What OLLI members are saying about online classes

Members offer feedback anonymously through OLLI class evaluations. Here are a few recent snippets.

“This was an amazing class with a fantastic instructor. It made me laugh, inspired me, taught me so much, made me feel connected to the past and helped me better understand the crazy situation we are currently in. I enjoyed every minute of it!”

“The classes and discussion groups I have been attending from OLLI via Zoom have been a real lifesaver during this time of sheltering in place. Thank you to all who are making this possible.”

“Please keep offering classes on zoom even after shelter in place is over.”

All who register for OLLI classes are e-mailed an invitation to complete an evaluation after the class ends. Your feedback is valuable for maintaining high quality OLLI classes.
A Place for You
Sheila Rocker Heppe, OLLI Director & Kim Laney, OLLI Coordinator

Winter perches like a bird.
Wings tucked in so the soul is heard.
— Angie Weiland-Crosby

As we transition to a new year, OLLI at HSU is pleased to present a fresh slate of classes designed especially for our lifelong learning community. This winter we invite you to connect and learn with online OLLI classes and community conversations.

For 15 years OLLI has been a place to connect, learn, gather with your community and make new friends. Now OLLI at HSU has become a place where you are able to do all those things while remaining safe at home. All lifelong learners aged 50 or better are welcome to join or renew membership to our growing online learning community.

We invite you to explore these pages for classes, ideas and conversations that speak to your soul and spark your interest. From learning the story of the condor’s restoration by the Yurok tribe (p. 10), to taking beginning piano lessons (p. 8), the OLLI curriculum committee has developed a variety of opportunities for you to bring out your best and learn for a lifetime from home.

Like so many other non-profit organizations, the pandemic has caused financial challenges for OLLI. Now more than ever, we extend our deep gratitude to the many members of the Friends of OLLI group (p. 15) who generously make it possible for OLLI at HSU to offer scholarship opportunities, Let’s Connect conversations on Fridays, and free weekly Brown Bag Lunch Presentations for everyone. OLLI offers the opportunity for Friends of OLLI, who contribute $15 or more per month, to have their membership automatically renewed year after year. More information is on the OLLI website.

Thank you for being part of the OLLI at HSU community. You help form OLLI’s character and bring out its best.

Happy New Year,

Sheila  
Kim
How to register for OLLI

ONLINE: The easiest and preferred method to register and pay fees is via the OLLI online registration form: 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: Bring your printed registration form with payment and drop it off at the HSU campus parking kiosk. Parking kiosk hours are Tuesdays, Thursdays, and Fridays, 10 a.m.-3 p.m.

MAIL REGISTRATION FORM WITH PAYMENT TO:
OLLI at HSU, College of Extended Education & Global Engagement
Humboldt State University, 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

What’s on Your Bucket List?
A new TV show spotlighting healthy aging and fun!
This locally-produced six-week series premieres Thursday, Jan. 28 at 7:30 p.m. on KEET-TV channel 13 (repeating on Fridays at 1 p.m. and Saturdays at 2 p.m.). What’s on Your Bucket List? host (and OLLI volunteer) Tracey Barnes-Priestley joins 12 lucky local residents as they explore some thing or some place in Humboldt County that always intrigued them. For example, one woman had her heart set on a blacksmithing lesson; another went kayaking for the first time; and a third had always dreamed of riding a horse on the beach! No matter what the activity, What’s on Your Bucket List? will poke holes in some myths about aging! Details at keet.org

COURTESY OF KEET TV
MON., JAN. 25:
Inside the PBS/KEET Production: What’s on Your Bucket List? ...in Humboldt County

Tracey Barnes-Priestley, M.A.: Last year, 12 local residents between the ages 60-82 were selected to check something off from their bucket lists by exploring a personal interest or trying something new. No matter what the activity was, guests walked away from their experience feeling accomplished, and happy for having tried something outside of their normal lives. Hear what they have to say about their experiences and get an insider’s look at the upcoming PBS/KEET production.

MON., FEB. 1:
Everything You’ve Always Wanted to Know About the Ink People, But Didn’t Know to Ask

Libby Maynard, Executive Director and co-founder of The Ink People: The Ink People is like an “arberg.” You see 10%, but there is 90% more amazing things to discover beneath the surface. During 42 years of partnering with our communities, we have built an infrastructure to make dreams come true and engage creative explorations. You’ve probably taken part in one or more of our projects, and didn’t even know it!

