

Fall 2018

September 17 – November 9

CLASS SCHEDULE





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 2,000-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). The National Resource Center for all Osher Lifelong Learning Institutes (www.osher.net) is located at Northwestern University in Chicago. Currently, there are 120 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. You'll also get Internet access and notification when the OLLI Newsletter is available online.

SPECIAL ACCOMMODATIONS

OLLI at USM has purchased a portable assistive-listening device that can be used in any Wishcamper classroom. Students using the device will be able to hear the instructor. Any OLLI at USM student with hearing difficulties may request the use of this system. Contact the OLLI at USM office at 780-4406 as soon as you register for class.

If you need other special accommodations to participate in OLLI at USM because of disability, please call the USM Office of Support for Students with Disabilities at 780-4706 as soon as you register but at least two weeks before classes begin.

SCHOLARSHIPS

Full and partial scholarships are available through a simple, friendly, confidential process. Because of the overwhelming response, 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 are available in the OLLI at USM office. **These must be completed, signed, and turned in with each of your course registrations.**

NOTE: It is not possible to register for courses online with a scholarship. Please mail or bring your registration form and scholarship to the OLLI office BEFORE registration day to ensure timely enrollment in your class.

Call 780-4406 for more information.

CLASS LOCATIONS

All classes, except where noted, are held in the Wishcamper Center at 44 Bedford Street on the USM Portland campus. See map on page 8.

OLLI STAFF

Susan Morrow, Assistant Director for Program
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FOR MORE INFORMATION

Call: 780-4406 or 1-800-800-4876

E-mail: olliatusm@maine.edu

Visit: www.usm.maine.edu/olli to register for OLLI courses online

OLLI ADVISORY BOARD 2018-19

Janet Stebbins, Chair

Steve Schiffman, Vice Chair

Dick Leslie, Secretary

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Steve Piker

Betsy Wiley





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

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 (check, cash, scholarship, gift certificate), you’ll need to mail or hand deliver your registration with payment attached.**

If you’ve shopped online, you should find online OLLI registration a snap. But if you’re not comfortable doing your own online registration at home, the OLLI staff is standing by to help you. We offer onsite instruction in the Wishcamper Computer Lab (see timeline) and have one computer in the OLLI office dedicated to online registration. Anyone may use this computer to register online, but **you must use a credit card for payment.**

Important FALL Term Dates

OLLI Fall REGISTRATION TIMELINE

Aug. 7 Online registration for OLLI fall courses begins.
The registration system will automatically turn on at 12:01 a.m.

Students with scholarships, gift certificates, free memberships, or other waivers must get registrations into the OLLI office before this deadline for staff to process promptly.

NOTE: 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.”

Aug. 7 **If you need help navigating the online process,** onsite help setting up student accounts and registering for classes will be available in the Wishcamper Computer Lab (Room 128) starting at 8 a.m.

Aug. 14 OLLI staff will start accepting mail-in, drop-off, and phone registrations.

Sept. 3 OLLI and USM closed for Labor Day.

Sept. 17 OLLI fall term classes start.

Sept. 28 Deadline to receive refund on dropped classes.

Oct. 8 OLLI and USM closed for Columbus Day.

Nov. 9 OLLI fall term ends.

Nov. 12 OLLI and USM closed for Veterans Day.

Nov. 13-16 OLLI fall term makeup week.

Nov. 22-23 OLLI and USM closed for Thanksgiving.

WHERE’S MY CLASS??

All classes are in Wishcamper unless otherwise noted.

Individual classes and their locations are posted at all entrances and on the electronic bulletin board in the OLLI lobby.

CLASS CANCELLATIONS:

For weather closings, call the USM storm line at 780-4800. **If USM is closed, OLLI will be closed.**

MONDAY MORNING

9:30-11:30

see pages 9-10

Photographic Storytelling

Tim Byrne

Transformative Communication: Changing the World One Conversation at a Time

Jani Darak-Druck

A Trip Around the World, Part 5

Stephen Gleit

Conversations about American Democracy and the Fall 2018 Elections

Bob Goettel

Adventuring Solo with Confidence

Paul Kiley

Four Prize Winners

Betsy Wiley

MONDAY MORNING

10:15-12:15

see page 10

Nourishing Our Minds, Bodies, Hearts, and Souls

Jim Markan

MONDAY AFTERNOON

12:45-2:45

See pages 10-12

Le Français Intermédiaire

Jacqueline Bucar

More Maine Mystery Writers, in Conversation

Richard Cass

Chinese Language and Culture

Confucius Institute

Exploring the Mysteries of Tarot

Mary Gelfand

New Movies 2017-18

Stephen Gleit

The Novelist's Jesus and Mary of Nazareth

Tom McGovern

The Art of Living Well: A Peace Education Program

Rita Rubin-Long, Terry Landry

International Auteur Cinema 20

Juris Ubans

WRITERS' WORKSHOP MONDAY AFTERNOON

12:45-3

See page 12

The Island of Misfit Poets

Mary Tracy, Craig Sipe

TUESDAY MORNING

9:30-11:30

See page 12

SAGE LECTURE SERIES

TUESDAY AFTERNOON

12:45-2:45

See pages 13-14

Seeking to Understand Prejudice, Image, and Identity in the Post-Truth Era

Joan Aldrich

Zen and Aging

Tim Baehr

History of Britain, Part 3: Tudors, Early Stuarts, and Birth of Empire

Richard Budd

Here's to Your Best Health

Patricia Budd

Bridges over Troubled Waters

Sharon Landry, Richard Barron Parker

Designing the Life You Want in Your Third Age

William Sadler

WEDNESDAY MORNING

9:30-11:30

See pages 14-16

Achieving Joy, Happiness, and Contentment

Jerry Benezra

Birth, Copulation, and Death – That's All, That's All, That's All

Derek Campbell

The Global Climate at the 11th Hour – What Should We Do Now?

H. Landis Gabel, Peter Monro

Women Heroes of WWII

Andrea Hester

Meet the 19th-Century Portlanders Who Made Our City Great

Carol Jenkins

Choral Music of Johann Sebastian Bach

Carolyn Paulin

Recent Decisions of the U.S. Supreme Court

Martin Rogoff

Exploring the Rainbow: Color

Dianne Sinclair

True Lies and Real Fiction, Continued

Ruth Story

WEDNESDAY AFTERNOON

12:30-2:45

See page 16

The Life and Music of Mozart, Part 2

Carl Smith

WEDNESDAY AFTERNOON

12:45-2:45

See pages 16-18

Art, Music, and Poetry: The Origins of Creative Experience

Elizabeth Chapman

Gospel Music Comes Alive!

Terry Foster

Reader's Theater (RT) Performance

Paula Johnson, Barbara Bardack

Le Français Élémentaire: Allons Plus Loin!

Roberta Muse

Geology of Maine and New England

Irwin Novak

Classic Films

Pat Davidson Reef

WRITERS' WORKSHOPS WEDNESDAY AFTERNOON

12:45-3:00

See pages 18

The Shiny Day Poets

Deborah Crimmins, Judith Manion

12:45-2:45

Memoir Workshop

Ruth Story

12:45-3:00

Fiction Workshop

Nancy Bills, Joan Kotz

THURSDAY MORNING

9:30-11:30

See pages 19-20

Broadway Musicals of the 1980s

Brian Allen

Global Antisemitism: Mirror of Ancient Times, Reflection of the American Experience

