

# OSHER LIFELONG LEARNING INSTITUTE AT USM

CLASS SCHEDULE

SUMMER 2020  
JUNE 22 TO JULY 31

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

During these extraordinary times we have a unique summer catalog. This online-only publication describes our remote learning summer session. We are grateful to all the instructors for making the extra effort to learn and use Zoom technology to deliver courses and we hope that you will enjoy the intellectual and social stimulation of these offerings.



## General Information

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, you are invited to join 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI) on the Portland campus of the University of Southern Maine. OLLI at USM 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 a member of OLLI at USM, you'll choose from an extensive array of peer-taught courses in the liberal arts and sciences. 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. Homework is not mandatory, but it can enhance your learning experience; what you put in is what you'll get out of the course.

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network ([www.maineseniorcollege.org](http://www.maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([www.osher.net](http://www.osher.net)) is located at Northwestern University in Chicago. Currently, there are 124 OLLIs throughout the country.

### Membership

OLLI at USM is a self-sustaining, self-governing organization supported through an annual membership fee of \$25. The membership fee covers the fiscal year July 1 to June 30. Your annual membership allows you to participate in all OLLI at USM courses and Special Interest Groups at OLLI. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

### Scholarships

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per term, 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 downloaded from the OLLI website: <https://usm.maine.edu/olli/olli-scholarships>. **The form must be completed, signed, and submitted with each of your course registration forms.**

**NOTE: It is not possible to register for courses online with a scholarship. Please email your registration form and scholarship request to Sue Schier at [sue.schier@maine.edu](mailto:sue.schier@maine.edu) BEFORE registration day to ensure timely enrollment in your class.** If you have any questions, please call Sue Schier at 228-8482, leave a message, and she will return your call.

### Class locations

There will not be any face-to-face classes at OLLI for summer 2020. All classes will be taught via distance learning, often using Zoom. Not familiar with Zoom? We will offer training sessions for all participants who want or need it.

#### OLLI Staff

Donna Anderson, Director  
228-8181, [donna.anderson@maine.edu](mailto:donna.anderson@maine.edu)

Rob Hyssong, OLLI Program Coordinator  
228-8336; [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu)

Sue Schier, Administrative Specialist 2  
228-8482; [sue.schier@maine.edu](mailto:sue.schier@maine.edu)

Anne Cardale, Program Director, Maine Senior College Network  
780-4128; [acardale@maine.edu](mailto:acardale@maine.edu).

#### OLLI ADVISORY BOARD 2019–20

Susan Jennings, Chair

Steve Schiffman, Vice Chair

Peter Curry, Secretary

Elizabeth Housewright, Communications Chair

Georgia Koch, Nominating Chair

Steve Piker, Resource Development Chair

Paul Doherty, SAGE Chair

Walter Allan and Betsy Wiley, Education Co-Chairs

Gael McKibben, Community Chair

Anne Cass

Karen Day

Matt Goldfarb

Dick Leslie

Star Pelsue

#### For more information

Call: 780-4406 or 1-800-800-4876 • E-mail: [olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Visit: [www.usm.maine.edu/olli](http://www.usm.maine.edu/olli) to register for OLLI courses online

## Online Registration at OLLI at USM

Online registration allows you to sign up for classes in real time. To begin the process, visit the OLLI website at: [www.usm.maine.edu/olli](http://www.usm.maine.edu/olli)

There you will find a link to the registration website on the home page and step-by-step instructions under “Resources” on the left. Once you have perused the catalog and chosen which classes you wish to “purchase,” you are ready to go “shopping” on the registration website. You’ll be able to tell how many spaces are still available in your chosen class and can add your name to a wait list if a class is full.

After you pay for your classes, you’ll receive e-mail confirmation of your registration. It’s fast, easy, and secure. **Please note:** Credit card is the **only** form of payment you can use for online registration. If you must use another payment form (scholarship, gift certificate), contact Sue Schier at 228-8482 or [sue.schier@maine.edu](mailto:sue.schier@maine.edu). **At this point, we cannot accept checks or cash.**

If you’ve shopped online, you should find online OLLI registration a snap. But if you’re not comfortable doing your own online registration, the OLLI staff is standing by to help you. Please call Rob (228-8336) and he’ll get back to you as soon as possible.

### OLLI Classes and Costs

Summer classes are held once a week, Monday through Friday. The term runs for six weeks, from June 22 through July 31.

Morning classes run from 9:30 to 11:30; afternoon classes run from 12:45 to 2:45. Any exceptions to usual times are noted. There also are summer workshops on Fridays (see page 13).

Tuition is normally \$50 per course for regular OLLI at USM classes. However, for summer 2020, OLLI is offering a 50% discount. **All 2020-summer courses will be \$25, and workshops that typically cost \$15 for single sessions and \$25 for two or three sessions or a full day, will cost \$8 or \$13.** Exceptions to the usual pricing structure are clearly noted.

**You must be an OLLI at USM member to enroll in classes and workshops.** Membership costs \$25 per fiscal year and runs from July 1 to June 30.

