What is OLLI?

The Osher Lifelong Learning Institute at Humboldt State University (OLLI at HSU) creates opportunities for academic engagement, civic involvement, personal growth and fun. By offering a myriad of classes and experiences for a vibrant community of learners aged 50 and better, OLLI delivers learning for a lifetime.

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 ($45 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.

Anyone from the community may take an OLLI class.

Non-members add $25 per class.

JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli
Celebrating 15 years of Lifelong Learning on the North Coast

Anniversaries provide an opportunity to reflect, celebrate, and plan for the future. As the images on this page and the cover depict, OLLI at HSU has provided an active 15 years of lifelong learning.

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

As we express gratitude and celebrate these fantastic 15 years gone by, together we eagerly anticipate the years ahead. We look forward to staying connected with you.

This summer, OLLI at HSU celebrates lifelong learning with 15 classes with a low $15 fee.

These special $15 classes are available to OLLI members only.

- Google Drive Basics (p. 8)
- Guided Self-Massage (p. 6)
- Humboldt Bay: A Photographic Journey (p. 9)
- Humboldt History Double Feature (p. 12)
- Lessening Your Stress (p. 6)
- Living Locally, Living Sustainably (p. 10)
- Overcoming Climate Anxiety Across Generations (p. 12)
- The Ergonomics of Juggling (p. 8)
- Visit the World’s Museums -- Virtually! (p. 11)
- Wines of Portugal (p. 10)
- Women of the Civil Rights Movement (p. 13)
- Writing Through Illness in a Pandemic (p. 7)
The year 2020 has brought many unexpected changes to our lives and society. OLLI at HSU has transformed lifelong learning courses and experiences to a fully online format, and created new ways to stay connected as we create safe spaces for ourselves and our community.

In this catalog you will find opportunities to celebrate lifelong learning on the North Coast. We invite you to join OLLI or renew your membership and participate in fifteen $15 courses to commemorate OLLI at HSU’s first 15 years as a learning community. These special $15 classes are available to OLLI members only. Please know that all other OLLI classes are available to anyone, by including a $25 non-member fee per class. If you are not 50 yet and would like to join OLLI at HSU, contact us for more information (olli@humboldt.edu).

Stay connected by participating in free Monday Brown Bag Lunch Online Presentations on a variety of subjects and topics (p. 5). On Fridays, OLLI offers conversations open to everyone – details about Let’s Connect with Tracey Barnes-Priestley can be found below.

OLLI at HSU offers these opportunities free of charge, thanks to the generous support of the Friends of OLLI. These thoughtful friends share their resources to extend lifelong learning opportunities to our community. (pp. 14-15). OLLI at HSU could not exist without these donations, and we are forever grateful for the outpouring of support during these especially difficult times brought on by the COVID-19 pandemic.

Finally, we acknowledge the transitions and awakenings happening in our country and the world, as space is created to express and hear all voices and experiences. As lifelong learners, we know we learn best by listening, and we teach best by our actions.

Let’s Connect! FREE weekly chat via Zoom hosted by Tracey Barnes Priestley on 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 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! By pulling together, we can try to make the best of a bad situation!

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

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

ZOOM WITH OLLI: If you need help with Zoom, participate in an OLLI Zoom Tutorial in advance of a presentation or class. Learn how to navigate Zoom and test your audio and video beforehand. Please email olli@humboldt.edu if you want to attend a Zoom Tutorial.
Friends of Jung
Group Leader: Barbara Clark
This group focuses on Carl Jung’s concept of self and individuation. Varied topics are presented by members and sessions include personal sharing and experiential learning in a safe discussion environment.
Meets 1st Tues. of the month, 10 a.m.-noon
Summer: July 7 & Aug. 4 • $10 • Class #: 31191
Annual: July 7, 2020-June 1, 2021 • $40 • Class #: 31192

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.
Summer: July 15 & Aug. 19 • $10 • Class #: 31193
Annual: July 15, 2020-June 16, 2021 • $40 • Class #: 31194

Sea Level Rise & Humboldt Bay Group
Group Leaders: Aldaron Laird & Jerry Rohde
This group will explore changes to Humboldt Bay and discuss the implications of sea level rise. Learn about current sea level rise and activities planned for Humboldt Bay.
Meets 4th Sat. of the month, 2-3:30 p.m.
Summer: July 16 & Aug. 20 • $10 • Class #: 31195
Annual: July 16, 2020-June 17, 2021 • $40 • Class #: 31197

OLLI MEMBERS: To register, visit humboldt.edu/olli/sig

Free Brown Bag Lunch
ONLINE PRESENTATIONS
MONDAYS, noon-1:30 p.m. beginning July 6
Online via Zoom: Discover new topics • Discuss current events
See pages 8, 10 and 12 for the list of presentations!
RSVP at: humboldt.edu/olli/brownbag
Guided Self-Massage

Carlisle Douglas, Self-Care Advocate

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 the class, you will have given yourself a relaxation treatment, all while sitting clothed in a Zoom Room. Students will actively participate in relaxation techniques during the class as well as learn skills and options for continuing self-massage sessions in the future.