Matthew Goldfarb

The Great Actors Series: Denzel Washington

DeWayn Marzagalli

Creative Drawing

Bonnie Spiegel

Afghanistan: Proud and Defiant Resistance to Imperialism

Kathleen Sutherland

Women and Aging

Pat Taub

Dostoevsky: The Brothers Karamazov

George Young

THURSDAY AFTERNOON

12:30-3:30

See page 20

Exploring the Nature of Prejudice through Film, Part 3

Joan Aldrich

THURSDAY AFTERNOON

12:45-2:45

See pages 20-22

**Keeping Memory Alive:
Family Memoir**
Norman Abelson

**Politics and the 2018
Election**
Mike Berkowitz

**Line Dancing:
A Cross-cultural Perspective**
Jack Lynch, Jennifer Frick

**Real Magic! Your Invitation
to "The Dark Side"**
David Morton

**The Novels of Jane Austen:
Sense and Sensibility
and Emma**
James Prevet

Cool Maps, Hot Topics
David Suitor

**Tyranny and Recovery:
Oedipus, King Lear, and
Today — 429 BC, 1606, 2018**
Steve Urkowitz

FRIDAY MORNING

9:30-11:30

See pages 22-23

German for Beginners
Birgit Graf

**The Ways of the Heart and
of the Mind: Hildegard,
Queen Meera, and Atisha**
John McLaughlin

**Henry VI Part I:
Shakespeare's First
History Play?**
Chris Queally

Art Studio

Dona Sherburne

**Ill-behaved Women:
Americans Who Made a
Difference, Part 1 (to 1877)**
John Sutherland

Great Decisions AM
Mike Wygant

FRIDAY AFTERNOON

12:45-2:45

See pages 23-24

**The Flower of Life as
Mystical Symbol**
Linda Carleton

**The Civil War from a
Southern Perspective**
Sherrie Chapman

Current Economic Events
David Chute

**Traveling to Canterbury with
Chaucer's Pilgrims**
Evy Newlyn

**The Healing Power
of Writing**
Helen Rousseau

Exploring Beliefs in Action
Ed Schwartz

Great Decisions PM
Mike Wygant

**REGISTRATION FORM
& INFORMATION
FOR CLASSES &
WORKSHOPS:
SEE PAGES 28-29.**



Workshops Schedule-at-a-Glance

OCT. 13
9:30-11:30 a.m.
See page 25

**Songs of Hope from the
Past to the Present**
Mike Lynch

**Voice-Overs:
Now Is Your Time!**
Brian Thon

**Being Mortal: Medicine and
What Matters in the End**
Jaye Van Dussen

OCT. 13
9:30 a.m.-3:30 p.m.
See page 25

**Community American
Mah Jongg**
Sharon Ash Tancredi,
Hiromi Dolliver

OCT. 20
9:30-11:30 a.m.
See pages 25-26

**Saving Your History:
What to Keep, How to
Donate to an Institution**
Susie Bock

The Science of Happiness
Heather Ederly

**Six Feet Under...or Not:
Your End-of-Life Choices**
Chuck Lakin

**Do I Need Long-Term-Care
Insurance?**
Gregory Rogovin,
Quang Nguyen

OCT. 27
9:30-11:30 a.m.
See pages 26-27

Restorative Yoga
Jennifer Cooper

**Never a Dull Moment:
Instruction and Demo of
Knife Sharpening**
Tim Baehr

**Unknown Paris and
Secret Ile de France**
Sabine de Canisy

**Welcoming Immigrants to
Maine: How You Can Make
a Difference**
Claudette Ndayininhaze,
Lucky Hollander,
Nancy Markowitz, Jill Epstein

OCT. 27
9:30 a.m.-3:30 p.m.
See page 27

**Guided Autobiography:
Writing, Sharing, and
Self Discovery**
Katie Murphy

**— WORKSHOP —
FOR PROSPECTIVE OLLI
INSTRUCTORS
OCT. 13, 20 & 27
9:30-11:30 a.m.
*See page 27***

**Thinking about Teaching
at OLLI?**
Mike Berkowitz





Course/Workshop List by Instructor

Instructor	Title	Day/Date	Time	Page
Abelson, Norm	Keeping Memory Alive: Family Memoir	TH	PM	20
Aldrich, Joan	Exploring the Nature of Prejudice through Film, Part 3	TH	PM	20
Aldrich, Joan	Seeking to Understand Prejudice, Image and Identity	TU	PM	13
Allen, Brian	Broadway Musicals of the 1980s	TH	AM	19
Baehr, Tim	Zen and Aging	TU	PM	13
Baehr, Tim	Knife Sharpening	10/27	AM	26
Bardack, Barbara	Reader's Theater (RT) Performance	W	PM	17
Benezra, Jerry	Achieving Joy, Happiness, and Contentment	W	AM	14
Berkowitz, Mike	Politics and the 2018 Election	TH	PM	21
Berkowitz, Mike	Thinking about Teaching at OLLI?	10/13, 10/20, 10/27	AM	27
Bills, Nancy	Fiction Workshop	W	PM	18
Bock, Susie	Saving Your History: What to Keep, How to Donate to an Institution	10/20	AM	25
Bucar, Jacqueline	<i>Le Français Intermédiaire</i>	M	PM	10
Budd, Dick	History of Britain, Part 3: Tudors, Early Stuarts, and Birth of Empire	TU	PM	13
Budd, Patricia	Here's to Your Best Health	TU	PM	13
Byrne, Tim	Photographic Storytelling	M	AM	9
Campbell, Derek	Birth, Copulation, and Death — That's All, That's All, That's All	W	AM	14
Carleton, Linda	The Flower of Life as Mystical Symbol	F	PM	23
Cass, Richard	More Maine Mystery Writers in Conversation	M	PM	10
Chapman, Elizabeth	Art, Music, and Poetry: The Origins of Creative Experience	W	PM	16
Chapman, Sherrie	The Civil War from a Southern Perspective	F	PM	23
Chute, David	Current Economic Events	F	PM	23
Confucius Institute	Chinese Language and Culture	M	PM	11
Cooper, Jennifer	Restorative Yoga	10/27	AM	26
Crimmins, Deborah	The Shiny Day Poets	W	PM	18
Darak-Druck, Jani	Transformative Communication	M	AM	9
de Canisy, Sabine	Unknown Paris and <i>Secret Ile de France</i>	10/27	AM	26
Dolliver, Hiromi	Community American Mah Jongg	10/13	ALL DAY	25
Edgerly, Heather	The Science of Happiness	10/20	AM	26
Epstein, Jill	Welcoming Immigrants to Maine	10/27	AM	27
Foster, Terry	Gospel Music Comes Alive!	W	PM	16
Frick, Jennifer	Line Dancing: A Cross-cultural Perspective	TH	PM	21
Gabel, H. Landis	The Global Climate at the 11th Hour	W	AM	15
Gelfand, Mary	Exploring the Mysteries of Tarot	M	PM	11
Gleit, Stephen	A Trip Around the World, Part 5	M	AM	9
Gleit, Stephen	New Movies 2017-18	M	PM	11
Goettel, Bob	Conversations About American Democracy and the Fall 2018 Elections	M	AM	9
Goldfarb, Matthew	Global Antisemitism	TH	AM	19
Graf, Birgit	German for Beginners	F	AM	22
Hester, Andrea	Women Heroes of WWII	W	AM	15
Hollander, Lucky	Welcoming Immigrants to Maine	10/27	AM	27
Jenkins, Carol	Meet the 19th-century Portlanders Who Made Our City Great	W	AM	15
Johnson, Paula	Reader's Theater (RT) Performance	W	PM	17
Kiley, Paul	Adventuring Solo with Confidence	M	AM	9
Kotz, Joan	Fiction Workshop	W	PM	18
Lakin, Chuck	Six Feet Under...or Not: Your End-of-Life Choices	10/20	AM	26

Instructor	Title	Day/Date	Time	Page
Landry, Sharon	Bridges Over Troubled Waters	TU	PM	14
Landry, Terry	The Art of Living Well: A Peace Education Program	M	PM	11
Lynch, Jack	Line Dancing: A Cross-cultural Perspective	TH	PM	21
Lynch, Mike	Songs of Hope from the Past to the Present	10/13	AM	25
Manion, Judith	The Shiny Day Poets	W	PM	18
Markan, Jim	Nourishing Our Minds, Bodies, Hearts, and Souls	M	AM	10
Markowitz, Nancy	Welcoming Immigrants to Maine	10/27	AM	27
Marzagalli, DeWayn	Great Actors Series: Denzel Washington	TH	AM	19
McGovern, Tom	The Novelist's Jesus and Mary of Nazareth	M	PM	11
McLaughlin, John	Hildegard, Queen Meera, and Atisha	F	AM	22
Monro, Peter	The Global Climate at the 11th Hour	W	AM	15
Morton, David	<i>Real Magic: Your Invitation to the Dark Side</i>	TH	PM	21
Murphy, Katie	Guided Autobiography	10/27	ALL DAY	27
Muse, Roberta	<i>Le Français Élémentaire: Allons Plus Loin!</i>	W	PM	17
Ndayininahaze, Claudette	Welcoming Immigrants to Maine	10/27	AM	27
Newlyn, Evy	Traveling to Canterbury with Chaucer's Pilgrims	F	PM	24
Nguyen, Quang	Do I Need Long-Term-Care Insurance?	10/20	AM	26
Novak, Irwin	Geology of Maine and New England	W	PM	17
Parker, Richard	Bridges Over Troubled Waters	TU	PM	14
Paulin, Carolyn	Choral Music of Johann Sebastian Bach	W	AM	15
Prevet, James	Jane Austen: <i>Sense and Sensibility</i> and <i>Emma</i>	TH	PM	21
Queally, Chris	Shakespeare's <i>Henry VI, Part I</i>	F	AM	22
Reef, Pat	Classic Films	W	PM	17
Rogoff, Martin	Recent Decisions of the U.S. Supreme Court	W	AM	15
Rogovin, Gregory	Do I Need Long-Term-Care Insurance?	10/20	AM	26
Rousseau, Helen	The Healing Power of Writing	F	PM	24
Rubin-Long, Rita	The Art of Living Well: A Peace Education Program	M	PM	11
Sadler, William	Designing the Life You Want in Your Third Age	TU	PM	14
Schwartz, Ed	Exploring Beliefs in Action	F	PM	24
Sherburne, Dona	Art Studio	F	AM	22
Sinclair, Dianne	Exploring the Rainbow: Color	W	AM	15
Sipe, Craig	The Island of Misfit Poets	M	PM	12
Smith, Carl	The Life and Music of Mozart, Part 2	W	PM	16
Spiegel, Bonnie	Creative Drawing	TH	AM	19
Story, Ruth	Memoir Workshop	W	PM	18
Story, Ruth	True Lies and Real Fiction, Continued	W	AM	16
Suitor, David	Cool Maps, Hot Topics	TH	PM	21
Sutherland, Kathleen	Afghanistan: Proud and Defiant Resistance to Imperialism	TH	AM	19
Sutherland, John	Ill-behaved Women: Americans Who Made a Difference, Part I (to 1877)	F	AM	23
Tancredi, Sharon Ash	Community American Mah Jongg	10/13	ALL DAY	25
Taub, Pat	Women and Aging	TH	AM	19
Thon, Brian	Voice-Overs: Now is Your Time!	10/13	AM	25
Tracy, Mary	The Island of Misfit Poets	M	PM	12
Ubans, Juris	International Auteur Cinema 20	M	PM	12
Urkowitz, Steve	Tyranny and Recovery	TH	PM	22
Van Dussen, Jaye	Being Mortal: Medicine and What Matters in the End	10/13	AM	25
Wiley, Betsy	Four Prize Winners	M	AM	10
Wygant, Mike	Great Decisions AM	F	AM	23
Wygant, Mike	Great Decisions PM	F	PM	24
Young, George	Dostoevsky: <i>The Brothers Karamazov</i>	TH	AM	20