### Refund Policy

You will receive a 100 percent refund for classes dropped by July 6, the end of the second week of summer classes. **NO REFUNDS WILL BE MADE AFTER THAT POINT.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, call Rob at 228-8336.

## TIPS for Smooth Online Registration

- Try logging into the online registration system a few business days prior to June 1 just to be sure you can. Sign in with your email and password. If you run into a problem, email Rob Hyssong at [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu). If you can’t remember your password, try OLLI123.
- When you are ready to register (after midnight Monday morning), sign in first, then look for classes.
- All memberships need to be renewed in order to take summer classes. Add your 2020–21 membership to your cart before adding any classes to your cart.
- 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.

## Important SUMMER Term Dates

OLLI Summer Registration Timeline

**June 1**—Online registration for OLLI winter courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m.

NOTE: Students with scholarships, gift certificates, free memberships, or other waivers must contact Sue Schier at 228-8848 or [sue.schier@maine.edu](mailto:sue.schier@maine.edu) **before June 1** so staff can process them promptly. Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.”

**June 22**—OLLI summer term classes start

**July 4**—Staff holiday (July 4 observed)

**July 6**—Deadline to receive refund on dropped classes

**July 31**—OLLI summer term ends

**Aug. 3–Aug. 7**—OLLI summer term makeup week

## Using the OLLI Registration Form

You can access an OLLI registration form at this link:

<https://cms.usm.maine.edu/sites/default/files/olli/Reg%20p1.pdf>

Please print it, complete it, and either scan or take a photo of it on your phone to send along to Sue Schier (see below).

### Instructions:

- Please use ONE FORM for each registrant.
- Fill out the top section of the form completely. Leaving sections blank can slow registration.
- Write the course names for your top selections for classes in the “1st Course,” “2nd Course,” etc. sections on the registration form. Note the price of each course in the “Cost” column.
- If you are concerned that your top choices will be filled, you may want to add alternative choices. Please write course names for your alternative choices in the “Alternative 1st Course,” “Alternative 2nd Course,” etc.
- Sign up for OLLI workshops on the same form, writing in the name of the workshop and the price in the “Cost” column.
- Add up the fees for your courses and workshops (and membership, if applicable), and note that amount in the space marked “Total cost for All.”

Please email your form to Sue Schier ([sue.schier@maine.edu](mailto:sue.schier@maine.edu)) to register and she will be in touch with you about credit card payments, waivers, or scholarship issues.



## Course Schedule-at-a-Glance

<p><b>Monday Morning</b> 9:30 –11:30 See page 7</p> <p><i>Great Musical Moments in the Movies from 1931 to Present</i> DeWayn Marzagalli</p> <p><i>1619. Slavery</i> Steve Piker</p>	<p><b>Tuesday Afternoon</b> 9:30–11:30 See page 9</p> <p><i>Language of Energy 101</i> Joan Chadbourne</p>	<p><b>Thursday Morning</b> 9:30–11:30 See pages 10 and 11</p> <p><i>Having Difficult Conversations</i> Anne Cass and Catherine Ruby</p> <p><i>Planet of the Humans</i> Richard Fortier</p>	<p><b>Friday Afternoon</b> 12:45–2:45 See page 12</p> <p><i>Improving your Beginner Bridge Skills</i> Don Bouwens</p> <p><i>Does the “New Atheism” Falsify Claims of the Afterlife?</i> Stephen Kerrel</p>	<p><b>Friday, July 10</b> 9:30–11:30 A.M.</p> <p><i>A Very, VERY Short History of Opera</i> Calien Lewis</p>
<p><b>Monday Afternoon</b> 12:45–2:45 See pages 7 and 8</p> <p><i>Into the Mystics</i> Paul Doherty</p> <p><i>How Everyday Food Changed History</i> Sandra Garson</p> <p><i>“Bringing Nature Home” in Maine</i> Eric Topper</p>	<p><b>Wednesday Morning</b> 9:30–11:30 See Pages 9 and 10</p> <p><i>The Short Story: From Drabble to Novelette</i> Nancy Arey Cohen</p> <p><i>Drawing and Painting with Pastels and Watercolors</i> Vicki Fox</p> <p><i>Chapters from United States History</i> John Sutherland</p>	<p><b>Thursday Afternoon</b> 12:45–2:45 See page 11</p> <p><i>Psychology Looks at Famous Court Cases—IV</i> Mike Berkowitz</p> <p><i>Short Story Writing Workshop</i> Dick Cass</p>		<p><b>Friday, July 10, 17, &amp; 14</b> 9:30–11:30</p> <p><i>Forest Therapy: The Rebuilding of our Senses and Overall Well Being</i> Robert Foley</p>
<p><b>Tuesday Morning</b> 9:30–11:30 See pages 8 and 9</p> <p><i>Maine Gardening Think-Tank</i> Donna Anderson</p> <p><i>Making Sense of COVID-19—Science, Society, and the Future</i> Joel Kallich</p>	<p><b>Wednesday Afternoon</b> 12:45–2:45 See page 10</p> <p><i>The Sixties through the Great Speeches of the Sixties</i> Arthur (Buck) Benedict</p> <p><i>A History of Hawaii and its Traditional Music</i> Terry Foster</p>	<p><b>Friday Morning</b> 9:30–11:30 See pages 11 and 12</p> <p><i>If Not Now, When—The Memoirist’s Dilemma</i> Lee Heffner</p> <p><i>How Life Works</i> Hal Scheintaub</p>		<p><b>Monday, July 13 and Friday, July 17</b> 10:00–11:30 AM</p> <p><i>Uncle Tom Meets Frankenstein</i> Alicia Harding</p>
				<p><b>Friday, July 24</b> 9:30–12:30</p> <p><i>The Cliffhangers: Part 3—Super Heroes</i> DeWayn Marzagalli</p>

