



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SUMMER 2023



Cal Poly
Humboldt.

It's time!

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

The OLLI membership year starts July 1!
It's the best time to renew or join!

At the Osher Lifelong Learning Institute at Cal Poly Humboldt (OLLI at Humboldt), everyone benefits from lifelong learning.

Anyone can be an OLLI member. Members get priority registration and reduced class fees with early notification of events and presentations, and shared opportunities with other OLLI programs nationwide. Members also get access to the Cal Poly Humboldt Library, deep discounts on public transportation, access to the university recreation center (for additional fee), discounts for community services and at local businesses, and so much more!

Join OLLI today and help us reach the annual membership goal of 1,000 new or renewing members. Your membership helps to make sustaining this program possible. 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.



OLLI Annual Membership: \$35 (July 1, 2023-June 30, 2024)

humboldt.edu/olli/join

OLLI **Cal Poly**
Humboldt.



Be one in a thousand.

It is the vision of **OLLI at Cal Poly Humboldt** and the **Bernard Osher Foundation** that learning should never end. OLLI at Humboldt, a program in the College of Extended Education and Global Engagement, offers programming, education, and connections through classes, presentations, and group meetings available to everyone in our community.

We are raising awareness of the importance of reaching our membership goals each year.

We encourage you to share OLLI and the importance of having a lifelong learning institute in Humboldt with your circle of friends, family and colleagues.

Membership is a measurement that the Bernard Osher Foundation uses to check on the health of its 125 Osher Lifelong Learning Institutes nationwide, all making connections with people 50 and better.

This community and campus lifelong learning program wouldn't be here without membership support.

Please help us meet our goal of 1,000 memberships for the 2023-2024 membership year.

OLLI membership is a unique way to share the gift of lifelong learning, and you help OLLI achieve the goal of 1,000 new or renewing members each year. Thank you for being a part of it!

COLLEGE OF Extended Education & Global Engagement

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/EQ Employer.

*Disability accommodation may be available.
Contact CEEGE: (707) 826-3731*

Photos on cover, facing page, this page, and pages 2-3: Big Lagoon. Photos by Kellie Jo Brown, Photographer, Cal Poly Humboldt Marketing & Communications



OLLI



Osher Lifelong Learning Institute at Cal Poly Humboldt

- Web:** humboldt.edu/olli
facebook.com/CalPolyHumboldtOLLI
- Location:** Cal Poly Humboldt Student & Business
Services Building, Suite 211 (2nd floor)
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 Staff

Interim Dean.....Cyril Oberlander
Director of Extended
Education & OLLISheila Rocker Heppe
OLLI Coordinator.....Kim Laney
Registrar..... Deserie Donae
Assistant RegistrarSummer Turner
Administrative Assistant
& Functional LeadElizabeth Lujan
Grants & Contracts Specialist.....Alexandra Gonzalez
Graphic/Web DesignerGrace Kerr
Registration & Administrative SupportErin Scofield
Administrative Support.....Leslie Anderson
Student Intern Billy Salazar
Student Assistants..... Rosemary Kelly, Judy McIntyre,
Marina Birruete Sanchez, Vanessa Sanchez

OLLI Curriculum Committee

Sharon Ferrett	Judith Rucker
Ellie Galvez-Hard	Janina Shayne
Kathy Layton	Gerry Tollefson
Rollie Lamberson	Linda West
Sue MacConnie	Jane Woodward
Maureen Murphy	

OLLI Finance & Fundraising Committee

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

SPECIAL INTEREST GROUPS

One of the benefits of being an OLLI member is the opportunity to participate in Special Interest Groups (SIGs). Learn more and register at humboldt.edu/olli/sig

Book Group

With **Mike Zeppagno & Dan Chandler**

Meet online on the third Wednesday of the month to discuss books from various genres. All readers welcome. Monthly selections are listed at humboldt.edu/olli/sig-book

Summer & Fall: Wed., July 19-Dec. 20, 2023
\$30 • Class #: 31229
Annual: July 19, 2023-June 19, 2024
\$50 • Class #: 31228

Citizen Science & Nature Diaries

With **Michele Olsen & Gisela Rohde**

Meet quarterly in person to explore nature and contribute to scientific research. Learn about public participation in data collection and reporting observations in a nature diary.
Annual: Wed., Aug. 9-June 30, 2024
\$40 • Class #: 31232