Campus Map and Parking

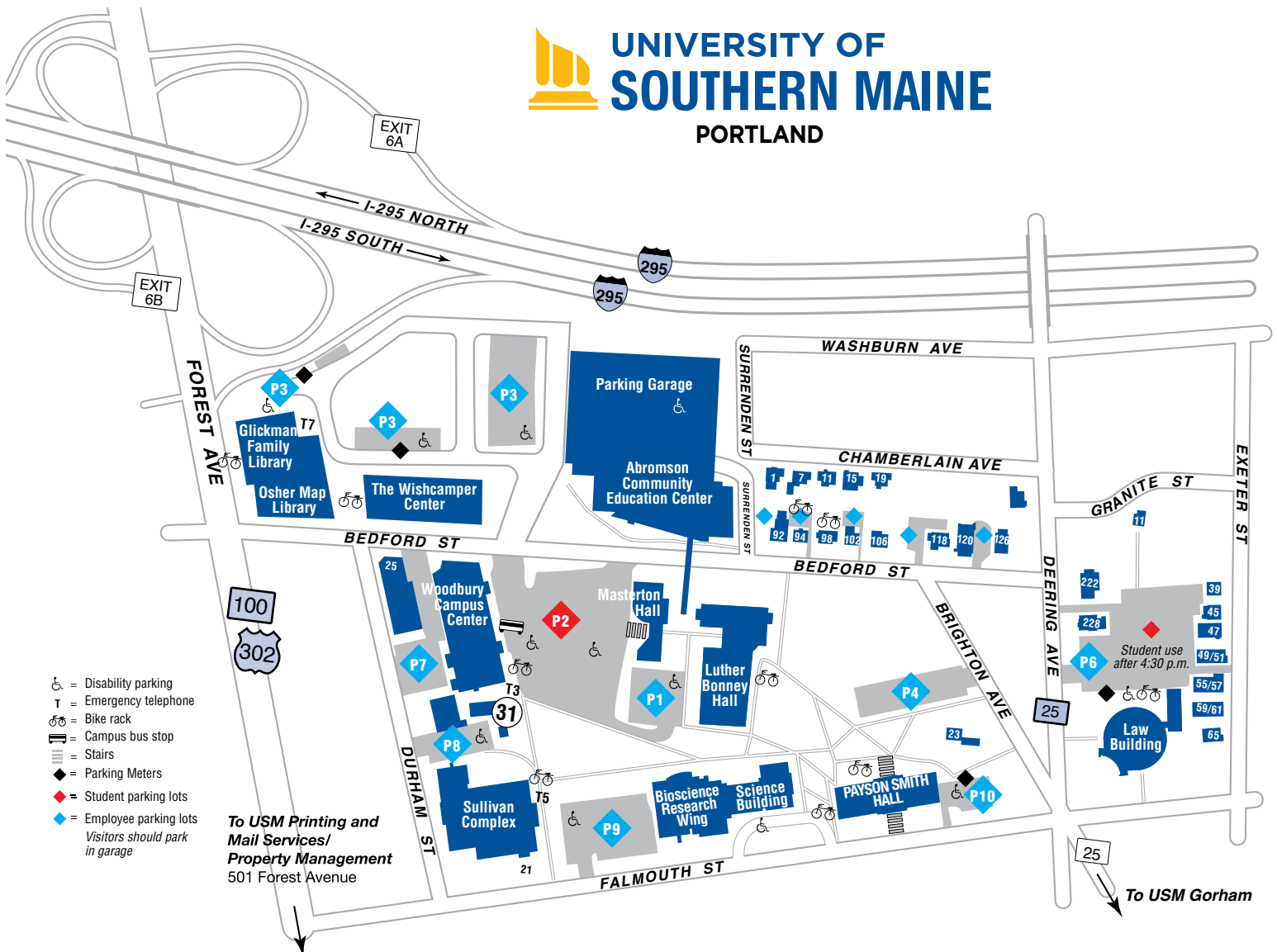
The Osher Lifelong Learning Institute at USM is based in the Wishcamper Center at 44 Bedford St. on the Portland Campus.

- OLLI classrooms are on the 1st and 2nd floors.
- The OLLI office is on the 2nd floor in Room 210.
- The elevator is off the lobby.

PARKING AT OLLI

Parking in surface lots on campus may earn you a parking ticket. USM is looking into updating its parking systems, but for now, OLLI pays for our students to park in the USM garage on Bedford St. **Until further notice**, simply push the button at the entrance to gain access to the garage. The exit gates will open automatically as you leave.

To park in a handicapped space anywhere on campus, you must have a handicapped placard issued by the Maine Bureau of Motor Vehicles or a handicapped license plate. There are 20 handicapped spaces in the parking garage and eight in the parking lot directly behind the Wishcamper Center.





Monday Morning 9:30-11:30

Photographic Storytelling

Tim Byrne

This continuation of Putting Art in Your Digital Photography will take a fun, new approach. The class will explore how to build a story with photographs while observing the principles of writing – but using images instead of words. **Required book:** *The Photographer's Story: The Art of Visual Narrative*, Michael Freeman, ISBN 9780240815190; available used from amazon.com or as kindle edition. **No class on Oct. 8.**

Tim Byrne is an award-winning commercial photographer based in Scarborough. He exhibits his work frequently and has been published in numerous books and periodicals.

Transformative Communication: Changing the World One Conversation at a Time

Jani Darak-Druck

From individual conversations with family or friends to high-level global summits, the need for methods to get beyond conflict and differences has never been more urgent. **This repeat course** will unpack a toolbox of techniques and skills to help turn difficult conversations into opportunities for healing, greater understanding, and finding solutions to seemingly irreconcilable differences. The format will be interactive, allowing you to discuss challenging conversations and practice techniques and skills. **Required books:** *Crucial Conversations*, Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler, ISBN 9780071771320, USM price \$20; *The Thin Book of Appreciative Inquiry 3rd edition*, Sue Annis Hammond, ISBN 9780988953802, USM price \$12.40. **No class on Oct. 8.**

Jani Darak-Druck has worked in publishing, as an ordained pastor in the United Methodist Church, and as volunteer manager and trainer for the Cancer Community Center. Each setting allowed her to develop and hone her love of teaching, speaking, and writing.

A Trip Around the World, Part 5

Stephen Gleit

Join us on a visual trip around the world through the prism of eight international movies made by native filmmakers in their own language. **This is not a repeat course;** these are all new movies. These contemporary movies all share a compelling story with outstanding cinematography. Your magic carpet awaits. All movies have subtitles. **Mature content advisory:** Some movies contain themes of a sexual nature and/or nudity (Rated PG-13 or R). **No class on Oct. 8.**

Steve Gleit is a retired attorney now enjoying the good life in Portland with his wife, Dana, and Dash the Cat. His exposure to an immigrant clientele fueled a passion for foreign cultures. He finds movies a pleasing way to escape and explore the world from the comfort of the classroom.

Conversations about American Democracy and the Fall 2018 Elections

Bob Goettel

Erosion of the norms and traditions of American democracy and our faith in government continues. Major challenges face our nation, but too often they are avoided in election debates. Continuing our lively discussions from last spring, this class will focus on issues that cannot be avoided, as well as efforts to restore credibility and legitimacy in addressing those issues. Guests from USM and Maine's political community will join us for most class sessions. Contemporary articles, reports, and commentary will serve as the basis for class discussions. More detail about the class, including specific topics and guests, can be seen at rgjussmolli.com. **No class on Oct. 8.**

Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated this class at OLLI each spring and fall for the past 10 years. He has led numerous national and state-level policy and evaluation studies and managed policy research organizations.