## Workshop Schedule at-a-Glance

## Course/Workshop List by Instructor

<b>Instructor</b>	<b>Title</b>	<b>Day/Date</b>	<b>Time</b>	<b>Page</b>
Anderson, Donna	Maine Gardening Think-Tank.....	Tues	AM	8
Benedict, Arthur (Buck)	The Sixties through the Great Speeches of the Sixties.....	Wed	PM	10
Berkowitz, Mike	Psychology Looks at Famous Court Cases—IV.....	Thurs	PM	11
Bouwens, Don	Improving your Beginner Bridge Skills.....	Fri	PM	12
Cass, Anne and Ruby, Catherine	Having Difficult Conversations.....	Thurs	AM	10
Cass, Dick	Short Story Writing Workshop.....	Thurs	PM	11
Chadbourne, Joan	Language of Energy 101.....	Tues	PM	9
Cohen, Nancy Arey	The Short Story: From Drabble to Novelette.....	Wed	AM	9
Doherty, Paul	Into the Mystics.....	Mon	PM	7
Foley, Robert	Forest Therapy: The Rebuilding of Our Senses And Overall Well Being .....	7/10, 17, and 24.....	AM	13
Fortier, Richard	Planet of the Humans.....	Thurs	AM	11
Foster, Terry	The History of Hawaii and its Traditional Music.....	Wed	PM	10
Fox, Vicki	Drawing and Painting with Pastels and Watercolors.....	Wed	AM	9
Garson, Sandra	How Everyday Food Changed History.....	Mon	PM	7
Harding, Alicia	Uncle Tom Meets Frankenstein.....	7/13 and 17	AM	13
Heffner, Lee	If Not Now, When—The Memoirist’s Dilemma.....	Fri	AM	11
Kallich, Joel	Making Sense of COVID-19—Science, Society, and the Future.....	Tues	AM	8
Kercel, Steve	Does the “New Atheism” Falsify Claims of the Afterlife?.....	Fri	PM	12
Lewis, Calien	A Very, VERY Short History of Opera.....	7/10	AM	13
Marzagilli, DeWayn	The Cliffhangers: Part 3—Super Heroes.....	7/24	AM	13
Marzagilli, DeWayn	Great Musical Moments in the Movies From 1931 to Present.....	Mon	AM	7
Piker, Steve	1619. Slavery.....	Mon	AM	7
Scheintaub, Hal	How Life Works.....	Fri	AM	12
Sutherland, John	Chapters from United States History.....	Wed	AM	10
Topper, Eric	“Bringing Nature Home” in Maine.....	Mon	PM	8

SUMMER  
2020



# Summer 2020 Classes

Monday Morning, 9:30 am–11:30 am



## Great Musical Moments in the Movies from 1931 to Present

DeWayn Marzagalli

We will watch many great musical moments in the movies as they evolved from 1931 (42nd Street) to the present day (La La Land). These excerpts will include Astaire & Rogers, music from great composers like Irving Berlin and Cole Porter and George Gershwin, sensational dance sequences, and many immortal classics from Broadway and Hollywood's golden age of the 50s.

*Born in New York City, DeWayn and his wife have lived in Maine since 1975. Since retiring from Federal Law Enforcement, DeWayn spends much of his time doing volunteer work for his church and enjoying the opportunity to teach and take courses at OLLI since 2011.*

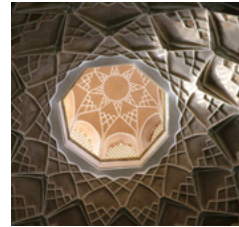
## 1619. Slavery

Steve Piker



1619 is the date of arrival on these shores of the first enslaved black Africans. THESIS: contra conventional historical narratives, slavery is our nation's very origin and has to this day pervasively and decisively influenced what our nation is. Does this revisionist historical narrative have merit? A full 8/19 edition of the New York Times Sunday magazine argues that it does. Our course will evaluate the NYT revisionist American historical narrative. Lecture and discussion. Copies of the NYT magazine edition presenting the revisionist narrative will be distributed to the class.

