



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SUMMER 2022



CAL POLY HUMBOLDT

CAL POLY HUMBOLDT

COLLEGE OF Extended Education & Global Engagement



OLLI

At the Osher Lifelong Learning Institute at Cal Poly Humboldt (OLLI at Humboldt), everyone benefits from lifelong learning. Our vision 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: humboldt.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	Maureen Murphy
Ellie Galvez-Hard	Judith Rucker
Laura Hennings	Janina Shayne
Kathy Layton	Gerry Tollefson
Rollie Lamberson	Linda West
Sue MacConnie	Jane Woodward

OLLI Finance & Fundraising Committee

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

OLLI Staff

Interim Dean.....Cyril Oberlander
 Director of Extended Education
 & OLLI.....Sheila Rocker Heppe
 OLLI Coordinator.....Kim Laney
 Registrar.....Deserie Donae
 Assistant Registrars.....Elizabeth Lujan, Summer Turner
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 Program Support Specialist.....Pam Long
 Student Assistants...Natalie Acuña, Alexandra Gonzalez,
 Rosemary Kelly, Shawn Khattak, Eli Moloney,
 Dane Oppenborn, Whitney Vickers

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 CEEGE: (707) 826-3731*

Cover photos by Kellie Jo Brown.
 Front: OLLI instructor Joann Fornes (right) leads OLLI members on a walking stick hike through McKinleyville. See page 14 for Joann's summer walking stick class.
 Back: OLLI Curriculum Committee member and Brown Bag Lunch Presentations coordinator Jane Woodward, with her dog Andy.



DANE OPPENBORN

It's time to **join** or **renew** your **membership!**

Join a community of lifelong learners **age 50 and better**.

Membership comes with several benefits.

See humboldt.edu/olli/member for details.

OLLI Annual Membership: \$35 (July 1, 2022-June 30, 2023)

**Join OLLI and help us reach the membership goal of
1,000 new or renewing members.**

Invite a friend, family member, or colleague!

humboldt.edu/olli/join

Virtual Open House

Tuesday, July 12 • 3:30-5 p.m.

Explore an online showcase of summer classes and experiences.

OLLI instructors, staff, and volunteers will answer questions.

OLLI classes will be held virtually and in-person, and begin July 16.

See the Open House schedule and RSVP for this online event:

humboldt.edu/olli/openhouse



Summer 2022

Explore, learn, and adventure!

Summer Classes: Sat., July 16-Fri., Aug. 5

We hope you will agree that this summer OLLI at Humboldt has an impressive line-up of classes. We're offering more opportunities to connect with OLLI in-person this year, with classes being offered in an outdoor learning center, as well as campus classrooms and venues across the county.

Back to Camp: Lifelong Learning in the Redwoods

During the first week of August, OLLI will host a camping opportunity at the Wolf Creek Education Center in a beautiful redwood park setting. Register before July 12 for best class and activity options.

Back to Camp is open to OLLI members only. See details on Back to Camp on pages 10-13.

WOLF CREEK EDUCATION CENTER
COURTESY OF K. JOVEL / NATIONAL PARK SERVICE

A variety of class formats

OLLI offers a robust blend of in-person and online classes. Please check the listing carefully for how the class will be delivered before you register. Once enrolled, check your email for confirmation and additional information about your class. See page 6 to learn how to register.

Online:

The class is delivered 100% online, in real time, via Zoom, a web-based video conferencing service. See page 18 for information about Zoom tutorials and video recordings.

Hyflex:

A class that students can attend in-person, online, or both. Safety precautions* apply to those attending in-person.

In-Person:

A class that is held face-to-face in a university classroom or an off-campus instructional space, or a class that includes field trips. Safety precautions* apply.

***Safety Precautions:** Proof of vaccination or negative COVID-19 test is required for anybody attending activities, events or classes with OLLI. Check the OLLI website and your email for updates.

JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli/register

Wines of Anderson Valley

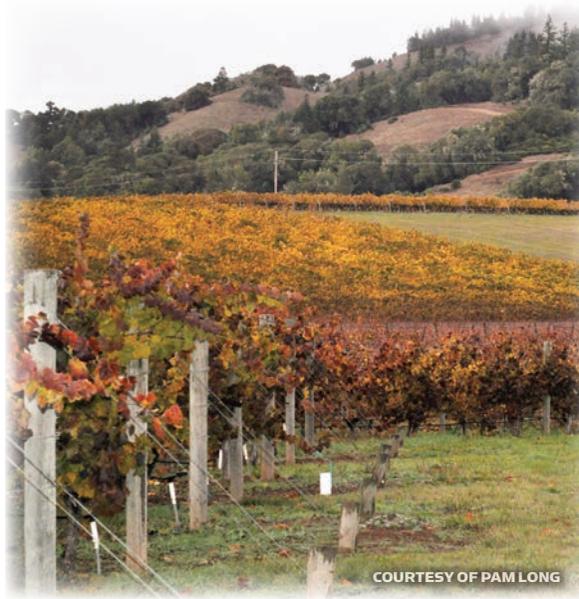
Pam Long, Wine Educator

Explore the varied wines of a world-class wine region less than three hours away. This gem of a viticulture region is home to exquisite cool-climate Pinot Noir, Chardonnay, and a variety of Alsatian wines, including Pinot Gris and Riesling. Through a combination of lecture, a digital presentation, and a formally guided tasting, participants will expand their palate with Anderson Valley wines.

Sat., July 16 • 1-3 p.m.

In-person: Cal Poly Humboldt campus

\$40 • Class #: 31310



COURTESY OF PAM LONG

WIKIMEDIA COMMONS

Past, Present, & Future of Scotia Lodge

Aaron Sweat, Hospitality & Cannabis Pioneer

Discover the vibrant history of the Scotia Lodge, formerly Scotia Inn, and the future envisioned by the new owners. Tour this unique hotel which was at the heart of the Scotia logging industry. The new ownership sees the Scotia Lodge as a local economic driver, community treasure, and future of Humboldt's tourism.