Spanish Club

With **Ellie Galvez-Hard & Linda West**

This group is for those wanting to brush up on their Spanish skills. Meetings are held on the last Tuesday of the month, at Spanish-speaking restaurants. Watch movies and documentaries, read books etc., with a multicultural perspective.
Summer: Tues., July 25, Aug. 29, & Sept. 19
\$15 • Class #: 31231

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

With **Elizabeth Morrison**

Meet online before live classical concerts to preview the music and discuss the composers and musicians. See the concert calendar at humboldt.edu/olli/sig-concert
This group starts in the fall and will be free to OLLI members, thanks to a generous donation from Elizabeth Morrison. ■

Summer 2023

Something for everyone!

In-person and online classes

This summer, OLLI is offering **24 in-person classes** and **16 online classes**. And it's time to go Back to Camp with OLLI! 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. See page 19 for information about Zoom tutorials and video recordings.

Classes are listed with the OLLI member fees.

Classes are **open to anyone**, as space allows. Non-members pay an additional \$25 per class. **OLLI class scholarships** may be available to members. See humboldt.edu/olli/scholarships.

A release of liability form is required for field trip classes and some in-person activity classes.

In-Person Classes and Field Trips	Pages 4-13
Online Classes	Pages 14-18
Back to Camp: Lifelong Learning in the Redwoods	Pages 10-11
Brown Bag Lunch Online Presentations	Page 9
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Be an early bird!

How to get the best selection of classes

Make sure your OLLI membership is current. The new member year (2023-2024) begins July 1. Current members get the best price and priority registration for classes.

Register early for the classes you want most. Register online at least 3 business days in advance of a class start date. Allow more time if you're mailing your payment.

Your current membership and early registration really help support OLLI. Also, classes are not as likely to be canceled if there is enough early enrollment.

Thank you for being an early bird!



SUMMER 2023 • IN-PERSON CLASSES

Atmospheric Watercolors: Plein Air Painting

Paul Rickard, Artist

Get an introduction to the meditative art of landscape painting. We will discuss what inspires us to paint. The instructor will model the stages of creating an atmospheric watercolor painting out on the landscape with discussion of composition, value, and color harmony. You will then have the opportunity to create your own painting.

Sat., July 15 • 10 a.m.-4 p.m.

In-person: Arcata

\$75 • Class #: 31241



Hidden History: A Prince in Shackles (Option 1)

Molly Cate, Humanitarian Educator

Learn about Africa, Islam and the U.S. slavery system through the life experience of one man. Abducted from West Africa, enslaved in Mississippi by a man who called him “Prince,” the Fulani Prince Ibrahim Abdul Rahman struggled for decades to free himself, his wife and children, and to keep his Muslim faith.

Tues., July 18 • 10 a.m.-12 p.m.

In-person: Eureka (Also online: p. 14)

\$30 • Class #: 31233

Pilates for Active Aging

Summer Turner, Pilates Teacher

Increase strength and flexibility, return to an activity you enjoy, or continue to recover from an injury or illness. Building on the skills of the foundation class, increase body movement, and focus to stay or increase your aging activity.

Thurs., July 20-Aug. 10 • 3-4:30 p.m.

In-person: Arcata

\$45 • Class #: 31273



COURTESY OF SUMMER TURNER

IN-PERSON CLASSES

Reclaiming Joy in Art

Margaret Kellermann, Artist

With a few art supplies and the courage to try different techniques, you will find a more fun and relaxing way to sketch and add color with pastels. Let go of restrictive, right-or-wrong ways of drawing, while you rediscover the peace and accomplishment you enjoyed as a child — making art for fun, rather than with judgment.

Thurs., July 20 & 27 • 1-3 p.m.
In-person: Eureka
\$60 • Class #: 31249

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DanceMix

Ellen Weiss, Dancer & Musician

Learn unique and playful dance routines in a variety of styles including Latin, hip-hop, jazz, international, country, throwbacks, and more. Approximately 10 routines to follow along and learn. Enjoy the fun and excitement of dancing with others.

Thurs., July 20-Aug. 10 • 3-4 p.m.
In-person: Arcata
\$20 • Class #: 31251

Happy Hour Painting

Erica Brooks, Artist

Paint an acrylic painting while enjoying a glass of wine. All the supplies will be provided and you leave with your very own masterpiece!