*Steve Piker is an anthropologist who did field work in Thailand and with religious conversion in the U.S. He spent 44 years at Swarthmore College. Cultural diversity and social history have long been major interests. He has offered several courses at three senior colleges.*



## Into the Mystics

Paul Doherty

In pretty much every religious tradition, there is a mystical tradition seen by many to represent the more “spiritual” side of institutional religion; this has often put mystics at odds with those same institutional religions. Focusing primarily, but not exclusively, on Judaism, Islam, and Christianity, we will read and discuss what the mystics had to say in their own time, what they continue to say to us today, and perhaps even discover a bit of the mystic in each of us!

*Paul Doherty is a retired priest and fairly longtime OLLI member. He enjoys spending this time in his life exploring various areas of spirituality and history, among other things, immersing himself a bit more into his own tradition, and sharing the fruits of his journey.*



## How Everyday Food Changed History

Sandra Garson

Food is crucial to human survival, yet its role in the flow of human history gets ignored. Maine was discovered because European Catholics had to eat fish every Friday and all of Lent. Americans might not be eating tofu or drinking green tea if hippies fleeing the Vietnam War hadn't found Zen in Japan. In this class we're going to discover connections that give a keener understanding of how what we had for dinner got on our plate and how truly influential food is. **Suggested Books:** *Catching Fire: How cooking made us human*; Richard Wrangham; ISBN#: 978-0-465-01362-3; *Cod*, Mark Kurlansky; ISBN#: 0 14 02.75010 pbk

*Food enthusiast Sandra Garson has published, along with two cookbooks, for numerous food-related entities, including various print magazines, Beliefnet.com,*

*TheDailyDot.com, ZEST and a blog (Howtofixaleek). As Nana Chef, she teaches kids kitchen confidence. She also ran an international charity, Veggiyana, to get food, gardens and nutrition lessons to Buddhist monastics and schoolchildren.*



### **“Bringing Nature Home” in Maine**

Eric Topper

“Bringing Nature Home” is Maine Audubon’s new community engagement and habitat stewardship initiative based on the bestselling book of that title by Doug Tallamy. Join Maine Audubon’s Director of Education Eric Topper to explore the plants, practices, and perks involved in restoring native food webs in our gardens, yards, and communities.

*Eric Topper has over 20 years of experience teaching and managing environmental education programs in diverse settings for all ages. He oversees all educational programs at Maine Audubon, including school programs, camps, family events, and trips. Eric has been in Maine since 2002 working to advance numerous initiatives that teach and inspire both social and environmental responsibility. Eric has a B.A. in Communication from the University of Colorado at Boulder. He is a graduate of the National Outdoor Leadership School and a licensed Maine Guide. Eric and his family live, grow native plants, and explore nature in Portland.*

**Tuesday Morning, 9:30 am–11:30 am**



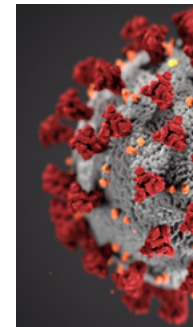
### **Maine Gardening Think-Tank**

Donna Anderson

Following up on the winter session course “Finding and Nurturing your Inner Gardener,” this new class will allow time for open discussion of participants’ evolving plans, problems, and experience with solutions. The format for this course will be student-directed, with course topics negotiated during the first class meeting—options may include sharing participants’ own plans for a garden, challenging area, or a plant container for suggestions from the

group; exploring various plant types and learning to make them thrive; dealing with invasive plants and problem pests; and perhaps providing a mechanism for sharing seeds or plants for other students to use in their own gardens. In this course we will learn from one another, bring in outside advice when appropriate, and discuss gardens in the area that are worthy of visits. Lessons from this course can be directed immediately into your garden! Participation in the winter course is not a requirement for this class. All skill levels are welcome.

*Donna Anderson is the director of OLLI, the former Executive Director of the McLaughlin Garden in South Paris, and the current Assistant Director of the Stroudwater District, Garden Club Federation of Maine. She is an amateur gardener who believes that all gardens are enriched by sharing ideas and looking at other gardens as well as through sharing plant divisions prepared by other generous gardeners.*



### **Making Sense of COVID-19—Science, Society, and the Future**

Joel Kallich

Epidemics and pandemics have transformed global history, culture, and politics, and continue to shape our evolution as a species. Right now, we are living through one of the most disruptive pandemics we have ever seen in our lifetime, but science and history can provide us with guideposts to help us find our way through these turbulent times. Lectures, readings, and outside speakers are the tools we will use as we work together to make sense of these events and chart our way forward.

