

Celebrating
25+ YEARS
of Learning



1997-2023



Course Catalog

FALL SESSION 2023

SEPTEMBER 11 – NOVEMBER 6



UNIVERSITY OF
SOUTHERN MAINE

The whole purpose of
EDUCATION
is to turn mirrors into
WINDOWS.

SYDNEY J. HARRIS



Wishcamper Center
34 Bedford Street
Portland, Maine 04101
207-780-4406
olliatism@maine.edu

We are thankful for our many talented board members, volunteers, and staff who make OLLI programming possible.

STAFF

Donna Anderson, Director
207-228-8181
donna.anderson@maine.edu

Rob Hyssong, OLLI Program Coordinator
207-228-8336
robert.hyssong@maine.edu

Kalianna Pawless, Administrative Specialist
207-228-8482
kalianna.pawless@maine.edu

Anne Cardale, Program Director, Maine Senior College Network
207-780-4128
acardale@maine.edu

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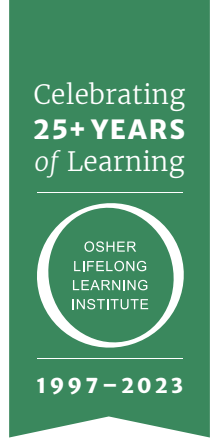
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DIRECTOR'S MESSAGE



It's time to celebrate **OLLI's 25+ anniversary** and our *full* return to campus!



At last we say that OLLI “is back” and yes, we’re better than ever!

Sometimes the wait is worthwhile. OLLI is newly energized and refreshed for a terrific fall session. We have more offerings than ever before. This fall, in-person courses run Monday through Friday, with workshops returning on Saturdays. PLUS, we’ll have a full remote schedule running through the week. The bottom line: it’s time to celebrate OLLI’s re-emergence as a friendly, vital community for our members.

Here are a few highlights in the fall catalog:

Joan Aldrich is back with OLLI, teaching again, including “Film Narratives with Unexpected Outcomes: An Uplifting Search for Meaning” (page 21) and “Away from All Parting: Rainer Maria Rilke & the Orphic Tradition” (page 29).

Want to try an evening class? Elizabeth Housewright is offering a remote course, “The Nature of Life: A Great Books Discussion” (page 38).

We have new instructors tackling fascinating topics, including: Jim Mentzer’s in-person “The Battle of Gettysburg: A Novel Approach” (page 24); David Hingston & Maggie Fehr’s remote “Getting Along with Visual Art” (page 20); and Andrea Gorman Gelder’s in-person “Parasites for All Seasons” (page 37).

You can even experiment by taking a hybrid class: Kathleen Sutherland’s “Middle Eastern Women Activists in the Recent Decade of Uprisings” (page 34) or my own “The Stormy Start of the Italian Renaissance: Fact, Fiction, Art, & Objects” (page 24).

With over 80 offerings — including many NEW courses and workshops — we hope you will dive in to find the choice(s) that are perfect for you among the remote courses, hybrid offerings, or in-person options that will supercharge your Fall.

Sincerely,

Donna Anderson
Director

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Learning for the love of it!

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 1,400-plus like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

OLLI is located on the Portland campus of the University of Southern Maine (USM) and is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As an OLLI at USM member, you'll choose from an extensive array of peer-taught courses in a variety of subjects. There are no entrance requirements, grades, or tests. Your experience and love of learning are what count. Some OLLI at USM classes involve homework — usually reading or honing skills taught in class. Assignments are not mandatory but can enhance your learning experience.

OLLI at USM is one of 17 active Senior Colleges throughout Maine and participates in the Maine Senior College Network (maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (osher.net) is located at Northwestern University in Chicago. Currently, there are 125 OLLIs throughout the country.

OLLI: BY THE NUMBERS

125

OLLI BRANCHES
IN THE US

1,430+

OLLI ACTIVE STUDENTS
(2022-23)

17

ACTIVE MAINE
SENIOR COLLEGES

180

OLLI VOLUNTEERS
(2022-23)

MISSION

OLLI at USM is committed to providing, for its members, a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

VISION

OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, expand its abundant opportunities for members to exchange ideas and experiences, and maintain a standard of excellence.

CORE ORGANIZATIONAL VALUES

These are the fundamental beliefs of OLLI at USM that guide our planning and decision-making. These core values support our vision, shape our culture, and reflect what we value.

Joy of Learning. We believe that continuing to grow and learn new things is a deeply fulfilling lifelong priority.

Community. We recognize the importance of interaction with other members to share knowledge and experiences, to expand our perspectives, and to make new friends, in an atmosphere of inclusiveness, respect, and openness.

Accessibility. We strive to make classes, lectures, workshops, seminars, and activities affordable and accessible for all members.

Excellence. We strive for excellence by committing our intelligence, creativity and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community.

Volunteerism. We recognize the crucial importance of volunteers to the success of our programs.



Join us

There are several ways to join the OLLI community of lifelong learners.

Become a member

OLLI at USM is an autonomous, self-governing organization supported through an annual membership fee of \$25. The membership fee covers the fiscal year from July 1 – June 30. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

Member benefits include:

- Access to sign up for OLLI courses and workshops online.
- Access to OLLI Special Interest Groups (SIGs) at no additional cost. See [page 48](#) for the list of current SIGs.
- Access to OLLI Special Events, some at no additional cost, including topical pop-up discussions, game nights, and more.
- Access to courses at the 17 active Maine senior colleges throughout the state. Visit MaineSeniorCollege.org for more information.

Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per session, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events.

Scholarship applications can be completed online or downloaded from the OLLI website: usm.maine.edu/osher-lifelong-learning-institute/olli-scholarships/. **The form must be completed, signed (if downloaded), and submitted with each of your course registration forms.**

Please note: It is not possible to register for courses online with a scholarship. Please email your registration form and scholarship request to OLLI at our general email address: olliatusm@maine.edu before registration day to ensure timely enrollment in your class. Scholarships, gift certificates, free memberships, or other waivers will be accepted after online registration opens. However, classes and workshops may be filled, so please turn them in as soon as possible. If you have any questions, please email olliatusm@maine.edu, and we will contact you as soon as we can.

MEMBER SPOTLIGHT

Connie Dehais

PORTLAND, MAINE

What is your history with OLLI? This first thing I did after I retired in 2016 was join OLLI and sign up for classes. I had heard such wonderful things about OLLI and was anxious to be involved. It was adaptable so that I could do other things that I had on my schedule.

What is a particularly memorable class or workshop you have taken? I've taken a lot of very memorable classes at OLLI. I've had the chance to catch up on a lot of the science knowledge that I skipped over in my years at school. However, I think the most memorable class was "Shakespeare's Henry V and Hamilton, and the Uses of History." The class was held both in person and virtually for those at home on Zoom. It was a first attempt to do a hybrid class and that part went very well. The class content was great.



"OLLI was (and is) a wonderful place to meet new people and have wonderful experiences."

CONNIE DEHAIS,
OLLI MEMBER SINCE 2016

What to expect

We cannot describe all you will experience at OLLI in just a few paragraphs. Still, this page contains important information for OLLI Students from registration to student conduct. So make sure to read carefully!

COVID-19 PRECAUTIONS

Face coverings: Face masks are optional in all indoor and outdoor spaces with three exceptions. Face mask may be required:

1. At the discretion of instructors
2. At the discretion of a primary office occupant or meeting host
3. When required by the CDC

Vaccination requirements:

Effective with the May 2023 term and going forward, the University of Maine System has lifted the COVID-19 vaccination requirement but strongly encourages all students, employees, and visitors to obtain a COVID-19 vaccination and booster shots when eligible. COVID-19 vaccinations and boosters are recommended as a way to prevent severe cases of COVID-19.

TUITION

Tuition is \$50 per course for regular OLLI at USM courses. Workshops cost \$15 for single sessions and \$25 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

You must be an OLLI 2023–2024 member to enroll in summer courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 – June 30.

BOOKS & MATERIALS

Acquiring books and materials is the student's responsibility. Books and materials will be listed as:

- **Required:** the class (i.e., a literature course) cannot function without the book.
- **Suggested:** it would enhance the class but is not necessary.
- If no books or materials are listed in a course description, none are needed.

Students can purchase books at USM's University Store by going to usm.ecampus.com and selecting OLLI as the term. Visit usm.maine.edu/osher-lifelong-learning-institute/resources for instructions and more information.

Students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.

SESSION SCHEDULE

Fall classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Friday. The term runs for eight weeks, from September 11 – November 3, unless otherwise noted in the course description.

Morning classes run from 9:30 – 11:30 a.m.; afternoon classes run from 12:45 – 2:45 p.m. Any exceptions to usual times are noted.

Most workshops will take place on Saturdays both **remote**, on Zoom, or **in-person** (see [page 13](#)).

LOCATIONS

OLLI Fall 2023 classes will be held both remotely or in person.

Remote (Monday – Friday): Most classes will be taught via distance learning, often using Zoom.

Not familiar with Zoom? We will offer training sessions for all participants who want or need it. Watch your email for training session announcements.

In-person (Monday – Friday): Classes and workshops will take place in the Wishcamper Center, unless otherwise noted in the course description.

PARKING

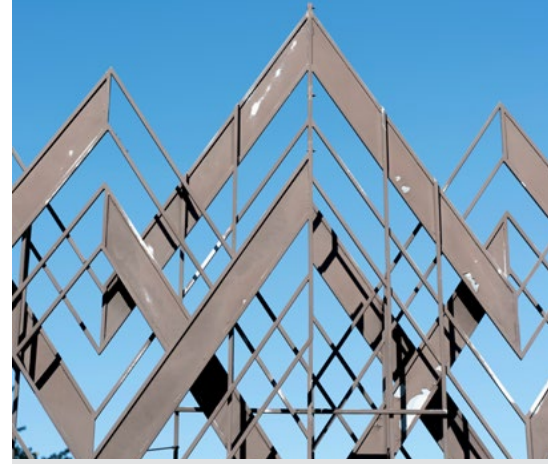
Parking in the USM garage attached to the Abramson Center will require a permit. See [page 8](#) for more details.

NEWS & UPDATES

For news and updates on OLLI activities, read your OLLI Newsletter, go to the OLLI at USM website (usm.maine.edu/olli), or follow us on Facebook (@OsherLifelongLearningInstituteAtUSM).

WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at olliatusm@maine.edu before registration begins for timely processing. Waivers will be accepted after that deadline, but we cannot guarantee your selected classes will be available.



REFUND POLICY

You will receive a 100% refund for classes dropped by Friday, September 23, the end of the second week of fall classes. **No refunds will be made after that point.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer to a different class or drop a class, email olliatusm@maine.edu or call 207-780-4406.

OLLI STUDENT HANDBOOK

Whether you're a new member or a returning "regular," there is much to learn about OLLI. In the OLLI Student Handbook, you can find information about the OLLI organization, membership, classes, other educational offerings, parking, registration, the arts at OLLI, tips on staying informed, and much more.

A new OLLI student Handbook is being developed, and as soon as it is ready, we will alert members about where to find it.

WEATHER CLOSURES & DELAYS

Campus Closures

If USM at Portland is closed, the OLLI office and in-person classes and events will be canceled. Remote classes and events will be held at the discretion of the instructor or organizers.

Delayed Openings and Early Closures

If the USM Portland campus opens late or closes early, the OLLI office and in-person classes will be canceled accordingly.

For example, if USM opens after OLLI's regular start time (e.g., USM delays opening until 10 a.m.), all OLLI classes starting earlier than 10 a.m. will be canceled. If USM announces an early closure (e.g., campus closes at 2:00 p.m.), OLLI classes beginning after 2:00 p.m. will be automatically canceled.

To confirm USM Campus weather closures or delays

Call the USM Storm Line at 207-780-4800 or look for a yellow notice at the top of the USM Homepage (usm.maine.edu).

CONTACT INFORMATION

The OLLI office is currently open to the public, with some staff working from home occasionally. We recommend that you call or email staff in advance of your planned visit. We can be reached by email at olliatusm@maine.edu and by phone at 207-780-4406.

Accessibility & special accommodations

OLLI at USM is committed to making our programming accessible for all members. Please notify OLLI at 207-780-4406 as soon as you register to discuss your options.

HEARING ASSISTANCE

In-Person: Portable assisted-listening devices are available for use in any Wishcamper classroom. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.

Remote: Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.

ACCESSIBLE PARKING

USM campus: The USM Parking Garage is open to OLLI members Monday through Saturday. Handicapped parking and elevator access are available on all levels of the parking garage.

GENERAL INFORMATION

THE USM CAMPUS

The Osher Lifelong Learning Institute (OLLI) is located on the University of Southern Maine (USM) Portland Campus in Wishcamper Center (44 Bedford Street, Portland, Maine).

Classrooms are located on the 1st and 2nd floors. The OLLI office is located on the 2nd floor in Room 210.

All buildings are equipped with elevators.

ON-CAMPUS PARKING

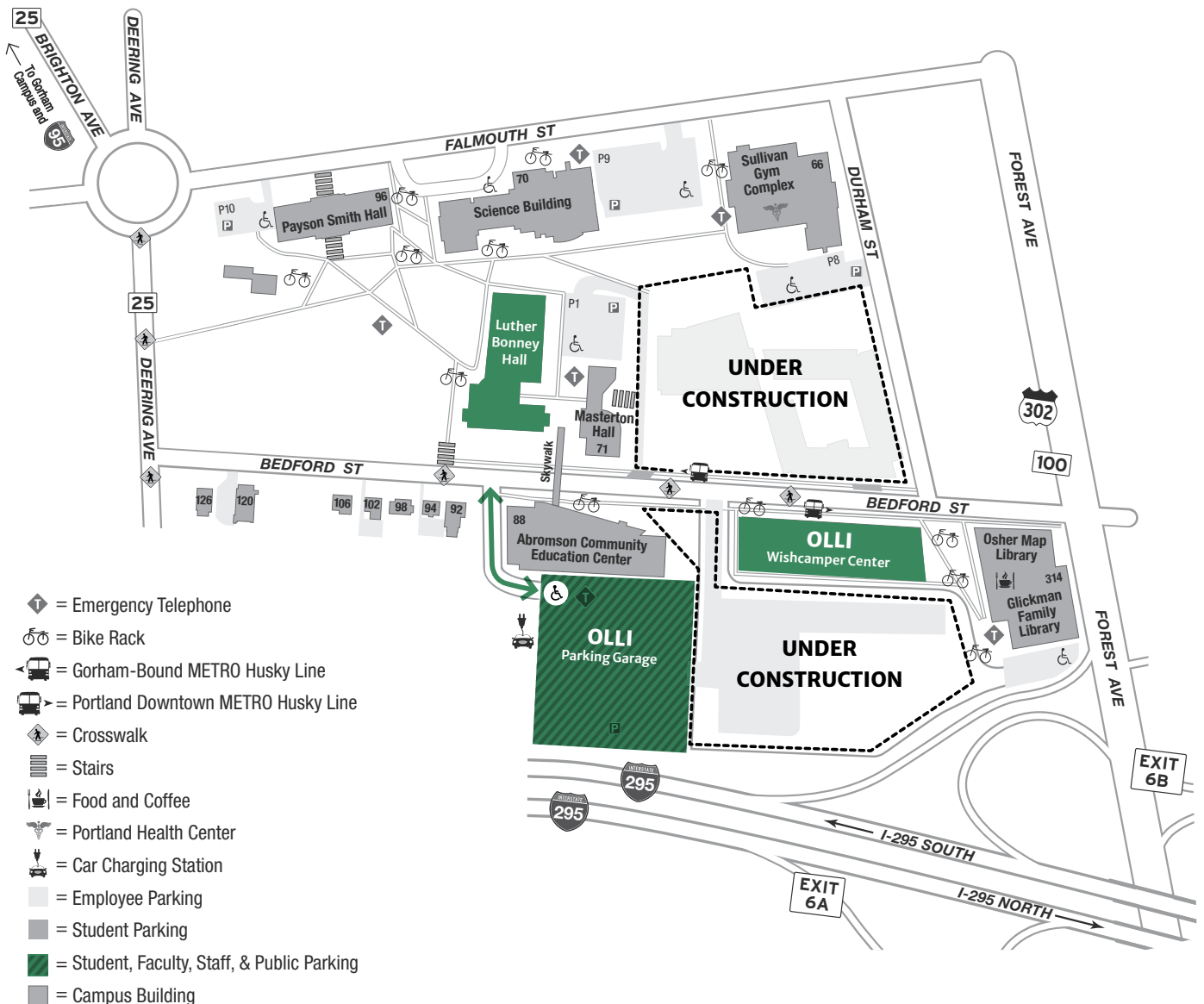
OLLI Students must park in the USM garage, located on Bedford Street.

USM parking is currently in flux, updated details coming soon.