Mon., July 18 • 2-4 p.m.

In-person: Scotia Lodge

\$25 • Class #: 31422



COURTESY OF LENA SCHMIDT

Feel-Good Yoga

Lena Schmidt, Yoga Teacher

Find your inner serenity with yoga. Set an intention, breathe deeply, move through gentle flowing yoga poses, and be guided into relaxation. Stretching, balancing, strengthening, breathing, and mindfulness for all levels.

Full series:

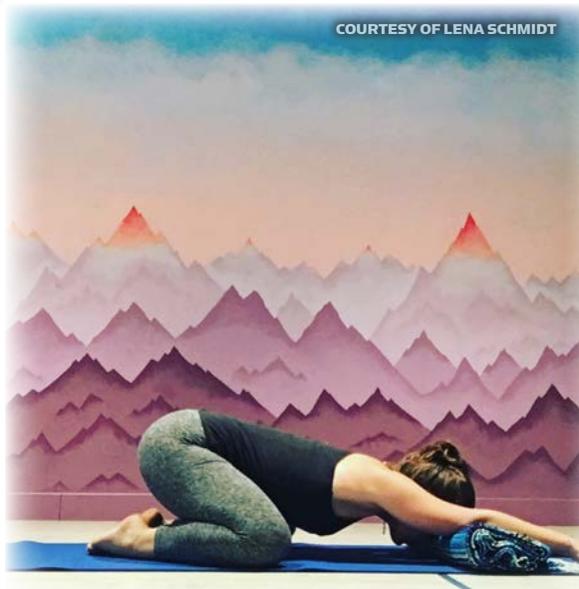
Mon.-Fri., July 18-29

10:30 -11:30 a.m. • Online

\$95 • Class #: 31313

Five-day punch card: \$45 • Class #: 31314

One class punch card: \$10 • Class #: 31315



Neurographic Art

Louise Bacon-Ogden, Meditative Artist

Bring calm, peace, relaxation, and clarity into your day. Spend two hours immersed in learning new art exercises to relax and focus your brain while creating a lovely art piece. It is fun and easy. No art experience necessary.

Tues., July 19 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 31316 

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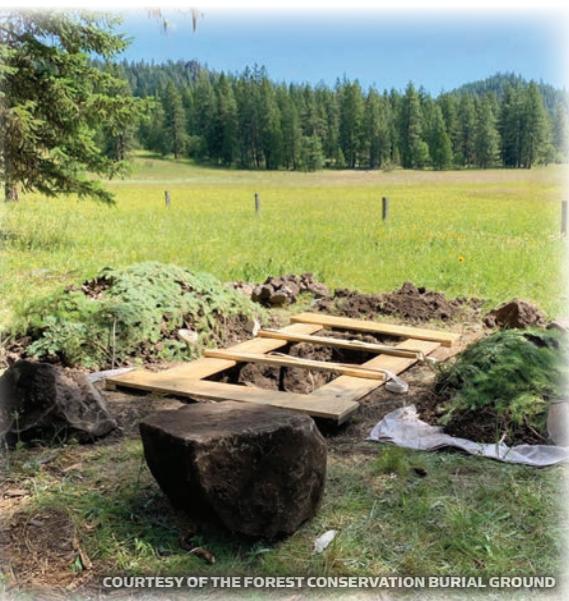


Green Burial: The Greenest Way to “Go”

Mary Ann Perry, Cemetery Sexton

Let's face it! We are all going to “go” one of these days. Learn what green burial means, the environmental impacts of conventional funeral practices, and how to connect with further education, resources, and practitioners. Join a discussion about the science and practice of green burial, as well as conventional and alternative disposition methods.

Tues., July 19 & 26 • 2:30- 4 p.m. • Online
\$20 • Class #: 31318 



One of Many Lucys

Lynette Mullen, Historian

In 1862, Lucy Romero, a Native woman, sacrificed her life to save her children. Attend this class to learn about Lucy, Humboldt's “Indian wars” and the unbridled violence, sanctioned murder, and human trafficking that marred this shameful time in Humboldt County's history.

Tues., July 19 • 5-7 p.m. • Online
\$25 • Class #: 31324 



***Fear or Adrenaline:
Singing on Stage***

Pete Shepard, Karaoke Enthusiast

Get tips and techniques for using a microphone, and to get comfortable on stage. Practice singing your favorite songs karaoke style. The music is an instrumental version of a well-known popular song, and lyrics are displayed on a video screen, along with a moving symbol. Determine if stage fright is fear or adrenaline — or a little of both.

Thurs., July 21 & 28 • 1-2:30 p.m.

In-person: The Jam, Arcata

\$20 • Class #: 31330

COURTESY OF PETE SHEPARD



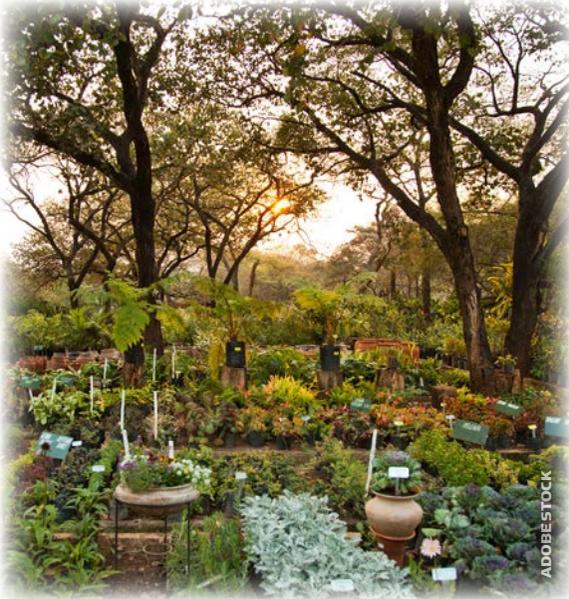
***Regenerating the Good Life:
Back to the Land***

Molly Cate, Humanitarian Educator

Interested in growing and eating sustainably? Delve into the history of some of the pioneers of self-sufficiency. Meet the Nearings and learn about Living the Good Life. Celebrate the evolution of Rodale’s teachings from organic to regenerative organic gardening. Permaculture principles, no-till agriculture, Indigenous practices, soil and grass farming, and more.