Complete series: Fri., July 21-Aug. 11
4-6 p.m. • In-person: Eureka
\$165 • Class #: 31252

Option 1: Fri., July 21 • \$45 • Class #: 31253
Option 2: Fri., July 28 • \$45 • Class #: 31254
Option 3: Fri., Aug. 4 • \$45 • Class #: 31256
Option 4: Fri., Aug. 11 • \$45 • Class #: 31257

Google Drive Workshop

Alex Gonzalez, Google Expert

Get an overview of Google Drive and delve into individual applications, such as Google Docs, Sheets, Forms, and Slideshow. Individual help provided.

Sat., July 22 • 10 a.m.-12 p.m.
In-person: On campus
\$25 • Class #: 31278

Monochromatic Watercolor (Option 2)

Louise Bacon-Ogden, Artist

Create a lovely art piece with just one color (of your choice). Learn how to make lots of shades of that one color to paint a lovely monochromatic picture. Students will also learn some brush strokes and techniques.

Tues., July 25 • 1-3 p.m.
In-person: On campus (Option 1, online: p. 15)
\$30 • Class #: 31258



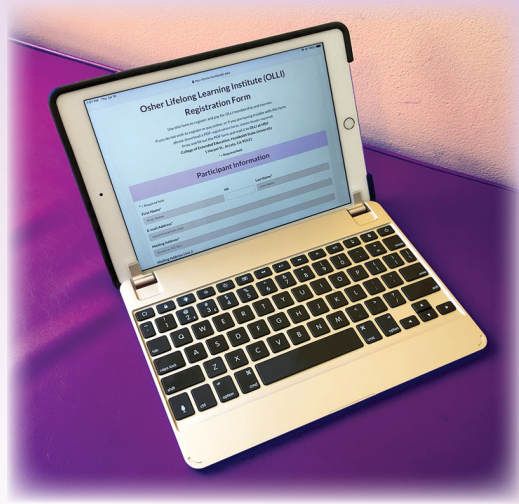
COURTESY OF ERICA BROOKS

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 completed on your computer or by hand.

IN PERSON: The OLLI office is located on the 2nd floor of the Student Business Service Building on the Cal Poly Humboldt campus (see map below), and is open Mon.-Fri. from 9 a.m.-4 p.m.



MAIL REGISTRATION FORM WITH PAYMENT TO:

**OLLI at Humboldt, College of Extended Education & Global Engagement
Cal Poly Humboldt, 1 Harpst St., Arcata CA 95521**

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

JOIN/RENEW AND REGISTER TODAY:

humboldt.edu/olli/register

Parking on campus

For classes that require a Cal Poly Humboldt campus parking permit, a permit is **included with your registration**.

Watch your e-mail for the course enrollment confirmation, which provides instructions and a parking code. You may pick up your permit at a parking pay station before you park.



IN-PERSON CLASSES

Monty Roberts: The Original Horse Whisperer (Option 1)

Molly Cate, Humanitarian Educator

Learn about a big-hearted man who changed people's relationships with horses and each other. Monty Roberts taught Queen Elizabeth and the rest of us how horses communicate. Monty challenged the notion of "breaking" horses, and then extended his insightful methods to people. He and his wife Pat have successfully guided dozens of young men in turning their lives to good.

Tues., July 25 • 9:30-11:30 a.m.

In-person: Eureka (Also online: p. 16)

\$30 • Class #: 31235



Flora & Fauna at the Humboldt Bay National Wildlife Refuge

Jane Monroe, Biology Lecturer

Take a guided tour of the Salmon Creek Unit of the Humboldt Bay National Wildlife Refuge and learn about the plants and animals that live there. Explore the ecology of our local coastal habitat. We will walk the Shorebird Loop Trail, which is 1.7 miles long.

Wed., July 26 • 12:30-2 p.m.

In-person: Loleta • \$30 • Class #: 31226

Intro to Bigfoot Studies

Steven Saint Thomas, Journalist

Get an overview of Bigfoot evidence in Humboldt and learn how investigative journalism techniques and historical research methods can shed light on the unanswered questions of this elusive mystery. Is the existence of Bigfoot a matter of "belief," or is there proof? A field trip to the Bigfoot Museum in Willow Creek will probe the pros and cons of this legendary controversy.

Thurs., July 27 • 10 a.m.-2 p.m.