Creating community and identifying safer places for students, staff, and faculty of diverse sexualities, romantic orientations, and genders since 1996.

usm.maine.edu/safezone



Important Dates

OLLI FALL 2023

Fall session will run from September 11 – November 6.
Mark your calendar for these other important dates.

AUG 16	Online registration for OLLI fall courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatuism@maine.edu before August 16, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after August 16, but some classes and workshops may be full, so please turn them in as soon as possible.
AUG 22	OLLI staff begins processing mail-in, drop-off, and phone registrations.
AUG 30	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatuism@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
SEP 11	OLLI fall session classes start
SEP 22	Deadline to receive a refund on dropped courses.
SEP 16	OLLI fall workshops
SEP 23	OLLI fall workshops
SEP 30	OLLI fall workshops
OCT 28	OLLI fall workshops
NOV 6	OLLI fall session ends
NOV 7–9, 17	OLLI fall session make-up dates



QUESTIONS?

We are here to help you!

Email us:

olliatuism@maine.edu

Call us:

207-780-4406

The OLLI staff will be on holiday Oct. 9 and Nov. 11. The OLLI office will be closed on these dates. If you have a class scheduled in Wishcamper on those dates, your class will not meet. If you have a remote class scheduled for those dates, please get in touch with your instructor to see if they plan to observe the holiday.





Courses by schedule

Courses run once a week, Monday – Friday starting the week of September 11 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

All in-person courses will be held at the USM Portland campus unless noted otherwise.

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID
-  (BOTH IN-PERSON & REMOTE)

Want to search for programs by topic?
See [page 18](#) for our full index.

Want to find a program by instructor?
See [page 15](#) for our instructor index.



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

MONDAYS


MORNINGS • 9:30 – 11:30 A.M.

 **Women & Aging:
Old Age Isn't for Sissies** (p. 41)
PAT TAUB

 **The Fifties: A Surprisingly
Dynamic Decade** (p. 26)
BUCK BENEDICT

 **Pilgrims in Our Own Land** (p. 27)
MARK GALLUP

 **Faraway Voices: Some 21st
Century Prize Winners** (p. 30)
SUSAN POWELL

 **Shakespeare's *King Lear*
& Us** (p. 31)
STEVEN URKOWITZ

AFTERNOONS • 12:45 – 2:45 P.M.

 **Middle Eastern Women
Activists in the Recent
Decade of Uprisings** (p. 34)
KATHLEEN SUTHERLAND

 **Intermediate French** (p. 28)
JACQUELINE BUCAR

 **Religion & Violence** (p. 35, 36)
STEVE PIKER

 **The Art of Living Well: Peace
Education Program** (p. 41)
RITA RUBIN-LONG
& TERRY LANDRY

 **One Night in Manhattan
in 1957...** (p. 32)
JOHN SPRITZ

 **Exploring Short Stories** (p. 29)
ANNE CASS

TUESDAYS

MORNINGS • 9:30 – 11:00 A.M.

 **World Dance Sampler:
Travel the World Through
Dance** (p. 21)
KATHLEEN CARROLL

MORNINGS • 9:30 – 11:30 A.M.

 **What Happened to You?** (p. 42)
LINDA MACDOUGALL

AFTERNOONS • 12:45 – 2:45 P.M.

 **Away from All Parting:
Rainer Maria Rilke & the
Orphic Tradition** (p. 29)
JOAN ALDRICH

 **Watching the Detectives —
When the Cops Tell the Story**
(p. 29)
RICHARD CASS

 **Gospel Music Comes Alive!**
(p. 31)
TERRY FOSTER


 **Le Français Élémentaire:
Allons plus loin!** (p. 28)
ROBERTA MUSE

 **Maine Agriculture:
Past, Present & Future** (p. 25)
NEIL PIPER

 **Your Inner Fish** (p. 37)
HAL SCHEINTAUB

 **Successful Aging:
Empowering Late Life
Decision-Making** (p. 43)
CAROLYN SIEWERS

AFTERNOONS • 1:15 – 3:15 P.M.


 **Opening to the Imaginal** (p. 39)
LEAH CHYTEN


EVENINGS • 6:30 – 8:30 P.M.


 **The Nature of Life: A Great
Books Discussion** (p. 30, 38)
ELIZABETH HOUSEWRIGHT


WEDNESDAYS


MORNINGS • 9:30 – 11:30 A.M.


-  **Imagining Maine** (p. 29)
MARGARET CREIGHTON
& SUSAN RANSOM


-  **Can We Stop Climate Change?** (p. 37)
TED HALL


-  **Viewing Art, 2023: A Series of Guided Visits to Museum Exhibitions** (p. 19)
NATHANIEL LARRABEE
& CALVIN HENNIG

-  **Let's Talk!!!** (p. 35, 40)
MICHAEL LYNCH

-  **Explore Portland's Historic Neighborhoods — On Foot** (p. 26)
ALESSA WYLIE

-  **Jennifer Doudna & CRISPR Molecular Biology** (p. 38)
WALTER ALLAN

-  **In the Mirror of Death** (p. 36)
JOAN ELIZABETH

-  **What Does it Mean to be an Elder Wise Woman?** (p. 42)
LUCILLE MELTZ

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Everyday Zen** (p. 35)
TIM BAEHR

-  **The Battle of Gettysburg: A Novel Approach** (p. 24)
JIM MENTZER


-  **The History of Jazz on Recordings from the 1920s to the 2020s** (p. 32)
CARL SMITH


-  **FUN 2.0** (p. 20, 41)
DONI TAMBLYN


-  **Improving your Beginner Bridge Skills** (p. 22)
DON BOUWENS


THURSDAYS


MORNINGS • 9:30 – 11:30 A.M.

-  **Exploring Short Stories** (p. 29)
ANNE CASS


-  **Spiritual Companionship: To Deepen Your Spiritual Being & Provide Spiritual Comfort** (p. 42)
JACOB WATSON

-  **Getting Along with Visual Art** (p. 20)
DAVID HINGSTON & MAGGIE FEHR


-  **Sci-Fi Movies that Set a Precedent (1970's – 2022)** (p. 22)
ROB HYSSONG


-  **What is Reality?: How Can You Know?** (p. 36)
DAVID MORTON


AFTERNOONS • 12:30 – 3:30 P.M.


-  **Film Narratives with Unexpected Outcomes: An Uplifting Search for Meaning** (p. 21)
JOAN ALDRICH


AFTERNOONS • 12:45 – 2:45 P.M.


-  **Exploring & Experiencing Maine's Rich History & Culture** (p. 24)
SCOTT ANDREWS


-  **Writing Fiction: All Prompts all the Time** (p. 44)
TIM BAEHR


-  **Line Dancing Returns!** (p. 21)
ANNE CASS


-  **Listening to Chamber Music** (p. 31)
STEPHEN SCHIFFMAN


-  **Exploring the Rainbow: A Guide to Color** (p. 19)
DIANNE SINCLAIR

-  **Great American Speeches — Prophetic!** (p. 27)
MIKE BERKOWITZ

-  **Writing & Sharing Life Stories** (p. 44)
JOAN CHADBOURNE

-  **Women & Men That Are Heroes (Not Warriors) in Classical Drama, Part 2** (p. 30)
EVY NEWLYN

-  **Great Movies (Somewhat Forgotten?)** (p. 23)
ED SOLANO

-  **Four Generations of the Adams Family** (p. 27)
JOHN SUTHERLAND

See the next page for FRIDAY COURSES

FRIDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **The Stormy Start of the Italian Renaissance: Fact, Fiction, Art, & Objects** (p. 24)
DONNA ANDERSON

 **The Spiritual & Cultural Relevance of Indigenous Peoples' World Views** (p. 35)
FRED BRANCATO


 **Parasites for All Seasons** (p. 37)
ANDREA GELDER

 **Art Studio** (p. 20)
PAULA STEFFEN

 **Return of the Misfit Poets** (p. 44)
MARY TRACY & CRAIG SIPE

 **Decoding Jung's Metaphysics** (p. 36)
STEPHEN KERCEL

AFTERNOONS • 12:45 – 2:45 P.M.

 **In & Out of the Box: Creativity & Spirituality in Practice** (p. 18, 41)
JENNIFER DONALDSON

 **Civic Virtue: Can We Save Democracy?** (p. 34)
ROBERT LIBBY

 **All Real Living is Meeting** (p. 42)
MARCIA WESTON
& LINDA WERNER

You're invited... to be a part of our team!

Teach at OLLI

OLLI is always looking for new course facilitators and SAGE presenters. If you (or someone you know) would enjoy sharing your knowledge and experience with our members through a course or SAGE lecture, please contact the OLLI office.

New teacher workshop: Each spring session, OLLI offers a Teacher Forum that is free and open to any member wishing to know more about teaching at OLLI. We will now offer a workshop for potential instructors prior to each session's proposal deadline, to help members develop their ideas and transform them into actual proposals.

Deadlines for course / workshop proposals: Proposals for the winter session are due in early-September.

Orientation session: Prior to the beginning of each term, an orientation session is offered to all new and returning instructors to help them become better acquainted with OLLI and to learn the logistics of presenting a class both via Zoom and in person.

Questions? Contact Donna Anderson at donna.anderson@maine.edu.

Volunteer at OLLI

OLLI is more than just taking classes, listening to lectures, and participating in social events and activities. OLLI also provides opportunities for members to become active within the leadership of the organization. Volunteers play a vital role in helping shape and guide the various elements of OLLI through committee work, helping to welcome members, and making our office run smoothly. Volunteering is a great way to give back to an organization that is making a lasting impact on the lives of its members.

For more information: Please email olliatusm@maine.edu to express your interest.

Workshops by schedule

Workshops run Saturdays throughout the fall session with one exception. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

All in-person workshops will be held at the USM Portland campus unless noted otherwise.

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

Want to search for programs by topic? See page 18 for our full index.

Want to find a program by instructor? See page 15 for our instructor index.

TUESDAY

1 SESSION: 9/12 • 6:30 – 8:30 P.M.

- Voice Overs... Now Is Your Time!** (p. 20)
DAN LEVINE

SATURDAYS

1 SESSION: 9/16 • 9:30 – 11:30 A.M.

- Eating Local: The Food & Cooking of Maine Tribes** (p. 22, 25)
SANDY GARSON & STAR PELSUE

- So You Want to Buy an EV** (p. 37, 40)
MARK LOVE

- Fractals: Mandelbrot's Language of Nature** (p. 38)
DAVID VON SEGGERN

- The Film Music of John Williams** (p. 32)
DEWAYN MARZAGALLI

1 SESSION: 9/23 • 9:30 – 11:30 A.M.

- You're On a Hero's Journey... Did You Know That?** (p. 40)
DAVID LEE

- Gold & Global Politics — How Gold's Financial Power Impacts Politics Past & Present** (p. 26, 34)
MICHAEL LYNCH

- A History of Western Movies — Part 1 (the Silents Through the 40s)** (p. 23)
DEWAYN MARZAGALLI

- Sustainability, Social Change & Fun** (p. 39)
MIKE NICKERSON

1 SESSION: 9/23 • 9:30 – 10:45 A.M.

- Gentle/Therapeutic Mat Yoga** (p. 43)
LYN SIROTA

1 SESSION:
9/23 • 10:00 A.M. – 12:00 P.M.

- Home Bartending & Entertaining** (p. 21)
MARY ALTENBERN

1 SESSION: 9/30 • 9:30 – 11:00 A.M.

- Alfred Hitchcock's San Francisco** (p. 23)
JAY SHERWIN

1 SESSION: 9/30 • 9:30 – 11:30 A.M.

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- How Craft Brewers Have Put the Fizz Back in Farming** (p. 22)
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- The Poetry of Self-Compassion** (p. 30)
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- Beyond the Morses: The People of Victoria Mansion** (p. 25)
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- Spiritual Conversation Circle** (p. 39)
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GAIL WORSTER

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Our writer's workshops are held monthly throughout the academic year. Full descriptions, costs, and materials can be found on the page listed next to each workshop title.

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 **Writer's Workshop:
Poetry** (p. 45)
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 **Writer's Workshop:
The Art & Craft of
Memoir** (p. 45)
TOBY HOLLANDER

3RD FRIDAYS

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SEP – MAY • 12:30 – 2:45 P.M.

 **Writer's Workshop:
Fiction** (p. 45)
TANA LEONHART
& LARRY DYHRBERG



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Instructors are listed here in alphabetical order for both courses and workshops. For full descriptions and presentation style (in-person, remote, or hybrid), please go to the page listed next to the course or workshop title.

Want to search for programs by topic?
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Looking to fill a specific day or time?
See page 13 for our schedule-at-a-glance.

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**QUESTIONS?**

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olliatusm@maine.edu

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Full listing of courses & workshops

Courses and workshops are listed by subject. Details including books and materials are listed here.

3 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

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Want to find a program by instructor?
See page 15 for our instructor index.

Looking to fill a specific day or time?
See page 10 for our schedule-at-a-glance.

ACTING, ART, & ART HISTORY

Intro to iPhone Photography

WILLIAM CARITO

 **WORKSHOP** SAT, 9/23 & 9/30 • 9:30 A.M. – 12:30 P.M. • \$25


“The best camera is the one that’s with you.” — Chase Jarvis. For many of us, that camera is the iPhone we carry in our pocket every day. This course will cover setting up your iPhone for shooting better photos, focusing and composition techniques, editing on your iPhone (or iPad if you have fat fingers like me), and how to find your way to shooting in black & white on the streets of Maine. You will need a relatively up-to-date iPhone and the Snapseed app. Join the international iPhone photography community. **New in-person workshop.** Format includes lecture, discussion, and hands-on.

SUGGESTED MATERIALS: Participants are encouraged to bring the following supplies to class: Apple iPhone (preferably iPhone X or above) and the Snapseed app (available free in the App Store)

William Carito started taking iPhone photos in 2015 after a one-day workshop. Since then he absorbed as much as he can from additional workshops and online classes. His work has been selected for juried shows, and achieved multiple honorable mentions in photography contests. (billcaritophotography.com, @billcarito)

In & Out of the Box: Creativity & Spirituality in Practice

JENNIFER DONALDSON

 **COURSE** FRI, 9/15 – 11/3 • 12:45 – 2:45 P.M. • \$50

At the intersection of art and spirituality is a place in which to discover your authentic “self.” As they say, all art is autobiographical: revealing our beliefs and identity, in symbol and metaphor. In this class — a reflective practicum — we’ll use art making to peel the onion of identity. A concept or quote and a brief meditation will inspire a work period, followed by reflection. No expertise is necessary, just a desire to reveal to yourself more about you. Sharing is optional. **New in-person course.** Format includes hands-on and discussion.

REQUIRED MATERIALS: Sketchbook/journal, oil pastels, watercolor set, and other art materials of your choice. Bring a cardboard box and utility knife to the first class.

Jennifer Donaldson has been an art educator and interfaith minister with a passion for creativity and the spiritual dimension. Combining them, she has created the class she would love to take.

Blooms in Art

VICKI FOX

WORKSHOP SAT, 9/16, 9/23, & 9/30 • 9:30 – 11:30 A.M. • \$25

Painting or drawing live flowers: a different bunch every week. **New in-person workshop.** *Format is hands-on.*

MATERIALS NOTE: Participants will be required to pay the instructor directly for materials used in the class.

Vicki Fox has been drawing since she was 3. She achieved a B.F.A. from Philadelphia College of Art and worked as an illustrator and graphic designer in Philadelphia and New York until she changed directions and became a landscape designer. She began painting with plants and subsequently started Green Team Gardeners to design, install, and maintain gardens on the east coast. She has taught at OLLI for several years and loves this population!

Viewing Art, 2023: A Series of Guided Visits to Museum Exhibitions

NATHANIEL LARRABEE & CALVIN HENNIG

COURSE WED, 9/13 – 11/1 • 9:30 – 11:30 A.M. • \$50

Art history has traditionally been taught from an authoritative point of view at odds with the creative process in fine arts. This “facilitated” course replicates nonlinear procedures used in fine arts schools to bring students and the viewer of art into the imaginative space of creation. We will use the Socratic method with a facilitator to guide dialogue posing questions and answers. Each session will be a “virtual visit” using PowerPoint to review artists or themes in a showing of 20 to 40 works. Only pertinent subjects will be presented so that the viewer isn’t overwhelmed by too much data. This seminar-like course is for all levels and backgrounds. **New in-person course.** *Format includes lecture, discussion, and hands-on.*

Nathaniel Larrabee retired as a Professor of Fine Arts at the Columbus College of Art and Design. He has also taught at Wellesley College and Boston University. He has widely exhibited at regional, national, and international levels.