MON., FEB. 8:
How Youths Are Changing the World for the Better Now

David Marshak, Emeritus Professor at Seattle University: One of the most positive and little recognized social phenomena of our times is that youths aged 13-19 are impacting societies all across the globe in the sciences, the arts, and social and political realms at a level unprecedented in modern history. This presentation will introduce you to many of these youths and explain how and why this is happening now.

Online via Zoom. To get the meeting link, please RSVP:
humboldt.edu/olli/brownbag
da Vinci’s Hidden Message: Leonardo’s Knot
Caroline Cocciardi, Discoverer
Discover how intertwining knots tell the story of hidden messages within da Vinci’s work. This non-verbal world of symbols is found in diverse religions and areas, and their universal meanings have never wavered. The placement of inspired knots in da Vinci’s artwork are revealed in Mona Lisa’s embroidery pattern and other famous works.
Tues., Jan. 19 • 10 a.m.-noon • Online
$15 • Class #: 23956

Ballet for Adults
Nancy Call, Ballet Instructor
Step into the beautiful world of ballet and walk out with grace, good posture, and a toned body. Appreciate the benefits of musicality, flexibility, strength, coordination, and balance.
Tues. & Thurs., Jan. 19-Feb. 11
10:30-noon • Online
$100 • Class #: 23985

Systemic Racism: Personal, Social, Political, Economic Effects & What We Can Do About It
Wheaton Griffin, Psychologist
Using concepts from the books, White Fragility: Why It’s So Hard for White People to Talk About Racism, and How To Be An Antiracist, we will examine the pervasive effects of racism in the U.S. Honest discussion and sometimes difficult self-examination will be employed to more fully understand this important topic.
Tues., Jan. 19-Feb. 9 • 1-3 p.m. • Online
$35 • Class #: 23989
Pioneers of Rock & Roll
Robert Joyce, Instructor & Author
Explore the music and careers of some of the most influential women of rock’n’roll. While countless female artists have shaped the history of music, this class will feature the music and careers of Janis Joplin, Ann and Nancy Wilson from Heart, Christine McVie and Stevie Nicks of Fleetwood Mac, Tina Turner, and more.
Tues., Jan. 19 & 26 • 5-7 p.m. • Online
$25 • Class #: 23992

The Book of Me: The Abridged Version
Lorraine Miller-Wolf, Multimedia Artist
Through investigative writing exercises, you will have an opportunity to reflect on the key points/chapters in your life, and then create an “altered board book” of your life story. You will learn easy and fun art methods to embellish your unique book.
Wed., Jan. 20 & 27 • 10 a.m.-noon • Online
$25 • Class #: 23983

Intro to Conspiracy Studies
Steven Saint Thomas, Journalist
The term “conspiracy theory” has come to connote — usually in a derogatory way — the belief in an unconventional historical narrative. Learn how historical research methods with investigative journalism techniques can be applied to test the validity of various conspiracy theories.
Wed., Jan. 20 • 1-3 p.m. • Online
$20 • Class #: 23990

The History of the 1918 Spanish Flu (and COVID-19) in Humboldt County
Lynette Mullen, Historian
Learn about the 1918 Spanish flu in Humboldt County, how it developed, the strategies undertaken to stop the epidemic, and the community impact. Then see how similar strategies, including masking, social distancing, non-essential business closures and more, are being employed against COVID-19 today.
Thurs., Jan. 21 • 10 a.m.-noon • Online
$20 • Class #: 23995
Yoga for Ecological Grief
Laura Johnson, PhD, RYT-500, HSU Lecturer, Yoga Teacher
This is a unique opportunity to honor, open to, and move through collective grief for the world in these challenging times. Each week thereafter, you will receive a recorded yoga practice (four total) consisting of breathwork, meditations, mudras, and accessible yin and restorative poses. This grounding and heart-opening series cultivates compassion and equanimity, loving-kindness and joy, courage and resilience.
Thurs., Jan. 21 • 1-3 p.m. • recordings • Online $40 • Class #: 24068