Wed., July 20 • 10 a.m.-12 p.m. • Online

\$25 • Class #: 31321



ADOBESTOCK

***Humboldt History:
Benbow Inn***

Teresa Porter, Inn Keeper

This award-winning hotel historian will share about this local treasure. Explore the lives of the creative nine brothers and sisters who built the Benbow Inn, the dam, a water company, electric company, and lumber mill. On this tour, you will also hear stories of the colorful guests who visited the inn for almost nine decades.

Wed., July 20 • 1-4 p.m.

In-person: Benbow Inn, Garberville

\$25 • Class #: 31322



WIKIMEDIA COMMONS

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.



JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli/register

Anyone from the community may take an OLLI class. Non-members add \$25 per class.



STUDENT STAFF SPOTLIGHT: Dane Oppenborn

Tell us about yourself.

I'm an English writing practices major on track to graduate in 2023. Ultimately, my goal is to teach English abroad, learn as many languages as I can, then return to school to earn a masters (and beyond) in linguistics. Reading, drawing, mixing music, and cooking are my main hobbies. But when I have time, camping in the North Coast forests is one of my favorite things to do.

Tell us about OLLI at Humboldt.

OLLI offers a wide range of interesting classes to anyone willing to learn. It's a great way to learn about different subjects (history, physical activities, painting, etc). OLLI provides an accommodating space to build a community that encourages people to listen to their inner sense of curiosity.

What have you learned from OLLI members?

OLLI members have shown me that plenty of people never lose their passion for learning, and staying connected beyond the classroom is one of the most enriching aspects of education.

How do you think OLLI benefits the community?

Since I started my student assistant position during the pandemic, I've noticed many OLLI

students and instructors express gratitude and relief for simply being able to continue participating in classes and other OLLI activities, whether or not they happen virtually. Humboldt County is a small population, so OLLI has been an amazing resource.

Anything else you would like to share about OLLI?

If you want to meet incredible people, learn fascinating subjects, and connect with the local community on a deeper level, OLLI is a great place to discover!

What are some exciting events happening in OLLI this summer?

Out of all the fun and exciting activities OLLI is hosting, the one I'm most excited about is the upcoming camping trip to Wolf Creek Education Center. There will be fishing, hiking, stargazing, birdwatching, and so much more. What makes this camping event so cool, is the North Coast forest location. This area is one of my favorite natural environments out of any in the country!



Writing a Legacy Letter

Jay Sherwin, Life Review Adviser

A legacy letter (also called an “ethical will”) is a brief written document that allows you to share your life lessons, express your values, and offer your blessings to future generations. This course offers a model structure, discussion, and reflective writing exercises to help you complete your own legacy letter.

Fri., July 22 & 29 • 12:30-2:30 p.m. • Online
\$25 • Class #: 31339 ■◀

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WIKIMEDIA COMMONS

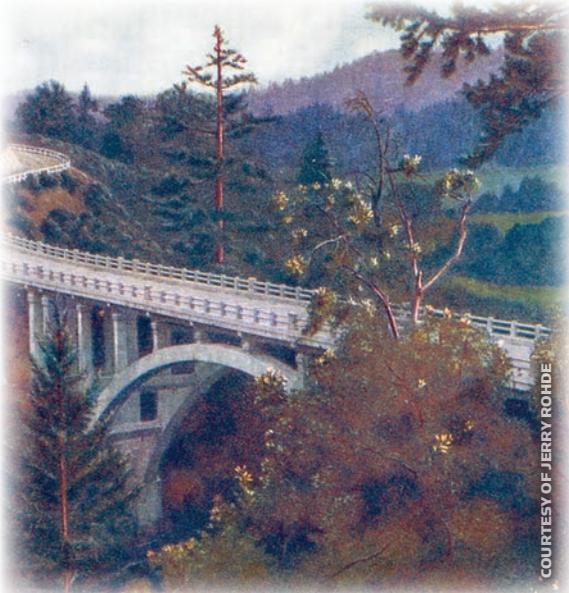


Reconnoitering the Redwood Highway

Jerry Rohde, Historian & Ethnogeographer

It’s summer, and time to investigate the sunny south of Humboldt County. Join us for a full-color excursion along the Avenue of the Giants, from Richardson Grove to Scotia, and see “the town built on a golf course,” “the Brigadoon of the South Fork,” and “temple of Redwood,” and more.

Sat., July 23 • 1-3 p.m. • Hyflex • \$20
In-person: Class # 31311 • Online: # 31325 ■◀



COURTESY OF JERRY ROHDE

American Heroes: Dolores Huerta & Larry Itliong

Molly Cate, Humanitarian Educator

Celebrate the vision of two economic justice and civil rights pioneers who started powerful movements for the rights of agricultural workers: the mighty Dolores Huerta, feminist, non-violence advocate, and brilliant organizer; and Larry Itliong, Filipino originator of the 1965 Delano, California grape strike and boycott.

Thurs., July 21 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 31323 ■◀

WIKIMEDIA COMMONS



OLLI Special Interest Groups

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

SIGs were formed by members who took an OLLI course together, who share interests and want to continue to meet on a regular basis. A SIG is not intended to be a class, nor to replace what is presented in OLLI classes, but rather to build on that knowledge and to discuss topics more in depth.