Field trip: Willow Creek

\$55 • Class #: 31263

SpongeBob the Musical: The Costumes & More

Carol Ryder, Director & Set/Costume Design, & Tracey Barnes Priestley, Costumes & Cast Member

Humboldt Light Opera Company returns with this fun-filled musical for ALL ages. Learn about SpongeBob creator, HSU grad Stephen Hillenburg, and how his whimsical cartoon comes alive through dazzling costumes in an undersea world of delightful and thought-provoking mayhem.

Sat., July 29 • 10:30 a.m.-12 p.m.

In-person: Arcata • \$20 • Class #: 31281



Become an **OLLI** Volunteer!

The Osher Lifelong Learning Institute is supported and maintained by a group of dedicated volunteers; they are the backbone of OLLI at Cal Poly Humboldt. Volunteers work together to help create and deliver educational, cultural, and social opportunities.

Volunteers provide instruction, communications, technical support, and outreach, and they help us make important social connections. Without volunteer support, OLLI at Humboldt could not provide the year-round array of lifelong learning experiences our members enjoy.

All members are encouraged to participate and share their time and passions with their OLLI peers. The volunteer program is designed to keep OLLI sustainable by expanding volunteer participation.

You need not have prior experience or expertise in a particular field, although it is always welcome. Learning more about you — your skills and interests — will help us connect you to areas of need within OLLI. Interested? Want to learn more? Fill out the volunteer application and we'll schedule time to talk with you!



humboldt.edu/olli/volunteer



REDWOOD COAST MUSIC FESTIVAL

**Four Days of Live
Music in Eureka**
OCTOBER 5-8

**Jazz • Swing • Blues • Zydeco
Rockabilly • American Roots
Country • Western Swing**

**JOHN CLEARY
DUKE ROBILLARD
MICHAEL DOUCÉT**

HOT CLUB OF COWTOWN

**MARK HUMMEL • OSCAR WILSON
DIUNNA GREENLEAF & BLUE MERCY
and many more!**

**SPECIAL OLLI MEMBER
ALL EVENT TICKET: \$100**
(Four days: all venues, all shows)
SATURDAY ONLY TICKET: \$75
(One day: all venues, all shows)
PRIME TIME TICKET: \$50
(All venues Fri. or Sat., 5 p.m.-closing)

Tickets will be sold only to OLLI members
at the OLLI office until Sept. 30.
Discounted tickets are nonrefundable.

Full prices begin Oct. 1, so get your
OLLI member discount tickets soon!

Visit the website for the full lineup,
updates, band info, and special events!

rcmfest.org

OLLI *Brown Bag Lunch* **FREE ONLINE PRESENTATIONS**

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

JULY 17: *Cal Poly Humboldt's Physical Future*



Michael Fisher, AVP, Facilities Management, Cal Poly Humboldt: Join this talk about the future of the physical university. Topics will include current infrastructure planning and specific projects on the horizon. Michael Fisher serves as the Associate Vice President of Facilities Management, responsible for maintenance, operations, sustainability, planning, and construction.

JULY 24: *Update on Humboldt County Climate Action & Sea Level Rise Planning*

Michael Richardson, Planner, Humboldt County: Humboldt County long-range planners are focusing on two high profile and important initiatives – 1) development, adoption and implementation of a regional Climate Action Plan (CAP) and its implications and priorities, and 2) the implementation of a regional approach to sea level rise adaptation incorporating local coastal jurisdictions. Learn about current planning efforts and public engagement opportunities.

JULY 31: *Transforming a Community: Valley West*

Kimberley White, Independent Consultant: The process of how political and community engagement over years resulted in building a thriving, better-represented, and more inclusive Valley West/North Arcata community. Kimberley White is a consultant, mother, and a proud Valley West resident. She served three years as an Arcata Planning Commissioner and is Arcata's newest City Council member. Kimberley is also a co-coordinator of CUNA (Comunidad Unida del Norte de Arcata/Community United of North Arcata). Her passion is serving her community.

AUG. 7: *Addressing Homelessness in Our Community*



Darlene Spoor, Executive Director, Arcata House Partnership:

A look at how Arcata House Partnership is working to end homelessness and housing insecurity for our most vulnerable citizens. Darlene Spoor is executive director of Arcata House Partnership. For the last 8 years she has worked to provide shelter and affordable housing to people in Humboldt County. Since 1991, Arcata House Partnership has been providing services to people throughout Humboldt County who are housing and food insecure.