Adventuring Solo with Confidence

Paul Kiley

It may be a book, a poem, a photo, a film, a traveler's tale, or memory savored which sparks the desire to adventure on your own. **This repeat course** can help you overcome the obstacles and prepare you for the new delights and fresh discoveries of traveling solo. Sights and sounds, food and drink, rich and rewarding peopled experiences await; why not just do it? Adventures to share in class are welcome. **Suggested books:** *Wild: From Lost to Found on the Pacific Crest Trail*, Cheryl Strayed, ISBN 9780307476074; *The Old Ways*, Robert Macfarlane, ISBN 9780147509796; *Blue Highways*, William Least Heat Moon, ISBN 9780316353298; *The Last Supper*, Rachel Cusk, ISBN 9780312429652. **No class on Oct. 8.**

Paul Kiley, an Irish citizen, has enjoyed adventuring solo for 20 years in Malaysia, Indonesia, New Zealand, Ireland, Britain, Italy, France, Spain, Netherlands, Canada, and the USA. He has taught Communication Studies courses at area colleges in Los Angeles and Minneapolis.

more MONDAY MORNING courses on next page

Four Prize Winners Betsy Wiley

Have you ever wondered what the fuss is about when a major literary award is announced? What do these prizes suggest about our contemporary culture? How does their success teach us about what we expect literature to do? Join us in reading four recent prize winners. **Required books:** *Sing, Unburied, Sing*, Jesmyn Ward, ISBN 9781501126079, USM price \$17; *Lincoln in*

the Bardo, George Saunders, ISBN 9780812985405, USM price \$17; *Less: A Novel*, Andrew Sean Greer, ISBN 9780316316132, USM price \$15.99; *Improvement*, Joan Silber, ISBN 9781640091139, USM price \$16.95 (to be released in August). Please read the first half of *Sing, Unburied, Sing* for the first class. **No class on Oct. 8.**

Betsy Wiley taught English at Cape Elizabeth High School before leaving to get her PhD in American Studies at The George Washington University. She has taught over 10 courses at OLLI and loved every one.



Monday Morning 10:15-12:15

Nourishing Our Minds, Bodies, Hearts, and Souls Jim Markan

Research has shown that those who nourish their mind, body, heart, and soul tend to live a happier, healthier, and more fulfilling life. This enjoyable and highly interactive course will provide insights into enhancing your well-being by engaging in practices focused on each of these four areas. Classes emphasize the

importance of lifelong learning and the value of sharing life experiences. The instructor has delivered presentations on this topic to audiences around the world. **No class on Oct. 8.**

Jim Markan is a Michigan native who has lived in several areas of the country and visited many areas of the world. Prior to retirement he was a human resource executive for a global company. During retirement he enjoys volunteering with a wide variety of organizations.



Monday Afternoon 12:45-2:45

Le Français Intermédiaire Jacqueline Bucar

A continuation of French language study, with emphasis on expanding vocabulary and listening and speaking ability. **This six-week course, starting Sept. 17,** assumes a basic knowledge of French as it is conducted largely in French. **Required book:** *Les Vacances du Petit Nicolas*, Sempé/Goscinny, ISBN 9782070577026, USM price \$14.95. **Suggested book:** *Façon De Parler 2 Intermediate French Coursebook*, Angela Aries and Dominique Debney, ISBN 9781444181227 (available on Amazon). **No class on Oct. 8.**

Jacqueline Bucar taught high school French in Connecticut for 16 years before pursuing a career in law. She graduated from the University of Connecticut with a BS; from Wesleyan University with a Master's of Liberal Studies, majoring in Literature and History; and from the University of Connecticut School of Law with a JD. She is a retired immigration attorney.

More Maine Mystery Writers, in Conversation Richard Cass

Maine has an extraordinary number of mystery and crime fiction writers, many with national reputations. Is it something in the air? The water? The winter? In our conversations, each anchored by a Q&A between the instructor and a published Maine crime writer, we will dissect the plot, setting, character, and structure of mystery genres, including police procedural, noir, amateur sleuth, thriller, and cozy. Each meeting will focus in depth on the techniques and thinking that a writer brings to his or her book or books to create suspenseful and engaging mysteries. **Suggested reading list available from instructor. No class on Oct. 8.**

Richard Cass is the award-winning author of two mysteries, Solo Act and In Solo Time. Solo Act, a jazz mystery, won the Maine Literary Award for fiction. Dick serves on the board of Mystery Writers of America's New England chapter and lives in Cape Elizabeth.

Chinese Language and Culture Confucius Institute

This repeat course provides a foundation in the combined skills of listening, speaking, and writing Chinese characters as well as a general picture of

REFUND POLICY

- You will receive a **100 percent refund if you cancel by the END OF YOUR SECOND WEEK OF CLASS.** No refund after that point. No refunds are given for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, call the OLLI office at 780-4406.
- If OLLI cancels a class due to low enrollment, you will be notified and offered the option of a refund or an alternate course.

Chinese culture. Students start with the Mandarin phonetic system (Pinyin), pronunciation, stroke order, and basic Chinese characters. They will be able to conduct conversations based on daily topics. For Chinese culture, the instructor will offer information on China's history and geography; Chinese legends, philosophy, traditions, and customs; Chinese tea and medicine; Kungfu; and more. **No class on Oct. 8.**

The USM Confucius Institute (USMCI) is a partnership between USM and Dongbei University of Finance and Economics (DUFE) in Dalian, Liaoning province, China. The Institute fosters cooperation and mutual understanding between China and the United States by providing language and culture education, student trips to China, study abroad scholarships at DUFE, Chinese proficiency testing, Chinese teacher training, and China-related consulting. The Institute's personnel include a host director and program coordinator from USM and a Chinese director and Chinese teachers from DUFE.

Exploring the Mysteries of Tarot Mary Gelfand

Tarot is a divination technique that uses brightly colored cards rich with images to tap into intuitive knowledge. The 78 cards in a Tarot deck create a complex structure that assists the reader in accessing personal and universal mystery. Tarot makes use of multicultural symbols, numerology, archetypes, and the Elements. This class provides an introduction to the process of divination, history of Tarot, basic card meanings, spreads, and a variety of different ways to use the cards in your own life. **Required resource:** *The Rider Tarot Deck*, Arthur Edward Waite and Pamela Colman Smith, ISBN 9780913866139, USM price \$21.95. **No class on Oct. 8.**

Dr. Mary Gelfand studied Tarot for two years at Diana's Grove Mystery School in Missouri and loves the mystery and depth of this

evolving divination technique. She is an Interfaith minister who uses Tarot with Spiritual Direction clients and as an intuitive tool to guide her own life. She has taught classes on Tarot and also gives private readings.

New Movies 2017-18 Stephen Gleit

Let's spend the fall together watching new movies, released in the U.S. in either 2017 or 2018 (or perhaps never shown in the U.S.). Expect to see Oscar-nominated films plus movies shown at other prestigious festivals, including Cannes, Berlin, Sundance, Toronto, and Venice. Do you enjoy going to the movies? Do you like seeing recent releases that have a compelling story, like *The Shape of Water*, *Bridge of Spies*, etc. and then discussing them? This course is your weekly ticket to (some of) the best new cinema. **No class on Oct. 8.**

Steve Gleit is a retired attorney now enjoying the good life in Portland with his wife, Dana, and Dash the Cat. He finds movies a pleasing way to escape and explore the human condition from the comfort of the classroom.

The Novelist's Jesus and Mary of Nazareth Tom McGovern

Let's explore ideas about what might have happened during the adolescence and young adulthood of Jesus of Nazareth and about his mother Mary's life after his death. *New York Times* bestseller novelists Anne Rice and Colm Toibin imagine two biographical narratives based on their readings of contemporary scholarly research. Weekly discussions of the two novels will be supplemented with evaluations of recent work on the gospels, the Historical Jesus, and ecumenical understandings of Mary. **Required books:** *The Road to Cana*, Anne Rice, ISBN 9780307741196, USM price \$15.95; *The Testament of Mary: A Novel*, Colm Toibin, ISBN 9781451692389, USM price \$13. **No class on Oct. 8 or 22; makeup TBD.**

Tom McGovern taught Interdisciplinary Humanities and Psychology courses in urban, research, state universities. This is his ninth OLLI/USM course, as he was a faculty member at OLLI/Arizona State University before retiring to Maine.

The Art of Living Well: A Peace Education Program Rita Rubin-Long, Terry Landry

"Personal peace" is a human necessity that begins with each of us. **This nine-week, repeat course** features insightful talks and meaningful interaction about inner resources like peace, appreciation, inner strength, self-awareness, understanding, clarity, dignity, choice, hope,

more MONDAY AFTERNOON courses on next page

STUDENT PRIVILEGES

Membership in OLLI at USM entitles you to:

- Parking in the USM garage, courtesy of OLLI at USM
- Access to the USM libraries, computer labs, bookstore, and fitness center
- Discounted membership to Sullivan Gym
- Guest access to USM's on-campus wireless Internet
- Preferential mailing of OLLI course catalogs and SAGE brochures
- Free participation in any OLLI Special Interest Group
- A free OLLI-designated USM student photo ID good for some local discounts and special offers (details at <https://usm.maine.edu/usmcard/offcampus>). Visit the OLLI office to complete an ID request.

and contentment. We will have time for reflection and personal expression. This media-based peace education program was created by The Prem Rawat Foundation.

Materials fee: \$20, due to Instructors at first class for workbook and articles. **No class on Oct. 8.**

Rita Rubin-Long has a passion for peace. Her journey includes seeing the Beatles at Shea Stadium, attending the Woodstock Festival, witnessing the violence at Kent State University in 1970, and serving as an educator of young children and adult learners for 40 years.

Terry Landry retired from Colby College, where he incorporated his commitment to multicultural understanding into his role as manager of Foss Dining Hall. His listening skills and passion for cooking enabled him to develop a vegan-vegetarian menu.

