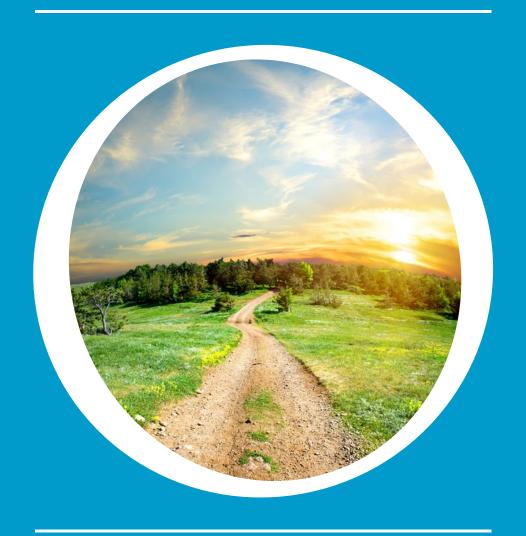
OSHER LIFELONG LEARNING INSTITUTE AT THE UNIVERSITY OF SOUTHERN MAINE



Course Catalog

SPRING SESSION 2023

MARCH 13 - MAY 5





The beautiful thing about LEARNING is that no one can take it away from YOU.

B. B. KING



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

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A rich abundance of choices for a vibrant spring

"Say yes to the small inklings of interest and curiosity that present themselves each day." LYNN A. ROBINSON

I am astonished by the rich array of choices for this spring session! This is one of our biggest spring sessions ever, with 62 choices: 33 in-person, and 29 remote experiences - 38 of those options are new to OLLI. Our instructors are embracing in-person courses and workshops and our remote program remains strong. With spring comes an eagerness look abroad, to be outdoors, to consider our changing world, and to channel the growth of spring into creativity.

Here are a few highlights for the spring:

Explore nature in Susan Gilpin's Natural History of Greater Portland (page 32), Diane Sinclair's Stalking Spring Wildflowers (page 32), and Hughes Kraft's Nature Therapy Guided Walk (page 34).

Fred Brancato is back with us, teaching Mystery, Manifestation, and Meditative Movement (page 33).

Enhance your Maine experience in Robert Sanford's Reading Landscapes (page 22), Alessa Wylie's Discovering Portland's Historic Stroudwater District (page 23), Scott Andrews' Take a Trip Down Maine's Musical Memory Lane (page 26).

And there are so many other options that will inspire you to discuss, write, sing, and create with OLLI this spring.

Sincerely,

Sonna anduson

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 1,350-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 16 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

1,350+

16
ACTIVE MAINE

180
OLLI VOLUNTEERS
(2021-22)

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 40 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 16 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

Helen White

PORTLAND, MAINE

What is a particularly memorable class or workshop? When I first joined OLLI I was amazed at the number of courses that were offered. The first courses I took were in my comfort zone and then I branched out. One course that has stayed with me is Sandy Garson's *Guns or Butter: The Secret Story of Women's Resistance to Hitler.* I learned so much from that course and it's a part of history that you don't hear about. Another course was Gale Rhodes' *So You Think You Hate Chemistry?* (definitely outside my comfort zone). I still may not know a lot about chemistry but at least I understand the Periodic Table. I have yet to be disappointed in a course and look forward to stepping outside the box in the future.

What are you looking forward to in the Spring 2023 session? More in-person classes! Zoom is wonderful, especially in the winter, but in-person classes are so important for building relationships. I love meeting and getting to know people in the classes.



"I have yet to be disappointed in a course and look forward to stepping outside the box in the future."

HELEN WHITE, OLLI MEMBER SINCE 2021

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!

A NOTE ABOUT COVID-19 PRECAUTIONS

The University of Southern Maine requires full COVID vaccinations for participation in face-to-face learning experiences. This spring you will be required to show proof of vaccination at your first OLLI class or workshop. In addition, all OLLI members must respect current USM mandates.

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, which is open from 8 a.m. – 4:30 p.m. The University Store is located at 218 Abromson Hall — the building attached to the parking garage. You may visit in person, call 207–780–4070, or purchase books online by going to usm.ecampus. com and selecting *OLLI* as the term. Visit usm.maine.edu/osher-lifelong-learning-institute/resources for more information.

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

SESSION SCHEDULE

Spring classes are held once a week, **remotely** on Zoom Mondays – Thursdays and **in-person** on Fridays. The term runs for eight weeks, from March 13 –May 5, 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.

There also are spring workshops on Saturdays both **remote** on Zoom and **in-person** (see page 16).

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 2022-2023 member to enroll in spring courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 –June 30.

LOCATIONS

OLLI Spring 2023 courses and workshops will be held both remotely and in-person:

Remote on Mondays – Thursdays.

Most classes will be taught online via distance learning, using Zoom, unless otherwise noted.

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 on Fridays. Courses and workshops will take place in Wishcamper Center or Luther Bonney Hall. We will notify you in advance of the class about the exact location.

PARKING

Parking in the USM garage attached to the Abramson Center will require a permit. See page 7 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 (@OsherLifelongLearning InstituteAtUSM).



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, March 24, 2023, the end of the second week of spring 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 face-to-face 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).



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

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 on Fridays and Saturdays with a required permit. Handicapped parking is available on all levels of the parking garage as well as access to the elevator connecting the garage to Abromson Center.

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. Additional classrooms may be utilized in Luther Bonney Hall.

All buildings are equipped with elevators.

ON-CAMPUS PARKING

OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street.

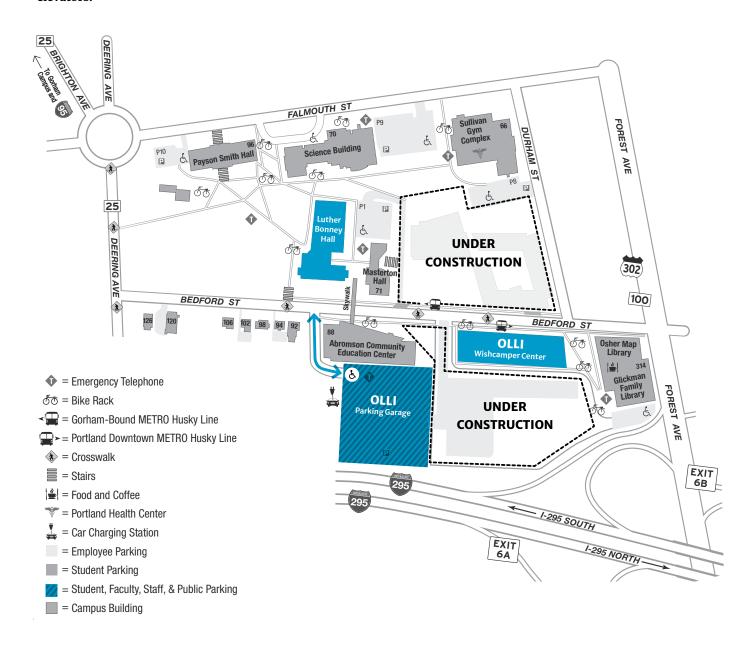
Garage parking requires a permit and is open to OLLI members on Fridays and Saturdays.

There are 16 handicapped spaces available in the parking garage attached to Abromson Center.



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

usm.maine.edu/safezone



Spring session will run from March 13 - May 5. Mark your calendar for these other important dates.

FEB 15	Online registration for OLLI spring courses begins.		
	The registration system will automatically turn on bet and 12:15 a.m. (Tuesday night into Wednesday mornin		
	Students with scholarships, gift certificates, free menor of other waivers must contact us at olliatusm@mainebefore February 15, so staff can process them prompt guarantee your first-choice class, but you will be our to the morning after registration goes "live." Scholarship certificates, free memberships, or other waivers will be after February 15, but some classes and workshops mass o please turn them in as soon as possible.	mberships, e.edu Ely. We cannot op priority os, gift e accepted	
FEB 21	OLLI staff begins processing mail-in, drop-off, and registrations.	l phone	
FEB 27	Course and workshop offerings open to the Maine Senior College Network.		
	Please contact us at olliatusm@maine.edu and leave y phone number plus the course you are interested in. W you to enroll.		
MAR 13	OLLI spring session classes start		
MAR 24	Deadline to receive a refund on dropped courses.		
MAR 18	OLLI spring workshops	?	
MAR 25	OLLI spring workshops	QUESTIONS?	
APR 1	OLLI spring workshops	We are here to help you! Email us:	
MAY 5	OLLI spring session ends	olliatusm@maine.edu Call us:	
MAY 8-12	OLLI spring session make-up week	207-780-4406	

The OLLI staff will be on holiday Feb 20 and Apr 17. The OLLI office will be closed on these dates. If you have a class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

Courses by schedule

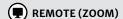
Courses run once a week, Monday -Friday starting the week of March 13 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

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:







Want to search for programs by topic? See page 16 for our full index.

Want to find a program by instructor? See page 13 for our instructor index.

MONDAYS

MORNINGS • 9:30 - 11:30 A.M.

The Sixties Through the Great Speeches of the Sixties (28) **BUCK BENEDICT**

Don't Do It!: 21st Century Fiction Novelists Explore a New **Genre of Crime Literature (25)** SUSAN POWELL

NATO-Russia War in Ukraine Was Predictable, Predicted and Avoidable (30) **SUSAN WELSH**

AFTERNOONS • 12:45 - 2:45 P.M.

- A Good Death (30) MICHAEL BERKOWITZ
- **Exploring Short Stories (24) ANNE CASS**

AFTERNOONS • 3:00 - 5:00 P.M.

Teachable Moment: OLLI 2023 Teacher Forum (16) **OLLI TEACHING & LEARNING** COMMITTEE

TUESDAYS

AFTERNOONS • 12:45 - 2:45 P.M.