Tues., July 7, 10 a.m.-noon • Online
$15 • Class #: 31185

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. A release of liability form is required.

Option 1:
Fri., July 10-24, 10:30-11:30 a.m. • Online
$35 • Class #: 31199

Option 2:
Fri., Aug. 21 & 28, 10:30-11:30 a.m. • Online
$24 • Class #: 31200

Lessening Your Stress

Molly Cate, Humanitarian Educator

Lighten your mental stress load no matter what the world throws at you. We’ll explore the whys and hows of stress reduction and have some fun in the process.

Tues., July 14, 10:30 a.m.-12:30 p.m. • Online
$15 • Class #: 31203

Einstein’s Theory of Special Relativity For Beginners

Phil Lazzar, Instructor

Relativity flipped classical physics on its head when it overturned underlying assumptions. Understand how Einstein’s theory melds together space and time into spacetime and how “moving” clocks run more slowly and “moving” objects are measured shorter in the direction of their “motion.” Albert Einstein said, that when one teaches relativity, to make it as simple as possible without making it wrong. That is the goal of this class.

Wed., July 15-Aug. 5, 11 a.m.-noon • Online
$30 • Class #: 31205
Understanding Migraine Headaches
Caroline Connor, M.D., M.P.H., Family Physician & Headache Specialist
This course is for anyone who wants to learn more about diagnosis and treatment of migraine, a complicated and debilitating disease. Many myths regarding migraines exist in popular culture, and this course will help dispel some of those myths and offer a clearer understanding of this disease process.
Thurs., July 16 & 23, 6-7:30 p.m. • Online $40 • Class #: 31186

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, including reading contours and a variety of landscapes. 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., July 17-Aug. 21, 11 a.m.-12:30 p.m. • Online $45 • Class #: 31201

Writing Through Illness in a Pandemic
Amanda Devons, Writing Enthusiast
Express yourself through therapeutic writing. For those dealing with cancer and other illnesses, experience the power of self expression with a group. Through literary prompts, timed writing, and voluntary sharing, you will find healing, empathy, and community.
Thurs., July 16 & 23, 10:30 a.m.-noon • Online $15 • Class #: 31210

REGISTER: humboldt.edu/ollı • SUMMER 2020 |
The Ergonomics of Juggling
Sarah Arrigo, Occupational Therapist, OTR/L

Use juggling to enhance your spatial awareness, balance and depth perception, eye to hand reaction time and visual motor skills. Learn how to set up your home environment for safety and success while enjoying some healthy play.

Sat., July 18, 1-3 p.m. • Online
$15 • Class #: 31187

Google Drive Basics
Sarah Godlin, HSU Staff

Using Google has many benefits and can be used for sharing pictures and videos with your family, keeping simple accounting books, video chatting with family and friends, and storing and sharing documents. Learn how to use Google Drive and its apps.

Wed., July 22, 4-6 p.m. • Online
$15 • Class #: 31209

Brown Bag Lunch

JULY 6: Preparing for the Final Years of Life  Janette Heartwood, Elder

JULY 13: CR & Higher Education: The Path Forward  Keith Flamer, President, College of the Redwoods

JULY 20: KEET: 50 Years Strong and Counting & the PBS American Portrait Initiative  David Gordon, Executive Director KEET-TV, & Jennifer Bell, Project Director, Food for Thought

Mondays, noon-1:30 p.m. • Online via Zoom • RSVP: humboldt.edu/olli/brownbag
**Personal Resilience for Planetary Resilience**

**Hannah Eckberg, Muse for Well-Being**

Gain tools for self-care and well-being along with ideas for integrating them into your daily life. We will work with different aspects of meditation, movement, visualization, eating habits, and the physiological reasoning behind these practices. Based on the work of the Center for Mind-Body Medicine.