**Suggested:** *Viruses, Plagues, and History: Past, Present and Future*, Michael Oldstone, Oxford University Press, 2010, ISBN-13: 978-0195327311

*Joel Kallich has a PhD in Medical Sociology from Boston University and has taught at UCLA, Northeastern, and Boston Universities. He has worked at the RAND Corporation, Office of the Inspector General of DHHS, Massachusetts Department of Public Health, Amgen, a global biotechnology company, and now provides consulting services.*



## Tuesday Afternoon, 12:45 pm–2:45 pm

### Language of Energy 101

Joan Chadbourne

Energy connects us. Energy is filled with information. It is the field where intuition resides. Quantum science teaches us everything is flowing, vibrating energy. Sensing, seeing, hearing in what appears to be empty space allows us to describe energy and make it more real? Once we know the basics of its language we can engage in more fulfilling relationships, expand understanding of ourselves and the world, and connect in more meaningful ways. We will converse, read about, share and experience the language together. If you are willing to play and experiment with it this is your class. **Suggested Books:** “*My Stroke of Insight: A Brain Scientist’s Personal Journey*” by Jill Bolte Taylor, PhD. ASIN: B01K3LBJG. *The Honeymoon Effect* by Bruce Lipton PhD; ISBN#: 978-1-4019-2389-1.

**Class WON’T meet the week of July 6–10. We will meet the extra week at the end.**

*Joan Chadbourne EdD has taught OLLI classes for more than decade. Search for ways to evolve relationships revealed energy as an essential ingredient. How do we talk about it? She’s learning the language and wants to share. She is co-author of “Healing Conversations Now,” and has been a professor and coach.*

## Wednesday Morning, 9:30 am–11:30 am

### The Short Story: From Drabble to Novelette

Nancy Arey Cohen

A short story is more than the novel’s baby sister. Focusing more on mood than plot, it can take us on journeys of all kinds in just a few pages. In this collaborative class, we will re-visit some of those stories we read as students many years ago (like Poe’s “*The Tell-Tale Heart*” or Melville’s “*Bartleby the Scrivener*”) as well as take a look at some more recent examples (like Vroman’s “*See How They Run*” or Updike’s “*A&P*”). Each week we will read a

short story and then discuss it in terms of: characters, setting, conflict, plot, and theme, relating authors’ stories to our own. Think of this as a book club with less required reading! **Required Book:** *The World’s Greatest Short Stories*, James Daley, Editor; ISBN-13: 978-0-486-44716-2.

*Nancy Arey Cohen has a B.A. in Sociology from Bates College, an M.Ed. in Gifted Education from the University of St. Thomas in Minneapolis, and a lifelong love of learning. Having recently returned to Maine, she has “found her people” at OLLI, a place where eclectic interests abound and a zest for learning is paramount.*

### Drawing and Painting with Pastels and Watercolors

Vicki Fox

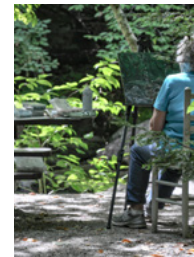
Water color painting and pastel drawing, combined. Learn water color, and work with pastels. We will use these 2 mediums, drawing some still lifes and some landscapes. In this **repeat** course we will work both in the studio and *en plain air*. Discover the magic of experimenting with these two mediums, separately and in combination . . . dynamic and exciting possibilities. No previous experience necessary. We will also consider the works of well-known artists for inspiration .

*Vicki Fox has a BFA degree in Illustration from Philadelphia College of Art. She worked as an illustrator and graphic designer before becoming a Landscape Designer which she did professionally for 20+ years. She has traveled extensively, drawing and painting as she toured.*

### Chapters from United States History

John Sutherland

An examination of selected events from United States History, using video, primarily power point. Topics will include: Growth of an American Literature; Women in the Civil War; Immigration Restriction, the Beginnings: 1882–1924; Chicago: The Nineteenth Century’s Urban Miracle; The Election of the Century: 1912; The Home Front: Women and Children in World War Two.



John Sutherland graduated from the University of Maine and received his PhD from Temple University. He is Emeritus Professor of History at Manchester (Conn.) Community College, and he also taught at the University of Connecticut and Eastern and Central Connecticut Universities.

## Wednesday Afternoon, 12:45 pm–2:45 pm

### The Sixties through the Great Speeches of the Sixties

Arthur (Buck) Benedict

Mention the 1960s and various images come up: a youthful president being sworn in and later assassinated, the Vietnam War, courageous young people protesting segregation or marching against that war, the Cuban Missile Crisis, the landing on the moon, the start of the woman's movement, the exuberance of Woodstock, the burning of the cities.

The 1960s was also a time when people heard and were moved by powerful speeches with four of the most inspirational voices silenced by assassins' bullets. We will take another look at this seminal decade through the lens of the great speeches of that time.

*Arthur (Buck) Benedict was an award-winning instructor of public speaking and speechwriting for 16 years at Penn. He is also a communications consultant/speechwriter and former director of corporate communications. He is doing public speaking workshops for Bath Iron Works through SMCC and lives on Peaks Island.*

### A History of Hawaii and its Traditional Music

Terry Foster

This new course will explore the formation of the Hawaiian Islands and their history. It will feature lecture, videos, and discussion. Traditional Hawaiian music will be played and sung including learning songs like "Aloha Oe" as sung in native Hawaiian language. **Required text:** *A Concise History of the Hawaiian Islands* by Phil Barnes. Petroglyph Press, Ltd., Hilo, Hawaii, 2013. ISBN 978-0-912180-70-0 (this is an inexpensive book which can be purchased off the Web.)