- The Stormy Start of the Renaissance in Italy: Fact, Fiction, Art, & Objects (18) **DONNA ANDERSON**
- Decoding Schopenhauer's Metaphysics, Part 2 (30) STEPHEN KERCEL
- Palestinian-Israeli Grassroots Diplomacy: Path to Peace **Between Enemies? (29) KATHLEEN SUTHERLAND** & MARCIA WESTON

WEDNESDAYS

MORNINGS • 9:30 - 11:30 A.M.

- The Hidden Truth of German Resistance to Hitler (21) **SANDY GARSON**
- Four Artistic Forerunners of 20th Century Modernism: Titian, Rembrandt, Goya, & Rodin (17) **NATHANIEL LARRABEE**
- Let's Talk!!! MIKE LYNCH (29)

AFTERNOONS • 12:45 - 2:45 P.M.

- Sharing Life Stories (36) JOAN CHADBOURNE
- Human Impacts on Planet Earth — George Perkins Marsh to Jan Zalaciewicz (31) **DAVID VON SEGGERN**



QUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:

THURSDAYS

MORNINGS • 9:30 - 11:30 A.M.

- Religious Conversion (31) STEVEN PIKER
- Women in American History: II (Since 1877) (22) **IOHN SUTHERLAND**

AFTERNOONS • 12:45 - 2:45 P.M.

- Women in Early Literature (25) **EVELYN NEWLYN**
- The Life & Legacy of Frances Perkins (23) **EMMA WEGNER & MICHAEL CHANEY**
- Explore Portland's Historic Neighborhoods — On Foot (23) **BRUCE WOOD**

FRIDAYS

MORNINGS • 9:30 - 11:30 A.M.

- Intermediate French (24) **JACQUELINE BUCAR**
- Moral Ideals & Reality in Literature and Film (24) **JIM BUCAR**
- Themes in Country Music (26) RON DEPETER
- **Popular Music & Culture** of the 1940s (26)

TERRY FOSTER

- Making Important Decisions: Rationally or Irrationally (33) **LANDIS GABEL**
- Great Decisions 2023 (29) **CLIFFORD GILPIN** & ALLISON HODGKINS
- Intellectual & Cultural History of 19th Century Europe (20)

ALICIA HARDING

- A NEW New Testament (31) TOM MCGOVERN
- Retirement Recap (27) KERRY PEABODY
- **Art Studio (17) PAULA STEFFEN**
- Return of the Misfit Poets (36) **MARY TRACY & CRAIG SIPE**

AFTERNOONS • 12:45 - 2:45 P.M.

- Western Front in WWII (20) DICK BUDD
- Boston Noir The Classics (25) RICHARD CASS
- Drawing Folds & Wrinkles (17) VICKI FOX
- Bach's Best (26) PETER GRIFFIN
- Civic Virtue: Democracy (28) **ROBERT LIBBY**
- Une aventure au Canada d'autrefois (24) **ROBERTA MUSE**
- The Art of Living Well: Peace Education Program (35) RITA RUBIN-LONG & TERRY LANDRY
- Your Inner Fish (32) HAL SCHEINTAUB
- FUN: It Does a Body Good (35) **DONI TAMBLYN**
- Are you a Marxist? Yes, a Groucho Marxist! (18) **TIMOTHY WOOTEN**

AFTERNOONS • 3:15 - 5:15 P.M.

Mystery, Manifestation & Meditative Movement (33) FRED BRANCATO

Workshops by schedule

Workshop run on Saturdays throughout the spring session with two exceptions. See below. 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 16 for our full index.

Want to find a program by instructor? See page 13 for our instructor index.

TUESDAYS

4 SESSIONS: 4,4, 4/11, 4/18, & 4/25 1:00 - 3:00 P.M.

Natural History of Greater Portland (32) **SUSAN GILPIN**

FRIDAYS

4 SESSIONS: 3/17, 3/24, 3/31, & 4/7 12:45 - 2:45 P.M.

Reading Landscapes (22) **ROBERT SANFORD**

SATURDAYS

1 SESSION: 3/18 • 9:30 - 11:30 A.M.

- Home Bartending (17) **MARY ALTENBERN**
- The Music of Disney, Part 2 (18) **DEWAYN MARZAGALLI**
- iCloud Overview & Uses (35) **BERN SHANFIELD**
- **Tax Planning in Retirement (28) DEREK THARP**

1 SESSION: 3/18 • 9:30 A.M. – 3:30 P.M.

The As, Bs, Cs & Ds of Medicare (33) **BARBARA HOPKINS**

1 SESSION: 3/25 • 9:30 - 11:30 A.M.

- Social Security Planning (28) **DEREK THARP**
- The Art of Bel Canto (27) **CALIEN LEWIS**

1 SESSION: 3/25 • 9:30 A.M. – 12:30 P.M.

Cooking from the Culinary Center of the World (20) **SANDY GARSON & GAEL MCKIBBEN**

1 SESSION: 3/25 • 1:00 - 3:00 P.M.

Only Hope: My Mother & the Holocaust Brought to Light (22) **IRVING LUBLINER**

1 SESSION: 4/1 • 9:30 - 11:30 A.M.

- Take a Trip Down Maine's Musical Memory Lane (26) SCOTT ANDREWS
- Science of Happiness (33) **HEATHER EDGERLY**
- **Nature Therapy Guided** Walk (34) **HUGHES KRAFT**
- Sustainability, Social Change, & Fun (34) MIKE NICKERSON
- Retirement Income Planning (27) **DEREK THARP**

1 SESSION: 4/29 • 9:30 - 11:30 A.M.

Discovering Portland's Historic Stroudwater District (23) ALESSA WYLIE

1 SESSION: 5/20 • 9:30 A.M. – 3:30 P.M.

Stalking Spring Wildflowers (32) **DIANNE SINCLAIR**

2 SESSIONS: 3/18 & 3/25 • 9:30 - 11:30 A.M

Surviving & Thriving as an Elder Widow (34)

LUCILLE MELTZ

3 SESSIONS: 3/18, 3/25, & 4/1 • 9:30 - 11:30 A.M.

- The Noble Experiment: The Causes, Crime & Cessation of Prohibition (20) **TOM LAFAVORE**
- Is Consciousness a Quantum Mechanical Effect? (32) STEPHEN KERCEL

Courses & workshops by instructor

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? See page 16 for our full index.

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



QUESTIONS?

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ROBERT LIBBY Civic Virtue: Democracy
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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



(T) REMOTE (ZOOM)



PROGRAM TOPICS

- 17 Acting, art, & art history
- 17 Entertainment & film
- 18 History & culture
- 24 Language
- 24 Literature
- 26 Music
- 27 Personal finance
- 28 Politics & current events
- 30 Religion & philosophy
- 31 Science & natural history
- 33 Self-knowledge & care
- 36 Writing

Want to find a program by instructor? See page 13 for our instructor index.

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

SPECIAL OFFERING

The Teachable Moment: **OLLI 2023 Teacher Forum**

OLLI TEACHING & LEARNING COMMITTEE



COURSE MON, 3/13 − 5/1 ⋅ 3:00 − 500 P.M. ⋅ FREE

The 2023 teacher forum is a **free course** for current and new OLLI instructors and those who are thinking about teaching at OLLI. The 6-week course aims to create a supportive and engaged learning community. This year's teacher forum takes a look into OLLI classrooms that use different approaches to achieve the same end — classes that encourage lively discussion, reflective questioning, and class interaction. Four focused theme-based sessions are planned as well as two open sessions for professional dialogue and growth. Course format will include online discussion, lecture, and hands-on work.

The OLLI Teaching and Learning Committee will work with our experienced faculty to address various topics in adult learning at OLLI.



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ACTING, ART, & ART HISTORY

Drawing Folds & Wrinkles

VICKI FOX

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

This will be a class designed to help you feel more comfortable drawing fabric either on a person whose portrait you've drawn or fabric in a room, like curtains/ drapes or upholstered furniture. It will be a continuation of our earlier portrait class, so we will draw from life. Course format will include **in-person** lectures, discussion, film, movement, and hands-on work.

REQUIRED SUPPLIES: Drawing medium (black or colored pencils, charcoal, watercolors, or pastels) and paper (plain, watercolor, yup, or charcoal) up to 12 x 16 in. in size. These can all be purchased at Artists and Craftsmen on Forest Avenue in Portland. Tell them you are taking this class and they will give you a student price.

Vicki Fox has been drawing since she was 3. She received a B.F.A. from the 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!

Four Artistic Forerunners of 20th Century Modernism: Titian, Rembrandt, Goya, & Rodin

NATHANIEL LARRABEE

COURSE WED, 3/15 - 5/3 • 9:30 - 11:30 A.M. • \$50

This course will explore the creations of four unique artists whose work has defied categorization while laying the poetic foundation for the 20th century Modernist Revolution in Fine Arts. We will examine the interrelationship of these artists commencing with Titian's Poesies almost four centuries before Cezanne and Modernism. We will see what these artists share, how they differ, and what makes each unique relative to Modernism. Finally, we will explore how each imagined a vision unifying disparate poetic achievements in art from east to west. **Repeat course.** Course format will include **online** lectures and discussion.

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

Art Studio

PAULA STEFFEN

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

This is a studio art class for folks already painting. OLLI provides a good light space with many windows, quiet, and privacy. Course format will include **in-person** individual instruction, when requested.

Paula Steffen has a B.A. and M.A. in Fine Art from the University of California. She has been a painter most of her life.