Wed., July 22 & 29, 6-8 p.m. • Online $30 • Class #: 31188

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**An American Portrait Phenomenon**

**Ali Freedlund, Storyteller**

PBS American Portrait is an ongoing, evolving initiative that asks people all over the country to submit individual stories by responding to one of a number of thought-provoking prompts. Get tips for writing, recording and submitting a story and to share stories from our rural community. You will be encouraged to submit to the website that will be seen around the country.

Thurs., July 23 & 30, 1-3 p.m. • Online $30 • Class #: 31212

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**Humboldt Bay: A Photographic Journey**

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

Take a photographic journey through the bay’s six hydrographic areas, inter-tidal wetlands and channels, agricultural and Aleutian geese grazing lands, coastal forest and dune ecosystems. View historical images to highlight artifacts and past developments, as well as current uses of the bay.

Option 1: Sat., July 25, 1-3 p.m. • Online $15 • Class #: 31206
Option 2: Sat., Aug. 22, 1-3 p.m. • Online $15 • Class #: 31214

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*Courtesy of Hannah Eckberg*
Living Locally, Living Sustainably
Jane Woodward, Policy Consultant & Educator

Learn how to take actions to sustain the local economy and environment. With so many online services, why would you want to become a “localist” or “locavore”? Examine a lifestyle supporting sustainability of our local community, from banking to food purchases to recreational and energy choices. What can you do to increase resiliency and community, and protect our increasingly fragile economy and environment?
Thurs., July 30, 10 a.m.-noon • Online $15 • Class #: 31213

Wines of Portugal
Pam Long, Wine Educator

Portugal is famous for sweet and powerfully alcoholic Port wines but in recent years the country has been making a significant push to market their approachable and delicious table and sparkling wines. This course will cover a bit of history, grape varieties, notable growing regions, along with climate and soil influences.
Sat., Aug. 1, 2-4 p.m. • Online $15 • Class #: 31216

FREE Brown Bag Lunch
Mondays, noon-1:30 p.m. • Online via Zoom • RSVP: humboldt.edu/olli/brownbag

JULY 27: Institutional Racism & the Role that Individuals Play
Sharrone Blanck, President, Eureka NAACP

AUG. 3: Companion Animals: The Gift of Love & Companionship
Kim Class, Director, Companion Animal Foundation

AUG. 10: The Struggle for Women’s Suffrage & the Passage of the 19th Amendment  Anne Hartline, Educator
The Psychology of Mortality Awareness: Living & Loving with Death Anxiety
Brian Mistler, Health Administrator & Psychologist
We’ll survey philosophical, religious, and poetic reflections on mortality, review psychological research on the impact of thinking about death on decision making, develop strategies for difficult conversations, and explore gratitude, present awareness, and improved quality of life for ourselves and those we love.
Tues., Aug. 4, 1-3 p.m. • Online
$20 • Class #: 31189

Conspiracy Studies: A Journalistic Approach to Modern History
Steven Saint Thomas, Journalist
Participants will combine historical research methods with investigative journalism techniques to study the validity of various conspiracy theories. The term “conspiracy theory” has come to connote — usually in a derogatory way — the belief in an unconventional historical narrative. This course will apply journalistic methods to controversial topics.
Tues., Aug. 4-25, 6-7:30 p.m. • Online
$45 • Class #: 31217

Visit the World’s Museums – Virtually!
Julia Alderson, Art Historian
Most art institutions are closed due to COVID-19, but we can still virtually enjoy their collections and special exhibitions! Explore how some of the most important museums are engaging audiences in the digital realm.
Series: Wed., Aug. 5-19, 1-3 p.m. • Online
$40 • Class #: 31218
Individual online classes:
Wed., Aug. 5 • $15 • Class #: 31219
Wed., Aug. 12 • $15 • Class #: 31220
Wed., Aug. 19 • $15 • Class #: 31221
Overcoming Climate Anxiety Across Generations
Sarah Jaquette Ray, Associate Professor & Program Leader, Environmental Studies

Coronavirus and climate change cause anxiety for many, but depending on our age, we may worry about them differently, or for different reasons. Dr. Ray will outline strategies for coping with climate anxiety as found in her new book, *A Field Guide to Climate Anxiety: How to Keep Your Cool on a Warming Planet.*

Thurs., Aug. 6, 1-3 p.m. • Online
$15 • Class #: 31215

Humboldt History Double Feature
Jerry Rohde, Local Historian & Ethnogeographer

Watch two OLLI programs for the price of one! We’ll start off with “Geography of Place,” which shows how cultural and physical geography are connected by the concept of “place.” Then we’ll look at “Striking Structures,” a tour of some of the county’s best-looking buildings.