International Auteur Cinema 20 Juris Ubans

This course will examine the important works of recognized international film directors from an aesthetic point of view. We will try to cover them both geographically and chronologically, starting with the silent film and coming close to the end of the 20th century. The primary focus will be on the films, with some lecture and discussion of related material. **An optional, extended time period, from 2:45 to 3:20 p.m.**, will be set aside for discussion for interested participants. **Suggested book:** *A Short History of the Movies*, Gerald Mast, ISBN 9780205755578 (copy available in the OLLI library). **No class on Oct. 8.**

Professor Emeritus Juris Ubans is a not-so-recent retiree (2009) from the USM Art Department. He is a lifelong practitioner of Studio Art as disciplinary immersion and has also been an influential voice in elevating Film and Photography to the status of Fine Art.

Monday Afternoon Writers' Workshop

12:45-3:00

The Island of Misfit Poets
Mary Tracy, Craig Sipe

Open to new and experienced poets alike, this once-a-month class will study published poems and use imitation as a generative process for creating our own new work. We hope to challenge our perspectives to come at our work with a different point of view that might not fit with our usual selves and a refreshed structural approach. We want to foster rigor and honesty in our ability to provide feedback for each other's growth as

writers. **Required book:** *Poetry 180*, Billy Collins, ISBN 9780812968873, USM price \$16. This workshop meets on **the third Monday of each month from September 2018 through May 2019.**

Mary Tracy is a former teacher who enjoys the life of a student. She was part of the OLLI Shiny Day Poets workshop for four years, has taken a mix of MWPA workshops and courses, and has been published in OLLI Reflections.

Craig Sipe worked in the defense industry for over 35 years. He loves reading and writing poetry. He has taken Masters Workshops with the MWPA and has had work published in several anthologies, including the Taproot Literary Review (Pennsylvanian) and the Maine Arts Review.



Tuesday Morning 9:30-11:30

Fall 2018

SAGE
Lecture Series

Each fall and spring, SAGE provides eight Tuesday-morning lectures. Topics include history, culture, the arts, geography, and science. Drawing on community resources, SAGE offers

attendees the opportunity to hear interesting speakers and to learn more about a wide array of interesting subjects. OLLI is excited to offer such an outstanding lecture program at the price of \$50 for the entire series.

Further details on the SAGE lineup — along with a registration form — can be found in the SAGE brochure you'll receive in August. The brochure will also be available on the OLLI website.



Tuesday Afternoon 12:45-2:45

Seeking to Understand Prejudice, Image, and Identity in the Post-Truth Era

Joan Aldrich

To varying levels (conscious/unconscious) we cultivate a persona, or “mask,” for social interactions. How much this coincides with what we know about ourselves varies. In Japan, people “rent” families and friends who pose for Facebook photographs, creating the illusion of relationships. Consider *Madmen’s* Don Draper’s false identity, *Duck Dynasty’s* pretense of ignorance: Has reality TV impacted our ability to intuit/discern what is “real”? What mobility of perception exists in a “post-truth” era! Consciously “passing” is hiding/omitting details of one’s background to gain opportunities culturally reserved for others within a socially oppressive/unjust system, and/or to avoid discrimination or death (passing across the American color line; some Jews surviving WWII by acquiring false Aryan papers). What do such ambiguities convey about human identity and perception? Can considering such narratives help us become more aware of our own prejudices/limiting beliefs?

Joan Aldrich, MDiv, seeks to delicately and respectfully explore the nature of prejudice.

Zen and Aging

Tim Baehr

In Zen Buddhism, meditation practice is fundamental and is part of a search for the answer to the question, “Who am I?” It’s a question that follows us through life and can arise at any age. **This repeat course** is a basic introduction to Soto Zen Buddhism with an emphasis on what it means in our “third age.” In this course, students can begin, continue, or revive their practice. There will be lecture, discussion, and meditation in each class session. **Required books:** *Hardcore Zen*, Brad Warner, ISBN 9781614293163, USM price \$17.95; *Practical Zen*, Tim Baehr, available from instructor, \$5.

Tim Baehr has practiced Zen for over a decade and has conducted several Zen courses and workshops at OLLI.

History of Britain, Part 3: Tudors, Early Stuarts, and Birth of Empire

Richard Budd

We will discuss the improbable path by which Henry Tudor became King of England. We will then go on to the reigns and profound changes in the nation under him, his son, and his grandchildren. We will trace the motivation for, and consequences of, expansion into the Americas, making England an imperial power. We will detail the final unification of England and Scotland under Henry’s great-great-grandson, James I, and his successors until religious schisms tore the country apart. **Suggested book:** *Tudor*, Leanda de Lisle, ISBN 9781610395458.

Dick Budd is a retired physicist who studied Physics at NYU and Harvard, leading to a doctorate. He spent most of his career developing special-purpose scientific computer systems. He teaches at OLLI on a wide variety of subjects, including bridge, development of the physical sciences, movies, science fiction, and history.

Here’s to Your Best Health

Patricia Budd

There’s a lot of dietary information and disinformation out there in the media. How can we tell the difference? Let’s look at the evidence-based science behind how food choices can affect personal health. Let’s also look at the state of our current food supply. Whether your concerns are about weight, or gut, or age, or how you feel at this stage of your life, let’s investigate the effects of currently available food choices with respect to

more TUESDAY AFTERNOON courses on next page

CLASSES / TUITION

- Fall classes are held once a week, from Monday through Friday, except for Tuesday mornings, and run for eight weeks, from Sept. 17 through Nov. 9.
- 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 fall workshops on Saturday (see page 25).
- **You must be an OLLI at USM member to enroll in classes and workshops. Membership costs \$25 per fiscal year and runs July 1 to June 30.**
- **Tuition is \$50 per course for regular OLLI at USM classes.** Workshops typically 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.
- In addition to classes, OLLI offers several Special Interest Groups. (See page 30 for a list.) **You must be a current OLLI member to participate in these.**

For news and updates on OLLI activities, read your *OLLI at USM Newsletter*, go to the OLLI at USM website (www.usm.maine.edu/olli), and check the literature racks in the main lobby and at the top of the stairs.

those concerns. Let's search together for ways we can support our own personal best health. Let's talk!

Patricia Budd was a computer engineer for 30 years, took an MFA in poetry after retirement at 70, is a Reiki Master, loves to cook (and eat), and grows her own veggies. She's a certified nutrition coach and enjoys researching and sharing her interest in the field.

Bridges over Troubled Waters **Sharon Landry, Richard Barron Parker**

America is a multicultural country held together by its political and legal system, especially the United States Constitution. How can we cope with the major divisions in our society: female versus male; black versus white; poor versus rich; rural versus urban; etc., etc.? How do you envision America's future? In this election year, we will try to articulate — with short videos, lectures, and class discussion — strategies and policies that can bridge these divisions and attract the support of a supermajority of American voters. Presentations by members of the class on topics of their own choosing will be encouraged but not required. **Required book:** *The Constitution of the United States*, ISBN 9780880801447, USM price \$1.50 (any edition is ok). **Class will start Sept. 25 and run eight weeks.**

Sharon Landry has a MPA from the University of Virginia and has worked in economic development in both the public and private sectors.



Wednesday Morning 9:30-11:30

Achieving Joy, Happiness, and Contentment **Jerry Benezra**

You can increase your happiness, joy, and contentment despite challenges due to aging, health issues, life events, and changing political and social norms. The key is understanding, and then applying, proven ways and means to do so. With guest lecturers, we will interactively explore successful practices based on scientific test results and studies; lessons from great thinkers, as well as our own experiences. Join fellow OLLI members in this group quest. To stimulate self-reflection and discussion we will utilize resources including Annual U.N. World Happiness Reports and relevant medical, political science, psychology, and sociological papers. **Class will start Sept. 26 and run eight weeks.**

Jerry Benezra started studying and researching this field after an OLLI course many years ago. Like all of us, his own personal and professional life experiences, including extensive international travel, have provided knowledge of how people in our and other cultures find joy in the face of adversity, serious illness, and death.

Richard Barron Parker, Professor Emeritus from Hiroshima Shudo University, taught American Law and Politics in Japan for more than 20 years.

Designing the Life You Want in Your Third Age **William Sadler**

This repeat course provides a new view of life in the Third Age (from 50 to 80) based on 25 years of Sadler's research focusing on people who are creatively redesigning their lives and redefining retirement. Students will explore principles for this personal growth that can support a successful transition into a Third Age of fulfillment. Classes encourage participant interaction. In addition to reading and discussion, practical Third Age life-planning exercises will help students tap their creative potential to address the challenges and possibilities in this new stage of life. **Required book:** *Changing Course: Navigating Life after 50*, William Sadler and James Krefft. ISBN 9780979351051 (available in class from instructor for \$20).

William A. Sadler, PhD, Professor of Sociology and Business, Holy Names University, Oakland, Calif., is also author of The Third Age: Six Principles of Growth and Renewal after 40 and Why Retire? Career Strategies for Third-Age Nurses (with Fay Bower). He and his wife live half the year in Bristol, Maine.

Birth, Copulation, and Death — That's All, That's All, That's All **Derek Campbell**

Many of Shakespeare's 154 sonnets revolve around the destructive power of time; a fear of mortality; and the joys, yearnings, and agonies of love, procreation, and sexual desire. The universality of these themes, the compact form of the sonnet, and the depth of feeling in Shakespeare's verse render them accessible to 21st-century readers. We examine the sonnet form, consider Shakespeare's underlying musical score, and look at ways to decipher the rhythm and image codes in the verse. Participants will read aloud and present a sonnet of their choosing. **Required book:** *Shakespeare's Sonnets & Poems*, Barbara A. Mowatt, ISBN 9780743273282, USM price \$13.95.