ENTERTAINMENT & FILM

Home Bartending

MARY ALTENBERN

● WORKSHOP SAT, 3/18 • 9:30 – 11:30 A.M. • \$15

Want to improve your drink skills for your next event? This home bartending class will help give you the know-how to make your next party a success. Join this workshop to get the confidence and knowledge to make drinks and impress your guests. You will learn about glassware, what liquors to buy, and over 70 recipes to choose from. You will learn about garnishes, laws, beer, and wine, and how to stock a bar at home for 5, 10, or 15 guests, including all the tools to make you successful. Repeat workshop. Workshop format will include **in-person** 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, Maine.



ENTERTAINMENT & FILM • continued from previous page

The Music of Disney, Part 2

DEWAYN MARZAGALLI



■ WORKSHOP SAT, 3/18 • 9:30 − 11:30 A.M. • \$15

This course will be a 3-part workshop featuring the endearing music from Walt Disney's animated movie. Part 2 will begin with Dumbo (1941), Bambi (1942), Song of the South (1947), Fun and Fancy Free (1947), So Dear to my Heart (1947) and finally Cinderella (1950); and, if time allows Alice in Wonderland (1951) and Peter Pan (1953). Stay tuned for The Music of Disney, Part 3 in the Summer 2023. Workshop format will include online 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 a Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center, and with OLLI.

Are You a Marxist? Yes, a Groucho Marxist!

TIM WOOTEN

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

This is a film-appreciation class that examines and enjoys the movies of the most admired comedy team of the 20th Century: the Marx Brothers. This class will also examine the lives of these famous comedians and explore their influences on other comedy teams into our current 21st Century. Using films, film clips, interviews, and other sources we'll make connections and entertain ourselves at the same time over the weeks of the course. It will be fun and educational at the same time. Hoping many of you will participate! Course format will include in-person lecture, discussion, film, hands-on, and movement.

Tim Wooten is a semi-expert of several topics: theater, film, fiction and non-fiction, journalism and propaganda, Labor Relations, Civil Rights, politics and other stuff. A B.A. graduate cum laude from this wonderful University of Southern Maine, he also holds an M.F.A. from Bennington College in Bennington, Vermont and has taken a great many courses in administrative law and modern dance.

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 TUE, 3/14 - 5/2 • 12:45 - 2:45 P.M. • \$50

Behind the art of the Renaissance was a rich, turbulent world of intellectual brilliance, intrigue, war, plague, and wealthy nobles as well as ordinary people focused on family and survival. The class will 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) may be used to explore artwork and the rich material culture of the period. The class format is lecture, discussion, and film. Course format will include remote lecture, discussion, and film.

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 about how material culture — the objects we make and keep offers insight into the lives of ordinary and noble people in the past.

DID YOU KNOW?





HISTORY & CULTURE • continued from previous page

The Western Front in WWII

RICHARD BUDD

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

We will trace the military history of the war in Western Europe from its roots in Germany's rearmament to the onset of war in 1939 to the end. Particular emphasis will be placed on the campaigns in Africa, Italy, and France. Significant focus will be on America's role, and the impact of events in Eastern Europe. Course format will include in-person lectures.

Richard Budd is a retired physicist who studied physics at N.Y.U and Harvard, leading to a doctorate. He designed automation systems in fields as diverse as electronics production, chemical analysis, pharmaceutical manufacture, communications satellites, and oceanography. He teaches a wide variety of subjects at OLLI.

Cooking from the Center of the World

SANDY GARSON & GAEL MAY McKIBBEN

WORKSHOP SAT, 3/25 • 9:30 - 12:00 P.M. • \$15

Wine, wheat, and roasted meat came to us from the Caucausus and Fertile Crescent, which are also a paradise of fruits (apricots, figs, pomegranate, quince, plums) and flavors like saffron, rose water, and Aleppo pepper. Eating there has for centuries been a sumptuous, sensuous experience and immigrants to Maine recreate that in their home kitchens. This workshop features Maine cooks from Azerbaijan, Turkey, Palestine, and Egypt who will share their recipes and traditions on video and in person, and then set out a table of treats for us to taste. Workshop format will include **in-person** lecture and discussion.

Sandy Garson is a published food writer, cookbook author, and caterer. She has taught an ever popular and repeated food history course for OLLI.

Gael May McKibben has travelled and lived in that eastern part of the world and eaten lots and lots.

The Intellectual & Cultural History of 19th Century Europe

ALICIA HARDING

COURSE FRI, 3/17 - 4/21 • 9:30 - 11:30 A.M. • \$50

This class is an exploration of the ideas that shaped the society and culture of Europe from the Congress of Vienna in 1815 to the First World War in 1914. It was a century of change, speed, and an explosion of new ways of thinking and of living as a rising middle class began to dominate politics and events. Repeat course. Course format will include in-person lectures.

REQUIRED BOOKS: Frankenstein, Mary Shelly (any edition), The Time Machine, H.G. Wells (any edition)

Alicia Harding is currently an instructor in World History and Historical Archaeology at Southern Maine Community College. She retired from Deering High School in 2000. She has a master's degree in European Intellectual History, has attended workshops at the Metropolitan Museum of Art and has twice been a recipient of National Endowment for the Humanities grants for advanced study.

The Noble Experiment: The Causes, **Crime, & Cessation of Prohibition**

TOM LAFAVORE

● WORKSHOP SAT, 3/18, 3/25, 4/1・9:30 – 11:30 A.M.・\$25

These workshops will trace origins of the liquor trade from the 17th century to 1920 and the start of Prohibition. Tom gave an 8-week course on the same subject in 2022, but has now focused the subject in a three-part workshop. We will examine the political background of the road to Prohibition and the crime and backlash that led to its demise. Workshop format will include in-person lecture and discussion.

Tom Lafavore was an educator and educational leader for over 30 years. Upon retirement he continued his learning by examining the science behind modern and past cocktail recipes. This led him to study such topics as the cause of the 95-year ban on absinth, the origins of the rum trade, and Prohibition. Tom is currently a docent at the Victoria Mansion where he is researching gas lighting technology.

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





● IN-PERSON ■ REMOTE (ZOOM) ● HYBRID







FACULTY SPOTLIGHT

Sandy Garson

BATH, MAINE

What is your history with OLLI? Having heard about OLLI from delighted friends, I thought I should get in on the action. In 2020 I offered a class on an underappreciated subject: food. After seven decades of life I know that food is extraordinary; it is the root of world history, the essence of culture, and the meaning of love; it always brings people together. So I organized a food history class which filled quickly, then people wanted more; monthly food chat pop-ups met the need. Being so well received by OLLI also gave me the courage to dig out of storage a topic few people knew about: the German resistance to Hitler. Given the troubles of our times, I thought it might be appropriate and helpful. OLLI provided a platform to share a different kind of history that suddenly seemed vital.

What is the best aspect of teaching at OLLI? People take classes because they want to learn. It's a pleasure to share what I know, and make new and valued friends.

Describe your teaching style in three words. Informative, purposeful, candid.

What are you most excited about in your Spring '23 **offerings?** Escorting members to the culinary center of the world in a learning/tasting workshop to discover the source of much of Western cooking. And I'm thrilled to offer anew my class on the little-known story of German resistance to Hitler; the startling bravery of ordinary people puts what's happening now in perspective and reminds us there is always a way to puncture tyranny and evil — if we want to.

"It's a pleasure to share what I know, and make new and valued friends." SANDY GARSON, OLLI MEMBER SINCE 2020

The Hidden Truth of German **Resistance to Hitler**

SANDY GARSON

COURSE WED, 3/15 - 5/3 • 9:30 - 11:30 A.M. • \$50

Winners write history, so it doesn't mention valiant Germans who risked their lives and families to destroy Nazism and help the Allies win. These Germans did not have to stand up and resist by trying to kill Hitler or make secret deals with Roosevelt, by fleeing to France to work with the British or running through bombing raids to prisons. They believed Nazism was that morally repugnant. They filled concentration camps and gallows. We'll examine the hidden history of courageous Germans who set a precedent for those of us troubled by our own times. Course format will include **remote** lectures and discussion.

Sandy Garson heard about German resistance in 1984 and researched how women, whom Hitler banished from society, would fight back. She went to Germany courtesy of its government to meet survivors and also found those who'd fled to the US.



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HISTORY & CULTURE • continued from previous page

Only Hope: My Mother & the **Holocaust Brought to Light**

IRVING LUBLINER



(■ WORKSHOP SAT, 3/25 • 1:00 − 3:00 P.M. • \$15

Before she passed away in 1974, Felicia Lubliner wrote about her internment in ghettos and concentration camps (Auschwitz and Gross-Rosen) in Nazi-occupied Poland. Her powerful stories have been published by her son, Irving Lubliner, who also contributed the foreword and afterword to Only Hope: A Survivor's Stories of the Holocaust. He will share excerpts, shedding light on his mother's experiences and indomitable spirit, as well as his own experience as a child of Holocaust survivors. He will pause during and after his presentation to invite questions and discussion. Workshop format will include remote lecture and discussion.

SUGGESTED BOOK: Only Hope: A Survivor's Stories of the Holocaust, Felicia Bornstein Lubliner, ISBN 9781733884709

Irving Lubliner is a professor emeritus at Southern Oregon University, from which he retired in 2014. Specializing in mathematics education at all levels during his 40-year career, he led teaching seminars in 39 states and gave over 350 conference presentations.

Reading Landscapes

ROBERT SANFORD



WORKSHOP FRI, 3/17, 3/24, 3/31, & 4/7 12:45 - 2:45 P.M. • \$25

As a society, we know a great deal about famous people of the past, great historical architecture and important events of the past, but we are surrounded by common, everyday places that also represent our shared history. Rob will share presentations highlighting common landscape features ranging from plants and trees to stone walls, cellar holes, and other altered landforms that show the dynamics of human-influenced change in the countryside, roadside, and yards around us. This workshop is for anyone who is curious about the remnants and features of a bygone New England countryside — plan to go outside as a group and to "read" the landscape around us. Workshop format will include **in-person** lectures, discussion, hands-on activities, and movement.