Terry Foster has loved traditional Hawaiian music all his life. He is also caught up in the mystique of Hawaiian culture and history. A trained pianist since age 5, Terry studied music in college. He went on to obtain two masters and a doctorate in education. He is a retired USM administrator and is a co-founder of Senior College, OLLI's predecessor. He's been teaching in our program since its inception.

## Thursday Morning, 9:30 am–11:30 am

### Having Difficult Conversations

Anne Cass and Catherine Ruby

Do you ever duck difficult conversations? Wish you could just dive in? Having a difficult conversation means you care enough to want to resolve an issue. This class helps you in any kind of conversation that you are having, difficult or not. Learn to be a good listener, ask questions that show you care about what someone else may be finding difficult in their life, as you develop rapport with others. In this **repeat class**, we will share information and use guided discussions to enhance skill building. We will learn and practice skills, all in a supportive environment. Note: This is not therapy. No book is required.

*Anne Cass served 43 years in education, with a background in teaching and administration in both public and independent schools. Catherine Ruby has spent her career as a leader, coach, and consultant in both educational and corporate environments. They are experienced facilitators who believe in building strong relationships through clear communication, trust, and honesty.*

### Planet of the Humans

Richard Fortier

Explore the many ways that human activity, past and present, has impacted planet Earth, its land, sea, and air and its ecosystems. Topics will include evolution, human population growth, migrations,



domestication of plants and animals, and the development of agriculture and civilization. Through a Powerpoint presentation and class discussion we will study resource depletion, over-hunting, over-fishing, agricultural and industrial pollution, deforestation, global warming, ocean acidification and widespread species extinctions. **Suggested Books:** *The Sixth Extinction*, Elizabeth Kolbert; ISBN#: 978-0-300-23217-2; *The Uninhabitable Earth: Life After Warming*, David Wallace-Wells; ISBN#: 978-0-525-57670-9

*Dr. Fortier received his BS in biology at Yale in 1969, concentrating on zoology, paleontology and evolution. Following medical school at University of Rochester and internship at Maine Medical Center he practiced psychiatry for 40 years. He presented a course entitled Earth, Evolution, and Extinction at UMASC in 2018 and at OLLI in 2019.*

## Thursday Afternoon, 12:45 pm–2:45 pm

### [Psychology Looks at Famous Court Cases–IV](#)

Mike Berkowitz

What's behind those famous court cases? We will examine a new set of cases this summer. Half of the cases will be landmark cases from the past; half, from this year's Supreme Court decisions. Each week will have a different topic: religion, abortion, voting, separation of powers, the justice system, and discrimination. Class meetings will include: mini-lectures on topics from psychology, summaries of major court cases, and open discussion of related contemporary issues.

*Mike Berkowitz taught in daycare centers, fifth grade, special education, and two colleges before finding his niche at OLLI. He enjoys using psychology to help stimulate discussion about the world we live in.*

### [Short Story Writing Workshop](#)

Dick Cass

Got a story you're dying to tell? Or just want to experiment with writing fiction? We will discuss character, conflict, plot, and how to get the words

down on the page. And we will write. Every week. Multiple drafts. And discuss each other's work. This is a mutual meeting of writer minds—be prepared to share and to engage. **Suggested Book:** *Art and Fear*, David Bayles and Ted Orland; ISBN#: 978-0-9614547-3-9

*In addition to writing crime novels, Dick Cass is a prizewinning short story writer. He holds an MFA in Writing from the University of New Hampshire and has taught OLLI courses for several years.*

## Friday Morning, 9:30 am–11:30 am

### [If Not Now, When – The Memoirist's Dilemma](#)

Lee Heffner



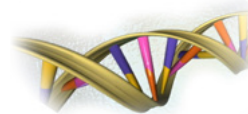
Every writer struggles with TRUTH. It is a particular battle for the memoir writer. The Memoirist's Dilemma helps you navigate the sometimes-murky waters of life to write your story. We pinpoint the relevant and relative scope, time frame, and truth of your story. As Oscar Wilde said, "Be yourself, everyone else is taken." If you've considered writing a memoir, ask yourself, if not now, when? Write your story; you're the only expert on your life.