Derek Campbell retired to Portland after a 40-year career as an actor, director, teacher in Ireland, England, and the U.S. In 1976, a prize-winning production of A Midsummer Night's Dream earned him a directing scholarship at Penn State University. He has held academic positions at Middlesex Polytechnic, London, SUNY Buffalo, MIT, Bennington College and Niagara University.

The Global Climate at the 11th Hour – What Should We Do Now?

H. Landis Gabel, Peter Monro

This course will cover all the principal topics necessary for a good lay-person's understanding of global-climate-change risks and possible responses. These topics include climate science, economics and public policy, international negotiations, morality and social impacts, technology, and geo-engineering. A final topic is what you can do about it. We will use films and an occasional short lecture to introduce each topic and then follow up with class discussion.

Landis Gabel is Professor Emeritus of Economics and Management at INSEAD, an international management institute in Fontainebleau, France, where he taught General Economics and Environmental Economics and Policy. Prior to his career at INSEAD, he was on the faculty at the University of Virginia. He retired to Portland this year.

Peter Monro is a Portland landscape architect, who as principal of Monro Associates focused for 25 years on land conservation, municipal work, and residential design/ build. After an earlier career in journalism, he homesteaded for five years in Vermont.

Women Heroes of WWII

Andrea Hester

"I don't consider I did anything extraordinary... I did it because I wanted to, because it was useful, because it had to be done." This quote from Pearl Witherington, a British spy in Nazi-occupied France, could have come from any one of the many women heroes of WWII. Come learn the personal stories of some of the intrepid women of the European theater of the war whose outrage at Nazi occupation and atrocities led them to astonishing acts of bravery. We will discuss heroines like Witherington, who became spies, resistance leaders, partisans, couriers, radio operators, and saboteurs in the common effort to defeat the enemy.

Andrea Stanley Hester is Vice President of the World Affairs Council of Maine as well as the Harvard Club in Maine. She has a BA from Tufts University in modern European history and a Master's degree in Government from the Harvard University Extension School.

Meet the 19th-Century Portlanders Who Made Our City Great

Carol Jenkins

Evergreen Cemetery is a jewel in the heart of the city. Many prominent Portlanders have been interred there. Walking through with a knowledgeable docent is a walk through our history. **We will meet at Evergreen in the Wilde Chapel weekly**, and we will learn about a different aspect of our past, as we have a lecture and a

guided tour with a different trained docent each week. Friends of Evergreen docents give guided tours every spring through fall and love to investigate, research, and share knowledge about the lives of those who rest there. **This repeat, eight-week class will run from Sept. 12 to Oct. 31.**

Carol Jenkins, BS, MA, is a retired teacher and has been a docent at Evergreen Cemetery for five years.

Choral Music of Johann Sebastian Bach **Carolyn Paulin**

This course will feature works by J. S. Bach that have been presented previously, but it will be devoted exclusively to Bach's choral music. We will listen to — and sometimes watch — complete performances of masterpieces, including *St. Matthew Passion*, *St. John Passion*, the *Christmas Oratorio*, the *Magnificat in D*, the *Mass in B Minor*, and if time allows, smaller works, such as *Motets* or *Cantatas*. Both audio and video performances will be used. The instructor will provide a significant amount of written material, along with lecture and class discussion time.

Carolyn Paulin earned her DMA in Choral Music from the University of Illinois at Urbana-Champaign. She has been a choral conductor for over 40 years and now teaches Music History at the University of Southern Maine in Gorham. A classical music producer and program host at WFMT Radio in Chicago for 13 years, she now is a free-lance producer for Maine Public.

Recent Decisions of the U.S. Supreme Court **Martin Rogoff**

In this course we will discuss, analyze, and consider the policy implications of important 2017 and 2018 decisions of United States Supreme Court dealings with the controversial subjects of presidential power, federalism, freedom of religion, gun control, labor rights, partisan political gerrymandering, digital privacy, and antitrust.

Martin Rogoff is Professor Emeritus at the University of the Maine School of Law. He has taught and published in the areas of constitutional law, comparative constitutional law, international law, European law, French law, and legal history. His BA is from Cornell University and his Law degree is from Yale Law School.

Exploring the Rainbow: Color **Dianne Sinclair**

The book for this class is "part travelogue, part history lesson, and part science seminar," organized by color. You can read as much or as little as you like, but you may find it hard to put down. Each week in class, after discussing a given color, we will expand

more WEDNESDAY MORNING courses on next page

our understanding through hands-on art activities. One class will be an all-day workshop in color mixing, dyeing fabric in a rainbow of colors. No art training is needed to enjoy this journey into color. A supply list will be sent prior to class. **Required book:** *Color: A Natural History of the Palette*, Victoria Finlay, ISBN 9780812971422, USM price \$18. **On week 2 (Sept. 26), class will run from 8:15 a.m.-12:15 p.m.**

Dianne Sinclair has taught "Dyeing for Color" and a variety of paper arts classes at OLLI as well as workshops in simplifying your home and wildflower identification. An untrained artist, Dianne enjoys designing classes for people who want to have fun while creating with others in a relaxed, judgment-free atmosphere.

True Lies and Real Fiction, Continued **Ruth Story**

Everyone has life stories to tell and family and friends who want to read them. Now all you have to do is write

them. **In this ongoing, writer-supportive course**, you will learn ways to rekindle memories of past events, begin the writing process, find your own voice, and give life to your experiences. In the process, you'll get to know yourself and other people in your life better than you ever imagined. Best of all, you'll be creating rich family history. **Suggested books:** *Writing about Your Life*, William Zinsser, ISBN 9781569243794; *Writing Your life; Putting Your Past on Paper*, Lou Willett Stanek, ISBN 9780380786251; *Discovering the Writer Within*, Bruce Ballenger and Barry Lane, ISBN 9781931492164 (available from amazon.com).

Ruth Townsend Story, editor, writer, and award-winning teacher, has written five books and scripted eight computer-assisted programs for teaching composition and literature. She edits and writes feature stories for two publications and educational materials for Scholastic Publishing. She has also been a frequent presenter at professional conferences.



Wednesday Afternoon 12:30-2:45

The Life and Music of Mozart, Part 2 **Carl Smith**

In last year's course we experienced 20 of Mozart's compositions, about 3 percent of his officially numbered works. This course will be mostly new Mozart music, with a few repeats of some of his most important works, which newcomers must hear and those who took last year's course will enjoy hearing again. Mozart would have been one of the greatest composers of all time had he written only his four most

famous operas, but he wrote more than 620 other works by his death at age 35. This course will continue the exploration of Mozart's amazing life and music, including highlights from the Oscar-winning movie *Amadeus*.

Carl Smith has taught more than 20 music appreciation courses at OLLI over the past 10 years. He combines a passion for music with a lifelong devotion to high-quality audio and video reproduction, resulting in a musical experience in the classroom that comes close to attending live performances.



Wednesday Afternoon 12:45-2:45

Art, Music, and Poetry: The Origins of Creative Experience **Elizabeth Chapman**

How can a painting or a poem give rise to a tactile sensation? How can music summon spatial imagery? Human experience is a creative act. In this slide/lecture/discussion course, we'll read from philosophers, neuroscientists, musicians, and poets and look at paintings from Lascaux to Expressionism as we attempt to answer these questions. There will be simple, optional homework. **Suggested book:** *A Brief Tour of Consciousness*, V. Ramachandran, ISBN 9780131872783, USM price \$17. Instructor will provide a link for additional readings. **This is a repeat course.**

Elizabeth Chapman has a MArch from MIT and BArch from Cornell. She has taught courses on Perception, Creativity, and

Neuroscience at OLLI and Lafayette College. She is a practicing architect and paints in a Portland studio.

Gospel Music Comes Alive! **Terry Foster**

This repeat course explores songs, spirituals, and hymns from the Christian tradition that is normally called "gospel." Designed primarily from a Protestant perspective, the course examines "white" gospel and religious music from the African-American tradition. Some attention is paid to hymn writers and composers and the milieu in which they thrived, but exposure to the music and the singers/musicians comprises most of each session's activity. Recordings are heard, videos are seen, songs are sung, and the piano is utilized. Discussion is encouraged. **Suggested book:** *The Sound*

of Light: A History of Gospel Music, Don Cusic, ISBN 9780634029387.

Terry Foster has played piano since he was 5. He was involved in church music from an early age and became a paid church organist/pianist at age 16. Since then he has served various denominations as a choir director and organist/pianist. He holds a BA in Religion and Philosophy, a Master's in Pastoral Counseling, and a doctorate in Higher Education.

Reader's Theater (RT) Performance

Paula Johnson, Barbara Bardack

RT Performance provides an ongoing opportunity to learn and practice basic acting techniques using voice and facial expressions. The class will include pantomime and improvisation skills. While sharing constructive critiques, class members will be cast in various roles and rehearse multiple short plays during the term, followed by a performance after the last class. No memorization required. Due to the nature of the class, **time commitment is eight weeks, plus a performance date (TBD).**

Paula Johnson holds a Master's in Business Management from Husson. She has pursued theater in all its aspects, touring New England with Portland Children's Theater, acting in local theater groups, and working behind the scenes as production manager, props manager, etc.