Online via Zoom. Get the meeting link on the website:

humboldt.edu/olli/brownbag

OLLI • SECOND ANNUAL

Back to Camp: *Lifelong Learning in the Redwoods*

August 21-25: Explore, learn, and adventure!

OLLI at Cal Poly Humboldt will again offer a unique outdoor education experience on the pristine North Coast of California.

Campers stay at Wolf Creek Education Center in a beautiful park setting adjacent to Redwood National Park.

Outdoor classes, catered lunches and dinners, songs around the campfire, and a variety of fun activities make this a

camp to remember. The center has hot water showers, restrooms with flush toilets and a commercial kitchen. Sleeping accommodations are in group cabins or in personal tents.

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

The camp, classes, and activities are open to OLLI members only.

OLLI Cal Poly
Humboldt.





Campers can choose a personalized experience while they enjoy the great outdoors.

Your personal camp advisor will guide you through the process and help you choose classes and activities that suit your interests and adventure level.

Happy Camper

Happy Campers get the full range of activities and camping experience, from early bird yoga to twilight tales and stargazing. Each camper will have a program created for their adventurous spirit. This all inclusive option for OLLI members only, includes all lunches, snacks, dinners, camping fees, educational programs, transportation and more.

Registration is open now!

Happy Camper fee: \$480

Day Tripper

Day Trippers choose which days they would like to experience the adventure and then return home (or to a nearby hotel). Program fee includes all lunches, snacks, educational programs, transportation and more. Registration may not be available for some days that are full.

Day Tripper registration opens June 24.

Day Tripper fee, per day: \$110

Class and activity options will include:

*American Indians & National Parks
Riverwalking in the Redwoods
Field Notes About the Natural World
Leaf Montage
Nature Haiku*

*Plein Air Painting
Bike Riding
Hiking
Kayaking
Yoga*

*Pilates
Indigo Tie-dye
Nature Poetry
Disc Golf
And more!*

See course details and register:

humboldt.edu/olli/camp

Watch this website for updates. **Registration is limited to OLLI members only.**

Happy Campers get first choice of program classes through June 24.

Unfortunately, no scholarships are available for this program.

Options for personal transportation may be made by arrangement.

Creatively Uplifting Fairness (Option 1)

Molly Cate, Humanitarian Educator

Celebrate and be inspired by the many creative ways people have uplifted fairness and justice. We'll explore sculpture, music, video, legal challenges, personal sacrifice, and sheer dogged determination.

Tues., Aug. 1 & 8 • 10 a.m.-12 p.m.

In-person: Eureka (Also online: p. 17)

\$40 • Class #: 31238

Humboldt County Communities & Connections

Ellie Galvez-Hard, Multicultural Educator

According to a 2020 report from the National Academies of Sciences, Engineering, & Medicine, "One in 4 older adults are socially isolated, and experience a lower quality of life because of it. Community building can bring positive change." It's easy to reach out, when you know where to start. Get a glimpse of the opportunities to become involved and be a productive citizen.

Wed., Aug. 2 & 9 • 1-3 p.m.

In-person: Eureka • \$30 • Class #: 31268

An Exploratory Trek Through the Arcata Community Forest Biosphere

**Jane Woodward, Frequent Forest
Walker/Educator**

Take an unhurried 2- to 3-mile conversational trek up hills and down into ravines, pausing along the way to discover the wide variety of trees, ferns, flowers and groundcovers, lichen, and flowering and fruiting bushes.

Thurs., Aug. 3 • 10 a.m.-12 p.m.

In-person: Arcata

\$20 • Class #: 31267

Beginning Pen & Ink (Option 1)

Louise Bacon-Ogden, Artist

Learn how to use just a black pen to make strokes showing "color," form, and texture in a "black and white" drawing. It is challenging to take a permanent marker pen (and no eraser) and create art with depth, shape, and form. Together we will trace an image and shade and shadow it. Caution: this may be addictive!

Tues., Aug. 8 • 1-2:50 p.m.

In-person: On campus (Also online: p. 18)

\$30 • Class #: 31243

Share Your Stories Through Writing

Louisa Rogers, Writer

Over the course of our lives we've accumulated many stories, and now is the time to remember them!

Get simple but stimulating prompts to help you refresh and describe your memories. We'll write on one or two themes and those who want to will read aloud.