Most SIGs meet online via Zoom. We are happy to announce two new SIGs this summer:

Citizen Science & Nature Diaries (p. 17, in-person)

Live & Local: Eureka Symphony & the Eureka Chamber Music Series (p. 18).

If you would like to start your own SIG, call OLLI at 826-5880.

See all SIGs and register at humboldt.edu/olli/sig



SPECIAL INTEREST GROUP

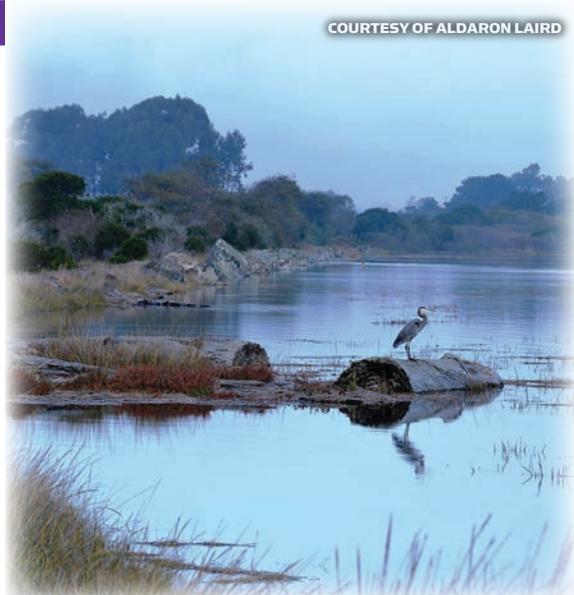
Sea Level Rise & Humboldt Bay Group

Group Leaders: **Aldaron Laird & Jerry Rohde**

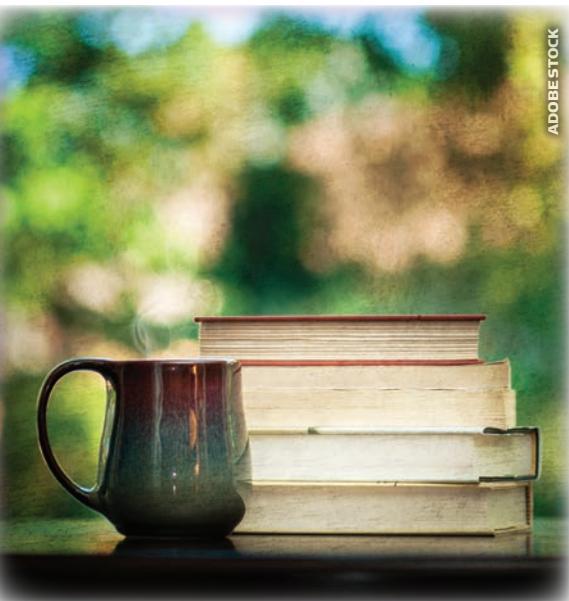
Meet on the third Thursday of the month to explore potential changes to Humboldt Bay and discuss the implications of sea level rise. Meetings are an excellent forum to learn about current sea level rise planning activities on Humboldt Bay.

July 21-Dec. 15 • 2-3:30 p.m. • Online
\$25 • Class #: 43817

Annual: July 21, 2022-June 15, 2023
\$50 • Class #: 43818



COURTESY OF ALDARON LAIRD



ADOBE STOCK

SPECIAL INTEREST GROUP

Book Group

Group Leaders:

Mike Zepegno & Dan Chandler

This group meets on the third Wednesday of the month to select and read books from various genres. Monthly selections are listed on the OLLI website. All readers are welcome.

July 20-Dec. 21 • 5-7 p.m. • Online
\$25 • Class #: 43809

Annual: July 20, 2022-June 21, 2023
\$50 • Class #: 43808

OLLI Brown Bag Lunch

FREE ONLINE PRESENTATIONS

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

JULY 18:

Remembering the 1992 Cape Mendocino Earthquakes with a Virtual Field Trip of the Mendocino Triple Junction



Lori Dengler, Emeritus Professor of Geology at Cal Poly Humboldt:

The April 1992 Cape Mendocino earthquake was the most damaging North Coast earthquake in historical times. This talk remembers the earthquakes of 30 years ago with a virtual field trip and a discussion of what we've learned about North Coast hazards since then.

Lori Dengler is a Professor Emeritus of Geology at Cal Poly Humboldt. An internationally-recognized expert in tsunami hazards, she continues to be active in North Coast earthquake and tsunami research and outreach activities through the Humboldt Earthquake Education Center and the Redwood Coast Tsunami Work Group, an inter-agency organization of scientists, emergency planners/managers, and others active in disaster preparedness. Formed in 1996, the RCTWG coordinates the annual California ShakeOut drill, Tsunami Week activities, and annual tsunami communications drill, community evacuation drills, and other activities promoting disaster resilience.

JULY 25:

Protecting Humboldt Bay: Past, Present, & Future



Jennifer Kalt, Director of Humboldt Baykeeper:

The health of Humboldt Bay relies on how we address issues like sea level rise, industrial contamination, and development proposals. Clean water and thriving habitats are critical to fisheries, wildlife, human health, and our economy. Kalt will provide an overview of Humboldt Baykeeper's work, and there will be plenty of time for discussion.

Jennifer Kalt is the director of Humboldt Baykeeper, a non-profit organization launched in 2004, that works to protect Humboldt Bay's water quality and habitat for human health as well as wildlife. From 2001 to 2010, Kalt worked on behalf of California Indian Basketweavers to protect native plants and drinking water supplies from forestry herbicides, which combined her passion for conservation with environmental justice issues. She is also a member of the Humboldt Sea Level Rise Initiative and is a lecturer in the Department of Environmental Science & Management at Cal Poly Humboldt.