Calvin Hennig’s background includes museum work and academic teaching in Art History and Philosophy. Teaching appointments include Wayne State University, S.U.N.Y. at Oswego, Massachusetts College of Art, Creighton University, and Syracuse University. He was a Curator of Education at the Joslyn Art Museum and a Full Curator of Art at the Portland Museum of Art.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Exploring the Rainbow: A Guide to Color

DIANNE SINCLAIR

COURSE THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

This course will be an interactive, relaxed exploration of color through a variety of activities. Between sessions, you will be asked to read one chapter in the book, keep a simple color journal, and keep your eyes open to color. Whether you are a quilter, a gardener, a trained artist or simply a lover of color, you should come away with a greater understanding and appreciation of color. The book was a huge favorite the last time the course was taught — the author has a contagious fascination with color and traveled the world to delve into its history. **New in-person course.** *Format includes lecture, discussion, film, and hands-on.*

REQUIRED BOOK & MATERIALS: *Color: A Natural History of the Palette*, Victoria Finlay, ISBN 9780812971422, 9 x 12-inch or larger mixed media sketch pad plus any art medium you are comfortable with (colored pencils, markers, water-based paints).

Dianne Sinclair has taught a number of hands-on art classes at OLLI including “Hand-Making Books,” “Paper Arts Camp,” “Color Wheel Dyeing,” “Snail Mail,” and “Transforming Paper.” She is an untrained artist who loves inspiring and being inspired by participants in her classes, both beginners and experienced artists.



ACTING, ART, & ART HISTORY • continued from previous page

Art Studio

PAULA STEFFEN

COURSE FRI, 9/15 – 11/3 • 9:30 – 11:30 A.M. • \$50

This is a hands-on art studio/class where great work space is provided and discussions provided when requested. **Repeat in-person course.** *Format includes lecture, discussion, and hands-on.*

Paula Steffen earned a B.A. and an M.A. in fine art at the University of California at Santa Barbara and Berkeley. She has been a painter all of her life.

FUN 2.0

DONI TAMBLYN

COURSE WED, 9/13 – 11/1 • 12:45 – 2:45 P.M. • \$50

This is an invitation to everyone who's played a few improv games (with me or elsewhere) and wants to play more. I call improv "play for intelligent adults." And play deserves a lot of respect! Humans (and loads of other critters) are biologically wired to play. And like all other universally-held biological characteristics, the urge to play exists to increase our chances of survival. Having said all that, the objective of this class will to MAKE fun, not to discuss it. Please join us if this sounds like your cup of tea! **New in-person course.** *Format includes lecture, discussion, film, and movement.*

Doni Tamblyn is the former president of HumorRULES LLC, a corporate training company that taught supposedly "unteachable" skills (creative thinking, listening and flexibility, trust) for clients like Chevron, the Federal Reserve Bank, and Bristol-Myers Squibb. Her two books on using play in teaching have been translated into several languages.



Getting Along with Visual Art

DAVID HINGSTON & MAGGIE FEHR

COURSE THU, 9/14 – 11/2 • 9:30 – 11:30 A.M. • \$50

Are you mystified in museums and art galleries? In this class, we will guide participants in viewing, discussing, and understanding works in the visual arts. Participants will be asked to submit pictures of several pieces of their choosing, in any medium — pieces that they like or dislike, are fascinated or confused by, or are otherwise interested in understanding better. Then we'll talk about what we see, recognizing that everyone "sees" differently and that each person's perceptions and interpretations are valid. We won't be judging your tastes or teaching you about "good" art—our goal is to help you experience whatever art you enjoy in a fuller, richer way. **New remote course.** *Format includes discussion.*

David Hingston was a longtime practicing architect and has worked in a wide range of graphic arts, including silkscreen, cyanotype, letterpress, bookmaking, and photography.

Maggie Fehr is a lifelong artist with a major in ceramics and additional study at MECA&D and R&F Handmade Paints. Her practice has included realistic and abstract images in both two- and three- dimensions, in a variety of media. She is currently exploring nonfigurative forms in two-dimensional mixed media.

Voice Overs ... Now Is Your Time!

DAN LEVINE

WORKSHOP TUE, 9/12 • 6:30 – 8:30 P.M. • \$15

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your voice for commercials, films, audiobooks, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. **Repeat remote workshop.** *Format includes lecture, discussion, and hands-on.*

Dan Levine is a 1992 Tony Award nominee for the score of the Broadway musical Anna Karenina. He has won many awards for his commercial productions as well, including a national Clio Award and several local advertising ADDY Awards and nominations. As a successful record producer and music arranger/orchestrator, his arranging and production credits include CDs for singers such as Leslie Uggams, several original cast recordings, and numerous television shows and commercials. For 17 years, Dan produced commercials for hundreds of clients around the country.


DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

DANCE & MOVEMENT

World Dance Sampler: Travel the World Through Dance

KATHLEEN CARROLL

 **COURSE** TUE, 9/12 – 10/31 • 9:30 – 11:00 A.M. • \$50


Come experience unique rhythms, engaging music, and a wide mix of dance styles, as you learn traditional community dances from various countries! Dance tempos range from calming to energetic. Formations include: circles, snaking lines, pairs, opposing lines, etc. Each week you'll learn new dances, step-by-step, and review dances learned already. If desired, we'll revive some "dance favorites" from past classes. No need to bring a partner or have dance experience to join in. Be prepared to laugh, as your ears and feet adjust to varied rhythms and musical styles. Located at the **Portland New Church at 302 Stevens Avenue** in Portland to access a joint-friendly wooden floor. **New in-person course.** *Format will include movement.*

REQUIRED MATERIALS: Dress comfortably, wear non-street, smooth-soled shoes, and bring a water bottle.

Kathleen Carroll performed with "Borovcani" in the 1980s, a Maine-based international folk dance group. She's taught World Dance at various venues. At Mainewoods Dance Camp Kathleen enjoys dancing and coordinating cultural festivities each summer. Kathleen's dance/cultural travels had led her to Bulgaria, Romania, Georgia, Turkey, and Armenia.

Line Dancing Returns!

ANNE CASS, JENNIFER FRICK, JOANNA KOHARIAN,
& PATTI LACOMBE

 **COURSE** THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50


Do you miss OLLI Line Dancing? We do — so a handful of Jack Lynch (former longtime instructor) fans are bringing it back. We know we will be ably supported by the eager and willing participants. This class draws from the dances of many cultures — traditional American Country/Western using contemporary C/W and pop music, Greek circle dances, Brazilian samba, tango, rhumba, Spanish cha-cha, and the Shim Sham jazz line dance from Harlem. Not all of these are taught every semester. Prior dance experience is not necessary, but the ability to comfortably walk two miles at a decent pace is strongly recommended. This class includes a mix of new dances as well as dances taught in previous sessions. Join us! **Repeat in-person course.** *Format includes movement.*

Anne Cass, Jennifer Frick, Joanna Koharian, and Patti LaCombe will co-teach this class. All of them have some experience in this class.

ENTERTAINMENT & FILM

Film Narratives with Unexpected Outcomes: An Uplifting Search for Meaning

JOAN ALDRICH


 **COURSE** THU, 9/14 – 10/19 • 12:30 – 3:30 P.M. • \$50

This 6-week course (featuring 3-hour class meetings), shines a spotlight on transformative journeys and relationships that dramatically alter the course of characters' lives, sometimes requiring choices/actions that seem at odds with their level of preparedness, cultural background, or maturity level. How do people rise above such seeming limitations? Why do some respond with courage and pluck, while others are unable to muster what it takes to break with tradition? Does "happenstance" have a major impact on character and development? How is inner strength acquired? How is resilience fostered? Film selections will be determined prior to the start of class, and participants notified via email. Two foreign-language films, and four English-language films will be included. **New in-person course.** *Format includes lecture and discussion.*

Joan Aldrich, M.S., M.Div., provides film reviews/commentaries/follow-up, and facilitates comprehensive discussion of each film, with a focus on respectful listening and shared dialogue.

Home Bartending & Entertaining

MARY ALTENBERN

 **WORKSHOP** SAT, 9/23 • 10:00 A.M. – 12:00 P.M. • \$15

Learn how to entertain at home. Bartending, dinner etiquette, laws, glassware, tips and secrets. **Repeat in-person workshop.** *Format includes lecture, demonstration, and discussion.*

Mary Altenbern has been a bartender for over 50 years. She had her own bartending school for 27 years and taught at the SMCC hospitality program for three years. She also developed intervention programs covering safe bartending procedures. Mary is now retired and living in Buxton.

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

ENTERTAINMENT & FILM • *continued from previous page*

Eating Local: The Food & Cooking of Maine Tribes

SANDY GARSON & STAR PELSUE

WORKSHOP SAT, 9/16 • 9:30 – 11:30 A.M. • \$15

Penobscot nation chef Joe Robbins will share his experience with and research into the foraging and cooking of his ancestors including wild rice harvesting by canoe, steaming meat in pits (very healthy), and the peculiar medicinal value of smoking. **New in-person workshop.**

Format includes lecture.

Sandy Garson is a former caterer and cookie entrepreneur who 23 years ago became a food historian often focused on Maine.

Star Pelsue is a tech genie and scientist who puts those talents into food explorations.

How Craft Brewers Have Put the Fizz Back in Farming

SANDY GARSON & STAR PELSUE

WORKSHOP SAT, 10/28 • 9:30 – 11:30 A.M. • \$15

The explosion of craft beer brewing has revived dormant Maine Farms and juiced the economy. Maine now leads the nation in craft brewing and organic farming and you seal that connection when you drink up. We've brewed a panel of people involved in this powerful achievement to show how it works: a craft brewer (Bissell Brothers), a home brewer (Stephen Pelsue), farmers, a malter, and Tristan Noyes of the Maine Grain Alliance. **New in-person workshop.** *Format includes lecture.*

Sandy Garson is a food historian, journalist and former caterer who has been presenting food programs to OLLI for three years.

Star Pelsue is a tech genie and scientist who puts those talents into food explorations.



QUESTIONS?

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207-780-4406

Improving Your Beginner Bridge Skill

DON BOUWENS

COURSE WED, 9/13 – 11/1 • 12:45 – 2:45 P.M. • \$50

An interactive course designed to help those with just a very basic understanding of bridge. You will get to the next level where you can have fun playing with some attempt to compete for a good score. Using screen sharing, we look at actual deals to discuss the guidelines for opening bids, responding to the opener's bid, making a defensive bid, playing a hand and defending. This is a fun and lighthearted class that is judgment free. You will learn how to log on to the free program to learn and play (bridgebase.com.)

Repeat remote course. *Format includes discussion and hands-on.*

Don Bouwens grew up in Michigan and learned the game from his bridge playing parents. Club and more recently online games have become an always available and challenging pastime. He has always been a teacher at heart and is eager to help beginners with this endlessly fascinating game.

Sci-Fi Movies that Set a Precedent (1970s – 2022)

ROB HYSSONG

COURSE THU, 9/14 – 11/2 • 9:30 – 11:30 A.M. • \$50


Last time, we looked at "Sci-Fi Movies that Make You Think." This time, we will lighten things up and explore that they can also be a lot of fun and enjoyable, and sometimes even a set precedent that other sci-fi movies follow. We will watch eight movies between the 1970s and the present, from the original *Star Wars* (1977) to *Everything Everywhere All at Once* (2022), and discuss why both are enjoyable and trendsetters for their time. We will watch the films before each class and discuss during our time together. **New remote course.** *Format includes lecture, discussion, and film.*

REQUIRED FILMS: (rent, borrow or buy) original *Star Wars*: *A New Hope* (1977); *Alien* (1979); *Star Wars: The Empire Strikes Back* (1980); *E.T. the Extra Terrestrial* (1982); *Back to the Future* (1985); *The Matrix* (1999); *Avatar* (2009); *Everything Everywhere All at Once* (2022)

Rob Hyssong has been the Program Coordinator for OLLI at USM since 2005 and still loves it after all this time. He has a passion for all movies, but has a soft spot for science fiction/fantasy movies in particular. Rob lives in South Portland, has been happily married since 1997, and has two wonderful children.

A History of Western Movies — Part 1 (the Silents Through the 40s)

DEWAYN MARZAGALLI


 **WORKSHOP** SAT, 9/23 • 9:30 – 11:30 A.M. • \$15

We will watch western movies from the silent screen through the 40s. Beginning with *Tumbleweeds* starring William S. Hart and ending with John Ford's *Rio Grande*, we will watch and discuss the growth of the western movie as a movie art form. **Warning:** There will be some scenes of extreme violence that may be offensive to some viewers. **New remote workshop.** Format includes lecture, discussion, and film.

DeWayn Marzagalli was born in New York City; he married his childhood sweetheart; served in the U.S. Navy; and was employed as Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center, and OLLI.

Alfred Hitchcock's San Francisco

JAY SHERWIN


 **WORKSHOP** SAT, 9/30 • 9:30 – 11:00 A.M. • \$15

Alfred Hitchcock loved San Francisco and used its elegance, beauty and mystery to great effect in many of his films. In this virtual tour, you'll see brief scenes from *Vertigo*, *The Birds* and other Hitchcock classics filmed on location in the San Francisco Bay Area. You'll hear great stories about how Hitchcock chose those locations and how he filmed them. And you'll learn why San Francisco was the perfect setting for Hitchcock's favorite themes: danger, deception, and obsession. It's a treat for Hitchcock fans and lovers of the "City by the Bay." **New remote workshop.** Format includes lecture, discussion, and film.

Jay Sherwin has been watching, studying and enjoying Hitchcock films for decades. As a Bay Area resident, he created and led a walking tour of Alfred Hitchcock's San Francisco; this virtual tour allows him to share his favorite stories and photos with fellow Hitchcock fans, no matter where they live.

Great Movies (Somewhat Forgotten?)

ED SOLANO




 **COURSE** THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

Maybe it's time to revisit some (near?) classic films, and compare their appeal to today's hits. You will view them at home (you'll need Prime & Netflix). In class we'll answer some questions, examine directors' techniques/choices, evaluate critics' reviews, and ponder some celebrity quotes. I will choose 9 of the 11 movies for the class and you will vote for the other 2 from this list: *Network*; *Stalag 17*; *Amelie*; *Waking Ned Devine*; *Divorce Italian Style*; *Dead Poets' Society*; *Becket*; *A Fish Called Wanda*; *Love Actually*; *Judgment at Nuremberg*; *Kind Hearts and Coronets*. You will laugh or cry. Your opinions are welcome. **New remote course.** Format includes lecture, discussion, and film.

Ed Solano was once introduced at an alumni sports event as a renowned education administrator, in an unsolicited attempt by the announcer to make his life achievements somewhat equal to his former teammates'. Ed said that he aspired to something higher than administrator: a high school teacher whose duty was to teach young people how to think for themselves.




Refer to these icons to find the right program style for you:

 **IN-PERSON**  **REMOTE (ZOOM)**  **HYBRID**

HISTORY & CULTURE

The Stormy Start of the Italian Renaissance: Fact, Fiction, Art, & Objects

DONNA ANDERSON

 **COURSE** FRI, 9/15 – 11/3 • 9:30 – 11:30 A.M. • \$50


Behind the art of the Renaissance was a rich, turbulent world of intellectual brilliance, war, plague, and wealthy nobles as well as ordinary people focused on family and survival. Participants are asked to watch the Netflix series *Medici*, season 1 (different episodes will be assigned prior to each class), and the class itself will separate fact from fiction and look at themes such as power and war on the Italian peninsula; the banking networks that fueled the Renaissance; the Church and the rise of ambitious Popes; poison and protection; and plague and pandemic. We will take a virtual journey from the Vatican to the Venetian lagoons, Florentine piazzas to fortified hill towns, and universities to busy ports to show the grittiness and glamour of Renaissance Italy. Visual Thinking Strategies (VTS) will be used to explore artwork and the rich material culture of the period. **Repeat course in a new hybrid format.** Includes lecture, discussion, and film.

REQUIRED FILM: Participants should have access to the Netflix series *Medici: Masters of Florence* (Season 1 of the *Medici* series)

Donna Anderson has been the director of OLLI at USM since 2019. Before that, she was a museum professional working in New York and New Jersey, focused on exhibition development and collections management. She brings to this course a passion for medieval and renaissance history and art and a fascination with how material culture — the objects we make and keep — offers insight into the lives of ordinary and noble people in the past.

Exploring & Experiencing Maine's Rich History and Culture

SCOTT ANDREWS


 **COURSE** THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

Explore the history and culture of Maine. Several non-political topics will be examined in a fashion that emphasizes hands-on experiences and off-campus activities. At least one class session will be devoted to exploring several fascinating online databases pertaining to Maine history. Several classes will feature guest experts and/or artists. Several classes will be scheduled for local museums and historical societies. Individually or in small groups, students will independently explore a topic of their choice and report to the class. **Repeat in-person course.** Format includes lecture, discussion, and hands-on.