Selling Your Home in Today’s Market
Phillip Lazzar, Real Estate Broker
Selling a house involves some strategy and know-how, no matter how good the real estate market is. Learn how to sell a house and navigate the process, from setting a price to negotiations, contract, disclosures, inspections, and more.
Thurs., Jan. 21-Feb. 11 • 5-6 p.m. • Online $15 • Class #: 24000

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.
Fri., Jan. 22-Feb. 12 • 10:30-11:30 a.m. • Online $48 • Class #: 23987

Beginning Piano
Daniela Mineva, Professor, HSU Music Department
Start playing piano or refresh your skills in this fun class designed for the beginning player. Learn about music and playing piano from warming up to hand positioning and so much more. Have your piano or keyboard ready, and with your passion for music, we will create beautiful sounds.
Fri., Jan. 22-Feb. 12 • 1-3 p.m. • Online $90 • Class #: 23993
Now You See Them, Now You Don’t: Lost Towns of Humboldt County
Jerry Rohde, Historian & Ethnogeographer
Crannell and Capetown. Humboldt City and Hookton. Spruce Grove and Strong’s Station. These vanished villages are little more than names now, but once were places of stimulation and significance. Let’s look back in time across the now-lost landscape and recall these still-pertinent places from the past.
Sat., Jan. 23  •  1-3 p.m.  •  Online  
$15 • Class #: 23996

Satyagraha: Gandhi’s Peaceful Power
Molly Cate, Humanitarian Educator
Delve into the power of peaceful protests and Gandhi’s greatest gift to humanity — non-violent resistance to oppression. Learn how Satyagraha, “truth force,” compelled the British Empire to release India from its grip, and taught Americans the dignity inherent in the African American struggle for civil rights.
Tues., Jan. 26  •  10 a.m.-noon  •  Online  
$15 • Class #: 23997

Confederate Monuments in America
Julie Alderson, Art Historian
The national conversation around Confederate monuments has been particularly heated in recent years. Learn about American monuments dedicated to the Confederacy — both the history of their initial installation, and contemporary activism calling for their removal.
Wed., Jan. 27 & Feb. 3  •  1-3 p.m.  •  Online  
$25 • Class #: 24063
Cultural Awareness & Local Native History
Andre Cramblit, Karuk Tribal Member & Cultural Resource Specialist
Explore the typical experience of Native peoples from contact to current times. This class will also endeavor to answer questions about local American Indians to help you obtain a better understanding of this region’s original inhabitants. A history of the Humboldt County area will be covered.
Wed., Jan. 27 • 5-7 p.m. • Online
$15 • Class #: 24006

Backyard Bird ID
Louise Bacon-Ogden, Pretty Darn Good Birder
After you begin feeding backyard birds, you may wonder, “What IS that bird?” Learn how to choose and use binoculars and field guides, then get instruction on behaviors, habitat or song to help you identify the birds in your yard.
Thurs., Jan. 28 • 10 a.m.-noon • Online
$15 • Class #: 23988

David Bohm & the Hard Problem of Psychology/Quantum Physics
Brian “B” Mistler, Healthcare Executive
Our experience feels separate — the mental and physical — leaving the “hard problem” of how consciousness interacts with the universe. Three weeks of discussion will be guided by non-technical reading (no math required!) on David Bohm’s physical/neuropsychological theory of “implicate” order, investigating the nature of reality in general, and consciousness in particular.
Thurs., Jan. 28-Feb. 11 • 1-3 p.m. • Online
$35 • Class #: 24007

The Condor’s Shadow
Chris West, Condor Restoration Program Manager, & Tiana Williams-Claussen, Yurok Tribe Member & Wildlife Program Director
The Yurok Condor Reintroduction Initiative is in the final stages of the required regulatory process. Thousands have contributed overall to the recovery of the California condor, and hundreds just to our local effort. Enjoy the film The Condor’s Shadow, followed by Q&A.
Sat., Jan. 30 • 2-4 p.m. • Online
$15 • Class #: 24073
Building Community & Promoting Civility
Sharon K. Ferrett, PhD, Educator & Author

Begin a discussion on the deep and important subject of community and civility. The core components of community will be reviewed with emphasis on active steps to build common good. The foundation of this class is based on the principle that civility and community are choices that lead to peace.