To get the Zoom online meeting link, please RSVP:

humboldt.edu/olli/brownbag

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

These FREE online presentations are sponsored by the Friends of OLLI

SUMMER 2022

Back to Camp:

August 1-5: Explore, learn, and adventure!

Nestle into the redwoods at the beautiful Wolf Creek Education Center, where you will choose daily activities for a personalized education and camping experience designed for OLLI members.

The center is located adjacent to Redwood National Park land, near the southern end of Prairie Creek State Park, and features modern amenities with hot showers, restrooms, and a large kitchen. Campers can sleep in shared cabins with padded bunks, or can set up their own tent.

Enjoy discovering the many facets of the vast North Coast. Between classes there will be time for exploring nearby trails along the beach and into the redwoods. Activities may include walking in Fern Canyon, visiting waterfalls, viewing rock formations, and possible Roosevelt Elk sightings.

OLLI members can go "back to camp" for the full week or choose a day to spend in the redwoods.

Happy Campers stay overnight to enjoy the full range of activities and camping experience, with twilight tales and stargazing, and an early bird program created for their adventurous spirit. All lunches, snacks, dinners, camping fees, educational programs, transportation

to and from the Wolf Creek Educational Center (via van or bus) are provided. Happy Campers get first choice of program classes!

Day Trippers choose which days they would like to experience the adventure and then return home (or to a nearby hotel). Transportation to and from the Wolf Creek Education Center is provided via van or bus. Options for personal transportation may be made by arrangement. Day Tripper registration opens on July 12 at the OLLI Open House.

OLLI has partnered with local guides, leaders, and community groups to create this unique outdoor education experience in the pristine redwood forest on the North Coast of California.

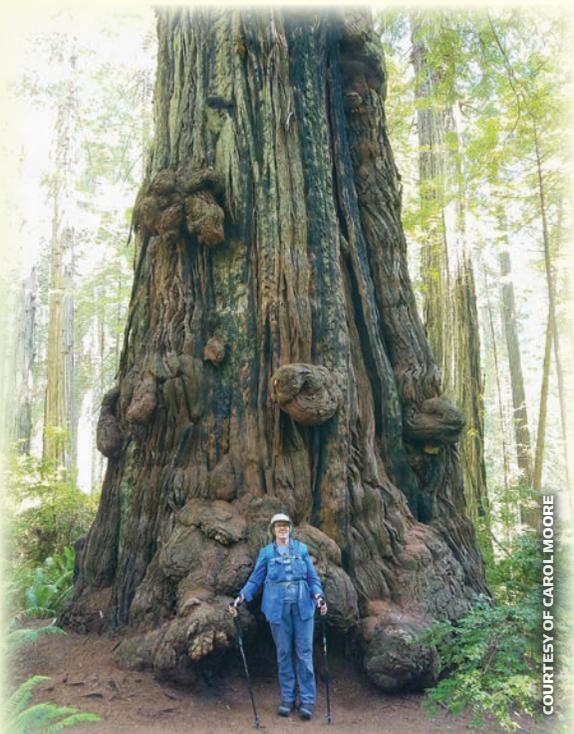
All campers are encouraged to stay for the catered dinner and twilight talks!

Bring your sense of adventure and fun, and leave your electronic devices behind. There is no WIFI at the Wolf Creek Education Center.

Proof of vaccination or negative COVID-19 test is required for anybody attending in-person activities, events, or classes with OLLI. Check the OLLI website and your email for updates.



CHRIS GUILLEN



COURTESY OF CAROL MOORE

Lifelong Learning in the Redwoods

KELLIE JO BROWN

OLLI campers can choose a personalized experience while they enjoy the great outdoors. See a sampling of classes on pages 12-13.

Happy Camper

All inclusive full experience for OLLI members only: Includes special morning activities and twilight programs, first choice of two or three classes per day, lunches and catered dinners, overnight bunkhouse accommodations with hot showers and restrooms, transportation.

Registration is open now. A course choice questionnaire will be emailed with your registration confirmation.

Five-Day Program: \$348 (Class # 31427)

Day Tripper

Choose a half-day or full-day experience for OLLI members only: Includes one or two classes, transportation, and meals.

Registration opens July 12 at OLLI Open House. Space is limited; some classes may fill.

One half-day: \$45 (one class, lunch or dinner)

One full day: \$70 (two classes, lunch, dinner, and twilight program)

Morning classes: 10 a.m.-12 p.m.

Afternoon classes: 2-4 p.m.

Sample Daily Itinerary

MORNING

Happy Campers wake up in the redwoods

Morning activity/class

Happy Campers breakfast on their own

Day Trippers arrive: Orientation

OLLI Classes: 10 a.m. - noon

MID DAY

Brown bag lunch in the field or lunch at
Wolf Creek Education Center

Morning Day Trippers depart

Afternoon Day Trippers arrive: Orientation

OLLI Classes: 2-4 p.m.

Free time or group activities/opportunities

EVENING

Catered dinner

Twilight program

Afternoon Day Trippers depart

Happy Campers enjoy the starlight

Come back to camp with OLLI! See course details and registration information:

humboldt.edu/olli/backtocamp

Check the OLLI website for updates. Classes and activities may have space limitations or additional fees.

Happy Campers get first choice of program classes through July 12. Registration for OLLI members only.

SUMMER 2022

Back to Camp:

Explore, learn,
and adventure!