Robert Sanford is Professor Emeritus of Environmental Science and Policy at USM. He was a registered professional archaeologist and an environmental planner. The Portland Press Herald referred to his Reading Rural Landscapes as "a superb read and a solid quide."

Women in American History: II (Since 1877)

JOHN SUTHERLAND



COURSE THU, 3/16 - 5/4 • 9:30 - 11:30 A.M. • \$50

This course is a continuation from Fall 2022. Topics will include industrialization, urbanization, immigrant women, laboring women, women social reformers, the campaign for suffrage, women in the Depression, women at war, and post-war feminism. Note: the first semester is not a prerequisite for this course. Repeat course. Course format will include remote lectures, discussion, and film.

SUGGESTED BOOK: American Women: 400 Years of Dolls, Drudges, Helpmates, and Heroines, Gail Collins, ISBN 9780061227226

John Sutherland graduated from the University of Maine and received his Ph.D. in History from Temple University. A Professor of History Emeritus from Manchester (CT) Community College, he has taught at OLLI for 18 years and has published articles on female urban social reformers in the early 20th century.

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





● IN-PERSON ● REMOTE (ZOOM) ● HYBRID





The Life & Legacy of Frances Perkins

EMMA WEGNER & MICHAEL CHANEY



COURSE THU, 3/16 - 4/13 • 12:45 - 2:45 P.M. • \$50

Secretary of Labor under Franklin D. Roosevelt from 1933 to 1945, Frances Perkins is widely recognized as a driving force behind the New Deal, most notably for the policies that created Social Security, the 40-hour work week, overtime pay, unemployment insurance, workplace safety standards, and a ban on child labor. This course explores her life and work in five classes: Her Maine Roots and Early Career; The Woman Behind the New Deal; Perkins in the Eyes of Charles E. Wyzanski, Jr., her Solicitor at the Department of Labor; Jobs, Infrastructure, and Art in the New Deal; A Conversation with Her Grandson, Tomlin Perkins Coggeshall. Repeat course. Course format will include remote lectures and discussion.

SUGGESTED BOOK: The Woman Behind the New Deal, Kristin Downey, ISBN 9781400078561

Emma Wegner is Program and Education Director at the Frances Perkins Center in Newcastle, Maine. She is a graduate of Bryn Mawr College and holds an M.A. in the History of Decorative Arts from the Bard Graduate Center in New York City. Before moving to Maine, she worked in Education at The Metropolitan Museum of Art for 17 years.



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Explore Portland's Historic Neighborhoods — On Foot

BRUCE WOOD

COURSE THU, 3/23 - 4/27 • 12:45 - 2:45 P.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. The longest walk will be two miles in two hours. The greatest elevation change will be between Congress Street and the waterfront. All walks will be on pavement, with side trips into two grassy cemeteries. Wheelchair accessible. Rain or shine. The Instructor will contact students about the meeting place prior to each class. Repeat course. Course format will include **in-person** lectures and movement.

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

Bruce Wood moved to Portland after retiring as a computer programmer for Amtrak. He fell in love with the city's history and architecture and served on Portland's Historic Preservation Board. He has led tours for the Maine Historical Society, at the Observatory, and at the Victoria Mansion.

Discovering Portland's Historic Stroudwater District

ALESSA WYLIE

● WORKSHOP SAT, 4/29 • 9:30 − 11:30 A.M. • \$30

The Stroudwater Historic District in Portland contains about thirty homes, dating from the Colonial, Federal, and Greek Revival periods as well as the village burying ground, sites associated with the thriving mast trade, mills, shipyards, and a section of the Cumberland and Oxford Canal. This walking tour/workshop explores the history of this unique historic district that is one of the best-preserved examples of the early settlement and development of a New England village. There will also be a visit to the Tate House, a notable historic home in the district. Workshop format will include in-person lecture, discussion, and movement.

Alessa Wylie is the Manager of Education Programs for Greater Portland Landmarks. For 14 years she served as director of Old Fort Johnson National Historic Landmark, the 1749 fortified Mohawk Valley homestead of Sir William Johnson, one of the most interesting men of the colonial New York that you've probably never heard of. Alessa moved back to Maine with her husband in 2014. When not visiting historic sites, they can most likely be found at Two Lights State Park.

LANGUAGE

Intermediate French

IACOUELINE BUCAR

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

Continuation of 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 and writing will also be incorporated in the class. Repeat course. Course format will include **in-person** discussion.

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

Une aventure au Canada d'autrefois

ROBERTA MUSE

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M.• \$50

Join us for a voyage into old Québec with Jean Pénicheault, bûcheron. Along the way, we will reawaken dormant French listening and speaking skills; learn new vocabulary, constructions, culture and history; and make some friends, real and imaginary. This course is not for the complete beginner, but welcomes anyone who wants to have fun with their basic French, however rusty. À bientôt! Course format will include in-person lecture, discussions, film, and hands-on activities.

Bobbie Muse taught French for over 25 years, mostly at Fryeburg Academy. Since retirement, she has kept her beloved second language alive through travel, tutoring, translation and teaching at OLLI. She is very excited to return — in person! — to the senior college classroom this spring.

LITERATURE

Moral Ideals & Reality in Literature & Film

IIM BUCAR

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

The goal of this course is to define and discuss the origins and implications of moral systems in real-world terms and as they are acted out by fallible human beings. To do so, we will examine and discuss the results in several films and pieces of literature, selected by class members from these choices: films: Virgin Spring, Becket, Hamlet (excerpts), Seven Beauties; literature: Young Goodman Brown, *Heart of Darkness, The Plaque, and — definitely — The Last* of the Just. Course format will include in-person lectures and discussion.

Jim Bucar taught English classes for 44 years, including a course very much like this one. He also very much enjoyed classes on film led by Juris Ubans here at USM, especially the discussion that followed the showing of the films. He has also enjoyed teaching a couple of courses in the OLLI program.

Exploring Short Stories

ANNE CASS

COURSE MON, 3/13 - 5/1 • 12:45 - 2:45 P.M. • \$50

Join an engaging group of fellow OLLI readers to explore short stories. This term's adventure will be with The Penguin Book of the Modern American Short Story, edited by John Freeman (paperback edition). We will meet some new authors and enjoy some classics. Curious minds welcomed! Course format will include remote discussion.

REQUIRED BOOK: The Penguin Book of the Modern American Short Story, John Freeman, editor, ISBN 1984877801

Anne Cass enjoys meeting new people and facilitating engaging conversations.

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





● IN-PERSON (■) REMOTE (ZOOM) ● HYBRID



Boston Noir — The Classics

RICHARD CASS

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

Boston is the home of some of the best crime fiction written about the Northeast. We will read and explore some of the classic crime short stories written about Boston by authors like Robert Parker, George V. Higgins, Andre Dubus, and Joyce Carol Oates, and talk about how they could only be written about the "Hub of the Universe." Course format will include **in-person** lectures and discussion.

REQUIRED BOOK: Boston Noir 2 — The Classics, Dennis Lehane, editor, ISBN 9781617751363

Richard Cass is the author of six crime novels in the Elder Darrow jazz mystery series and a thriller entitled The Last Altruist. Books in the Darrow series have won the Maine Literary Award for Crime Fiction and the Nancy Pearl Librarians' Prize for Genre Fiction. He lives in Cape Elizabeth. Visit @DickCass on Twitter.

Women in Early Literature

EVY NEWLYN

COURSE THU, 3/16 - 5/4 • 12:45 - 2:45 P.M. • \$50

In this repeat course we will consider the lives, roles, and thinking, by and about women in the Archaic and Classical periods in Greece, as presented in myths, poetry by women and men, and in drama, studying works by writers such as Hesiod, Sappho, Semonides, Sophocles, and others of those times. We will learn from Herodotus the truth about Amazons, and will view relevant art as well. Assignments not in the purchased texts will be provided. Course format will include remote lectures and discussion.

REQUIRED BOOKS: Greek Tragedies 1, 3rd edition, Mark Griffith, ISBN 9780226035284; Greek Tragedies 3, 3rd edition, Mark Griffith, ISBN 9780226035932

Evy Newlyn is Professor Emerita of English from the State University of New York. After earning her Ph.D. in English from Syracuse University, she taught at universities in Virginia, Maine, and New York. Her special interests are Classical literature, medieval literature, and cats.

DID YOU KNOW?

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

Don't Do It!: 21st Century Fiction **Novelists Explore a New Genre of Crime Literature**

SUSAN POWELL

COURSE MON, 3/13 - 5/1 • 9:30 - 11:30 A.M. • \$50

We will read crime capers and tales of corruption written by authors who are acclaimed for their work in other genres. With four contemporary novels we will take the art of the mystery story to new depths and keep readers on the edge of their chairs with the lights on. Please read the first half of The Final Solution: A Story of Detection for the first class. Course format will include be highly participatory with **remote** discussion facilitated by four teams of two.

REQUIRED BOOKS: The Final Solution: A Story of Detection, Michael Chabon, ISBN: 9780060777104; Harlem Shuffle, Colson Whitehead, ISBN: 9780525567271; Golden Hill: A Novel of Old New York, Francis Spufford, ISBN: 9781501163883; Deacon King Kong by James McBride (ISBN: 978-0735216730)

Susan Powell immensely enjoyed the late Betsy Wiley's 21st-century literature classes at OLLI for more than ten years and will coordinate the class. The other discussion facilitators will be Susan Carter, Matt Ellenberger, Susan Jennings, Anna Messmer, Mary Schendel, Louise Sullivan, and Karen Winslow. Using a collaborative model, we will take a deep dive into contemporary fiction.