Barbara Bardack, a retired public school teacher, taught Reader's Theater as an aid to reading instruction and appeared in school productions and Community Theater in New York, Ohio, and Freeport, Maine. Behind-the-scenes work includes a stint in Public Broadcasting and as props master with the Freeport Community Players.

Le Français Élémentaire: Allons Plus Loin!

Roberta Muse

This ongoing course offers a review of basic pronunciation, vocabulary, listening, and conversation skills to help you feel comfortable using your French again...or for the first time ever. We will also read some simple short stories for enjoyment and retelling in present and, possibly, past tenses. *Allons plus loin!* **is not for the complete beginner** but welcomes new members with some French language background. *Chaque leçon est indépendante, utile — and amusante!* **Class will run seven weeks; no class Sept. 26. Required book will be announced prior to class.**

Bobbie Muse taught French for over 25 years, mostly at Fryeburg Academy. Since retiring and moving to the Portland area, she has kept her beloved second language alive through travel, tutoring, translation, and teaching at OLLI.

Geology of Maine and New England

Irwin Novak

This repeat course explores the inter-relationships between earth materials, processes, and time as they interacted to shape New England and Maine. It focuses on the specific types of minerals, rocks, and the physical (both large- and small-scale) and chemical means that molded the landscape and provided our geological resources. Emphasis is on the bedrock foundation and surficial constituents and the river, glacial, and wave actions that were the prime movers in what we see today. **Suggested books:** *Roadside Geology of Maine*, Dabney W. Caldwell, ISBN 9780878423750; *Glaciers & Granite: A Guide to Maine's Landscape & Geology*, David L. Kendall, ISBN 9780945980407 (available from amazon.com).

Irwin Novak is Professor Emeritus of Geology at USM. He taught Oceanography, Geomorphology, and Glacial Geology. His research focused on the geology of Maine and of Greece as viewed from space using satellite imagery. He earned his PhD from Cornell University, MS from the University of Florida, and BA from Hunter College.

Classic Films

Pat Davidson Reef

Classics include timeless themes, universal emotions, believable characters, and meaningful stories. Classic films featured in this course include *Jezebel*, with Bette Davis; *Witness for the Prosecution*, Marlene Dietrich and Charles Laughton; *This Land is Mine*, Maureen O'Hara and George Sanders; *Barefoot Contessa*, Humphrey Bogart, Ava Gardner; and *The Dark Mirror*, Olivia De Havilland and Lew Aryes. Come see the stars who shaped the film industry. **Class will start on Sept. 26 and run 8 weeks.**

Pat Davidson Reef has a Master's degree in Education. She taught for many years at Catherine McAuley High School and has taught at OLLI for 17 years. She wrote two children's books, Bernard Langlais, Sculptor, and Dahlov Ipcar, Artist. Pat writes for the Sun Journal of Lewiston on the visual arts in her spare time. She has two children, five grandchildren, two great-grandchildren and a cat named Winslow, after her favorite artist, Winslow Homer.

more WEDNESDAY AFTERNOON courses on next page

Register early online to ensure adequate enrollment in your favorite class!

ENROLLMENT

- All OLLI at USM classes must have a **minimum of 12 registered students** to run.
- Enrollments are determined a few weeks prior to the first class or at the discretion of the OLLI staff. Under-enrolled classes will be cancelled. If classes are cancelled, all students will be notified of the cancellation. You will be given a full refund for the course or the opportunity to register for an alternate class.

Wednesday Afternoon Writers' Workshops

12:45-3:00

The Shiny Day Poets Deborah Crimmins, Judith Manion

This ongoing poetry-writing workshop is limited to 12 members. Participants may volunteer to prepare a short poetic presentation and design a related prompt for the next session. One week before each workshop, members will email a copy of their poem to all other members, who will print the poems and write comments on hard copies for discussion on workshop days. We participate in outside readings, attend lectures, sometimes enter contests, and participate in OLLI showcases. **This workshop meets the first Wednesday of the month from October 2018 through May 2019.**

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

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

12:45-2:45

Memoir Workshop Ruth Story

This ongoing workshop is not a class but a supportive group of memoir writers who share and respond constructively to each other's work. New members are welcome, to a limit of 12. **The workshop meets on the second Wednesday of each month from October 2018 through June 2019.**

Ruth Townsend Story, editor, writer, and award-winning teacher, has written five books and scripted eight computer-assisted programs for teaching composition and literature. Currently she edits and writes feature stories for two publications and educational materials for Scholastic Publishing. She also is a frequent presenter at professional conferences.

12:45-3:00

Fiction Workshop Nancy Bills, Joan Kotz

This ongoing workshop is a supportive peer group of 10 fiction writers working to improve their writing skills. Monthly, members send their work to one another before class. Each is responsible for constructive feedback of the work to be shared and discussed at the next session. The workshop will evolve in response to members' interests. New members welcome. **This workshop meets on the third Wednesday of each month from September 2018 through April 2019.**

Nancy Freund Bills, MS, MSW, loves reading and writing words. Her stories have been published in Reflections, the LLI Review, The Goose River Anthology, The Maine Review, and in the 2014/83rd Annual Writers' Digest Competition Collection. Bills' first full-length memoir will be published in May 2019.

Joan Strand Kotz majored in English in college and studied Educational Psychology at the graduate level. She writes fiction, memoir, and often a blend of the two. Her work has been published in Reflections, The Goose River Anthology, and The Maine Review.





Thursday Morning 9:30-11:30

Broadway Musicals of the 1980s Brian Allen

A detailed look at the musicals that opened on Broadway during the 1980s. This decade is often referred to as the British Invasion. In addition to the British imports, *Les Miz*, *Phantom of the Opera*, *Miss Saigon*, and *Cats*, other shows to open this decade included: *Sunday in the Park with George*, *La Cage aux Folles*, *42nd Street*, *Dreamgirls*, *Nine*, *Into the Woods*, and many more. Through lecture, discussions and video clips, shows will be discussed in depth.

Brian Allen is the co-founder and executive and artistic director of Good Theater. Over the company's 16 years, he has directed more than 80 productions. He has also worked at the Portland Symphony Orchestra, Maine State Music Theatre, Theater at Monmouth, The Theater Project, Biddeford City Theatre, and Portland Players.

Global Antisemitism: Mirror of Ancient Times, Reflection of the American Experience Matthew Goldfarb

What is antisemitism? What are its historical implications for America today? What role did ancient Egypt play, the early Christian church and its theologians? What was Spain's role? What precedents were set in ancient art (Jewish noses and pointed hats), literature (from Chaucer to Shakespeare to Roth)? We will examine history and some events: Dreyfus trial, blood libels, pogroms, and the Holocaust. Who are the villains, who are the heroes in this panoramic study?

Matt Goldfarb, a retired lawyer, has been active in OLLI for five years. He lives in Cumberland Foreside with his wife, Lynn. His golf game remains mediocre. He enjoys spirited conversation and abides in his faith in the Boston Red Sox since the days of Ted Williams.

The Great Actors Series: Denzel Washington DeWayn Marzagalli

We will examine excerpts from most of Denzel Washington's movies to demonstrate this actor's seemingly effortless style of acting in almost every genre of movie. He perfects being a soldier, sailor, musician, gangster, good cop, bad cop, federal agent, cowboy, husband, father, pilot, train engineer, et al.

Born in New York City, DeWayn Marzagalli 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.

Creative Drawing Bonnie Spiegel

In this repeat class, you'll not only learn how to draw, you'll also learn how to see as an artist sees. Using simple tools, this eight-week, step-by-step course will teach you how to speak a new visual language, unleashing your inner creativity as you learn how to draw the world you see before you. No special talent or experience needed. **Required materials:** 2B, 3B, and 4B pencils; pink eraser; pencil sharpener; drafting tape; newsprint drawing pad, 18" x 24"; Red Wallet paper portfolio; sketch board, 23 1/2" x 26".

Bonnie Spiegel, a professional artist, has shared her love and knowledge of art, teaching, and leading workshops for 40 years. An exhibiting artist, her work is in collections in the United States and Europe. You can see examples of her work on her website: www.BonnieSpiegel.com

Afghanistan: Proud and Defiant Resistance to Imperialism Kathleen Sutherland

Afghanistan, a mountainous western-Asian country, has seen invaders come and go in search of control against competitors, and its people have successfully, if tragically, managed to elude this quest for conquest. Largely ignored by the outside world's peoples and governments, nevertheless the country has been subjected to invasion after invasion to suit others' territorial and political gains. But the Afghan people, despite their ethnic, tribal, and religious diversity and geographical dispersion, have managed to defy these invasions. We examine Afghanistan's history, politics, and society to answer: How come? **Required book:** *Afghanistan: A Cultural and Political History*, Thomas Barfield, ISBN 9780691154411, USM price \$16.95.

Kathleen Sutherland is Associate Professor Emerita at BGSU in Ohio. Her PhD from Indiana University is in Middle East Studies and Political Science. She is President of the World Affairs Council of Maine.