August 1-5

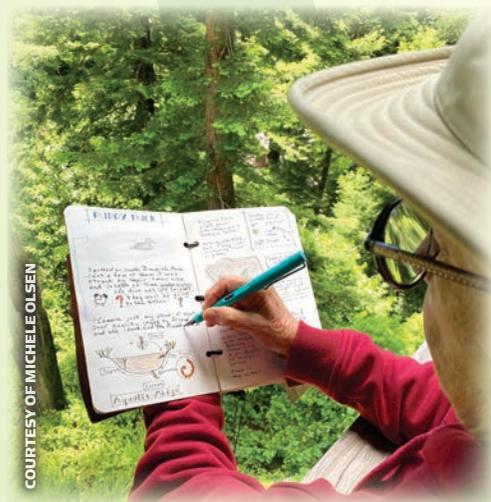
Happy Campers stay in the redwoods Mon., Aug. 1 through Fri., Aug. 5. First choice of program classes. Special morning and evening programming daily. Snacks, lunches and catered dinners provided throughout the week. Accommodations and transportation included. **Registration open now!**

Five-Day Program: \$348 (Class # 31427)

Day Trippers choose half-day or full-day options from Tues., Aug. 2 through Thurs., Aug. 4. Transportation, orientation and meal(s) included with choice of program class(es). Registration opens July 12 at the OLLI Open House.

One half-day: \$45 (one program class, and lunch or dinner)

One full day: \$70 (two program classes, lunch, dinner, and twilight program)



Classes include...

Field Journals: Witnessing Our Changing Environment

With Michele Olsen & Gisela Rohde

Use your field journal to create a deeper connection with the Wolf Creek surroundings. Become a citizen scientist by participating in activities that improve observational skills, foster curiosity, and help document that experience.

Field Journals: A Deep Dive into Ferns

With Michele Olsen & Gisela Rohde

Bring your journals on a nature walk to investigate local ferns. Become a citizen scientist by participating in the research project "Fern Watch." Use your journal to document discoveries, questions, and the natural history of the area.

Using Walking Sticks: Practical Pilates

With Joanne Fornes

Combine cardiovascular exercise with a workout for core and upper body. Using Pilates principles, discover how walking sticks help with balance, protect knees, and give you extra strength to enjoy hill walking and hiking.

Creative Nature Connection

With Larissa Hul-Galasek

Immerse yourself in explorations of being in nature and a part of nature. The instructor will guide mindfulness practices, writing, movement and other creative ways of noticing and appreciating what is around us.

Come back to camp with OLLI! See course details and registration information:

humboldt.edu/olli/backtocamp

Check the website for **MORE CLASSES** and for updates!

Lifelong Learning in the Redwoods

Plein-Aire Painting: Atmospheric Watercolors*

With Paul Rickard

Get an introduction to the meditative art of landscape painting. The instructor will demonstrate the stages of creating an atmospheric watercolor painting and discuss composition, value, and color harmony. Then you'll create your own painting.

* This class is offered multiple times in the week.



KELLIE JO BROWN

Songbird Art

With Louise Bacon-Ogden

You will hear some fun mnemonics to remember bird songs. Then, using simple shapes, you will draw your favorite songbird.

Elk Prairie Hike

With Jerry & Gisela Rohde

Join a jaunt around the periphery of Elk Prairie. Hike for about 2.6 miles on nearly level park roads and trails, view giant redwoods, learn a little park history, and maybe spot a few Roosevelt elk.

Nature Poetry

With Elizabeth Morrison

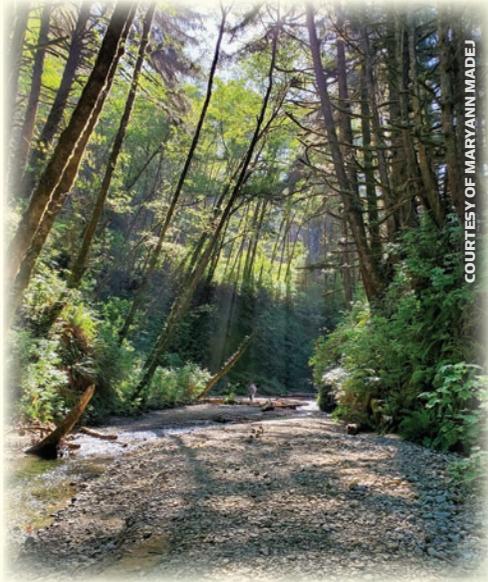
Outdoors is the ideal place to read poetry about nature. We will contemplate several poems by diverse poets, including a Japanese haiku or waka. If there is interest, we can also practice writing the Japanese characters in the poem.

Wildtrails Bike Tour*

With Dalton & Katie Lee

Take a bike tour with our experienced guides. There will be options for the novice to the more experienced riders. Some e-bikes will be available.

* This class is offered multiple times in the week.



COURTESY OF MARYANN MADEJ

Riverwalking Along Prairie Creek

With Maryann Madej

Hike a gentle trail along Prairie Creek to see how the river influences old-growth redwoods and their influence on the river and salmon habitat. Learn about river processes and about current and future river restoration projects in this area.

Surf Fishing

With Tuck Engelmenn

Bring your fishing gear and head out to a local beach at low tide to fish.

Happy Camper full program registration is open now. A course choice questionnaire will be emailed with your registration confirmation.

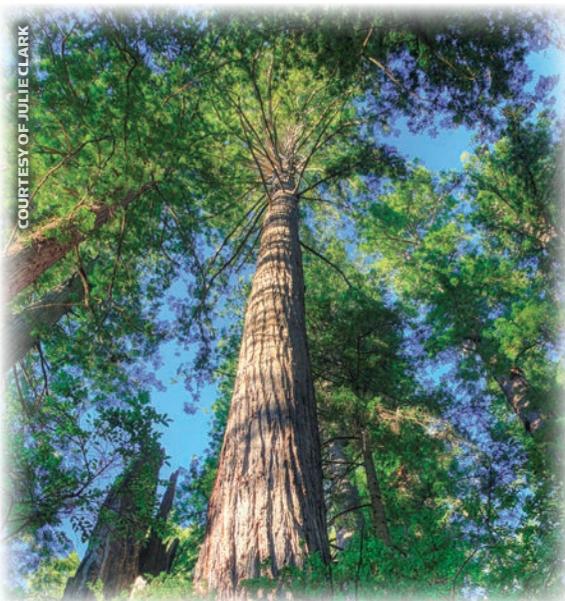
Signs & Secrets of the Redwood Forest

**Susan Halpin, Docent,
Friends of Headwaters**

Some of the special relationships among the plants, animals, fungi and algae of the forest will be revealed in this hike, starting with a brief discussion of the creation of the Headwaters Reserve. Dress in layers and wear good hiking footwear. Bring your own drinking water. The trail is a human-only trail – no dogs.