Scott Andrews earned a B.A. in history from the University of Chicago, an M.B.A. from the Chicago Booth School of Business and an M.Sc. from the London School of Economics. He is a longtime Maine journalist who specializes in lifestyle topics.

The Battle of Gettysburg: A Novel Approach

JAMES MENTZER




 **COURSE** WED, 9/20 – 11/8 • 12:45 – 2:45 P.M. • \$50

Ever suffer through a boring history class in high school? If so, come explore the Battle of Gettysburg, considered the pivotal encounter in the Civil War, through the unique lens of a novel — *The Killer Angels* by Michael Shaara. Over eight weeks, we will explore the events leading up to the battle, meet the key people, and get a sense of what these four days felt like to the people involved. The course begins with an optional viewing of the movie *Gettysburg* (based on Shaara's book) and will conclude with a visit to the Joshua Chamberlain House in Brunswick. There will be an additional \$10 charge for admission to the Joshua Chamberlain House on November 8. **New in-person course.** Format includes lecture, discussion, and film.

REQUIRED BOOK: *The Killer Angels*, Michael Shaara, ISBN 9780345407276


Jim Mentzer's first passion is history, which explain his college degrees in American and Canadian history. Though his career path took him in a different direction, he visits battlefields whenever possible. Having a great-grandfather who survived the Civil War makes this period of American history very personal.

Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

Maine Agriculture Past, Present, & Future

NEIL PIPER


 **COURSE** TUE, 9/19 – 10/31 • 12:45 – 2:45 P.M. • \$50

Would you like to know more about where your food comes from? Are you aware of the opportunities and challenges faced by Maine's farmers over the years? Agriculture has always played an integral role in Maine life. This course will explore why some agricultural enterprises have failed, while others have prospered. There will be a lot of focus on history of Maine agriculture and lessons learned that may impact our food system in the future. Also, we will discuss many of the new emerging agricultural initiatives, and challenges confronting today's farms, and their impact. **New in-person course.** *Format includes lecture and discussion.*

Neil Piper was raised on a dairy farm in central Maine in the 1950s and 1960s. He attended the University of Maine and obtained a degree in Agricultural Economics. He worked for 41 years for Farm Credit Service in many capacities including lending and appraisal covering all aspects of agricultural businesses in Maine and the Northeast. He lives in Gorham, Maine with his wife Corinne.

Eating Local: The Food & Cooking of Maine Tribes

SANDY GARSON & STAR PELSUE

 **WORKSHOP** SAT, 9/16 • 9:30 – 11:30 A.M. • \$15


Penobscot nation chef Joe Robbins will share his experience with and research into the foraging and cooking of his ancestors including wild rice harvesting by canoe, steaming meat in pits (very healthy), and the peculiar medicinal value of smoking. **New in-person workshop.** *Format includes lecture.*

Sandy Garson is a former caterer and cookie entrepreneur who 23 years ago became a food historian often focused on Maine.

Star Pelsue is a tech genie and scientist who puts those talents to food explorations.

Beyond the Morses: The People of Victoria Mansion

STACI HANSCOM & MICHELLE JOSEPHSON

 **WORKSHOP** SAT, 9/16 & 9/23 • 9:30 – 11:30 A.M. • \$25

Victoria Mansion, also known as the Morse-Libby House, was constructed between 1858 and 1860 as a summer home for Ruggles Sylvester Morse and his wife, Olive. Today the house is open to the public, preserved with over 90 percent of the original furnishings and a full complement of decorative wall paintings throughout the house. This workshop will offer an in-depth tour of this amazing residence, focusing on the “other” family of the house, the Libbys. In the second session, participants will visit the nearby Maine Irish Heritage Center and learn about the Backstairs Lives Initiative, which focuses on the servants and caretakers through the years. **New in-person workshop.** *Format includes lecture and movement.*

Staci Hanscom is the director of education & public programs at Victoria Mansion. She started as a volunteer at Victoria Mansion in 2012 and was hired as curriculum development specialist to develop the “A Century of Change” educational curriculum. She had previously served as the curator of education at the William Trent House in Trenton, N.J.; coordinator of school programs, adult tours and family programs at the Albany Institute of History & Art in Albany, N.Y.; and as an historic preservation specialist with New York State Office of Parks, Recreation, and Historic Preservation. A native of North Carolina and a graduate of Wake Forest University and the University of South Carolina, Staci moved up to Maine in 2011 and has enjoyed learning about her new home state.

Michelle Josephson is Senior Site Manager at Victoria Mansion, and attended the University of Southern Maine, receiving a B.A. in History. She is a co-founder of the Portland Bridget Project, which researches the lives of Irish women who worked in domestic service in Portland.


DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

HISTORY & CULTURE • continued from previous page

Gold & Global Politics — How Gold's Financial Power Impacts Politics Past & Present

MIKE LYNCH


 **WORKSHOP** SAT, 9/23 • 9:30 – 11:30 A.M. • \$15

Gold has been the lifeblood of global trade for centuries. It has sparked wars, helped shift regional powers, crushed empires, won battles changing the course of history, and laid the foundation of our global monetary system. Its legacy is the bedrock of current political positions. Take a journey exploring gold's impact on global trade and politics past to present. **New in-person workshop.** *Format includes lecture, discussion, and film.*

Mike Lynch developed this two-hour summary from his 16-hour "Gold" OLLI course as preparation for the 2023 Camden conference on "Global Trade & Politics" and presented it at several local libraries earlier this year.

Horse Pulling: Up Close with Draft Horses & Their Teamsters

GAIL WORSTER


 **WORKSHOP** SAT, 9/16, 9/23, & TBA • 9:30 – 11:30 A.M. • \$25

Some folks may think horse pulling is simply hooking a pair of large horses to a heavy weight and hoping for the best — but of course, they would be dead wrong. Pulling horses takes skill, an enormous amount of time and patience — and most of all, a good relationship between a teamster and his horses. This 3-part workshop will include a 30-minute documentary, followed by a Q&A with teamsters; a field trip to visit a teamster & horses on their home turf; and a trip to the Cumberland Fair to watch a pulling competition in action. Participants are responsible for charges to enter the Cumberland Fair. **New in-person workshop.** *Format includes discussion, film, and movement.*

Gail Worster is a video producer, writer & consultant and a member of OLLI's Teaching & Learning Committee.

Explore Portland's Historic Neighborhoods – On Foot

ALESSA WYLIE

 **COURSE** WED, 9/13 – 10/18 • 9:30 – 11:30 A.M. • \$50


Enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, immigrant populations, and locally and regionally famous architects and view their works. All walks will be on pavement, with side trips into two grassy cemeteries. Wheelchair accessible. Rain or Shine. Instructor will contact students about the meeting place prior to class. **Repeat in-person course.** *Format includes lecture and movement.*

SUGGESTED BOOK: *Portland, A Short History*, Allan Levinsky, ISBN 9781933212432

Alessa Wylie is the manager of education programs for Greater Portland Landmarks. She previously served as director of Old Fort Johnson National Historic Landmark in the Mohawk Valley region of New York before moving back to Maine in 2014. She is also a confirmed taphophile and can often be found exploring old cemeteries.

The Fifties: A Surprisingly Dynamic Decade




BUCK BENEDICT

 **COURSE** MON, 9/11 – 11/6 • 9:30 – 11:30 A.M. • \$50

Whenever I thought about the 1950s, I recalled a staid, peaceful, maybe even dull time. Certainly, compared to the Sixties. But behind that blah facade, was suffering, fear, and anxiety. The Korean War. The Cold War. CIA-led covert operations to replace regimes in Iran and Guatemala. The fear of Communist domination and threat of nuclear annihilation. There was also the beginning of the end of Jim Crow's hold on the South with the 1954 Supreme Court decision on segregated schools, the brutal murder of Emmett Till, and the courage of Rosa Parks. Finally, there was the emergence of television as the major source of entertainment and news and the packaging and selling of presidential candidates. There was a lot going on in the Fifties. This course will dive beneath the placid surface to give the decade the attention it deserves. **New remote course.** *Format includes lecture, discussion, and film.*

Buck Benedict taught public speaking and speechwriting at the University of Pennsylvania. He also created and taught "The Sixties Through the Great Speeches of the Sixties" course at OLLI. He lives on Peaks Island.

Refer to these icons to find the right program style for you:

 **IN-PERSON**  **REMOTE (ZOOM)**  **HYBRID**

Great American Speeches — Prophetic!

MIKE BERKOWITZ

COURSE THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

Patrick Henry, George Washington, Abigail Adams, Abraham Lincoln, Chief Joseph, FDR, Eleanor Roosevelt, Margaret Chase Smith, Martin Luther King, Jr., John Kennedy, Ronald Reagan and many others made speeches of great importance in their times. Those speeches can also help us look at where we are today. For about 40 speeches, we will briefly look at the context in which they were given; then we'll look at or listen to major sections of the speeches. Finally, we'll discuss at length just how prophetically they apply to today. **New remote course.** *Format includes lecture, discussion, and film.*

Mike Berkowitz taught in day care centers, elementary schools, and colleges before finding his niche teaching at OLLI. He enjoys challenging folks to think in new ways about our country.

Pilgrims in Our Own Land

MARK GALLUP

COURSE MON, 9/11 – 11/6 • 9:30 – 11:30 A.M. • \$50

When Europeans colonized America, they brought their religions with them. This course will examine this kaleidoscope of religious beliefs which permeates our social, political, and economic history. **Repeat remote course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *The Religious History of America: The Heart of the American Story from Colonial Times to Today*, Edwin S. Gaustad & Leigh Schmidt, ISBN 9780060630560

Mark Gallup is a retired geologist and engineer and an interfaith minister with a varied religious background. He has always been deeply interested in the evolution of religion and American history.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Four Generations of the Adams Family

JOHN SUTHERLAND

COURSE THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

No, not *that* “Addams” family! For nearly 200 years, this family made incredibly diverse contributions to American life: two presidents and their remarkable first ladies, a secretary of state, a congressman, a very significant ambassador to England during our Civil War, a pioneer female photographer, and two historians and pundits (one of whom may have been the 19th-century’s greatest). In this course, we will examine seven lives from this remarkable clan. **Repeat remote course.** *Format includes lecture, discussion, and film.*

SUGGESTED BOOK: *Descent from Glory: Four Generations of the John Adams Family*, Paul C. Nagel, ISBN 9780195034455

John Sutherland graduated from the University of Maine and received his Ph.D. in History from Temple University. He is Professor of History Emeritus from Manchester (CT) Community College, and he also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. John is in his 19th year as an instructor at OLLI.





FACULTY SPOTLIGHT

Roberta “Bobbie” Muse

SOUTH PORTLAND, MAINE

What is your history with OLLI? OLLI was on my to-do list even before I retired and moved to the coast. Learning “just for fun and companionship” sounded like a great way to kick off the next phase of my life. I signed right up for the first of many courses. Looking back, the variety amazes me: travel, photography, art history, games, dance, politics, gardening, Renaissance, the Industrial Revolution, and Reconstruction, to name a few. Then I discovered OLLI beyond its Wishcamper walls: walking tours of Portland and a compelling SAGE Lecture Series. From there, it wasn’t much of a stretch to join a Special Interest Group (SIG) or two: OLLI Singers and Downhill Ski Club for me.

What is your favorite thing about teaching at OLLI? I never considered teaching. OLLI already had French and music courses, so I assumed my expertise wasn’t needed. Gradually, however, I discovered where I could help out. With the encouragement of staff leaders Rob, Susan, and now Donna, I started a series of independent, theme-based courses for the faux beginner — those who studied and/or spoke French long ago, but “don’t remember a thing.” Of course, they very quickly do. And that’s when the fun begins!

Describe your fall 2023 class. Each term has a new theme, such as dining à la française; a destination wedding; springtime in Paris. This semester it was reading, retelling, and solving a mystery in Old Québec. As seniors, OLLI students bring experience, courage and humor to every class, enriching us all.

“What a joy to return to in-person teaching after three long years!”

BOBBIE MUSE, OLLI MEMBER SINCE 2011

LANGUAGE

Intermediate French

JACQUELINE BUCAR

COURSE MON, 9/11 – 11/6 • 12:45 – 2:45 P.M. • \$50

Continuation of a conversation class conducted entirely in French. This course is intended for those who have a good command of the French language and will continue to emphasize increasing vocabulary and learning principles of grammar. Some reading of literary passages and writing will also be incorporated. **Repeat in-person course.** *Format includes discussion.*

Jacqueline Bucar, J.D. taught high school French in Connecticut for 16 years before pursuing a career in law. She is a retired immigration attorney.

Le Français Élémentaire: Allons plus loin!

ROBERTA MUSE

COURSE TUE, 9/12 – 10/24 • 12:45 – 2:45 P.M. • \$50

Did you study French many years ago or grow up in a French-speaking town? Do you have francophone family members or neighbors? Here is your chance to step back into *le bain de langue!* This course offers a review of vocabulary, listening, and conversation basics designed to make you feel comfortable using your French again — whether for work, travel, or personal satisfaction. Each semester has a different theme, so repeat participants are very welcome. This course is NOT for the complete beginner. **New in-person course.** *Format includes lecture, discussion, film, and movement.*

Roberta Muse taught French for over 25 years, mostly at Fryeburg Academy. In retirement, she is keeping her beloved second language alive through travel, tutoring, translation, and teaching at OLLI.


DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

LITERATURE

Away from All Parting: Rainer Maria Rilke & the Orphic Tradition

JOAN ALDRICH


 **COURSE** TUE, 9/12 – 10/31 • 12:45 – 2:45 P.M. • \$50


Using Rilke's poetry as a foundational stepping stone, we'll explore themes related to the Orphic mysteries. Orpheus descended to the underworld in an attempt to restore his beloved Eurydice to life. His beautiful lyre music transfixed all guardians of the underworld, including Hades and Persephone. Though his efforts to restore Eurydice to life failed, he had journeyed to the underworld and returned, thus becoming a teacher and resource for others regarding the search for meaning within the shadow of mortality. Prague-born Rainer Maria Rilke (1875 – 1926) appears to have been deeply immersed in "Orphic themes." Not only his "Sonnets to Orpheus" but many of his other poems address our essential aloneness and search for spiritual meaning through loving another. Rilke often focused on the unavailable/lost other; the yearning to reconnect with our own deepest soul/self. **New in-person course.** *Format includes lecture and discussion.*

Joan Aldrich, M.Div., encourages collaborative discussion and is respectful of all religions and spiritual practices.

Exploring Short Stories

ANNE CASS

 **COURSE** THU, 9/14 – 11/2 • 9:30 – 11:30 A.M. • \$50

 **COURSE** MON, 9/11 – 11/6 • 12:45 – 2:45 P.M. • \$50


Join an engaging group of fellow OLLI readers to explore short stories. This term we'll dive into *The Best Short Stories of 2022*, edited by Andrew Sean Greer. Whether you've enjoyed short stories or had your doubts, you'll find your classmates full of observations, ideas, and curiosity. **New in-person course.** *Format includes discussion.*

REQUIRED BOOK: *The Best American Short Stories 2022*, ISBN 100358724406; ISBN 139780358724407

Anne Cass is an avid OLLI volunteer who deeply enjoys facilitating discussion about short stories.

Watching the Detectives — When the Cops Tell the Story

RICHARD CASS

 **COURSE** TUE, 9/12 – 10/31 • 12:45 – 2:45 P.M. • \$50


We'll read and discuss novel-length crime fiction that features police protagonists, with an eye to dissecting the subgenre and learning some of its secrets. While some of the books will be police procedurals, outlining the modes and methods of police investigations, several will focus on cop as protagonist, outside the stricture of the procedural mode. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOKS: *Fall Guy*, Archer Mayor, ISBN 1250224187; *Bloody Genius*, John Sandford, ISBN 0525536639; *Rising Tide*, Ann Cleeves, ISBN 1250204534; *Desert Star*, Michael Connolly, ISBN 0316485659; *Long Time No See*, Ed McBain, ISBN 0061030430; *Dark Rooms*, Lynda LaPlante, ISBN 1838779515; *The Old Success*, Martha Grimes, ISBN 1611854741; *The Sacred Bridge*, Ann Hillerman, ISBN 0062908375

Richard Cass is the author of the six-book Elder Darrow jazz mystery series, several of which have been shortlisted for or won the Maine Literary Award. He holds a graduate degree in writing from the University of New Hampshire. He's studied with Thomas Williams, Ernest Hebert, and Ursula K. LeGuin.