Tues., Feb. 2 • 10 a.m.-noon • Online
$15 • Class #: 23991

Singers & Songwriters of Rock
Robert Joyce, Instructor

In the early 1970s, rock fans were drawn to artists who wrote and performed their own material. Explore some of the most dynamic singers/songwriters of the decade when rock became a major industry, including some very extraordinary talents (Carole King, Elton John, James Taylor, Bruce Springsteen, and more).

Tues., Feb. 2 & 9 • 5-7 p.m. • Online
$25 • Class #: 23994

Introduction to OLLI Pilates Plus: Essential Exercises
Joanne Fornes, Movement Specialist

Discover and use your core muscles to aid with all activities from gardening to housework. Included in this class will be some essential stretches for home-bound and computer-compelled people. You will also get suggestions for turning your home into a personal “gym.”

Wed., Feb. 3 • 10 a.m.-noon • Online
$15 • Class #: 24002
The Worlds of Octavia Butler
Molly Cate, Humanitarian Educator
Explore the life and work of the multiple award-winning science fiction writer acclaimed for her lean prose, strong protagonists, and social observations in stories that range from the distant past to the far future. Butler used her unique perspective as an African American woman to examine questions of belonging, history and envisioning the future.
Thurs., Feb. 4 & 11 • 10 a.m.-noon • Online
$25 • Class #: 24009

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 this class, you will have given yourself a relaxation treatment, all while sitting clothed in a Zoom room.
Fri., Feb. 5 • 5-7 p.m. • Online
$15 • Class #: 24003

Going Down the Drain-age: Three Historical Rivers
Jerry Rohde, Historian & Ethnogeographer
Gain a knowledge of the history of three Southern Humboldt County rivers. The Eel River and two of its tributaries—the Van Duzen and the South Fork—drain much of Southern Humboldt County. Let’s look at their history from the 1850s to 1960s, from fighting to flooding, from wagon roads to railroads, from resorts to state parks.
Sat., Feb. 6 • 1-3 p.m. • Online
$15 • Class #: 23999
**Introduction to Nature Journaling**  
**Michele Olsen, Book Artist & Traveler**  
Nature journaling is a fun way to engage with our environment, sharpen observational skills, learn more about natural history, reduce stress, and give us a stronger sense of place. Learn simple techniques for developing pages and develop a minimalist travel kit. Basic materials, techniques, and ideas will be covered.  
**Tues., Feb. 9 • 10 a.m.-noon • Online**  
$15 • Class #: 23984

**Lightening Your Load: How to Let Go of Your Stuff for Good**  
**Louisa Rogers, Instructor**  
Too much stuff! As we age, many of us want less — but letting go of our cherished belongings is emotionally and physically challenging. Learn how to overcome resistance, solve common decluttering problems, develop a plan, create accountability, and take the first steps towards a spacious, life-enhancing environment.  
**Wed., Feb. 10 • 10 a.m.-noon • Online**  
$20 • Class #: 24064

**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? Probe the pros and cons of this legendary controversy.  
**Wed., Feb. 10 • 1-3 p.m. • Online**  
$20 • Class #: 24010

**Update on Adult Immunizations**  
**Caroline Connor, M.D., M.P.H.**  
Are you confused about all the adult immunizations available? Learn more about vaccinations in general, get updated on which vaccines are recommended for adults in 2021, and be informed about recent COVID-19 vaccination availability.  
**Wed., Feb. 10 • 5-7 p.m. • Online**  
$20 • Class #: 24005
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 an online place to see 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!

A new topic of discussion each week will be facilitated by Tracey Barnes-Priestley.

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

**Philanthropist: $2500 +**

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**Presidents’ Club: $1000 +**

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**Gold: $500-$999**

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**Green: $300-$499**

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**Purple: $120-$299**

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**Friend: Any amount**

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Sustaining members are in bold.

**Join Friends of OLLI. Donate today: humboldt.edu/giving/olli**

Thank you to all Friends of OLLI who gave July 1 to Oct. 31, 2020. We apologize if we inadvertently omitted anyone. The updated Friends list can be found at humboldt.edu/olli/friends
OLLI at HSU is self-supporting. This catalog is not printed or mailed at state expense.

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

See inside for special $15 classes for OLLI members only, in celebration of the 15th anniversary of OLLI at HSU.