Mon., July 25 • 1:30-4:30 p.m.

In-person: Meet at Headwaters Parking Lot
\$10 • Class #: 31332



COURTESY OF JULIE CLARK



WIKIMEDIA COMMONS

20th Century Art Part 2

Julie Alderson, Art Historian

Delve into 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. This class is a continuation of the class offered in spring. If you missed the first class, contact OLLI to inquire about a recording.

Tues., July 26 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 31317



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

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

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

Register once and use the same Zoom link each week.

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

Stories from Eureka's Early Red-Light District

Lynette Mullen, Historian

Travel back to the early 1900s and Eureka's "Lower District" to learn how officials addressed those who lived in violation of "the laws of God and the state." Also hear about the madams and inmates, the hardships they faced, and the individuals who truly profited from the world's oldest profession.

Tues., July 26 • 5-7 p.m. • Online
\$25 • Class #: 31326

COURTESY OF LYNETTE MULLEN



COURTESY OF POETRY FOUNDATION

Cowboy Poetry & Poets

Molly Cate, Humanitarian Educator

Celebrate the American literary tradition of cowboys and poetry, including the increasingly inclusive annual National Cowboy Poetry Gathering. It's all about loving and sustaining the land, living with horses, cattle, weather and changing ways of life. And, best of all, we'll listen to big-hearted poets read.

Wed., July 27 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 31331

Using Walking Sticks: Practical Pilates

Joanne Fornes, Movement Specialist

Combine cardiovascular exercise with a superb workout for core and upper body. Using principles from Pilates, discover how walking sticks provide a variety of exercise possibilities for the entire body, help with balance, protect knees and give you the extra strength to enjoy hill walking and hiking.

Wed., July 27 • 1-3 p.m.
In-person: Cal Poly Humboldt campus
\$20 • Class #: 31312

SPONSORED BY



KELLIE JO BROWN



Humboldt's First Opioid Crisis

Lynette Mullen, Historian

Take a closer look at the history of opioid addiction, Humboldt's opium dens, morphine "fiends" and laudanum users, attitudes toward addiction and drug dealers, early treatment options and more. Also hear about kingpin William Whaley, an Arcata boy who ran the biggest international opium smuggling gang in the 1890s.

Wed., July 27 • 5-7 p.m. • Online
\$25 • Class #: 31327 



PHOTO CREDIT



WIKIMEDIA COMMONS

John Trudell: Conscience of America

Molly Cate, Humanitarian Educator

Explore the life of the acclaimed poet and American Indian Movement activist John Trudell, Santee Sioux. His life of Indigenous activism altered forever when a horrific fire took the lives of his wife and children. He started to write poetry that sometimes caresses the reader's heart and often blisters the conscience.

Thurs., July 28 • 10 a.m.-12 p.m. • Online
\$25 • Class #: 31328 

Nature in Haiku

Mie Matsumoto, Instructor

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

Thurs., July 28 • 1-3 p.m. • Online
\$30 • Class #: 31423 



COURTESY OF MIE MATSUMOTO

Trinidad Head Lighthouse Tour

Patti Fleschner, Historian

Illuminate a part of history with a tour of the Trinidad Head Lighthouse. This one-hour moderate hike has a short uphill section (begins at the Trinidad Memorial Lighthouse), and offers panoramic ocean views from the top of the lighthouse. Hear stories about the history and see photos of the Trinidad Head Lighthouse.

Fri., July 29 • 2-4 p.m.

In-person: Trinidad Head State Beach

\$10 • Class #: 31329



DANE OPIENSBORN

SPECIAL INTEREST GROUP

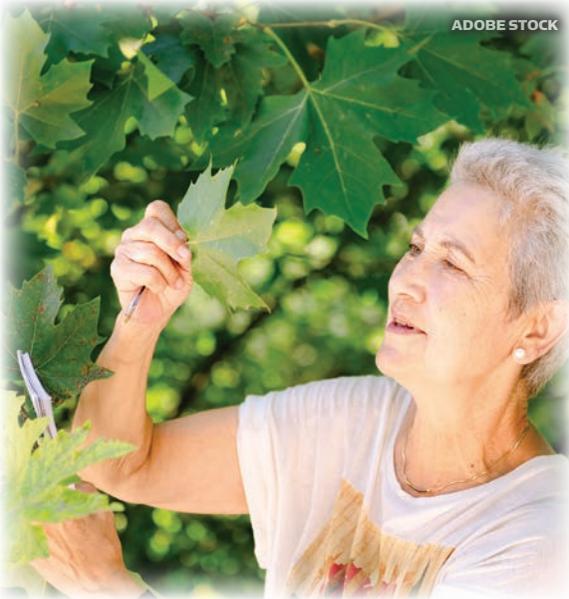
Citizen Science & Nature Diaries

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

Explore nature and contribute to scientific research. Learn about public participation in data collection, finding projects, and reporting observations. Create a nature diary that captures information through sketches, measurements, charts, written descriptions, and even quotes and poetry. *This group meets quarterly; future dates and locations will be announced.*

Wed., Aug. 24, 2022-June 30, 2023

11 a.m.-1 p.m. • In-person: Locations will vary
\$25 • Class #: 43807



ADOBESTOCK

Parking on campus

If you're an OLLI member and register for in-person classes held on campus, a Cal Poly Humboldt parking permit is included with your registration.