MUSIC

Take a Trip Down Maine's Musical **Memory Lane**

SCOTT ANDREWS

WORKSHOP SAT, 4/1 ⋅ 9:30 − 11:30 A.M. ⋅ \$15

Via YouTube videos plus in-person commentary and discussion, we'll look at about two dozen popular musicians and songs, starting with the Maine Stein Song and continuing to the present. A few of the Pine Tree State artists to be covered are: Dick Curless (A Tombstone Every Mile), Schooner Fare (Portland Town), Al Hawkes (tribute video), Will Holt (Lemon Tree), Anni Clark (Will it Ever Be the Same?), Don Campbell (Heart of a Tennessee Town) and Erica Brown and her Bluegrass Connection (Evangeline). Workshop format will include **in-person** lecture and discussion.

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 journalist, specializing in leisure-time activities.

Themes in Country Music

RON DEPETER

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

Johnny Cash's Country Music Hall of Fame plaque describes the artist as: "Songwriter, historian, fighter of causes; friend to the deprived and troubled, friend of great men; a leader in the temporal world, and follower in the spiritual world." This course will examine how country music artists such as Cash, Loretta Lynn, Dolly Parton and many others use(d) their lyrics, voice, and image to reflect on themes that have their "roots in the soil" of everyday people, such as home, poverty, love, heartbreak, heaven, and of course trains and dogs. Course format will include in-person discussion and film.

Ron DePeter is from South Portland and grew up hearing Dolly Parton and Johnny Cash alongside Aretha Franklin and David Bowie on the radio no barriers. An English professor for thirty years, he currently teaches writing at USM.

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





● IN-PERSON ● REMOTE (ZOOM) ● HYBRID



Popular Music & Culture of the 1940s

TERRY FOSTER

COURSE FRI, 3/17 − 5/5 • 9:30 − 11:30 A.M. • \$50

This course explores the music of the 1940s, particularly songs that became "standards." Through lecture, discussion, videos, live music, and singing, we will recall what was popular. We'll discuss major events when Roosevelt and Truman were in the White House, but our main focus will be on music. You'll hear Crosby, Clooney, Fitzgerald, "Satchmo," and others, as well as country and western singers, plus Latin music from Xavier Cugat, etc. We'll discuss current events back then, popular foods, toys, movies, radio, etc. We'll have fun and end with a party! **Repeat course.** Course format will include in-person lectures, discussion, film, and music.

SUGGESTED BOOK: Culture in the 1940s, Jacqueline Foetsch, ISBN 0748624139

Terry Foster has played piano since the mid-'40s. He's played in bands, musical theater and accompanied singers. He's a church musician and plays jazz too. A retired USM administrator with a doctorate in higher education, he co-founded Senior College, OLLI's forerunner.

Bach's Best

PETER GRIFFIN

COURSE FRI, 3/17 − 5/5 • 12:45 − 2:45 P.M. • \$50

An in-depth study of some of Johann Sebastian Bach's finest works. With an emphasis on the harmonic structure of Bach's music, selections will include harpsichord works, sacred and secular cantatas, chorale preludes, concertos, chamber works, organ works, and large choral works including the St. John Passion and the Mass in B Minor. The works studied will be different from those presented in the fall class The Life and Music of JS Bach. The class will include a 75-page take-home text, a slide show format with many video clips of musical examples, and teaching help from a keyboard. Course format will include in-person discussion.

Peter Griffin has taught classes at the Midcoast Senior College. He serves on the Boards of Holbrook Community Foundation in Cundys Harbor, Bowdoin International Music Festival in Brunswick, and Friends of the Kotszchmar Organ and Classical Uprising in Portland.



The Art of Bel Canto

CALIEN LEWIS

WORKSHOP SAT, 3/25 ⋅ 9:30 − 11:30 A.M. ⋅ \$15

The workshop will explore the operatic style "bel canto," in an attempt to define what it is and provide examples of who wrote it, who sang (sings) it, and how. Rather than an extensive look at the history of the style, the workshop will include more musical examples than prior workshops offered by Lewis. Course format will include in-person lecture and discussion.

Calien Lewis currently serves as dramaturg for Opera Maine, where she has presented on a variety of operatic topics as well as pre-opera talks for over 20 years. She holds degrees in literature, theatre and law, and has studied extensively in music performance, history and the humanities. Her last paid gig was with The Maine Justice Foundation.



PERSONAL FINANCE

Retirement Recap

KERRY PEABODY

COURSE FRI, 3/17 − 5/5 • 9:30 − 11:30 A.M. • \$50

This long-running class provides an introduction to and review of various retirement-related financial and planning topics — elder law and estate planning basics, long term care planning, Medicare, life insurance and annuities, finding and choosing care providers when needed, etc. Each session is taught by an expert in that specific field — an attorney, certified financial planner, care provider, or insurance professional. Whether you're trying to get started with your plans, or need a refresher, this is a valuable class. **Repeat course.** Course format will include **in-person** discussion.

Kerry Peabody, CLU, CLTC, RICP, is an insurance professional with more than 25 years of experience in the industry. He works with a network of area professionals to provide clients with knowledge of and access to a range of services. He lives in Scarborough with his wife, Carrie.

Retirement Income Planning

DEREK THARP

Q WORKSHOP SAT, 4/1 ⋅ 9:30 − 11:30 A.M. ⋅ \$15

This workshop will examine how individuals and couples can plan for a sustainable retirement. We will examine prudent retirement planning practices as well as methods for investing in a socially and environmentally conscious manner. We will take a holistic view of financial management in retirement and address topics such as retirement income planning, Social Security and Medicare planning, managing taxes in retirement, investment management, the use of annuities in retirement planning, estate planning, long-term care planning, and more. Readings, discussions, and in-class exercises will be aimed at providing practical insights for attendees. Repeat workshop. Workshop format will include **remote** lecture.

Derek Tharp, PhD, CFP,® CLU,® RICP,® is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

PERSONAL FINANCE • continued from previous page

Social Security Planning

DEREK THARP



(■ WORKSHOP SAT, 3/25 • 9:30 − 11:30 A.M. • \$15

This workshop will cover key considerations for how to get the most from your Social Security benefit. We will cover topics such as the long-term health of the Social Security program, how to figure out how much you can expect to receive in retirement, when you should apply for Social Security benefits, how to coordinate claiming strategies with a spouse, ways to minimize taxes on Social Security benefits, and other important considerations for maximizing your Social Security benefit. Repeat workshop. Workshop format will include remote lecture.

Derek Tharp, PhD, CFP,® CLU,® RICP,® is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

Tax Planning in Retirement

DEREK THARP



(■ WORKSHOP SAT 3/18 • 9:30 − 11:30 A.M. • \$15

This workshop will cover key considerations for planning for taxes in retirement. We will cover topics such as how various types of income are taxed in retirement, how to avoid Social Security and Medicare tax traps, how to take distributions from retirement accounts in a tax-efficient manner, and charitable giving in retirement. We will consider tax planning strategies from the perspectives of both those who are already in retirement and those who are still working toward retirement. **Repeat workshop.** Workshop format will include remote lecture.

Derek Tharp, PhD, CFP, ® CLU, ® RICP, ® is a finance professor at USM. Derek is the founder of Conscious Capital, Inc, a Maine-registered investment advisor. He blogs regularly at the Wall Street Journal's Experts Blog, and he has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

POLITICS & CURRENT EVENTS

The Sixties Through the **Great Speeches of the Sixties**

BUCK BENEDICT



COURSE MON, 3/13 - 5/1 • 9:30 - 11:30 A.M. • \$50

The 1960s were a time of coming together for civil rights, but also a time of falling out over Vietnam. A time of love and peace, but also of brutal assassinations. Of Women's Lib, the Pill, the Civil Rights Act, the Voting Rights Act. It was also a time — perhaps the last time — when people listened to and were moved by the well-spoken word. Speeches are time capsules for us to open and examine this turbulent time and appreciate its importance in our country's history...and our own. Repeat course. Course format will include **remote** lectures, discussion, and film.

Buck Benedict taught public speaking and speechwriting primarily to graduate students at the University of Pennsylvania for 16 years. He is passionate about great speeches and the leaders who gave them and has wanted to create this course for 30 years.

Civic Virtue: Democracy

ROBERT LIBBY



● COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

This seminar examines the condition of democratic governance in the present United States through close examination of anti-democratic forces and efforts to reform and improve democratic principles. Repeat course. Course format will include **in-person** lectures and discussion.

Robert Libby has designed and presented civic education and Constitutional law instruction for more than fifty years. He has designed instruction materials for every level of instruction.

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





● IN-PERSON ■ REMOTE (ZOOM) ● HYBRID





Great Decisions 2023

THE WORLD AFFAIRS COUNCIL OF MAINE **CLIFFORD GILPIN & ALLISON HODGKINS, COORDINATORS**

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

Great Decisions is America's largest, longest-running, grassroots discussion program on foreign policy and world affairs. Each year, experts at the Foreign Policy Association identify eight critical issues facing the United States and compile background information and policy options to engage Americans in discussion groups across the country. The World Affairs Council of Maine (WAC207) has facilitated Great Decisions in Maine for more than 20 years. Session leaders are recruited from our general membership based on professional expertise or interest. This spring's course will cover the following topics: Energy Geopolitics; War Crimes; China's Foreign Policy; Economic Warfare; Elections in Latin America; Global Famine; Iran and the Gulf States; and Climate Migration. Course format will include in-person lectures and discussion.