Thurs., Aug. 8 • 2:30-4 p.m.

In-person: Eureka • \$30 • Class #: 31279



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IN-PERSON CLASSES

Finding Humboldt Bay

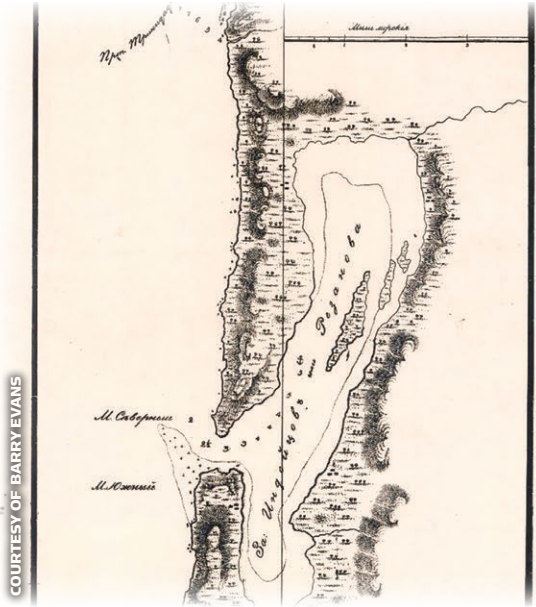
Barry Evans, Science Columnist

Explore the history of Humboldt Bay, also known as “Wigi” to the Wiyot people. Discover why a Eureka City Hall plaque indicates that Josiah Gregg led an overland expedition from the Trinity River to the coast, and “discovered” the bay in 1849, yet an 1807 map found in Russia’s Maritime Museum in St. Petersburg depicts a precise outline of Humboldt Bay.

Thurs., Aug. 10 • 2:30-4 p.m.

In-person: Eureka

\$30 • Class #: 31280



Hike & Sketch: Ferndale

Margaret Kellermann, Artist

Whatever your art level — beginner to professional — you’ll enjoy this outdoor art-making walk around Ferndale’s Main Street Historic District, with several stops to sit and sketch along the way. Uncover the early history of this Victorian town. Gain confidence as you experiment with “flash sketches” in a fun team-building setting.

Sat., Aug. 12 • 9 a.m.-12 p.m.

In-person: Ferndale

\$60 • Class #: 31244

Intro to Permaculture & Regenerative Homesteading

Steven Saint Thomas, Permaculturist

The world is way off course to meet carbon-emission reduction targets. “Permaculture” and “Regenerative Agriculture” are similar paths to adapting to a new reality — and you can help!

Sat., Aug. 12 • 10 a.m.-1 p.m.

In-person: McKinleyville

\$35 • Class #: 31227



Beginning Digital Photography

Eli Vega, Photographer & Author

In this highly interactive course, you will learn the basics of photography — including those dials on your camera; those mysterious menu items; composition; f/stops, shutter speeds, exposure light meter and how they all work together; ISO and white balance; different types of lenses; the #1 solution to the #1 problem in photography; and much more!

Mon., July 17, 24, & 31 • 10 a.m.-12 p.m.

Online • \$125 • Class #: 31282 



WIKIMEDIA COMMONS


Hidden History: A Prince in Shackles (Option 2)

Molly Cate, Humanitarian Educator

Learn about Africa, Islam, and the U.S. slavery system through the life experience of one man. Abducted from West Africa, enslaved in Mississippi by a man who called him “Prince,” the Fulani Prince Ibrahim Abdul Rahman struggled for decades to free himself, his wife and children, and to keep his Muslim faith.

Wed., July 19 • 10 a.m.-12 p.m.

Online (Also in-person: p. 4)

\$30 • Class #: 31234 

Basic, Basic, Basic Watercolor (Option 2)

Louise Bacon-Ogden, Artist

We will create two lovely art pieces with nothing but water, paint, brush, and paper. These are the very basics for anyone to begin their artistic journey. Learn about wet-on-wet, wet-on-damp, and wet-on-dry! NO sketching or drawing. Let’s create together!

Wed., July 19 • 1-3 p.m.

Online (Also in-person: p. 4)

\$30 • Class #: 31248 

COURTESY OF LOUISE BACON-OGDEN



Landscape Photography

Eli Vega, Photographer & Author

In this highly interactive photography course, you will learn about landscape composition, exposure, lenses, depth-of-field, lighting, timing, basic photo editing and HDR, photographing different seasons, dealing with flare, shooting in snow, and more.