Sat., Aug. 8, 1-3 p.m. • Online
$15 • Class #: 31222

FREE Brown Bag Lunch

Mondays, noon-1:30 p.m. • Online via Zoom • RSVP: humboldt.edu/olli/brownbag

AUG. 17: **California Coastal Commission**
Mike Wilson, Humboldt County Supervisor, & Cristin Kenyon, Supervising Analyst, CCC

AUG. 24: **Changes in the Air for Sequoia Park Zoo**
Gretchen Ziegler, Executive Director, & Leigh Oetker, Foundation Director, Sequoia Park Zoo

AUG. 31: **The Continuum of Our Lives: The Gift of Time**

Mondays, noon-1:30 p.m. • Online via Zoom • RSVP: humboldt.edu/olli/brownbag
Enslaved in Humboldt: The Story of Caroline Wright

Lynette Mullen, Historian

Humboldt County records reveal the appalling but little known history of slavery in our community. Discover the story of Caroline Wright, who was born in Arcata in 1856 and enslaved as a young girl after her mother’s brutal murder.

Tues., Aug. 11, 10 a.m.-noon • Online
$20 • Class #: 31223

Women of the Civil Rights Movement

Molly Cate, Humanitarian Educator

Learn about the women behind the scenes of the American Civil Rights Movement of the 1950s and ‘60s who were the backbone of the Montgomery Bus Boycott and the Southern Christian Leadership Conference, and more. We’ll also discuss a less well-known social club for African Americans here in Humboldt County.

Thurs., Aug. 13, 10:30 a.m.-12:30 p.m. • Online
$15 • Class #: 31224

Introduction to Cirgonomics

Sarah Arrigo, Occupational Therapist, OTR/L

Get organized and be curious about the everyday objects you already own! Choose a controlled environment, like your room or home garden, and discover your own FUNctional everyday life system. By playing games and exploring uses of objects, you’ll create your own ergonomic device, to make life feel like that “just-right-fit.” This course is part of Cirgonomics Occupational Therapy practice, designed to help you adapt to COVID-19 by discovering kinesthetic balance with your environment.

Sat., Aug. 15-29, 1-3 p.m. • Online
$30 • Class #: 31198
Thank you, Friends of OLLI

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.

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<th>Philanthropist: $2500+</th>
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<td>Ann Kim &amp; Jim Gable</td>
<td>Kathy Layton</td>
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<td>Rollie Lamberson &amp; Michele Olsen</td>
<td>Sam Pennisi &amp; Sharon Ferrett</td>
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<td>William Seebaugh &amp; Jane Woodward</td>
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<td>Dr. &amp; Mrs. Raymond Lacy</td>
<td>Stephanie Perrett</td>
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<td>Claire S. Perricelli</td>
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<td>Sue MacConnie &amp; Carol Rische</td>
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<td>John &amp; Jean Montgomery</td>
<td>Chris &amp; Sheila Rocker Heppe</td>
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<td>Amy Uyeki &amp; Rees Hughes</td>
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<td>William &amp; Arlene Hartin</td>
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<td>Dan &amp; Donna Hauser</td>
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<td>Doug Shaw (Mad River Hospital)</td>
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Sustaining members are in bold.  
Join Friends of OLLI.  
Donate today: humboldt.edu/giving/olli or 707-826-5880

Thank you to all Friends of OLLI who gave July 1, 2019 to April 30, 2020. We apologize if we inadvertently omitted anyone. The updated Friends of OLLI list can be found at humboldt.edu/olli/friends
Purple: $120-$299

Margaret Augustine
Don Banducci
Louise Bacon-Ogden
Nancy Cloward
James Goodlive
Susan Gordon
William Greenwood
Laura & John Hennings
Mary Kline

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Denise Seeger/HBNWR
Judith Schwedes
The Tiferet Center
Jane Wilson

Friend: Any amount

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Linda Anderson
Maria Bartlett
James Bauml
Janet Beckstead
Laura Black
Thomas Boyer
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Judy Wendling
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Terry Williams
Beth Wingfield
Wendy Woodward
Cynthia Woods
Wallace Wright
Vicki Zeitlin

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!
It’s time to JOIN or RENEW!

OLLI membership is $35 per year from July 1-June 30.

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