SUGGESTED BOOK: Great Decisions Briefing Book, Foreign **Policy Association**

The World Affairs Council of Maine is a nonprofit and nonpartisan educational organization. Our mission is to connect Maine and the world, by engaging and educating people of all ages to become global citizens. Our OLLI offering is coordinated by Clifford Gilpin, Past President and Program Committee Chair, and Allison Hodgkins, Executive Director of the World Affairs Council of Maine.

Let's Talk!!!

MIKE LYNCH



COURSE WED, 3/22 – 4/26 • 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 for each class. Some topics may include Media Manipulation of Reality, Loneliness in The Age of Social Media, Leadership in Modern Times, Parenting — Past and Present. 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! Course format will include **remote** discussion.

Mike Lynch has taught several traditional OLLI lecture courses. This course will be different. He will provide reading and viewing materials for you to review, and then facilitate discussions on important and interesting topics.

Palestinian-Israeli Grassroots **Diplomacy: Path to Peace Between Enemies?**

KATHLEEN SUTHERLAND & MARCIA WESTON

COURSE TUE, 3/14 - 5/2 • 12:45 - 2:45 P.M. • \$50

This course is devoted to the study of the plethora of grassroots groups committed to mutual understanding and peace between enemies, Israeli Jews and Palestinian Arabs of all faiths. What impact have these groups organizations and informal networks — had on promoting peace between the two warring parties: Israelis and Palestinians? Historically, there were positive and cooperative relations between Jew and non-Jew in Palestine before the 1948 creation of the state of Israel. Can this nonviolent approach succeed where violence has utterly failed? Course format will include **remote** lectures, discussion,

SUGGESTED BOOK: Connecting with the Enemy: A Century of Palestinian-Israeli Joint Nonviolence, Sheila H. Katz, ISBN (paperback) 9781477310625

Kathleen Sutherland, Ph.D. from Indiana University, is Associate Professor Emerita of Political Science at Bowling Green State University in Ohio. She has been teaching courses at OLLI on the Middle East, women, and immigration since 2005.

Marcia Weston received her Ph.D. at age 67 through the University of North Carolina at Greensboro. Her work centers around finding and supporting peace efforts between Israeli and Palestinian citizens. Her interests focus on humanistic practices that promote social justice consciousness and well-being for all.

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POLITICS & CURRENT EVENTS • continued from previous page

The NATO-Russian War in Ukraine was Predictable, Predicted — & Avoidable

SUSAN WELSH

COURSE MON, 3/13 - 5/1 • 9:30 - 11:30 A.M. • \$50

Some believe that the U.S. foreign policy elite and mainstream media have perpetrated a false narrative, ignoring over 30 years of evidence and expert warnings that NATO violation of Russia's "Monroe Doctrine" in Ukraine would lead to war. The U.S. has poured billions of dollars, plus military and intelligence personnel, into a war which is not in America's national interest. Topics will include: unkept promises; Russia's "reddest of red lines;" eight years of civil war in Ukraine that you don't know about; our political echo chamber. The world has changed. What comes next? Course format will include remote lectures, discussion, and film.

REQUIRED BOOK: How the West Brought War to Ukraine, Benjamin Abelow, ISBN 9780991076703

Susan Welsh is a Russian-English translator, editor, and former journalist. Her Russian studies include literature, psychology, World War II on the Eastern Front, and the post-Soviet era. She taught OLLI classes in 2021 on Why Do Most Russians Support Putin?



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





(IN-PERSON (REMOTE (ZOOM) (HYBRID



RELIGION & PHILOSOPHY

A Good Death

MIKE BERKOWITZ



COURSE MON, 3/13 - 5/1 • 12:45 - 2:45 P.M. • \$50

How do you define death? What's a good death? A bad one? What are your attitudes toward death? How do you weigh quantity of life and quality of life? What should be the doctor's role? Should end-of-life care costs be considered? Have you made your wishes known? Who should decide? Brief slide shows and movie clips will help us discuss what a good death is. Course format will include remote lectures discussion, and film.

Mike Berkowitz taught in day care centers, elementary schools, and two colleges, before finding his niche teaching at OLLI. He enjoys presenting information and questions that can challenge folks to think in new ways about society and ourselves.

Decoding Schopenhauer's Metaphysics, Part 2

STEPHEN KERCEL

COURSE TUE, 3/14 - 5/2 • 12:45 - 2:45 P.M. • \$50

Bernardo Kastrup contends that Schopenhauer has been consistently misunderstood even at the hands of experts. Hoping to change this, Decoding Schopenhauer's Metaphysics offers a decoding key for unlocking the sense of Schopenhauer's metaphysical contentions in a way that renders them mutually consistent. Even those who earlier dismissed Schopenhauer's metaphysics should be able to return to it with fresh eyes and at last grasp its meaning. And for those as yet unacquainted with Schopenhauerian thought, this volume offers a succinct and accessible entry path. Course format will include remote lectures and discussion.

REQUIRED BOOK: Decoding Schopenhauer's Metaphysics, Bernardo Kastrup, ISBN 9781789044263

Steve Kercel has a Ph.D. in Artificial Intelligence and has published extensively on the distinction between computation and cognition. He recently taught an OLLI sequence titled Brief Peaks Beyond spanning four terms and exploring Kastrup's idealist philosophy of consciousness.



A NEW New Testament

THOMAS MCGOVERN

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

This is an interdisciplinary survey course drawing on historical, literary, and theological perspectives. It explores Jesus of Nazareth sayings, stories, and meanings remembered by Judeo-Christian communities who produced the scriptural texts of the traditional New Testament. More than fifty new texts recently discovered, translated, and studied now enhance our understandings of the original teachings. The course includes an introduction to Gospel of Thomas, the Gospel of Mary Magdalene, and Acts of Paul and Thecla, especially highlighting multiple women leaders in early communities. Prior biblical knowledge not necessary. There will be ample Q&A time for sharing different points of view. Required text includes canonical and new scriptures with excellent ecumenical commentaries. Course format will include **in-person** lectures and discussion.

REQUIRED BOOK: A NEW New Testament, Hal Taussig (editor), ISBN 9780544570108 (papaerback)

Tom McGovern has an A.B. Theology and Philosophy from Fordham University and Ph.D. Counseling Psychology. A national, university, disciplinary award-winning teacher, he designed and delivered 15 different OLLI courses in religious studies, literature, and psychology at Arizona State University and USM.

Religious Conversion

STEVEN PIKER

COURSE THU, 3/16 - 5/4 · 9:30 - 11:30 A.M. · \$50

Religious conversion... what is it? Paul on the road to Damascus? Or...? We will see conversion as a part of the entire life of the convert, a part in which the convert has active agency, and will look for both changes and continuities across the conversion experience by looking in depth at detailed case materials. We'll explore conversion from the convert's point of view. We will get to know a couple of converts real well. Course format will include remote lectures and discussion.

SUGGESTED BOOK: The Last Year of the War, Shirley Nelson, ISBN 0060131721

Steve Piker is an anthropologist. He has done field work on religion in Thailand and the U.S.; taught 44 years at Swarthmore College; and offered courses at four of Maine's senior colleges.

SCIENCE & NATURAL HISTORY

Human Impacts on Planet Earth — George Perkins Marsh to Jan **Zalaciewicz**

DAVID VON SEGGERN

COURSE WED, 3/15 - 5/3 • 12:45 - 2:45 P.M. • \$50

Natural phenomena have long shaped the Earth. But now we have a new agent of visible change: humans are now considered the dominant force in changing our planet. We examine various authors who have highlighted the capability of humans to affect both the living and inert Earth in new and powerful ways. Our capability has become so potent and changes so evident and long-lasting that the International Stratigraphy Commission is now poised to declare a new geologic epoch called the Anthropocene. Students are expected to examine their own experiences for changes wrought by humans. Course format will include remote lectures, discussion, and film.

REQUIRED BOOK: Man and Nature Or, Physical Geography As Modified by Human Action, George Perkins Marsh, free eBook available at gutenberg.org/files/37957/37957-h/ 37957-h.htm

SUGGESTED BOOKS: The Anthropocene as a Geological Time Unit, Jan Zalaciewicz et al., ISBN 9781108475235; Anthropocene, Edward Burtynsky et al., ISBN 9781988788043

David von Seggern, Ph.D., is retired from the Nevada Seismological Laboratory at University of Nevada, Reno. Since then he has been active in environmental, conservation, and community-affairs issues, including presentations at OLLI in Reno on various topics. David enjoys hiking and reading.

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SCIENCE & NATURAL HISTORY • continued from previous page

Natural History of Greater Portland

SUSAN GILPIN



WORKSHOP TUE, 4/4, 4/11, 4/18, 4/25 1:00 - 3:00 P.M. • \$25

Over four weeks in April, we will visit and walk through four different sites, two in Portland and two nearby. We will learn about the history of land use here including indigenous uses, ponds and streams, changing Casco Bay, and birds and wildflowers. Each walk will cover about a mile. In case of rain, we will Zoom and make up the walk on May 2. Workshop format will include in-person lecture, discussion, movement, and hands-on activities.

Susan Gilpin is a Maine Master Naturalist. She leads walks for schools, church groups, and the Falmouth Land Trust. She is particularly interested in the interactions between species in natural communities.