**Suggested Book:** *On Writing*, Stephen King, ISBN 9781439156810; *The War of Art*, Stephen Pressfield, ISBN 9781936891023

*Lee Heffner is the author of Write to Finish: A Road Map to Authorship. Her passions are writing and writers. She began her work with creatives in 1995. A writer of both fiction and non-fiction, she integrates her passions and skills to coach writers to achieve their goals. In addition, she teaches multiple classes to further develop the writing practices of her students.*

### [How Life Works](#)

Hal Scheintaub



In this class we will delve into the historical context and background of some of the most transformative discoveries in biology. Compelling examples from the book *Serengeti Rules* by Sean Carroll, will be used to illuminate a small





number of general rules that have the ability to reduce complex phenomena to a simpler logic of life. Active learning experiences developed at MIT will be used to reveal similarities between stable ecosystems and healthy body systems. Structured discussions will help you relate personally to ideas that are both enriching and empowering. **Required Book:** *Serengeti Rules*, Sean Carroll; ISBN#: 978-0-691-16742-8

*Hal Scheintaub earned a PhD in Biophysics in 1975. He was a public health research scientist for twelve years before becoming a high school science teacher and consultant for curriculum development in the Scheller Teacher Education Program at MIT. He is currently doing science education outreach in the Portland schools.*

## Friday Afternoon, 12:45 pm – 2:45 pm



### Improving your Beginner Bridge skills

Don Bouwens

Friendly, informal, and inter-active instruction for those who already know the basics of bridge and want to increase their playing and bidding know-how. Forget the bridge column in the newspaper....that's so advanced it is just confusing. We will touch on truly understanding the basics. By the end of the course, you should be confident to play and eager to do so at every opportunity.

*Don Bouwens grew up in Michigan and learned the game from his bridge-playing parents, avoiding studying at Kalamazoo College with late night bridge games. Moving to Washington County Maine in 1971 as a hippie laborer, he nearly forgot how to sort the cards. After moving to Portland and joining Woodfords Club, he discovered bridge again, playing duplicate games for 8 or more hours weekly. He has always been a teacher at heart, and he is eager to help beginners take a few steps further along with this endlessly fascinating game.*



### Does the “New Atheism” Falsify Claims of the Afterlife?

Stephen Kercel

“New Atheism” refers to an aggressive movement to debunk religion, embodied in the works of Dennett, Dawkins, Harris, and Hitchens. The published works of these self-styled Four Horsemen of Atheism are not validation of atheism. They are criticisms of the Abrahamic religions and presume that atheism will fill the void they have created. They suppose that they have proved that “death is final” and that reports of “afterlife” experiences must violate the laws of physics. This course will examine both the logical rigor of their works and the veracity of “life after life” reports. **Required book:** *Mortality*, Christopher Hitchens, ISBN 9781455502769.

*Stephen Kercel, PhD Electrical Engineering, University of Tennessee, is a Research Fellow with UNE’s New England Institute of Cognitive Science and Evolutionary Psychology. He co-founded the Endogenous Systems Research Group NEI; was Senior Development Engineer, Image Science and Machine Vision Group, Oak Ridge National Laboratory; and Rapid Communications Editor, Journal of Integrative Neuroscience.*

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

# Summer 2020 Workshops



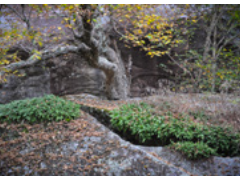
**Friday, July 10, 9:30–11:30 am, \$8**

## *A Very, VERY Short History of Opera*

Calien Lewis

Historically, this workshop has focused on the summer opera presented by Opera Maine. Since the season has been cancelled, this 2-hour workshop will offer a “cruise” through the origins and development of opera as we know it today, with a nod to works performed in Maine by Opera Maine. [Technology permitting, the workshop will include images and musical excerpts of works cited].

*Calien Lewis has a background in music, history, literature, theater, and law. That is to say that she is a well-educated dilettante. Having retired as Executive Director of the Maine Justice Foundation, for more than a decade, she has served as dramaturg for Opera Maine.*



**Friday, July 10, 17 & 24, 9:30 – 11:30 am, \$13**

## *Forest Therapy: The Rebuilding of our Senses and Overall Well Being*

Robert Foley

Forest Therapy, AKA “Shinrin-Yoku” or Forest Bathing in Japan was developed in Japan during the 1980’s and has become a cornerstone of personal preventive health care and healing in Japanese medicine. Forest Therapy is not a form of exercise, or hiking, or jogging. It is about developing a deeper connection with nature or with the more than human world, as we say. It is a way of connecting with nature through our many senses. Shinrin-yoku is like a bridge and by allowing our senses to open, it bridges the gap between us and the natural world.

*Robert Foley is of Passamaquoddy Native American descent and also a former Navy SEAL. His background is that of a nature survivalist and today a nature preservationist. His current lifestyle includes gentling horses, avid TM*

*practitioner, student of Tai Chi & Qigong, as well as Servant Leader assisting those in need.*

**Monday, July 13 & Friday, July 17, 10 – 11:30 am, \$8**

## *Uncle Tom Meets Frankenstein*

Alicia Harding



These two classics, *Uncle Tom’s Cabin* and *Frankenstein*, have more in common than you might think. Other than that they were both written by women in the 19th century their impact at the time of publication and into our own century has been of lasting significance. We’ll be looking at how they came to be written, the lives of their authors, and why they have continued to be relevant. You do not need to have read the books or read them recently to partake of the class.