Wed., July 19, 26, & Aug. 2 • 3-5 p.m.

Online • \$125 • Class #: 31283 



Monochromatic Watercolor (Option 1)

Louise Bacon-Ogden, Artist

Create a lovely art piece with just one color (of your choice). Learn how to make lots of shades of that one color to paint a lovely monochromatic picture. Students will also learn some brush strokes and techniques.

Thurs., July 20 • 10 a.m.-12 p.m.

Online (Also in-person: p. 5)

\$30 • Class #: 31259 



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.

Summer only:

Thurs., July 20 • 2-3:30 p.m.

Online • \$30 • Class #: 31225

Full course:

Thurs., July 20-May 16, 2024 • 2-3:30 p.m.


Online • \$75 • Class #: 31277 



Right Brain Photography

Eli Vega, Photographer & Author

This highly interactive course piggy-backs on the author’s award-winning book by the same title. Learn creative in-camera concepts, principles, and techniques without having to spend hours in front of your computer manipulating images. Learn about composition, intuition, extracting, impressionism, surrealism, and Eastern philosophy applications to photography.


Fri., July 21, 28, & Aug. 4 • 10 a.m.-12 p.m.
Online • \$125 • Class #: 31284 



Mindfulness in Haiku

Mie Matsumoto, Instructor


Haiku captures the beauty of nature in the present moment. We will explore selected haiku poems by Japanese haiku master Matsuo Basho, and focus on the art of mindfulness in the 17-syllable poem.

Tues., Aug. 1 • 1-3 pm • Online
\$30 • Class #: 31261 

Monty Roberts: The Original Horse Whisperer (Option 2)

Molly Cate, Humanitarian Educator


Learn about a big-hearted man who changed people’s relationships with horses and each other. Monty Roberts taught Queen Elizabeth and the rest of us how horses communicate. Monty challenged the notion of “breaking” horses, and then extended his insightful methods to people. He and his wife Pat have successfully guided dozens of young men in turning their lives to good.

Wed., July 26 • 10 a.m.-12 p.m.
Online (Also in-person: p. 7)
\$30 • Class #: 31236 

Historic Chinese Immigration to Humboldt County Panel Discussion

Katie Buesch, Historian

The Eureka Chinatown Project will present its ongoing research. Panelists include Rob Cliver, Cal Poly Humboldt history professor; Dr. Alex Service, president of the Humboldt County Historical Society and curator of the Fortuna Depot Museum; Jeanne Pfaelzer, author of *Driven Out*; and Katie Buesch, Eureka Chinatown Project Historian.

Sat., July 29 • 1-3 p.m. • Online
\$30 • Class #: 31237 



Mindful Conversation: A Practice for Life

**Peter Gibb, Mindful Communication
Thought Leader**

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Apply mindfulness practices to your conversation, reducing stress, and increasing confidence.

Overcome unconscious behaviors that interfere with your ability to express yourself openly, improve the relationships that matter most to you, and make friends more easily.

Wed., Aug. 2 • 4-6 p.m. • Online
\$30 • Class #: 31245 ■■



Creatively Uplifting Fairness (Option 2)

Molly Cate, Humanitarian Educator

Celebrate and be inspired by the many creative ways people have uplifted fairness and justice. We'll explore sculpture, music, video, legal challenges, personal sacrifice, and sheer dogged determination.

Wed., Aug. 2 & 9 • 10 a.m.-12 p.m.
Online (Also in-person: p. 12)
\$40 • Class #: 31239 ■■



The “Elgin Marbles”: What is Their Status?

Julie Alderson, Art Historian

Learn about the history, controversies and current status of the “Elgin Marbles,” sculptures that originally decorated the exterior of the Parthenon in Athens, Greece. Since their removal from the Athenian Acropolis in the early 19th century, the Parthenon sculptures have been at the center of a heated international debate. Today, we seem to totter on the brink of their return to Greece.


Thurs., Aug. 3 • 2-4 p.m. • Online
\$30 • Class #: 31242 ■■



Armchair Traveler: It's Ho! for Mendocino

**Jerry Rohde, Historian &
Ethnogeographer**

The first wagon road out of Humboldt County was approved 150 years ago. It went from Eureka into the hills, going through such remote and scenic locations as Kneeland, Bridgeville, and Blocksburg. We'll follow its route in the comfort of our armchairs, seeing sites both historical and botanical.