Is Consciousness a Quantum **Mechanical Effect?**

STEVE KERCEL



(■ WORKSHOP SAT, 3/18, 3/25, 4/1 • 9:30 − 11:30 A.M. • \$25

Most definitely not! Quantum mechanics is a straightforward algorithm for investigating the smallest of observable physical events and estimating the degree to which we can believe what we see. Schrodinger's equation is a comment on the reliability of measurement and not on the role of consciousness. Heisenberg stresses the point that quantum mechanics is pure description, and has no connection with underlying causation. Repeat workshop. Workshop format will include **remote** 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 several OLLI courses exploring Kastrup's and Schopenhauer's idealist philosophies of consciousness. His background includes recent training in quantum mechanics.

Your Inner Fish

HAL SCHEINTAUB



COURSE FRI, 3/17 − 5/5 • 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, a history of life on earth and your connections to it. This class is based on an acclaimed book and enriched with media and meaningful discussions and will introduce to you some 21st-century ideas in genetics, developmental biology and evolution while revealing a beauty in the interconnectedness of all living things. **Repeat** course. Course format will include in-person lectures and discussion.

REQUIRED BOOK: Your Inner Fish: A Journey into the 3.5-Billion-Year History of the Human Body, Neil Shubin, ISBN 0375424474 (ISBN13 9780375424472)

Hal Scheintaub earned a Ph.D. in Biophysics in 1975. He was a public health research scientist for twelve years before becoming a high school science teacher and consultant for science curriculum development at MIT. He is a lifelong learner.

Stalking Spring Wildflowers

DIANNE SINCLAIR

● WORKSHOP SAT, 5/20 • 9:30 − 3:30 P.M. • \$25

Spring ephemerals are wildflowers that bloom very briefly before the trees leaf out. At the morning classroom session, we will become familiar with the flowers through a Power-Point presentation. In the afternoon, we will carpool to a nearby location to seek out the flowers. The walk may involve uneven ground but we will be walking slowly. The morning session will be held rain or shine. The afternoon walk will be rescheduled for one week later if it rains. Bring field guides and a hand lens if you have them, bug repellent and good walking shoes. Repeat workshop. Workshop format will include in-person lecture, movement, and hands-on activities.

Dianne Sinclair has been searching for wildflowers since 1988. She loves finding flowers she has never seen before as well as visiting old "friends" each year. She has lectured and led wildflower walks for OLLI, libraries, and garden clubs.

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





● IN-PERSON ● REMOTE (ZOOM) ● HYBRID



DID YOU KNOW?

SELF-KNOWLEDGE & CARE

Mystery, Manifestation, & Meditative Movement

FRED BRANCATO

COURSE FRI, 3/17 - 5/5 • 3:15 - 5:15 P.M. • \$50

This course is based on Fred Brancato's new book, Mystery and Manifestation: Reflections on Life Experience Beyond Ideology, Theology and Belief Systems. Classes will involve presentations and discussion about modes of perception, metamorphosis and ways of being in the world, the oneness of life and death, and the nature of human identity. Emphasis will be placed on valuing experience over ideology. Each class will begin and end with the soft and graceful movements of Tai Chi Qigong. Course format will include **in-person** lectures, discussion, and movement.

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

Fred Brancato holds a Ph.D. from New York University, has studied the world's diverse spiritual traditions for over sixty years, and is the author of Ancient Wisdom and the Measure of Our Days: The Spiritual Dimensions of Retirement, Aging and Loss.

The Science of Happiness

HEATHER EDGERLY



Q WORKSHOP SAT, 4/1 ⋅ 9:30 − 11:30 A.M. ⋅ \$15

In this workshop, we will explore the science behind happiness. We will discuss and engage in practices that have been proven to increase an individual's happiness and overall well-being, including mindfulness, gratitude, and kindness. No materials are required for this workshop, but you will be provided with resources related to the topics and practices covered. Repeat workshop. Workshop format will include remote lecture.

Heather Edgerly began studying Eastern Religions twenty years ago and has subsequently received degrees in Religious Studies from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religion courses at the college level and currently leads classes in the theory and practice of meditation, science of happiness, and yoga for healing.

Making Important Decisions: Rationally or Irrationally

LANDIS GABEL

COURSE FRI, 3/17 - 5/5 • 9:30 - 11:30 A.M. • \$50

This course is about how we should — and how we actually do — make important decisions. It is based on two bodies of economic theory developed recently: game theory and behavioral economics. The former examines rational decision making, i.e., how we should do it. The latter examines our actual decision-making, our biases and what we might do to mitigate them. With a mix of experiments, mini-lectures, videos, and examples, we will look at how to signal cooperation, how to threaten, how to bid at an auction, or how to negotiate. Repeat course. Course format will include **in-person** lectures, discussion, and film.

Landis Gabel recently retired after 35 years as a Professor of Economics in France. He studied at the London School of Economics, received a Ph.D. from the University of Pennsylvania, and was on the faculty of the University of Virginia. He taught an OLLI course on climate change prior to the pandemic.

The As, Bs, Cs, & Ds of Medicare

BARBARA HOPKINS

■ WORKSHOP SAT, 3/18 • 9:30 – 3:30 P.M. • 25\$

This Medicare survival guide will provide an overview of the health programs that typically cover retired people beginning at age 65 as well as disabled individuals. The following will be covered: History of the Medicare Program, enrollment guidelines and process, Supplement/ Medigap vs Medicare Advantage, care not covered by Medicare, Low Income Subsidy programs, Medicare D — Drug coverage, doctors and hospitals view and requirements of Medicare and time for questions and answers. Repeat workshop. Workshop format will include **remote** lecture and discussion.

Babara Hopkins has 30 years professional experience from working within the Health Insurance Industry and has also been a licensed health insurance agent since 2004. She has helped people understand and enroll into Medicare since 2006 and has taught adult education programs throughout Southern Maine for 10 years. She holds an M.A. in Communications Management/Adult Learning Theory from University of Southern California as well as a Professional Certificate in Instructional Design from University of Southern Maine.

SELF-KNOWLEDGE & CARE • continued from previous page

Nature Therapy Guided Walk

HUGHES KRAFT

WORKSHOP SAT, 4/1 ⋅ 9:30 − 11:30 A.M. ⋅ \$15

This workshop will be taught in collaboration with the forest. Nature Therapy is also known as Forest Bathing or Shinrin-Yoku in Japan where it originated. It is a way to explore health, wellness, connection and balance using the forest as the facilitator. This two-hour immersion workshop will give participants the opportunity to connect with nature and themselves in a unique way. The two hour "walk" will be offered for up to twelve participants in the Portland area on Saturday, April 1st. Workshop format will include **in-person** hands-on activities and movement.

Hughes Kraft is a psychotherapist and Certified Nature Therapy Guide. Believing in the importance of nature he helps people connect with their inner nature through therapy and being in nature. He enjoys spending generous time outside in a number of ways.



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Surviving & Thriving as an Elder Widow

LUCILLE MELTZ



(■ WORKSHOP SAT, 3/18, 3/25 • 9:30 − 11:30 A.M. • \$25

There are over 11 million widows over 65 in the U.S. The exceptional daily challenges they face dealing with their own aging process while grieving the loss of their life companion is unlike losses of any other age. Yet this unique population remains largely forgotten in our society.

In this interactive class as you connect with other elder widows, we will cover helpful emotional, practical and spiritual self renewal practices, opening a pathway to a time of greater wisdom and expanded thriving at this time of life. Workshop format will include remote lecture and discussion.

REQUIRED BOOK: The Elder Widows Walk, Lucille Ann Meltz, ISBN 9781984233400

Lucille Ann Meltz, MSED, M.A., is a highly experienced workshop leader, teacher, life coach, public speaker and published writer. Widowed at age 70, she is the author of The Elder Widow's Walk, A Personal Journey and Guide for Bereaved Widows 65 and Beyond. (lucilleannmeltz.com)

Sustainability, Social Change, & Fun

MIKE NICKERSON



WORKSHOP SAT, 4/1 • 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 workshop.** Workshop format will include remote lecture and discussion.

Mike Nickerson founded the Institute for the Study of Cultural Evolution in 1971. He has since written and spoken extensively on sustainability and how we might achieve it. (sustainwellbeing.net)

The Art of Living Well: **Peace Education Program**

RITA RUBIN-LONG & TERRY LANDRY

COURSE FRI, 3/17 - 5/12 • 12:45 - 2:45 P.M. • \$50

Have you ever wondered how to live at peace with the uncertainties and pressures of an ever-changing world? "Like water, peace is fundamental to human beings." (Prem Rawat) This nine-week course features a video-based peace education program created by renowned author and international speaker, 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 course.** Course format will include **in-person** lecture, discussion, and film.

SUGGESTED BOOK: Hear Yourself: How to Find Peace in a Noisy World, Prem Rewat, 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 muchlauded vegan-vegetarian program in his role as manager of Foss Dining Hall.

iCloud Overview & Uses

BERN SHANFIELD



(■ WORKSHOP SAT, 3/18 • 9:30 - 11:30 A.M. • \$15

We will begin with an overview of iCloud, followed by a discussion about some of the central services it facilitates including synchronization, storage, and passwords. We will continue into other areas as time allows. Workshop format will include remote lecture and discussion.

Bern Shanfield is a longtime Mac enthusiast inspired by the possibilities that computers allow. He strives to learn more and better applications. He is focused on working one to one with seniors and is moving towards developing work with small groups.



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

FUN: It Does a Body Good

DONI TAMBLYN

COURSE FRI, 3/17 - 5/5 • 12:45 - 2:45 P.M. • \$50

This highly interactive class will prove that you're a born expert at humor, creativity, and play. Through theater improv games, you'll develop your natural (not "comedy club") humorous style. Practice the two most effective ways to make social encounters more relaxed and fun. Discover the one simple rule for avoiding inappropriate humor without fail. Learn "the improvisor's secret" for fearlessly taking risks in front of a theater full of strangers. Tap back into your natural playfulness, and start using it successfully, appropriately, and — best of all — without fear. Repeat course. Course format will include in-person lecture, discussion, film, hands-on activities, and movement.