*Alicia Harding has an M.A. in European Intellectual History. She taught high school until 2000 and currently teaches history at SMCC.*

**Friday, July 24, 9:30 am – 12:30 pm, \$8**

## *The Cliffhangers: Part 3–Super Heroes*

DeWayn Marzagilli



In this third edition of six workshops, we will watch “To be continued” chapters of those great Saturday Matinee film serials we so enjoyed in our youth. Part 3 will include chapters from Superman, Batman & Robin, Captain Marvel, The Green Hornet, and The Green Archer. This and each consecutive session will run three hours. Stay tuned for Part 4: Detective Heroes in the Fall 2020.

*Born in New York City, DeWayn and his wife have lived in Maine since 1975. Since retiring from Federal Law Enforcement, DeWayn spends much of his time doing volunteer work for his church and enjoying the opportunity to teach and take courses at OLLI.*

## MORE Helpful Information

### OLLI Student Handbook

Whether you're a new member or a returning "regular," there's lots to learn about OLLI. In the OLLI Student Handbook, you can find information about the OLLI organization, membership, classes and other educational offerings, parking, registration, the arts at OLLI, tips on staying informed, and much more. You can find the Student Handbook under the "Resources" heading on the OLLI website: <https://usm.maine.edu/oli>.

### Books / Class Materials

*Acquiring books and materials is the student's responsibility.*

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

USM's "University Store" will be closed for the summer, so, unlike in terms past, OLLI books will NOT be available on the USM Portland campus. **However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.**

OSHER  
LIFELONG  
LEARNING  
INSTITUTE





## Special Interest Groups at OLLI

**Except for July and August**, OLLI at USM offers many diverse activities beyond the classroom. To participate in any Special Interest Group, you must be a current OLLI member. **NOTE: Special Interest Groups are not intended as instructional events.**

**Arts and Crafts:** Try your hand at a new skill. Each month, 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.). Contact Marcia Taylor at [mtaylor1@maine.rr.com](mailto:mtaylor1@maine.rr.com) for more information.

**Bicycle and 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? Contact Deidre St. Louis at [deedee.st57@yahoo.com](mailto:deedee.st57@yahoo.com) for more information.

**Book Club:** Members meet monthly to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at [kday0718@gmail.com](mailto:kday0718@gmail.com) or Karen Wilcock at [wilcockke@gmail.com](mailto:wilcockke@gmail.com) for more information.

**Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly. Contact Barbara Freeman at [bhfreewoman@gmail.com](mailto:bhfreewoman@gmail.com) for more information.

**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. Contact Lois Winter at [loiswinter54@gmail.com](mailto:loiswinter54@gmail.com) for more information and to join our email list for notice of upcoming ski trips.

**Elders for Future Generations:** This is an ongoing, peer-facilitated exploration of the advocacy role seniors can play in shaping policy to promote the well-being of future generations. Contact Fred Brancato at [opus3@twc.com](mailto:opus3@twc.com) for more information.

**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. Contact Sue Gesing at [susangesing@gmail.com](mailto:susangesing@gmail.com) or Dawn Leland at [lelanddm@gmail.com](mailto:lelanddm@gmail.com) for more information.

**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.

**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. Contact Chuck Hornberger at [ckhornberger@gmail.com](mailto:ckhornberger@gmail.com) for more information.

**OLLI Ukes!** meets twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at [cfeling@gmail.com](mailto:cfeling@gmail.com) for more information.

**Outdoor/Walking Club:** Outdoor enthusiasts gather twice a month for invigorating walks in interesting places. They meet at the Back Cove parking lot in Portland to carpool for walks in Portland and south and meet at Exit 17 in Yarmouth for walks north of Portland. Contact Rae Garcelon at [raegarcelon@gmail.com](mailto:raegarcelon@gmail.com) for more information.

**Photography Club:** Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography. Contact Sharon Roberts at [sharonlh@gwi.net](mailto:sharonlh@gwi.net) for more information.

**Recorder Ensemble:** In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues. Contact Karen Luse at [luse.karen@gmail.com](mailto:luse.karen@gmail.com) for more information.

**Science Reading Club:** Each month this group reads and discusses articles from the latest issue of *Scientific American*. See the website at <https://olliusmsciencediscussion.wordpress.com> or contact Elizabeth Housewright at [ehousewright@gmail.com](mailto:ehousewright@gmail.com) for more information.

**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. Contact Allan Mills at [aljeevbr@gmail.com](mailto:aljeevbr@gmail.com) for more information.

**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. Contact Jack Lynch at [mailto:JLynch001@maine.rr.com](mailto:mailto:JLynch001@maine.rr.com) if you'd like to join an e-mail list for advance notice of date, price, and venue.

## OLLI at USM

### 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, will expand its abundant opportunities for members to exchange ideas and experiences, and will 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.



Don't forget to explore our new **Facebook** page:  
Osher Lifelong Learning Institute at the University of Southern Maine.

*Thank you to graphic designer Ted Anderson for volunteering to design OLLI's first online-only catalog.*