Sat., Aug. 5 • 1-3 p.m. • Online
\$20 • Class #: 31240 




COURTESY OF JERRY ROHDE

Great Music in Animated Films

Sam & Candy Caponegro, Theater Artists

Many of us are familiar with music in great American animated shorts and movies, especially from Disney. But what about the Fleischer Studios (very adult cartoons) and Looney Tunes? Join us and explore the songs of Betty Boop, Popeye, Olive Oil, Bugs Bunny and Daffy Duck, and a bit of Disney.

Mon., Aug. 7 • 10 a.m.- 12 p.m. • Online
\$30 • Class #: 31262 




WIKIMEDIA COMMONS

Beginning Pen & Ink (Option 2)

Louise Bacon-Ogden, Artist

Learn how to use just a black pen to make strokes showing “color,” form, and texture in a “black and white” drawing. It is challenging to take a permanent marker pen (and no eraser) and create art with depth, shape, and form. Together we will trace an image and shade and shadow it. Caution — this may be addictive!

Thurs., Aug. 10 • 10 a.m.-12 p.m.
Online (Also in-person: p. 12)
\$30 • Class #: 31260 



COURTESY OF LOUISE BACON-OGDEN

OLLI Recording Policy

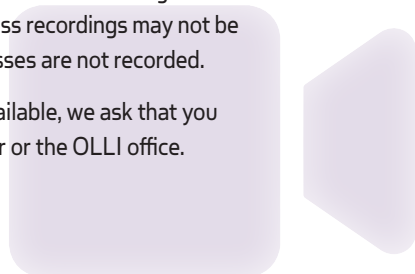
OLLI Class Video Recordings

If you are pre-enrolled in an online class, you may have access to class video recordings. Recordings may only be available for up to two weeks following the class. Not all online 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.



Attend a free OLLI Zoom tutorial

Many OLLI classes and events 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 zoom.us)

Before you attend an online presentation or class, you can attend a Zoom tutorial, where you can learn how to navigate Zoom, and test your audio and video. To attend a tutorial, e-mail olli@humboldt.edu.



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 register: humboldt.edu/olli/letsconnect

Friends of **OLLI**

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

OLLI at Humboldt is an endowed program of 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.

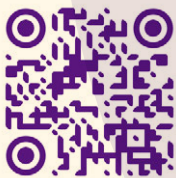
When Friends who value lifelong learning give to OLLI, donations are used to provide scholarships, courtesy memberships, and to bring more benefits back to OLLI members.

OLLI is currently creating a dedicated Lifelong Learning Classroom and office space located off campus, designed to inspire learning and create connections for a lifetime.

This educational space, located in the former Stewart School building in Arcata, will be inclusive and accessible, with an audio induction telecoil loop (T-loop) system and other technologies,

to allow OLLI classes to be offered simultaneously in-person and online.

Your donation will help OLLI get ready to move into its new Lifelong Learning Classroom this fall.



GIVE TODAY

**Coming soon:
Lifelong Learning
Classroom**



*Meet **Judy McIntyre:** OLLI Student Assistant*

Judy is a junior and wildlife major at Cal Poly Humboldt. She is currently aspiring to pursue a career in conservation biology.



Her favorite thing about working at OLLI is getting to connect with members of the Humboldt community, and learning about the various topics that OLLI instructors teach.

She was surprised by how “open and friendly OLLI members and instructors are,” and how willing they are to include her.

Her favorite OLLI classes are pickleball, pilates, and yoga classes. She has been an assistant-host for several pickleball courses, and learning how to play pickleball has been her favorite thing she’s learned.

She has observed that OLLI helps the community connect and learn from local experts in a “fun welcoming environment.”

She is impressed by how OLLI members and instructors “encourage students to participate and discuss their thoughts and opinions during classes.”

OLLI student assistant positions are made possible thanks to a generous donation by Jerry and Gisela Rohde to provide student assistants for OLLI in perpetuity.

Sustaining Friends: Monthly Donations

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Sponsorships



McKinleyville Area Fund Grant
Elizabeth Morrison

GIVE TODAY: **humboldt.edu/giving/olli**

Thank you to these Friends of OLLI who gave from July 2022-April 2023, and OLLI instructors 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**

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