Watch your email for the course enrollment confirmation, which provides instructions and a parking code.

You may pick up your permit before you park.



SPECIAL INTEREST GROUP

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

Group Leader: **Elizabeth Morrison**

Meet online before several live classical concerts, mostly on Mondays. Preview the music, share insights into the composers, and check out the musicians. See the concert calendar at humboldt.edu/olli/sig-concert

Sept. 1-Nov. 28 • 6-7:30 p.m.

\$15 • Class #: 43806

Annual: Sept. 1, 2022-May 25, 2023

\$35 • Class #: 43805

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:

707-826-3743 or e-mail:

srh@humboldt.edu

Download a scholarship request form:

humboldt.edu/olli/scholarship



REDWOOD COAST MUSIC FESTIVAL

***Celebrating 30 years of music
festivals on the North Coast***

Eureka's American Roots Festival:
Four days, 8 stages, and over 40 bands!

Sept. 29-Oct. 2

**SPECIAL OLLI MEMBER
ALL EVENT TICKET: \$95**

PRIME TIME TICKET: \$35

(All venues Fri. or Sat., 5 p.m.-closing)

Tickets will be sold only to OLLI members at the OLLI office until Sept. 9, and at the OLLI Fall Open House on Sat., Sept. 10. Discounted tickets are nonrefundable.

All tickets purchased through OLLI for the 2020 festival will be honored.

See the complete schedule of events:

rcmfest.org

OLLI Recording Policy

OLLI Class Video Recordings

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

Please note: When a link to a class recording becomes available, we ask that you not share it with anyone, without consent of the instructor or the OLLI office.

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

Zoom with OLLI!

Attend a free OLLI Zoom tutorial

Many OLLI classes and all Special Interest Groups and Brown Bag Lunch presentations are held online via Zoom, a web-based video meeting tool that allows users to meet online, with or without video. (Free accounts are available at the Zoom website: zoom.us)

Learn how to navigate Zoom, and test your audio and video, in advance of a presentation or class. Please e-mail olli@humboldt.edu if you are interested in attending a Zoom tutorial.



Travel with OLLI

Study abroad with the Faculty Led Summer Program from Cal Poly Humboldt. Summer 2023 dates and destinations will be available soon, and you will be able to apply to travel with OLLI Abroad. Destinations may include Spain, France, Costa Rica, and Belize, in two to 10 week-long programs.

If studying overseas is not in your plans, join OLLI's new Travel Committee to discuss options from train travel through Canada to shorter ventures closer to home. Let us know if you're interested in traveling with OLLI, and we'll keep you posted! Get more information at the OLLI Open House on July 12 (p. 1), or email olli@humboldt.edu

Friends of **OLLI**

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

The Friends of OLLI are community members who have contributed a monetary gift to the Osher Lifelong Learning Institute at Cal Poly Humboldt. Friends of OLLI donations support the weekly Brown Bag Lunch Presentations and Let's Connect gatherings, which are offered FREE to the community. This generous financial support also helps keep class fees low and provides scholarships for our members.

The vision for the future of OLLI is developed with OLLI members who lead through their work on the curriculum, and finance and fundraising committees. In the future, we hope to enhance OLLI at Humboldt in some new ways:

- OLLI at Humboldt looks forward to creating a **Lifelong Learning Lab**. Your donation will help develop a dedicated classroom space designed to inspire learning and create connections for a lifetime. This educational space will be designed to be inclusive and accessible, with an audio induction telecoil loop (T-loop) system and other technologies, to allow OLLI courses to be offered simultaneously in-person and online.
- OLLI hopes to create additional **Lifelong Learning student assistant positions** to provide employment to Cal Poly Humboldt students interested in supporting learning in our community. Student jobs are crucial to retention, making college more affordable, and fostering a sense of belonging at Cal Poly Humboldt.

Save time and help support OLLI with your sustaining membership today. OLLI membership is an investment in lifelong learning, and creating the community in which we want to live. One-hundred percent of your membership fee goes directly to funding year-round classes and educational programs.

Sustaining Friends of OLLI are those who contribute **\$15 per month or more**. The Sustaining Friends have the benefit of having their memberships automatically renewed each year. Sustaining donations are automatically charged monthly to a credit or debit card, and can be increased, decreased, or stopped at any time.

*OLLI at Humboldt is an endowed program of the **Bernard Osher Foundation**.*

The OLLI at Humboldt operating funds come from interest on the 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 124 similar programs at colleges and universities throughout the U.S.

*Please consider supporting OLLI at Humboldt by making an online donation, or contacting us for more information on how you can give to OLLI:
707-826-5880 or e-mail olli@humboldt.edu*

GIVE TODAY: humboldt.edu/giving/olli

Thank you to these Friends of OLLI who gave from July 1, 2021 to April 30, 2022, and OLLI faculty who donated their course fees back to OLLI. We apologize if we inadvertently omitted anyone.

See the updated Friends of OLLI list at humboldt.edu/olli/friends

Sustaining Friends

Christine Cogen
Lois Freisleben-Cook & Howard Hall
Carl Hansen
Doug Hartley
Laura & John Hennings
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Mary Kline
Nancy Lengyl
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Jane Woodward & William Seebaugh

Tributes

Kim & Tim Laney, in Memory of Clint Rebik



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is not printed or mailed at state expense.

If you want to be removed from the mailing list,
go to humboldt.edu/extended/homail



OLLI *Virtual Open House*

Tuesday, July 12
3:30-5 p.m.

Explore an online showcase of
summer classes and experiences.
OLLI instructors, staff and volunteers
will answer questions.

See details and RSVP for this online event:
humboldt.edu/olli/openhouse