Doni Tamblyn is the former president of the corporate training firm, HumorRules LLC, which offered training in communication and creativity skills for business professionals. The HumorRules client list included Chevron, the US Navy, the Federal Reserve Bank, and others. Doni has authored numerous articles, as well as The Big Book of Humorous Training Games (McGraw-Hill, 2000) and Laugh and Learn (HarperCollins, 2002).



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





● IN-PERSON ■ REMOTE (ZOOM) ● HYBRID



WRITING

Sharing Life Stories

JOAN CHADBOURNE



COURSE WED, 3/15 - 5/3 • 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 those stories. We will give and receive supportive feedback; exchange writing before class and read excerpts in the group. You'll have a list of suggested prompts if they help you begin. Repeat **course.** Course format will include **remote** discussion and hands-on activities.

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.

The Return of the Misfit Poets

MARY TRACY & CRAIG SIPE

COURSE FRI 3/17 - 5/5 • 9:30-11:30 A.M. • \$50

The Misfit Poets are back! This is an 8-week class for everyone who wants to read, discuss and write poetry, whether you've written before or not. We'll spend the first part of class responding to each other's poems, and in the second part, select topics and examples from The Practicing Poet for discussion. We believe that 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, and a sense of fun to class, and plan to read and write during the week between classes. Course format will include in-person discussion and hands-on activities.

REQUIRED BOOK: The Practicing Poet: Writing Beyond the Basics, Diane Lockward, editor, 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 the journals 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.



DID YOU KNOW?

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

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





● IN-PERSON ■ REMOTE (ZOOM) ● HYBRID





OUESTIONS?

We are here to help you!

Email us:

olliatusm@maine.edu

Call us:



Spring 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

Tuesdays, March 14 - May 2, 2023 9:30 - 11:30 a.m.

WHERE

Online through Zoom

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 February 15, 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 45 (also available online).

HOW TO ATTEND

ZOOM LINK

Participants will be emailed the Zoom link on the Monday before each lecture. Please register early to ensure you receive the link promptly

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 olliatusm@maine.edu

MARCH 14

Harnessing Your Experience in Advocacy

NOËL BONAM AARP Maine State Director

Experience Matters. Particularly experience that comes from years of being good neighbors, volunteer advocates or simply, responsible citizens. This discussion will engage us in an introspective way to assess our personal experiences with advocacy and to explore pathways to harness our experience.

MARCH 21

Where's Your Next Meal Coming From? Many Neighbors May Not Know.

KRISTEN MAILE

President, Good Shepherd Food Bank of Maine

Learn how Good Shepherd Food Bank of Maine is working to eliminate hunger in our state by improving access to nutritious food, building strong community partnerships, and mobilizing the public in the fight to end hunger.

MARCH 28

Energy & Carbon: A Dual Challenge

MATTHEW BORDAS

Project Development Manager, ExxonMobil Global Projects

Matt will share insights on the global dual challenge of the energy industry and introduce some of the steps underway to lead through the energy transition.

APRIL 4

Who Are the Truth Tellers?

ROBERT SHETTERLY

An American Artist Living in Brooksville, Maine, who is best known nationally for his portrait series Americans Who Tell the Truth

Mr. Shetterly will speak about his portraits and their impact on their viewers and society. His lecture will be accompanied by the 2021 documentary film, Truth Tellers, about his life and his works.

THANK YOU TO THE PROGRAM PLANNING COMMITTEE:

Steve Abramson & Claire Smith (Co-Chairs); Nancy Agan, Bob Goettel, Matthew Goldfarb, & Star Pelsue

APRIL 11

Challenges Faced by Hospitality & Restaurant Businesses in Maine

President & CEO, Hospitality Maine (Maine Innkeepers & Restaurant Association)

Matt will discuss the impact of the pandemic and the shortage of workers in the hospitality and restaurant business in Maine and how the industry has responded.

APRIL 18

Protecting our Environment & Public Health: Maine's Ongoing Response to PFAS (Per- and Polyfluoroalkyl Substances)

JON GLAUDEMANS

Director, Sepsis Innovation Collaborative NORC Senior Fellow, Health Care Strategy

This presentation will provide a general overview and background about PFAS, and the various avenues of response taken by the Maine Department of Environmental Protection (DEP) as well as anticipated state and federal changes.

APRIL 25

Healthcare Data — Who Owns It?

ION GLAUDEMANS

Director, Sepsis Innovation Collaborative NORC Senior Fellow for Health Care Strategy

Learn how a nonprofit is pursuing its vision of a healthcare data trust for a devastating disease, Sepsis, and how your electronic health records could be used for the community's health and well-being.

MAY 2

Halfway Rock Light Station: Its History & Restoration

FORD REICHE

Historic Preservationist

Staffed for 105 years before being abandoned by the U.S. government in 1976, Halfway Rock Light Station sits ten miles offshore from Portland. Its recent restoration has won national acclaim and was the subject of a Discovery Channel TV show.

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.). This group will meet via Zoom until further notice.

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, 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. This group does not meet in the warm months.

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 NIGHT OUT

Come enjoy good food and good company with fellow OLLI gourmands who meet periodically at local restaurants. Watch the OLLI Newsletter for upcoming dates and locations.

FMI: Contact Barbara Bardack at bravalascala@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

"Being a member of OLLI Singers is a fun, joyous experience!! A line from a Chuck Hornberger song says it best... 'My day will go much brighter When I'm singin', singin' a song. I've got to sing a song.'"

ELAINE NADZO, OLLI MEMBER SINCE 2015

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

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

An OLLI wine enthusiast helps educate your palate during featured wine-and-appetizer pairings at a local restaurant. The group meets at 5:30 p.m. every month or so. Novices and wine enthusiasts welcome.

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.





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 45. Please note: We cannot quarantee your class will be available when we register you after February 21. Manual registrations will be processed in the order in which they are received.



- 1 GO TO THE OLLI WEBSITE at usm.maine.edu/osherlifelong-learning-institute/. Click on **Registration** Information.
- 2 SIGN IN OR CREATE A PROFILE by clicking the Sign In button at the top of the page.



In the gray box on the next page, select the following:

- · If you have a log-in or have been a member at least once since 2017, click Sign In.
- · If you are new to OLLI, click Create Profile to 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 blue boxes on the left, click on Osher Lifelong Learning Institute, revealing a drop down menu of options.

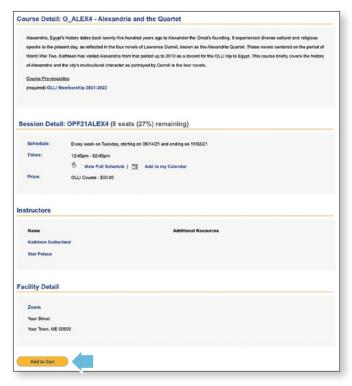


- BECOME A MEMBER. If you aren't an OLLI member (from July 1 – June 30) yet, first select **Annual Membership** followed by **Add to Cart**. If you aren't registering for any additional programs, skip to step 7.
- **5 BROWSE PROGRAMS.** Click the appropriate heading in the shaded blue boxes (Courses, 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.



- · Don't see Add to cart button? If you see Available Session with a date below, click the date, then the Add to Cart but ton should appear at the bottom of the page.
- · To continue browsing, hit the back browser button or navigate back to the shaded blue 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 olliatusm@maine.edu.

Try OLLI123.

If you cannot remember your password, try OLLI123.

 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 2022-2023 membership is needed to register for a spring 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/olli/onlineregistration-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 45.
 - 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.



- 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 February 21 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.



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_	Your tax deductible	Your tax deductible contribution to OLLI (Optional)	\$+
Exp. Date: (MIM/YY) Code: (on back of card)	NOA	YOUR TOTAL REGISTRATION COST	\$
Name on Card:			

NOTES

Spring session will run from March 13 – May 5. Mark your calendar for these other important dates.

FEB 15	Online registration for OLLI spring courses begins. The registration system will automatically turn on betwee and 12:15 a.m. (Tuesday night into Wednesday morning).	en 12:01
	Students with scholarships, gift certificates, free member or other waivers must contact us at olliatusm@maine.ed before February 15, so staff can process them promptly. It is guarantee your first-choice class, but you will be our top put the morning after registration goes "live." Scholarships, goertificates, free memberships, or other waivers will be accompacted after February 15, but some classes and workshops may be so please turn them in as soon as possible.	du We cannot priority gift ccepted
FEB 21	OLLI staff begins processing mail-in, drop-off, and ph registrations.	one
FEB 27	Course and workshop offerings open to the Maine Sent College Network. Please contact us at olliatusm@maine.edu and leave your phone number plus the course you are interested in. We we you to enroll.	name and
MAR 13	OLLI spring session classes start	
MAR 24	Deadline to receive a refund on dropped courses.	
MAR 18	OLLI spring workshops	?
MAR 25	OLLI spring workshops	QUESTIONS? We are here to help you!
APR 1	OLLI spring workshops	Email us:
MAY 5	OLLI spring session ends	olliatusm@maine.edu Call us:
MAY 8-12	OLLI spring session make-up week	207-780-4406

The OLLI staff will be on holiday Feb 20 and Apr 17. The OLLI office will be closed on these dates. If you have a class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.



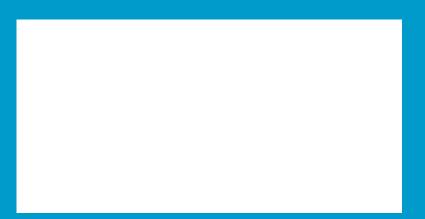


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