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter.

Let's Connect began early in the pandemic as a response to the isolation, and has grown to become a regular gathering of friendly and interesting people. Please join us! Register once, and use the same Zoom link each week. See the topics and register on the website.

humboldt.edu/olli/letsconnect



PBS KEET, with the support of **OLLI** at Cal Poly Humboldt, announce

What's on Your Bucket List?

SEASON 3 premieres Wed., April 24, 7:30 p.m.

(repeats the following Saturday)



OLLI continues to sponsor this unique show that gives curious people over 60 the opportunity to try a special interest, learn a new skill, or just enjoy life while doing something new and different – and maybe even a little quirky!

Join host Tracey Barnes-Priestley and her lucky guests as they travel throughout Humboldt County in search of some very special experiences. Whether it's taking to the sky on a bright blue afternoon or exploring a hidden gem in southern Humboldt, each segment is full of discovery, learning, and spirited fun!

View seasons 1 and 2 at: pbs.org/show/whats-your-bucket-list

A Farewell Tribute to Sheila Rucker Heppe, Ed.D.

Director of OLLI at Cal Poly Humboldt since 2010

Sheila Rucker Heppe took over the helm at OLLI in 2010, just after the Osher Lifelong Learning Institute at HSU reached 500 members and had been awarded the first one million dollar endowment from the Bernard Osher Foundation.

Sheila came from the HSU School of Education, where she served as Secondary Education Credential Program Coordinator for 14 years. She used her connections in the education community to double the number of OLLI courses offered within the first three months of her leadership of the OLLI program.

By the end of Sheila's first year as Director, the number of OLLI members increased from 500 to over 1,000 members, which qualified OLLI at HSU to be considered for a second one million dollar endowment.

When the Bernard Osher Foundation required a robust fundraising plan for each OLLI in the nation, Sheila reached out to fundraising experts and worked with them to design the New Designs in Fundraising Certificate offered through the College of Extended Education and Global Engagement (CEEGE). Sheila joined the first cohort to complete the certificate while creating a successful fundraising plan for OLLI.

Through the generous support of the Friends of OLLI, our institute met the necessary fundraising goals, and OLLI at HSU received the second million dollar endowment. Our institute receives 5% of the Osher endowment each year to cover staffing costs, ensuring that OLLI at Cal Poly Humboldt will continue to flourish. We rely on course fees and donations from members to offer our full OLLI program.

In 2011, Sheila was promoted to Director of Extended Education, which added oversight of all academic programming and promotions in the College of Extended Education and Global Engagement to her responsibilities as OLLI Director.

A new OLLI program coordinator position was created to manage the OLLI daily functions. Sheila expanded the number of courses and

“OLLI has been the shiny purple crown jewel of my career at Humboldt.”



continually attracted vibrant high-quality OLLI faculty and committed essential volunteer leaders. She implemented the Monday free Brown Bag Lunch Presentations program and established the President's Club donor community and the Friends of OLLI celebration and appreciation events.

The OLLI community of over 1,000 members remained constant for a decade until the pandemic. OLLI at Humboldt is currently on course to regain full membership this year.

Sheila says, “I think OLLI at Cal Poly Humboldt flourishes in our community because Humboldt is rich with interested and interesting people. The Osher Lifelong Learning Institute exists to facilitate learning and connection between people 50 and better in our region. It's a place where engaging people engage.

“OLLI has been the shiny purple crown jewel of my career at Humboldt. Even as I step away from the university, I look forward to seeing my fellow OLLI members in a class or community event soon.”

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.

Sustaining Friends: Monthly Donations

Tracey Barnes-Priestley
Christine Cogen
Sharon Ferrett & Sam Pennisi
Lois Freisleben-Cook
& Howard Hall
Carl Hansen
Doug Hartley
Laura & John Hennings
Sheila & Chris Rocker Heppe
Rees Hughes & Amy Uyeki

Karen Isa
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Edward "Buzz" & Judy Webb
Terry Weeks
Jane Woodward
& William Seebaugh

BECOME A FRIEND TODAY:

humboldt.edu/giving/olli

Thank you to these Friends of OLLI who gave from July 2023-Jan. 2024, and OLLI instructors who donated their course fees back to OLLI. We apologize if we inadvertently omitted anyone.

Friends: Any Amount

Nancy Arroyo	Dan & Donna Hauser	Lorraine Miller-Wolf
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Tributes

Anonymous Donation - In appreciation of Sharon Ferrett & Sam Pennisi
Sheila & Chris Rocker Heppe - In Memory of Eric Redstrom
Janina Shayne - In Memory of Kia Ora Zeleny



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OLLI at Humboldt is self-supporting. This catalog
is not printed or mailed at state expense.
If you want to be removed from the mailing list,
go to humboldt.edu/extended/nomail



OLLI *Open House*

Saturday, Feb. 17

11 a.m.-1 p.m.

**St. Mary's Leavey Hall
1730 Janes Rd., Arcata**

- Explore classes and meet instructors.
- Join OLLI or renew your membership.
- Bring peanut butter or non-perishable food to support the student food cupboard.

See details:

humboldt.edu/olli/openhouse