Imagining Maine

MARGARET CREIGHTON & SUSAN RANSOM

 **COURSE** WED, 9/13 – 11/1 • 9:30 – 11:30 A.M. • \$50




Maine is a geographical and political region. It is also a state of mind. In this course we explore the shifting meanings of Maine (and Mainers) through the work of some of its most celebrated authors, among them S.O. Jewett, E.B. White, Elizabeth Strout, Monica Wood, Carolyn Chute, and Morgan Talty. **New in-person course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOKS: *The Country of the Pointed Firs*, Sarah Orne Jewett, edition TBS, ISBN 0451531442; *Selected Essays*, E. B. White, edition TBA, ISBN 0000000000; *Letourneau's Used Auto Parts*, Carolyn Chute, edition TBA, ISBN 0060972254; *When We Were the Kennedys*, Monica Wood, edition TBA, ISBN 0544002326; *Olive Kitteridge*, Elizabeth Strout, ISBN 0812971833; *Night of the Living Rez*, Morgan Talty, ISBN 195353418X

Margaret Creighton is mostly retired from the history department at Bates College and finds the similarities between teaching 20- and 70-year-olds delightfully encouraging.

Susan Ransom is a retired architectural marketer and freelance editor who has only lived in Maine since 1979.


Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

LITERATURE • continued from previous page

The Poetry of Self-Compassion

DAVID WEISS


 **WORKSHOP** SAT, 9/30 • 9:30 A.M. – 3:30 P.M. • \$25

Our ability to convey compassion toward others is directly related to our ability and willingness to express compassion toward ourselves. Through reflecting on the poetry of Mary Oliver, David Whyte, Derek Walcott, Hafiz, and Kaber participants will have the opportunity to write a reflection on compassion and voluntarily share their writings. This is not a poetry writing course but a way of discovering and sharing with others how compassion is an expression of kindness to ourselves and other. **New in-person workshop.** *Format includes lecture, discussion, and hands-on.*

David Weiss was a Licensed MFT and pastoral psychologist for 35 years before the publication of his first collection of poems, A Heart on Fire, Poems from the Flames. He continues to offer presentations on the poetry of Eastern and Western Mystics and has led poetry workshops at OLLI.

The Nature of Life: A Great Books Discussion

ELIZABETH HOUSEWRIGHT

 **COURSE** TUE, 9/12– 10/31 • 6:30 – 8:30 P.M. • \$50


Published by the Great Books Foundation, *The Nature of Life v. 1* contains selections from 9 scientists and authors, including Gregor Mendel, James Watson, Rachel Carson, and others. Each selection includes a variety of questions that will be discussed in class. No background knowledge is necessary — the “shared inquiry” discussions are focused on the readings. **New remote course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOK: *The Nature of Life, v. 1*; The Great Books Foundation; ISBN 188032386; Available online at store.greatbooks.org and amazon.com (Kindle version).

Elizabeth Housewright has a B.A. in Neurobiology and Behavior, an M.A. in Immunology and a Masters in Library Science. She retired from Cal State Fullerton, where she was a science librarian and library administrator. She has led a variety of book discussions and is a trained Great Books discussion leader.

Women & Men Who Are Heroes (Not Warriors) in Classical Drama, Part 2

EVY NEWLYN

 **COURSE** THU, 9/14– 11/2 • 12:45 – 2:45 P.M. • \$50

In this fascinating analysis of major classical texts, we will consider heroines and heroes from plays by Aeschylus, Sophocles, and Euripides, focusing on heroic characters such as Phaedra, Electra, Prometheus, and Antigone.


New remote course. *Format includes lecture and discussion.*

REQUIRED BOOKS: *Greek Tragedies 1*, 3rd edition, David Greene and Richmond Lattimore, editors, ISBN 022603528X; *Greek Tragedies 2*, 3rd edition, David Greene and Richmond Lattimore, editors, ISBN 022603559X

Evvy Newlyn is Professor Emerita, Ph.D. from Syracuse University. She has taught at universities in Virginia, Maine, and New York. Her special interests are Classical Literature, Medieval Literature, and cats.

Faraway Voices: Some 21st Century Prize Winners

SUSAN POWELL




 **COURSE** MON, 9/11– 11/6 • 9:30 – 11:30 A.M. • \$50

In the spirit of the late OLLI instructor Betsy Wiley who established the 21st Century fiction course, we keep our eyes on the prizes. The selected novels include Pulitzer Prize, Nobel Prize, National Book Award, and Pen/Faulkner Award winners. Join us as we are transported to Asia and Africa and in one case, from east to west. The class will be highly participatory with the discussion facilitated by four teams of two. Please read the first half of *The Great Fire* for the first class. **New remote course.** *Format includes discussion.*

REQUIRED BOOKS: *The Great Fire*, Shirley Hazzard, ISBN 9780312423582; *The Orphan Master's Son*, Adam Johnson, ISBN 9780812982626; *Behold the Dreamers*, Imbolo Mbue, ISBN 9780525509714; *Afterlives*, Abdulrazak Gurnah, ISBN 9780593541883

Susan Powell has immensely enjoyed the 21st Century literature classes at OLLI for more than twelve years and will coordinate the class. The discussion facilitators will be Susan Carter, Susan Jennings, Anna Messmer, Nancy Scheeler, Louise Sullivan, Red Sullivan, Mark Sundermann, and Karen Winslow. Using a collaborative model, we will take a deep dive into contemporary fiction.


Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

MUSIC • continued from previous page

The History of Jazz on Recordings from the 1920s to the 2020s

CARL SMITH


 **COURSE** WED, 9/13 – 11/1 • 12:45 – 2:45 P.M. • \$50

We will listen to and discuss all the various styles of jazz from its Dixieland origins in the 1920s to Swing in the 1930s, Bebop in the 1940s, a variety of new jazz styles that developed in 1950s, 60s, and 70s, as well as recent jazz recordings. Recordings will be played on a sound system that comes close to replicating live performances in the classroom. Requested recordings from class members will be included. **New in-person course.** *Format includes lecture and discussion.*

Carl Smith, who has taught many OLLI music courses, secretly recorded jazz great Sonny Rollins in 2001 at a Boston concert with tiny microphones sewn into his shirt. After much controversy about his unauthorized recording Carl worked with Sonny on a CD release of it that won Sonny a Grammy.

One Night in Manhattan in 1957...

JOHN SPRITZ


 **COURSE** MON, 9/11 – 10/23 • 12:45 – 2:45 P.M. • \$50

It's December 1957. You're heading out on the town to sample the sounds of singers up and down Manhattan, from Harlem to Midtown to the Village. You'll hear them all: Ella and Billie and Pearl and Eartha, of course, but also Greta Keller and Hugh Shannon and Kitty White and Matt Dennis and Mabel Mercer and so many more. The Bon Soir. The Embers. The Blue Angel. Upstairs at the Downstairs. A magic-carpet ride through the jazz, cabaret, and supper-club sounds of late-50s New York. Impossible? Sure — so let's get started! **New in-person course.** *Format includes lecture and discussion.*

John Spritz has taught several OLLI classes focusing on the pleasures of listening to vocal jazz.

The Film Music of John Williams

DEWAYN MARZAGALLI

 **WORKSHOP** SAT, 9/16 • 9:30 – 11:30 A.M. • \$15

John Williams is a master composer of film music and other venues. We will focus on his film music beginning with *Jaws* and ending with *Star Wars — Episode 1: The Phantom Menace*. Included will also be *Superman*, *E.T.*, *Close Encounters of the Third Kind*, *Saving Private Ryan* et al. The course will consist of first a movie clip and then a symphonic rendition of the music from that film, usually conducted by John Williams. **New remote workshop.** *Format includes lecture, discussion, and film.*

DeWayn Marzagalli was born in New York City; he married his childhood sweetheart; served in the U.S. Navy; and was employed as Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center, and OLLI.



QUESTIONS?

We are here to help you!




Email us:

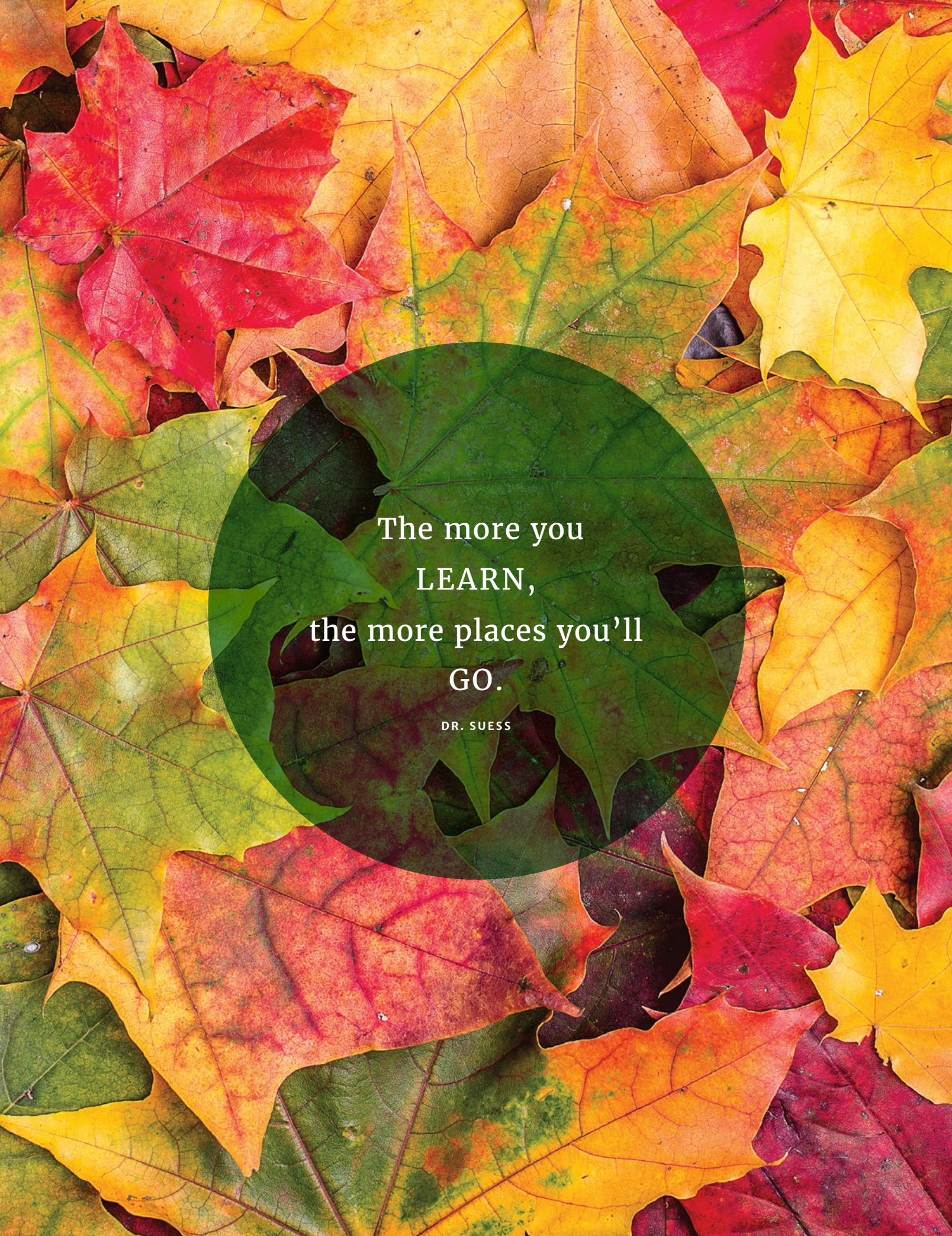
olliatism@maine.edu

Call us:

207-780-4406

Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID




The more you
LEARN,
the more places you'll
GO.

DR. SUESS

POLITICS & CURRENT EVENTS

Middle Eastern Women Activists in the Recent Decade of Uprisings

KATHLEEN H. SUTHERLAND

 **COURSE** MON, 9/11 – 11/6 • 12:45 – 2:45 P.M. • \$50


“All of us were there ... We did everything. There was no difference between men and women.” So said Asma Mahfouz, the Egyptian woman activist in 2010. This course explores revolutionary Middle Eastern women’s roles in the uprisings of the 2009–2022 period and in the aftermath of these Uprisings. **New hybrid course.** *Format includes lecture, discussion, and film.*

SUGGESTED BOOK: *Women Rising: In and Beyond the Arab Spring*, Rita Stephan and Mounira Charrad, ISBN 9781479801046

Kathleen H. Sutherland is Associate Professor Emerita of Political Science at BGSU in Ohio. Born and raised in Egypt, she received her Ph.D. from Indiana University in Political Science/Middle East Studies. She has offered several classes at OLLI on Women in the Middle East, the Middle East, and North Africa.

Civic Virtue: Can We Save Democracy?

ROBERT LIBBY


 **COURSE** FRI, 9/15 – 11/3 • 12:45 – 2:45 P.M. • \$50

Because the current electoral cycle appears to be a watershed moment in the direction of our democratic government, this seminar considers the status of our electoral process. Gerrymandering, voter suppression, unlimited campaign spending, social media distortion, candidate selection process, misleading expression of hot button issues: all demand voters act responsibly, critically consider the facts and goals of the Constitution. What can we do to make sure democracy survives? **New in-person course.** *Format includes lecture and discussion.*

Robert Libby has been creating civic education courses at all levels of instruction for more than fifty years.

Gold & Global Politics — How Gold’s Financial Power Impacts Politics Past & Present

MIKE LYNCH




 **WORKSHOP** SAT, 9/23 • 9:30 – 11:30 A.M. • \$15

Gold has been the lifeblood of global trade for centuries. It has sparked wars, helped shift regional powers, crushed empires, won battles changing the course of history, and laid the foundation of our global monetary system. Its legacy is the bedrock of current political positions. Take a journey exploring gold’s impact on global trade and politics past to present. **New in-person workshop.** *Format includes lecture, discussion, and film.*

Mike Lynch developed this two-hour summary from his 16-hour “Gold” OLLI course as preparation for the 2023 Camden conference on “Global Trade & Politics” and presented it at several local libraries earlier this year.




Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

Let's Talk!!!

MIKE LYNCH


 **COURSE** WED, 9/20 – 11/1 • 9:30 – 11:30 A.M. • \$50

Can We Talk? This course will be an honest, in-depth discussion on interesting thought-provoking topics. It will give you the opportunity to share your ideas and thoughts while learning from others' views and perspectives. You will be required to read or watch several items preparing for each class. Some topics include "media manipulation of reality," "parenting — past and present," "joy and happiness," "is education crushing creativity?" "artificial intelligence," and others. You will need to come prepared for each class ready to share and to learn from others. We will NOT be directly discussing political topics!! **New in-person course.** *Format includes discussion.*

Mike Lynch has taught several traditional OLLI lecture courses, and taught this course via Zoom this past spring. Based on class feedback, it will be in-person this Fall. Mike will provide reading and viewing materials for you to review, and then facilitate discussions.

Religion & Violence

STEVEN PIKER

 **COURSE** MON, 9/11 – 11/6 • 12:45 – 2:45 P.M. • \$50

Nowadays, religion is in bad odor in some quarters. It is alleged to be intrinsically violent, to foment hatred. Is this so? No, it is not. But religion is sometimes part of the cultural mixes in which hatred and violence present. Here, "mix" is the key word. Of what do the mixes consist? How do they play in history? We will look at two cases: the crusades and Islamic terrorism — both examples of religion's indictment in promoting violence. We will also explore the role of religion in history and the relationship of belief and behavior. **New in-person course.** *Format includes lecture and discussion.*

SUGGESTED BOOK: *Fields of Blood: Religion and the History of Violence*, Karen Armstrong, ISBN 9780307946966

Steve Piker is an anthropologist by career, with religion being a career-long interest. He completed field work in Thailand and the U.S., taught for 44 years at Swarthmore College, and has offered courses at four of Maine's senior colleges. He lives in Yarmouth two blocks from two of his three grandchildren (who are no longer children).


DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

RELIGION & PHILOSOPHY

Everyday Zen

TIM BAEHR

 **COURSE** WED, 9/13 – 11/1 • 12:45 – 2:45 P.M. • \$50


In this class we will explore the history and basic ideas of Soto Zen, one of the many varieties of Zen Buddhism. Zen addresses human nature and our relationship to ourselves, to each other, to everyday living, and to reality itself. We will delve into Zen's basic ideas and practices, including some Zen humor and some ideas about the Zen of aging. Each class session will include a short period of meditation, a key part of Zen Buddhism. *Practical Zen*, an e-book written by the instructor, will be provided without cost. **New in-person course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOK: *Practical Zen*, provided by the instructor as an e-book.

Tim Baehr began studying and practicing Zen as a layperson about two decades ago. He has taught classes in various aspects of Zen for several years at OLLI.

The Spiritual & Cultural Relevance of Indigenous Peoples' World Views

FRED BRANCATO

 **COURSE** FRI, 9/15 – 10/20 • 9:30 – 11:30 A.M. • \$50

In this course, we will reflect upon the traditional ways and world views of North America's Indigenous Peoples within the context of discoveries in quantum physics, microbiology, and astronomy. We will also reflect upon their significance for today's troubled world, our own life experiences, and their connection to diverse spiritual traditions. There will be readings, mini talks, and discussion, with a little meditative movement mixed in. **New in-person course.** *Format includes lecture, discussion, and movement.*

REQUIRED BOOK: *Mystery and Manifestation: Reflections on Life Experience Beyond Ideology, Theology and Belief Systems*, Fred Brancato, ISBN 9781682357354


SUGGESTED BOOK: *The World We Used to Live In*, Vine Deloria Jr. ISBN 13978555915643

Fred Brancato has a Ph.D. from New York University's Department of Culture and Communication, and an M.A. in religious studies from Fordham University. He's the author of Mystery and Manifestation and Ancient Wisdom and the Measure of Our Days. He finds conducting courses at OLLI over the years a pure delight and deeply enriching.

RELIGION & PHILOSOPHY • *continued from previous page*

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How do they play in history? We will look at two cases: the crusades and Islamic terrorism — both examples of religion’s indictment in promoting violence. We will also explore the role of religion in history and the relationship of belief and behavior. **New in-person course.** *Format includes lecture and discussion.*

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In the Mirror of Death

JOAN ELIZABETH

 **COURSE** WED, 9/13 – 11/1 • 9:30 – 11:30 A.M. • \$50


Introducing the practical wisdom and sacred inspiration based on Tibetan Buddhist understanding of death. Based on *The Tibetan Book of Living and Dying* and presenting video teachings by Sogyal Rinpoche, the course gives guidance on meditation and contemplation and a practice for healing for the moment of death. It explores how we may best accompany someone nearing death and help a dying person to meet death reassured by loving support and care, with peace of mind. The course is for anyone who wishes to learn more about death and dying from the Tibetan Buddhist perspective. The universality of these teachings goes beyond Buddhism. **New remote course.** *Format includes lecture, discussion, film, and hands-on.*

SUGGESTED BOOK: *Tibetan Book of Living and Dying*, Sogyal Rinpoche, ISBN 9780062508348

Joan Elizabeth had been a student of Tibetan Buddhism for more than 40 years. She has been entrusted as a Teacher in the Rigpa lineage of Sogyal Rinpoche, holding the Nyingma and Dzogchen lineages. Joan has been teaching since 1992.

Decoding Jung’s Metaphysics

STEVE KERCEL


 **COURSE** FRI, 9/15 – 11/3 • 9:30 – 11:30 A.M. • \$50

Why is Jung so despised in contemporary psychology? As noted in the promotional material of Kastrup’s *Decoding Jung’s Metaphysics*, “Jung was the twentieth century’s greatest articulator of the primacy of mind in nature, a view whose origins vanish behind the mists of time.” **New remote course.** *Format includes lecture and discussion.*

Steve Kercel has a Ph.D. in artificial intelligence and has published extensively on the distinction between computation and cognition. He has taught numerous OLLI courses exploring many facets of cognition, including Kastrup’s idealist metaphysics.

What is Reality?: How Can You Know?

DAVID MORTON

 **COURSE** THU, 9/14 – 11/2 • 9:30 – 11:30 A.M. • \$50

The question at the heart of all philosophy is “What is reality?” It’s also at the heart of every human life. It’s also where religion, philosophy, psychology, and science intersect. We will use the profound cross-cultural thought of British writer and lecturer Rupert Spira to search for answers. This will be a metaphysical exploration. **New remote course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOKS: *The Nature of Consciousness: Essays on the Unity of Mind and Matter*, Rupert Spira, ISBN 9781684030002; *The End of Materialism*, Charles Tart, ISBN 1572246456

David Morton holds a B.S. in Economics, U. Pennsylvania, Wharton School and an M.Div., Pittsburgh Theological Seminary. He is not a practicing clergyman. He has a lifelong interest in theology and metaphysics.



QUESTIONS?

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SCIENCE & NATURAL HISTORY

Parasites for All Seasons

ANDREA GORMAN GELDER


 **COURSE** FRI, 9/15 – 11/3 • 9:30 – 11:30 A.M. • \$50

Many organisms, from single-celled bacteria to animals with backbones, have adopted a parasitic lifestyle. Parasites require one or more hosts to complete their life cycles and ensure their survival. Besides causing disease, some parasites have evolved to manipulate their host's behavior, making it more likely that they encounter and are transmitted to the next host. We'll explore what it means to be a parasite; how parasites are transmitted and how we can avoid them; common diseases they cause; their effect on host behavior; their impact on history and the possible origins of dietary taboos. **New in-person course.** Format includes lecture.

Andrea Gorman Gelder earned her B.A. in Biology from Northeastern University and Ph.D. in Zoology from the University of Leeds, England. In 2011 she retired after having taught science at the University of Maine at Presque Isle for almost 30 years. Her research interest while there was the flatworm parasites of the mink frog.

Can We Stop Climate Change?

TED HALL

 **COURSE** WED, 9/13 – 11/1 • 9:30 – 11:30 A.M. • \$50

Will we believe the science? Equally important, will we act on the science? The course will progress through the following topics: The science behind climate change, an understanding of the role that renewable energy sources can play, climate modeling to understand the impacts of various solutions, both personal and societal, and getting active in addressing climate change. The course is designed to reach those who are already concerned, want to learn more, and employ that learning to become more vocal/active at any level. This final session will cover effective communication with others about climate change. **New in-person course.** Format is lecture, discussion, and hands-on.


Ted Hall is a retired educator who taught environmental science early in his career, followed by seventeen years as a high school principal. He has remained engaged in climate science. Since 2021, he has been working with several colleagues teaching this course, including OLLI programs at UMass Boston and Tufts. (canwestopcc.org)

 DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

So You Want to Buy an Electric Vehicle (EV)?

MARK LOVE


 **WORKSHOP** SAT, 9/16 • 9:30 – 11:30 A.M. • \$15

This workshop is aimed at those considering EV ownership or who just want to know more about this emerging transportation technology. We'll review EV technology at a high level, survey the market, discuss the benefits of ownership, explain regenerative braking, and talk about batteries, charging methods, and maintaining battery health. We'll also address range anxiety by reviewing a recent 2,600 mile road trip. There'll be ample time for Q&A. **New in-person workshop.** Format includes lecture and discussion.

Mark Love spent his career "playing with computers." In retirement he tries to stay just behind the bleeding edge of technology that addresses climate change. He and his wife own an EV and solar farm share.

Your Inner Fish

HAL SCHEINTAUB

 **COURSE** TUE, 9/12 – 10/31 • 12:45 – 2:45 P.M. • \$50

In Your Inner Fish, you will travel beyond the usual anthropocentric account of human origins, to a place where you will see how your body carries within it — not only in your bones, but also in your genes — evidence of your connections to the history of life on earth. This class, based on an acclaimed book and enriched with media and meaningful discussions, will introduce to you some twenty-first century ideas in genetics, developmental biology, and evolution, while revealing a beauty in the interconnectedness of all living things. **Repeat in-person course.** Format includes lecture, discussion, and film.

REQUIRED BOOK: *Your Inner Fish*, Niel Shubin, ISBN 139780274803927

Hal Scheintaub earned a Ph.D. in Biophysics. He was a research scientist, a high school science teacher, and a consultant for curriculum development at MIT. He believes that classes not only provide information and stimulate but also connect you with others who help you evaluate arguments and form creative insights.

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID

SCIENCE & NATURAL HISTORY • *continued from previous page*

Fractals: Mandelbrot's Language of Nature

DAVID VON SEGGERN

WORKSHOP SAT, 9/16 • 9:30 – 11:30 A.M. • \$15

The presenter takes you on a phantasmagoric tour of a menagerie of mathematical monsters and shows how they were tamed into describing the natural world. This talk is about the remarkable mathematician-physicist Benoit Mandelbrot who nearly singly changed how we look at natural forms. His first book *Fractals: Form, Chance, and Dimension*, originally published in French in 1975, became an instant hit when translated to English in 1977; and the word “fractal,” coined by Mandelbrot, entered the modern vocabulary. Mandelbrot collaborated with people from almost every science and math discipline to show that smoothness, regularity, and predictability are the exception, not the rule. He went on to popularize fractals in the arts and economics. His profound influence on science and math likely will endure indefinitely. **New in-person workshop.** *Format includes lecture.*

David von Seggern, Ph. D., enjoyed a career in seismology, with his last position being as manager of the Yucca Mountain seismic network in Nevada. After his retirement from U. Nevada, Reno, Dr. von Seggern continued his seismological studies as emeritus at the Nevada Seismological Laboratory and then pursued environmental and conservation interests. He most recently relocated to Portland, Maine where he continues his outdoor activities and his interest in OLLI.



Jennifer Doudna & CRISPR Molecular Biology

WALT ALLEN

COURSE WED, 9/13 – 11/1 • 9:30 – 11:30 A.M. • \$50

This class will read Isaacson's *The Code Breaker*. The book details the history of CRISPR DNA and its potential as a gene editing system in humans. CRISPR (clustered interspersed short palindromic repeats) and associated enzymes are used by bacteria as an adaptive immune system against phage. By uncovering its mechanism in bacteria Doudna, with collaborators and competitors came to understand how this system could be adapted for use in any organism to precisely edit a cell's DNA. Class discussion will include uncovering the complex molecular biology that is essential to understanding CRISPR and its hype. **New remote course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *The Code Breaker*, Walter Isaacson, ISBN 9781982115869

Walter Allan is a retired pediatric neurologist and researcher with an interest in molecular biology. He has taught multiple science-themed classes at OLLI.

The Nature of Life: A Great Books Discussion

ELIZABETH HOUSEWRIGHT

COURSE TUE, 9/12 – 10/31 • 6:30 – 8:30 P.M. • \$50


Published by the Great Books Foundation, *The Nature of Life v. 1* contains selections from 9 scientists and authors, including Gregor Mendel, James Watson, Rachel Carson and others. Each selection includes a variety of questions that will be discussed in class. No background knowledge is necessary — the “shared inquiry” discussions are focused on the readings. **New remote course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOK: *The Nature of Life, v. 1*; The Great Books Foundation; ISBN 188032386; Available online at store.greatbooks.org and amazon.com (Kindle version)

Elizabeth Housewright has a B.A. in Neurobiology and Behavior, an M.A. in Immunology and a Masters in Library Science. She retired from Cal State Fullerton, where she was a science librarian and library administrator. She has led a variety of book discussions and is a trained Great Books discussion leader.

Sustainability, Social Change & Fun

MIKE NICKERSON

 **WORKSHOP** SAT, 9/23 • 9:30 – 11:30 A.M. • \$15

With human activity pressing against planetary limits, perpetual growth is no longer an appropriate goal. We can choose to create a stable relationship with Earth. This different approach to mutual provision (the economy) requires a change of perspective. Time-tested biological processes provide a foundation for securing long-term well-being as society's economic "metabolism" adapts to our new situation. A glimpse of a future the grandchildren might enjoy can be seen through the precept "More Fun, Less Stuff." **Repeat remote workshop.** *Format includes discussion.*

Mike Nickerson co-founded the Institute for the Study of Cultural Evolution in 1971. Along with numerous articles, pamphlets, and speaking engagements, he has written three books on the topic. The most inclusive is *Life, Money and Illusion; Living on Earth as if We Want to Stay.* (sustainwellbeing.net)


DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

SELF-KNOWLEDGE & CARE

Opening to the Imaginal

LEAH CHYTEN


 **COURSE** TUE, 9/12 – 10/31 • 1:15 – 3:15 P.M. • \$50

Engaging our capacity for imagination is a source of delight, wisdom, and creativity. We use various techniques to activate the imagination; visualization, drumming, drawing, clay, movement, and writing. **New in-person course.** *Format includes lecture, discussion, and hands-on.*

Leah Chyten is a psychotherapist, spiritual teacher, writer, and grandmother.

Spiritual Conversation Circle




JAN KING

 **WORKSHOP** SAT, 9/23 & 9/30 • 9:30 – 11:30 A.M. • \$25

In this two-session workshop, participants are invited to explore the spiritual side of life, whatever that means to each of us. We will do this through sharing, listening, meditating, and reflecting both in writing and in silence. With fewer Mainers identifying as members of faith communities, where do we talk about this? Right here, at OLLI. No text required. Bring your personal stories and your questions. Bring your beliefs and your doubts. ALL is welcome. All ARE welcome. **New in-person workshop.** *Format includes discussion.*

Jan King moved to Portland in 2020. She graduated from the Chaplaincy Institute of Maine (ChIME) and was ordained an interfaith chaplain in 2022. After a year of rest and reflection, she's looking forward to facilitating spiritual conversations, taking classes, and finding a community of belonging at OLLI.


Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

SELF-KNOWLEDGE & CARE • continued from previous page

You're On a Hero's Journey... Did You Know That?

DAVID LEE

 **WORKSHOP** SAT, 9/23 • 9:30 – 11:30 A.M. • \$15

If you were to think of your life as an epic tale of a hero or heroine who was put on earth to bring forth certain gifts, and to learn certain lessons, what would those be? Continuing with this theme, who are the important teachers — including worthy adversaries — that have surfaced throughout your life, and what lessons and opportunities might they have been brought to teach you... and you, to them? What about this current chapter of your life, during this particular time in history. Are there new gifts hidden inside of you that are waiting for you to recognize and bring forth? And what lessons might still be waiting to be learned? In this thought-provoking program, we will explore these questions and more.


The two major lenses we will use in our exploration will be Joseph Campbell's *Hero's Journey* and the book *The Great Work of Your Life* by Stephen Cope, which explores how one finds and follows their unique path and purpose in life (i.e. their dharma). We will also be exploring how to use the Hero's Journey model to bring more fascination and aliveness into everyday life, and draw wisdom from simple, everyday experiences. *New in-person workshop format includes lecture and discussion.*

SUGGESTED BOOK: *The Great Work of Your Life: A Guide for the Journey to Your True Calling*, Stephen Cope, ISBN 9780553807516. Participants are encouraged to bring a notebook/journal to the workshop.

David Lee is a career coach and founder of SoulSatisfyingWork.com. He is the author of Dealing with a Difficult Co-Worker and Powerful Storytelling Techniques for Trainers, as well over 100 articles and book chapters on topics related to individual and organizational performance. His presentation "Becoming Resilient" has aired multiple times on public radio and more recently he was part of Maine Calling's series on resilience.

So You Want to Buy an Electric Vehicle (EV)?

MARK LOVE


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In & Out of the Box: Creativity & Spirituality in Practice

JENNIFER DONALDSON

 **COURSE** FRI, 9/15 – 11/3 • 12:45 – 2:45 P.M. • \$50


At the intersection of art and spirituality is a place in which to discover your authentic “Self.” As they say, all art is autobiographical: revealing our beliefs and identity, in symbol and metaphor. In this class — a reflective practicum — we’ll use art making to peel the onion of identity. A concept or quote and a brief meditation will inspire a work period, followed by reflection. No expertise is necessary, just a desire to reveal to yourself more about you. Sharing is optional. New in-person course format is hands-on and discussion.

REQUIRED MATERIALS: Sketchbook/journal, oil pastels, watercolor set, and other art materials of your choice. Bring a cardboard box and utility knife to the first class.

Jennifer Donaldson has been an art educator and interfaith minister with a passion for creativity and the spiritual dimension. Combining them, she has created the class she would love to take.

The Art of Living Well: Peace Education Program

RITA RUBEN-LONG & TERRY LANDRY

 **COURSE** MON, 9/11 – 11/13 • 12:45 – 2:45 P.M. • \$50

How can we experience peace in such turbulent times? “Happiness is your own treasure because it lies within you.” Prem Rawat. This nine-week course features a video-based peace education program created by international author and peace ambassador, Prem Rawat. You will have the opportunity to discover, focus, and reflect on your own humanity and inner resources such as choice, hope, and dignity. The facilitators will involve participants with video excerpts, activities, and meaningful interactions that explore the themes of personal peace and the art of living well. **Repeat in-person course.** *Format includes lecture, discussion, and film.*


SUGGESTED BOOK: *How to Find Peace in a Noisy World*, Prem Rawat, ISBN 9780063070745

Rita Rubin-Long taught children and adults for over 40 years in public schools and worked as an educational consultant at USM. Being an eyewitness to the violence at Kent State University in 1970 inspired her lifelong passion for peace.

Terry Landry’s career is distinguished by a commitment to multi-cultural understanding. Terry retired from Colby College, where he created a much-lauded vegan-vegetarian program in his role as manager of Foss Dining Hall.

FUN 2.0

DONI TAMBLYN


 **COURSE** WED, 9/13 – 11/1 • 12:45 – 2:45 P.M. • \$50

This is an invitation to everyone who’s played a few improv games (with me or elsewhere) and wants to play more. I call improv “play for intelligent adults.” And play deserves a lot of respect! Humans (and loads of other critters) are biologically wired to play. And like all other universally-held biological characteristics, the urge to play exists to increase our chances of survival. Having said all that, the objective of this class will to **MAKE** fun, not to discuss it. Please join us if this sounds like your cup of tea! **New in-person course.** *Format includes lecture, discussion, film, and movement.*

Doni Tamblyn is the former president of HumorRULES LLC, a corporate training company that taught supposedly “unteachable” skills (creative thinking, listening and flexibility, trust) for clients like Chevron, the Federal Reserve Bank, and Bristol-Myers Squibb. Her two books on using play in teaching have been translated into several languages.

Women & Aging: Old Age Isn’t for Sissies

PAT TAUB

 **COURSE** MON, 9/11 – 11/6 • 9:30 – 11:30 A.M. • \$50

To paraphrase Bette Davis’ immortal words, being an older woman in America’s youth-obsessed culture can feel like an act of fortitude. We face significant challenges, but we also have new advantages. On the one hand, we grapple with aging bodies and sketchy memories, the losses of close family members and friends, and facing ageism. On the plus side, we have more freedom than our mothers and grandmothers to make choices and to pursue untapped talents and interests. This course will center on readings and shared experiences while offering practical, psychological, and spiritual resources for positive aging. **New in-person course.** *Format includes lecture and discussion.*

Pat Taub has a B.A. from Dickinson College, an M.S.W. from Catholic University, and post-graduate works towards a Ph.D. in Women’s Spirituality from The Institute of Integral Studies, San Francisco. She is the author of The Mother of My Invention and writes the blog, “Women’s Older Wisdom.”

Refer to these icons to find the right program style for you:



IN-PERSON



REMOTE (ZOOM)




HYBRID

SELF-KNOWLEDGE & CARE • continued from previous page

Spiritual Companionship: To Deepen Your Spiritual Being & Provide Spiritual Comfort

JACOB WATSON

 **COURSE** THU, 9/14 – 11/2 • 9:30 – 11:30 A.M. • \$50


In an increasingly turbulent world, many of us are seeking to deepen our spiritual connections to ourselves and to the outside world. We will share our spiritual biographies, and receive affirmation and encouragement. Mini-lectures will offer tools to use our natural emotions to develop spiritual dimensions. Then we will move into our communities and choose individuals or groups to engage with as spiritual companions. Whether you belong to an organized religion or have a spiritual practice or not, you are welcome. The class will include opening and concluding meditations. **New in-person course.** Format includes lecture and discussion.

RECOMMENDED BOOK: *Essence: The Emotional Path to Spirit*, Jacob Watson, ISBN

Rev. Jacob Watson, D.Min. helped start Collins Brook School and the Center for Grieving Children, and founded the interfaith Chaplaincy Institute of Maine where he served as instructor and abbot. He is a meditator, teacher and the author of *We're Gainin'*, *Enso Morning*, and *Essence*.

What Happened to You?

LINDA MACDOUGALL

 **COURSE** TUE, 9/12 – 10/31 • 9:30 – 11:30 A.M. • \$50


Conversation about trauma, resilience, and healing with guidance from Oprah Winfrey and Bruce Perry, M.D. **Repeat remote course.** Format includes discussion.

SUGGESTED BOOK: *What Happened To You?*, Bruce Perry, M.D. Ph.D. and, Oprah Winfrey, ISBN 1250223180 and *Workbook for What Happened to You?* ISBN 9798773641247

Linda MacDougall is a retired psych nurse practitioner who continues to learn about her own trauma experience, how prevalent trauma is, and how public discussion is limited.

All Real Living is Meeting

MARCIA WESTON & LINDA WERNER

 **COURSE** FRI, 9/15 – 11/3 • 12:45 – 2:45 P.M. • \$50


Join us for exciting and meaningful discussions as we meet for eight weeks of engaging together in active conversations to share our stories on various topics and find the common threads that connect us to one another. The title is taken from the work of Martin Buber, a 20th-century philosopher, who believed that human beings are not meant to be isolated, but to exist and thrive in relationships with others. As we navigate that which life has handed us, we need coping skills, and together we will learn new ones from each other. We're all in this together and we can figure out how to get out of the potholes. **New in-person course.** Format includes discussion.

Marcia Weston recently returned to Maine following retirement. She received her Ph.D. at age 67 through the University of North Carolina at Greensboro. Her career and interests center around humanistic practices that promote social justice for all people. She loves to laugh and sing together with anyone who wishes to join in.

Linda Werner moved to Maine after living in Colorado and Cape Cod. She received her Ph.D. from the University of Florida and her professional career included working as a psychotherapist, gifted teacher, classroom teacher and finally working as a district wide technology integration specialist in Wareham, MA.

What Does it Mean to be an Elder Wise Woman?




LUCILLE MELTZ

 **COURSE** WED, 10/4 – 11/1 • 9:30 – 11:30 A.M. • \$50

As a woman in her elder years, how do you empower yourself to greater self-confidence and respect? What are the traits of the Elder Wise Woman archetype and how do they apply in your life? In this highly interactive and experiential class we will explore four major traits of the elder wise woman: authenticity, courageous integrity, compassion and spiritual-intuitive development. Through sharing of life experiences, guided meditations, journaling, and the practice of specific aspects of each trait, you will begin to harvest and examine more of your own unique wisdom. **Repeat remote course.** Format includes lecture and discussion.

Lucille Ann Meltz, life coach and experienced instructor of multiple courses on personal growth, intuition, and elder wise women for over 30 years at senior colleges, university community education, and OLLI programs in several states. Lucille is also the author of *The Elder Widow's Walk*. (lucilleannmeltz.com)

Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

Successful Aging: Empowering Late Life Decision-Making

CAROLYN SIEWERS

COURSE TUE, 9/12 – 10/17 • 12:45 – 2:45 P.M. • \$50

Few of us are comfortable envisioning the late stages of our own lives, or that of loved ones. But through careful thought, communication, documenting one's wishes, and planning for one's needs before they become necessary, we can remain autonomous and age successfully, adjusting as needed, so we continue living as autonomously and actively as possible. Course discussions will include starting conversations with loved ones about your health care and end of life wishes, aging well at home and the new technologies that enable us to do so, balancing autonomy with the need for help; communicating effectively with doctors, medical staff, and family; having necessary legal and medical documents to ensure your wishes are carried out, caregiving and hospice care, and how being organized can make a significant difference for your peace of mind. **New remote course.** Format includes lecture and discussion.

Carolyn Siewers is retired from a career in occupational therapy and is a certified end of life doula. She has worked in the medical field for more than 30 years in acute care mental health, physical rehabilitation, brain injury, neurobehavioral disorders, spinal cord injury, and complex medical recovery. She has significant experience presenting medical information in plain language to help individuals and families make informed choices in healthcare. She also has extensive knowledge and familiarity with navigating healthcare systems and services, medical terminology and jargon, medical procedures, and reviews of medical research.

Medicare: The Five Building Blocks

BARBARA HOPKINS

WORKSHOP SAT, 9/30 • 9:30 – 11:30 A.M. • \$15

Medicare is confusing. This course helps students understand the basics so they can begin to build knowledge from which to move forward. Covered topics: history of Medicare; overview of the basics, Medicare A, hospitalization and B, office visits, and overview of the 3 add on programs: Supplement/Medigap products, Medicare Part C, aka Medicare Advantage and Medicare part D, drug coverage. Also covered: enrollment guidelines, choosing coverage that works for your needs and budget, how to manage the mail/commercials/telemarketing, the value of independent insurance agents, harnessing and the Medicare.gov website. **Repeat remote workshop.** Format is lecture.

Barbara Hopkins is founder of Medicare Knight School, a non-biased Medicare Education module developed from her 30 years experience in the Health Insurance Industry. Experienced in Health Care Provider and Hospital Health Insurance Plan contracting, she is an expert in promoting quality patient/health provider relationships. A Licensed Health Insurance Agent since 2004, she translates bureaucracy into understandable steps so consumers can feel confident in choosing coverage. She holds a masters degree in Communications Management from Univ. of So California and Certificate in Instructional Design from the Univ. of Southern Maine.

Gentle/Therapeutic Mat Yoga

LYN SIROTA

WORKSHOP SAT, 9/23 • 9:30 – 10:45 A.M. • \$15

Gentle/Therapeutic yoga is a mat-based class that offers traditional hatha poses where range of motion movements and some longer held, supported, gentle yin postures are infused. Classes also include standing/balancing poses for coordination and bone stability/strength. It's the perfect blend of gentle stretch and gentle strengthening, ending with deep relaxation and meditation. Using movement and breath, it is a mindful, detailed and spiritual class perfect for those new to yoga as well as experienced practitioners. **New remote workshop.** Format includes movement.

Lyn Lilavati Sirota is a certified Yoga Instructor through Integral Yoga, Princeton, N.J. She specializes in gentle, anatomy-informed yoga instruction with a focus on range of movement and therapeutic practices. Lyn completed a Therapeutic Yoga Teacher Training program, a Yin Yoga Teacher Training program, as well as a program in Mindfulness Based Stress Reduction. She is certified in Yoga for Arthritis and Yoga for Low Back Pain through Dr. Loren Fishman.

DID YOU KNOW?


You can order your books through the USM University Store at usm.ecampus.com.



WRITING

Writing Fiction: All Prompts All The Time

TIM BAEHR


 **COURSE** THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

Where do we get our ideas for stories? In a classroom setting, the ideas often come from prompts, usually provided by the instructor. For some writers, prompts seem artificial and contrived. Other writers may enjoy solving the challenge of incorporating a prompt into a story. In this class, we will experiment with several kinds of prompts to see where they take us. **New in-person course.** Format includes lecture, discussion, and hands-on.

Tim Baehr has edited and written grade school texts, dictionaries, essays, technical documentation, instruction manuals, and fiction. His fiction has appeared online and in small journals, including Reflections.

The Return of the Misfit Poets

MARY TRACY & CRAIG SIPE

 **COURSE** FRI, 9/15 – 11/3 • 9:30 – 11:30 A.M. • \$50

This course is for everyone who wants to read, discuss and write poetry, whether you've written before or not. Each class will be divided between discussing craft tips and examples of poems from *The Practicing Poet*, ed. by Diane Lockward, and workshopping poems from participants. We believe writers learn best with both praise and friendly honesty in a safe setting of fellow learners. Bring paper, pen, *The Practicing Poet*, an open mind, a sense of fun and discovery, and a readiness to read and write during the classes and in between. **New in-person course.** Format includes discussion and hands-on.


REQUIRED BOOK: *The Practicing Poet*, Diane Lockward, ISBN 9781947896079

Mary Tracy lives and writes in Portland, Maine, inspired by writers who find depth, irony, and pleasure in ordinary things. She was a teacher and school administrator whose poetry has been published in Balancing Act 2 (Littoral Books), and in Frost Meadow Review, Poems From Here, and Reflections.

Craig Sipe is the author of the poetry collection Lovely Dregs. His work has appeared in journals, including The Maine Arts Journal, Right Hand Pointing, and Iconoclast. He is a poetry editor and audio editor for the quarterly art and poetry journal The Café Review. He lives on Orr's Island.

Writing & Sharing Life Stories

JOAN CHADBOURNE

 **COURSE** THU, 9/14 – 11/2 • 12:45 – 2:45 P.M. • \$50

Some believe stories create who we are. We've heard stories about ourselves, family, and lifetime. Writing them is an exercise in exploring their meaning and influence on who we've become. Telling them can be a way of finding new perspectives and appreciation of who we are. What life experiences do you want to explore, preserve, and share? In this peer group, we will write and share those stories. We will exchange supportive feedback. **New remote course.** Format includes hands-on.

Joan Chadbourne as a college professor published counseling psychology articles. She later published Healing Conversations Now, a book of stories about enhanced relationships with elders through storytelling and listening. Currently she's writing about her atypical late-life marriage.



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

207-780-4406

WRITER'S WORKSHOPS

Writer's Workshop: Poetry

DEBORAH CRIMMINS & JUDITH MANION

COURSE 1ST WED, OCT – MAY • 12:45 – 3:00 P.M. • \$50

This ongoing poetry writing workshop is limited to 12 members. The Sunday before each workshop, members will email a copy of their poem to all other members, print all poems, and write comments on hard copies for discussion on workshop days. **Repeat in-person course.**

Format includes discussion.

Deborah Crimmins loves word music, including poetry and languages. Her principal occupations were advertising copywriter and reading teacher, with a couple of years of teaching French. Now she focuses on writing poetry and her retired racing greyhounds.

Judith Manion, a retired educator, weaves words into poems and tries to get them onto paper before they drift away into the Maine fog. She also weaves fibers and splashes paint onto canvas.

Writers' Workshop: Fiction

TANA LEONHART & LARRY DYHRBERG

COURSE 3RD FRI, SEP – MAY • 12:30 – 2:45 P.M. • \$50

This in-person monthly workshop is a supportive group of 12 writers focusing on the elements of fiction writing. Members' projects range from short stories and vignettes to segments of full-length novels. Pieces to be critiqued are shared via email prior to the meeting. During the meeting, the author reads a short excerpt of the work, and members give constructive feedback during the discussion and in written comments. With our wide range of styles and experience, we learn from each other! **Repeat in-person course.** *Format includes email exchanges, in-person discussion, and written feedback.*

Larry Dyhrberg taught history for thirty years at Westbrook High School. Now, as *un homme du foyer* for his wife and *Bisou le Chien*, writing is his passion. His projects: a novella tracing a boy's coming of age in the 1950s, and a story of a mid-1900s Franco American woman in Maine.

Tana Leonhart shared writing skills with students for thirty years before retiring to the mountains of Colorado. Now in Maine, she enjoys life along the coast. Her first novel, *The Tobin Tree*, was published in 2020, and she has had numerous pieces included in the OLLI's *Reflections* magazine.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Writer's Workshop:
The Art & Craft of Memoir

TOBY HOLLANDER




COURSE 2ND WED, OCT – MAY • 12:45 – 2:45 P.M. • \$50

We share our writing with each other and receive feedback at a 2-hour Zoom class once a month. Options for extended feedback exist by email. We submit our writing for others to read one week before class. It is expected that we will have something once a month and will read out loud to our classmates in class. We occasionally have after-class discussions of memoir issues. **Repeat remote course.** *Format includes discussion.*

Toby Hollander is a graduate of the US Naval Academy and Washington University School of Law. He agreed to facilitate Ruth Storey's class when she was unable to continue. He is 78, married to Lucky Hollander, with three children. He lives near Deering High School and is working on a memoir.



Refer to these icons to find the right program style for you:

 IN-PERSON  REMOTE (ZOOM)  HYBRID

Fall SAGE Lecture Series

Join us as we explore new dimensions in life!

An eight-week lecture series presented by OLLI,
SAGE offers a dynamic approach to learning
in history, science, the arts, and current events.

THE BASICS

WHEN

Tuesday mornings,
September 12 – October 31, 2023
9:30 – 11:30 a.m.

WHERE

In-person:
USM Portland Campus
Exact location to be announced.

Remote:

Available online via Zoom
*Link will be emailed the Monday
before each lecture.*



**This will
be a hybrid
program!**

COST

INDIVIDUAL LECTURES

Members of the public may attend individual lectures for \$10 each.

OLLI MEMBERS ONLY

OLLI members can pre-register for the entire series for just \$50 each.
(That's eight lectures for the price of five!)

REGISTRATION

HOW TO REGISTER

There are three easy ways to register beginning August 16, 2023:

- **Register online.** Visit our website at usm.maine.edu/olli.
- **Register by phone.** Call the OLLI office at 207-780-4406.
- **Register by mail.** Complete the registration form located on [page 53](#) (also available online).

FOR MORE INFO

CONTACT

We are here to help you! Please contact the OLLI Office.
We are open Monday – Friday from 8:00 a.m. – 4:00 p.m.
Call 207-780-4406 or email olliatasm@maine.edu

SEPTEMBER 12

A Vision for the Future of the University of Southern Maine

PRESIDENT JACQUELINE EDMONDSON, PH.D.,
14th President of the University of Southern Maine

The 14th president of the University of Southern Maine will speak about her vision for the University.

SEPTEMBER 19

The Impact of Global Migration on US Domestic Refugee Resettlement & Maine's Unique Challenges & Opportunities

TARLAN AHMADOV
President, Azerbaijan Society of Maine,
Former Maine State Refugee Coordinator,
Expert on Refugee Resettlement & Migration

Tarlan will review the impact of US refugee resettlement policy changes over the past five years, challenges to resettlement, and unique opportunities for diversifying Maine's workforce.

SEPTEMBER 26

Lifelight of Maine: Primary Provider of Critical Care Air & Ground Transport in Maine

TOM JUDGE
Executive Director, LifeFlight of Maine

Learn why LifeFlight of Maine plays such an important role in the medical care and transport services throughout the State of Maine.

OCTOBER 3

Artificial Intelligence (AI): Its History, Data, Algorithms & Accountability

SHANKAR NARAYAN
Attorney & Advocate for Community-Centric Technology;
Board Member, CETI (Creative Emergent Agency)

Artificial Intelligence (AI) influences our daily lives from healthcare to credit, and housing to policing. Learn the history of AI and how systems, such as Chat GPT, are becoming harder to detect and challenge.

OCTOBER 10

The Roux Institute: Shaping Tech Talent & Innovation in Maine

DAN KOLOSKI
Professor, Professional Studies, Northeastern University

Learn how the Roux Institute's education and research model partners with industry, academia, and government, to drive innovation, develop talent, and create economic opportunity in Maine and beyond.

OCTOBER 17

Edible & Medicinal Wild Mushrooms: Explore the Benefits, Avoid the Risks

GREG MARLEY, LCSW
Founder, Mushrooms for Health

Wild mushrooms have captured the interest of the nation; this talk will focus on the diet and health benefits of mushrooms through the lens of a few popular Maine mushrooms.

OCTOBER 24

Vertical Harvest: Maine's First Large Urban Farm to Grow Produce Year-Round

NONA YEHA **CAROLINE CROFT ESTAY**
Co-founder & CEO Co-founder & Chief Potential Officer

Learn how Vertical Harvest's hydroponic, state-of-the-art, indoor farm being built in Westbrook will revolutionize the way we locally grow produce 365 days a year.

OCTOBER 31

Diving to the Andrea Doria: The Mt. Everest of Ship Wrecks

ROB STEVENSON
Author, Adventurer, & Ship Wreck Explorer

Rob Stevenson will share his accounts as a deep sea explorer, and his perilous dive to the Italian luxury liner, the *Andrea Doria*.

THANK YOU TO THE PROGRAM PLANNING COMMITTEE:

Claire Smith (Chair), Steve Abramson (Co-chair), John Sutherland, Kathleen Sutherland and Lynda Allshouse

Special Interest Groups

OLLI at USM offers many diverse activities beyond the classroom. Open exclusively to current OLLI members, our Special Interest Groups provide great opportunities to connect socially with people with similar interests.

To participate in any Special Interest Group, you must be a current OLLI member. Special Interest Groups are not intended as instructional events. Groups may meet on campus at Wishcamper or via Zoom. Please contact the SIG leader to find out more. Many programs run year-round, except for July and August.

ARTS & CRAFTS

Try your hand at a new skill on the third Thursday of each month at 3:15 p.m. A member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.).

FMI: Contact Sue Jennings at jensusa10@gmail.com

BICYCLE & NOSH

If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks with a delicious treat along the way? *This group does not meet in the winter months.*

FMI: Contact Mark Love at mlove196@maine.rr.com

BOOK CLUB

Members meet monthly to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc.

FMI: Karen Winslow at kpwinslow@yahoo.com, or Anna Messmer at aemessmer@maine.rr.com

BRIDGE CLUB

Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly.

FMI: Contact Barbara Freeman at bhfreewoman@gmail.com

DOWNHILL SKI CLUB

A seasonal outlet for downhill skiing enthusiasts, the club welcomes new and returning members. Skiers plan trips to area mountains when snow conditions are good, and driving conditions permit.

FMI: Contact Lois Winter at loiswinter54@gmail.com to join the email list for notice of upcoming ski trips.

HISTORY BOOK CLUB

Members read and discuss one work of history each month. Works include social, political, economic, and foreign-policy history as well as biography, autobiography, memoir, and historical fiction.

FMI: Contact Sue Gesing at susangesing@gmail.com, or Dawn Leland at lelanddm@gmail.com

OLLI SINGERS

This group, directed by an experienced leader and supported by a skilled accompanist, meets weekly to have fun with vocal music and prepare for several performances each year. All are welcome.

FMI: Contact Vicki Swerdlow at vicki@maine.rr.com

OUTDOOR/WALKING CLUB

Outdoor enthusiasts gather twice a month for invigorating walks in interesting places.

FMI: Contact Rae Garcelon at raegarcelon@gmail.com

PHOTOGRAPHY CLUB

Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography.

FMI: Contact Sharon Roberts at sharonlh@gwi.net

RECORDER ENSEMBLE

In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues.

FMI: Contact Karen Simpson at ksimpson1953@gmail.com

“You read what interests you and attend when you can . . . the discussions are lively and interesting”

ELIZABETH HOUSEWRIGHT,
SCIENCE READING GROUP MEMBER,
OLLI MEMBER SINCE 2012

SCIENCE READING CLUB

Each month, this group reads and discusses articles from the latest issue of *Scientific American*.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com or visit olliusmsciencediscussion.wordpress.com

SENIOR PLAYERS

Thespians perform staged readings twice a year at USM and off-campus on several occasions. Senior Players is open to all OLLI at USM members.

FMI: Contact Cheryl Squiers at nenegirl8th@gmail.com, or Sidney Lincoln at linck7s@maine.rr.com

TRAIL STEPPERS

This walking group strives to get OLLI members outdoors in the Portland area on easy to moderate walks that promote good health, social mixing, and understanding of our natural environment and our cultural heritage.

FMI: Contact David von Seggern at vonseg1@sbcglobal.net

WINE-TASTING CLUB

On the 3rd Monday of the month, at 6:00 PM, the club meets at the Ridgewood Clubhouse in Falmouth to taste 4 wines paired with appetizers. Price ranges from \$30 to \$35 per person. RSVP required.

FMI: Contact Joel Kallich at joelkallich@gmail.com if you'd like to join an email list for advance notice of the date, price, and venue.



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QUESTIONS?
We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

How to register

So you've decided to register for a course (or two!) at OLLI — great! Now what? This section will walk you through the steps to register.

HOW TO REGISTER ONLINE

Online registration allows you to sign up for classes in real time, which increases the likelihood you will secure your first choice! You can tell how many spaces are available in your chosen class and add your name to a waitlist if a course is full. After you pay for your classes, you will receive an email confirmation of your registration. It is fast and secure.

If you have shopped online, you should find online OLLI registration familiar. But if you are not comfortable doing your online registration, we are here to help you. Please call the OLLI office at 207-780-4406. We will get back to you as soon as possible.

Credit card is the only form of payment you can use for online registration. For other payment form (scholarship, gift certificate, or members of another Maine senior college), you must contact us at olliatusm@maine.edu.

For checks or cash payment, please use the manual registration form — see page 53. Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.



QUESTIONS?
We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406

1 GO TO THE OLLI WEBSITE at usm.maine.edu/olli. Click on **Registration Information**.

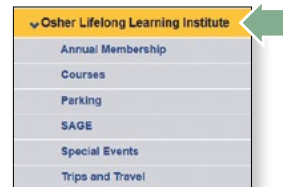
2 CHOOSE CUSTOMER TYPE by scrolling down and selecting appropriate button. Choose **Returning OLLI Customer** or **New OLLI Customer**.

3 SIGN IN OR CREATE AN ACCOUNT

- **Returning OLLI Customers** will be brought to a sign in page: **Sign in**.
- **New OLLI Customers** will be brought to a page for you to fill in a few details to create an account with us. Click **Submit** when you have finished. (You will only need to do this once.)

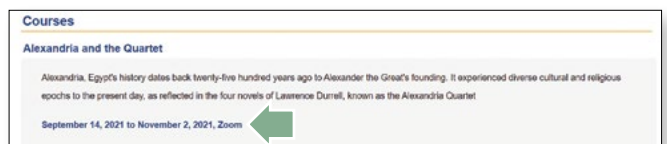
3 NAVIGATE TO OLLI PROGRAMS.

Select **Continue Shopping** to be directed to the main registration page. In the shaded dark boxes on the left, click on **Osher Lifelong Learning Institute**, revealing a drop down menu of options.



4 BECOME A MEMBER. If you aren't an OLLI member (from July 1 – June 30) yet, first select **Annual Membership** followed by **Add to Cart**. If you aren't registering for any additional programs, skip to step 8.

5 BROWSE PROGRAMS. Click the appropriate heading in the shaded dark boxes (Courses, SAGE, etc.) to view a list of all available options within that category.



- **Click on the program date (not the title)** to view complete program details.
- **Search for specific class title keywords or instructors** by using the search box in the upper right corner.

- 6 SELECT PROGRAM(S).** Click the yellow **Add to cart** button at the bottom of the program detail page.

Course Detail: O_ALEX4 - Alexandria and the Quartet

Alexandria, Egypt's history dates back twenty-five hundred years ago to Alexander the Great's founding. It experienced diverse cultural and religious epochs to the present day, as reflected in the four novels of Lawrence Durrell, known as the Alexandria Quartet. These novels centered on the period of World War Two. Kathleen has visited Alexandria from that period up to 2010 as a docent for the OLLI trip to Egypt. This course briefly covers the history of Alexandria and the city's multicultural character as portrayed by Durrell in the four novels.

Course Prerequisites
(required) OLLI Membership 2021-2022

Session Detail: OPF21ALEX4 (8 seats (27%) remaining)

Schedule: Every week on Tuesday, starting on 08/14/21 and ending on 11/02/21

Times: 12:45pm - 02:45pm
[View Full Schedule](#) | [Add to my Calendar](#)

Price: OLLI Course : \$50.00

Instructors

Name	Additional Resources
Kathleen Sutherland	
Star Peltue	

Facility Detail

Zoom
 Your Street
 Your Town, ME 00000

[Add to Cart](#) ←

- **Don't see Add to cart button?** If you see **Available Session** with a date below, click the date, then the **Add to Cart** button should appear at the bottom of the page.
- **To continue browsing**, hit the back browser button or navigate back to the shaded dark boxes at left.

- 7 COMPLETE YOUR ORDER.** Select **Checkout** to get started with the checkout process.

- **Add required information**, as follows:
 - Enter your date of birth (mm/dd/yyyy) for new memberships,
 - answer any required yes/no questions,
 - share how you heard about us, and
 - leave the Promotional Mailing Code field blank.
- Finally, click **Next**.
- **Review and approve summary** then click **Submit Order**. Click only **once** or you may be charged multiple times.
- **Provide payment** via *Touchnet*, USM's secure payment site. Select **Credit Card**, then **Continue**. Fill in credit card information carefully (no phone numbers). Click **Continue**.

- 8 THAT'S IT!** A **Thank You** message means your order has been completed! Look in your email for a registration receipt and please remember to log out at the top of the page.

Tips for making online registration a breeze

Here are some tips to keep in mind to help your online registration be a successful, positive experience:

- **Log in early to test it out.**
Try logging into the online registration system a few business days *before* registration begins to be sure you can. Sign in with your email and password. If you run into a problem, email the OLLI Office at olliatism@maine.edu.
 - **Try OLLI123.**
If you cannot remember your password, please do not create a new account. Try OLLI123 or call the OLLI office at 207-780-4406.
 - **Sign in first, then browse.**
When you are ready to register (after midnight Wednesday morning), sign in first, then look for classes.
 - **Make sure you're a member before you start.**
A current 2023-2024 membership is needed to register for a summer course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.
 - **Click the date, not the title.**
When you find the course you want to register for, click on the *date* below the title (not on the title itself) and then scroll down to find the *Add to the Cart* button.
- Want more helpful tips?**
Visit [OLLI Online Registration Assistance online at: usm.maine.edu/ollionline-registration-assistance](https://ollionline.usm.maine.edu/ollionline-registration-assistance).

HOW TO REGISTER MANUALLY

We recommend that all students complete their registration online; however, if that is not possible, we also offer a traditional registration form that can be filled out and submitted via email or regular mail.

1 LOCATE THE REGISTRATION FORM. There are several ways to do this:

- **To use the form in this book (printed),** tear out the page and/or make a copy of it.
- **To use the form in this book (digital PDF),** print out just page 53.
- **To find the form online,** go to usm.maine.edu/olli/olli-courses-and-lectures. Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner.

2 FILL OUT FORM by hand or digitally.

- **To fill out by hand,** print clearly using a printed sheet.
- **To fill out digitally,** open a fresh downloaded form in Adobe Acrobat Reader. Save as a new file, type into the highlighted fields, and re-save. (Don't have Adobe Reader? Download at get.adobe.com/reader)

3 SUBMIT COMPLETED FORM WITH PAYMENT.

This can be done by email (preferred) or via mail.

- **To email a hand-written form,** take a photo of the form with your phone or scan it, then email it to olliatusm@maine.edu.
- **To email a digital form,** re-save the file with your full name in the file name, then email it to olliatusm@maine.edu.
- **To mail a physical form with cash or check,** enclose cash or check (made payable to Osher Lifelong Learning Institute) with your printed registration form, to: Osher Lifelong Learning Institute, P.O. Box 9300, Portland, ME, 04104. *Please note: manual registrations will be processed in the order in which they are received.*

4 THAT'S IT! We will be in touch with you on or after August 16 if we have questions.

Tips for a smooth manual registration

Here are some tips to keep in mind to assure you form is processed without delay:

- **Please use only ONE form per registrant.**

For example, if you and your partner are both registering, each of you will need to complete your own form, even if you are registering for the same class(es).

- **Fill out the top section of the form completely.**

Leaving sections blank can slow registration.

- **Rank courses by importance to you.**

Write the course name for your first choice selection in the *1st Course* column, your second choice in the *2nd Course* column, and so on.

- **Provide alternative choices.**

We highly recommend adding alternative courses in case your top choices fill before we can register you. These should be written in the *Alternative 1st Course*, *Alternative 2nd Course*, etc. columns next to your primary choices.

- **Record prices accurately.**

Record itemized fees in the *Cost* column next to each entry, then add up the total fees for all courses and workshops (and membership, if applicable). Note the amount in the space marked *Total Registration Cost*.

- **Double check payment info.**

Provide credit card information in full to avoid possible delays. Cash or checks are also accepted — see step 3.

Want more helpful tips?

Email the OLLI staff at olliatusm@maine.edu or call 207-780-4406.



Course Registration 2023

SESSION: WINTER SPRING SUMMER FALL OTHER

MEMBERSHIP: CURRENT NEW RENEWING
RECEIVED: DATE _____ INITIALS _____
OFFICE USE

ABOUT YOU (Only one person per form, please)

First Name: _____

Last Name: _____

Mailing Address: Street _____

City, State, Zip _____

Phone _____

Email _____

Date of Birth: (MM/DD/YYYY) _____ / _____ / _____

Is any information above new? Address Phone Email

I'd like an OLLI nametag with this name: _____

I grant photo permission. OLLI may reproduce my image for Yes
educational/promotional purposes if I appear in photos of programs. No

CHECK NO. _____ CC LAST 4 _____

CASH _____ MISC _____

ENROLL (Init) _____ DATE PROCESSED _____

OFFICE USE

YOUR PAYMENT INFORMATION

Payment Method: Cash Check Credit Card (See below)

Card Type: Visa MasterCard Discover

Card No: _____

Exp. Date: (MM/YY) _____ / _____ Code: (on back of card) _____

Name on Card: _____

YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE

COST

1 1st Choice: _____ \$

Alt. Choice: _____

2 1st Choice: _____ \$

Alt. Choice: _____

3 1st Choice: _____ \$

Alt. Choice: _____

4 1st Choice: _____ \$

Alt. Choice: _____

5 1st Choice: _____ \$

Alt. Choice: _____

6 1st Choice: _____ \$

Alt. Choice: _____

Your Total Course / Workshop Cost \$

Check box if you're over 90 – it's free!

Annual Membership, if applicable + \$

Your tax deductible contribution to OLLI (Optional) + \$

YOUR TOTAL REGISTRATION COST \$

Important Dates

OLLI FALL 2023

Fall session will run from September 11 – November 6.
Mark your calendar for these other important dates.

AUG 16	Online registration for OLLI fall courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatuism@maine.edu before August 16, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after August 16, but some classes and workshops may be full, so please turn them in as soon as possible.
AUG 22	OLLI staff begins processing mail-in, drop-off, and phone registrations.
AUG 30	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatuism@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
SEP 11	OLLI fall session classes start
SEP 22	Deadline to receive a refund on dropped courses.
SEP 16	OLLI fall workshops
SEP 23	OLLI fall workshops
SEP 30	OLLI fall workshops
OCT 28	OLLI fall workshops
NOV 6	OLLI fall session ends
NOV 7–9, 17	OLLI fall session make-up dates



QUESTIONS?

We are here to help you!

Email us:

olliatuism@maine.edu

Call us:

207-780-4406

The OLLI staff will be on holiday Oct. 9 and Nov. 11. The OLLI office will be closed on these dates. If you have a class scheduled in Wishcamper on those dates, your class will not meet. If you have a remote class scheduled for those dates, please get in touch with your instructor to see if they plan to observe the holiday.

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