Women and Aging Pat Taub

To paraphrase Bette Davis's immortal words, being an older woman in America's youth-obsessed culture can feel like an act of fortitude. We face significant challenges, but we also have new advantages. On the one hand, we grapple with aging bodies and sketchy memories, the loss of close family members

more THURSDAY MORNING courses on next page

and friends, limited finances, and finding a sense of purpose in our lives. On the plus side, we have more freedom than our mothers and grandmothers to make choices and to pursue previously untapped talents and interests. **This repeat course** will center on readings and shared experiences while offering practical, psychological, and spiritual resources for positive aging.

Pat Taub has a BA from Dickinson College, an MSW from Catholic University and did post-graduate work toward a PhD in Women's Spirituality at The Institute of Integral Studies, San Francisco. She is the author of The Mother of My Invention and writes the blog Women's Older Wisdom.

Dostoevsky: *The Brothers Karamazov* George Young

This six-week course (Sept. 20-Oct. 25) will focus on reading and discussion (in English), supplemented by excerpts from the 2009 Russian film version of Dostoevsky's masterpiece, one of the great works of world literature. **Required book:** Any translation or edition of *The Brothers Karamazov*. **Suggested book:** *The Brothers Karamazov*, Fyodor Dostoevsky, translation by Richard Pevear and Larissa Volokhonsky, ISBN 9780374528379; this version will be referenced in class.

*George Young received a BA in English from Duke and a PhD in Slavic Languages and Literature from Yale. He taught Russian at Grinnell, Dartmouth, and the University of New England, and since retirement has offered courses in Russian Literature at OLLI and Midcoast Senior College. His most recent book is *The Russian Cosmists*, Oxford University Press, 2012.*



Thursday Afternoon 12:30-3:30

Exploring the Nature of Prejudice through Film, Part 3 Joan Aldrich

Selected films in **this six-week course (Sept. 20-Oct. 25)**, will provide a foundation for open/candid discussion about racism, prejudice, hope, and healing. Our sense of identity is influenced by race, ethnicity, religion, and gender – factors that impact relationships as we journey through life. We'll address the results of bias and prejudice across many time periods and cultures, in a wide array of experiences: Turkish film

Mutluluk (Bliss); The Cider House Rules, about an orphanage and health clinic in rural Maine; *Etz Limon (Lemon Tree)*, West Bank property dispute; *Belle*, the true story of an 18th-century illegitimate, mixed-race daughter of nobility; *Driving Miss Daisy*; and *Something the Lord Made* (a black assistant goes unrecognized for medical discoveries in Jim Crow South). **No prerequisite.**

Joan Aldrich, MDiv, MA Comparative Religions, MS Counseling, provides background information and facilitates discussions based on respectful listening to one another. No one is pressured to speak, and quieter participants are equally included.



Thursday Afternoon 12:45-2:45

Keeping Memory Alive: Family Memoir Norman Abelson

This updated, repeat course, while including some writing basics, will emphasize quality of writing, continuity, use of language, and absolute importance of editing. Class will include readings and critiques from the instructor, class writing exercises, class readings, critiques from colleagues, and at-home reading and writing assignments. Goals are 1) methods for bringing back to mind family and personal happenings; 2) writing them well; and, thus, 3) keeping them alive to be passed down to others. **Required book:** *Right Time, Right Place*, Norman Abelson; supplied by instructor for \$16.95.

Norman Abelson has been teaching and mentoring memoir for some 30 years, 10 of them at OLLI. He remains excited and enthused by the challenge. Abelson is at work on his third book of memoir and second book of poetry.

OLLISTUDENT 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/olli>.

Politics and the 2018 Election

Mike Berkowitz

Another Election Day approaches. What will be the outcomes in Congress? In Maine and in the various states' referenda? Mini-lectures from Psychology and Politics will provide the framework for discussion. Weeks 1 and 2: What are the different types of governments and different political systems? Weeks 3 and 4: What are the diverse American ideologies and American political parties? Weeks 5 and 6: What are the methods of persuasion and how are they used in campaigning? Weeks 7 and 8: Just before Election Day, we'll make our predictions. The week after we will analyze the results.

Mike Berkowitz taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees Psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society. He loves to present new perspectives to challenge people's thinking.

Line Dancing: A Cross-cultural Perspective

Jack Lynch, Jennifer Frick

This ongoing, participatory dance class draws from the dances of many cultures – traditional American Country/Western using contemporary C/W and pop music, Greek circle dances, Brazilian samba, tango, rhumba, Spanish cha-cha, and the Shim Sham jazz line dance from Harlem. Not all of these are taught every semester. Prior dance experience is not necessary, but ability to comfortably walk two miles at a decent pace is strongly recommended. New dances will be taught and previously taught dances will be reviewed at each class.

Jack Lynch has danced socially for 30 years. He taught swing dance once a week for six years at a bar in Massachusetts.

Jennifer Frick has danced informally her whole life and has been a student and a co-teacher in the line dance class for many sessions.

Real Magic!

Your Invitation to "The Dark Side"

David Morton

Some magic is for fun: Harry Potter or Pen & Teller. [The magician drove his tractor down the road, but then it turned into a field]. Some is everyday superstition: amulets († ✨ ☯), rabbit's feet. Digging into antiquity, pre-scientific esoterica was just how stuff happened. Religious leaders cornered the market; only priests could turn water into wine or open the gates to salvation. Science, on the other hand, provides a method for tracking the material chain of cause and effect. But there are other ways of looking at both

magic and science. **Required book:** *Real Magic*, Dean Radin, ISBN 9781524758820, USM price \$16.

David Morton is a graduate of Penn's Wharton School and former Presbyterian clergyman. No longer an orthodox religionist, he retains a passion for philosophy and theology, myth, comparative religion, and the perennial philosophy.

The Novels of Jane Austen: *Sense and Sensibility* and *Emma*

James Prevet

When asked if he ever read novels, Oxford philosopher Gilbert Ryle replied, "Oh yes. All six, every year." Ryle saw in Jane Austen's six novels a serious moralist worthy of consideration. In this course, we will watch Austen work out the moral education of her heroines, see her demonstrate the pitfalls of sensibility and the necessity of good sense, and take delight in her corrective irony and sparkling wit. In the end, we will think her heroines deserving of the affection we have long felt for them and believing in "the perfect happiness" of their marriages. **Required books** by Jane Austen: *Sense and Sensibility*, ISBN 9780141439662, USM price \$8; *Emma*, ISBN 9780141439587, USM price \$9.

James Prevet received an AB in Philosophy from Assumption College, a MA in Philosophy from St. John's University, and a MA in English from the University of South Florida. He completed coursework for the doctoral program in English at Boston University. He also studied at the School of Irish Studies in Dublin.

Cool Maps, Hot Topics

David Suitor

If you love maps and geography, you will enjoy Cool Maps, Hot Topics, which uses a visual portrayal of spatial data to define and examine some of the contemporary issues facing the world today. Through the analysis of maps and charts, we will explore International Relations, Man and the Environment; Migration and Population; Sports and Recreation; Politics and Elections; Economics; Culture and Language; and Technology and the Internet. **This course is a sequel to *Beyond Timbuktu*, a geography course David Suitor offered in 2017. No prerequisite.**

David Suitor graduated from Deerfield Academy and the University of Vermont, where he also did his graduate work in Geography. After a long teaching career at St. Mark's School in Southborough, Mass., he continues to operate a boy's summer camp in Raymond.

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Tyranny and Recovery: Oedipus, King Lear, and Today — 429 BC, 1606, 2018

Steve Urkowitz

Using readings, films, lectures, and discussion, we will examine Sophocles' and Shakespeare's brilliant plays of sympathy and final transcendence over the traumas of tyrannical families and societies. But scholars from Aristotle in 335 BC to James Shapiro in 2015 almost never agree about their meaning, or even their basic words and events. Our study of these intellectually and emotionally demanding plays will benefit from video performances. **Required books:** *The Three Theban*

Plays: Antigone, Oedipus the King, Oedipus at Colonus, Sophocles and Robert Fagles, ISBN 9780140444254, USM price \$15; King Lear, William Shakespeare, ISBN 9780486280585 USM price \$4 (any edition OK).

Suggested book: *King Lear: The Quarto and Folio Texts*, edited by Stephen Orgel and A.R. Braunmuller, ISBN 9780140714906.

Steve Urkowitz spent 50 years teaching, coaching singers, directing plays, writing and lecturing, first in New York City and then at OLLI. He earned a Grammy nomination for coaching Early American Vocal Music, and Princeton University Press published his revolutionary study, Shakespeare's Revision of King Lear.



Friday Morning 9:30-11:30

German for Beginners

Birgit Graf

This course aims to provide an introduction to the German language, including cultural aspects and norms relating to communication. With special emphasis on interaction, participants will develop basic listening, speaking, and reading skills. Conversations in everyday situations will be practiced. Topics include greetings and introductions, family relationships, food and restaurants, shopping and prices, and travel. Students will be introduced to basic grammar and sentence structures. Materials for optional further practice at home will be provided.

Birgit Graf is a native German speaker. She obtained a MA in Adult and Continuing Education at Hamburg University/Germany, and has taught German as a foreign language to various age groups and nationalities for over 10 years. She recently moved to Portland.

The Ways of the Heart and of the Mind: Hildegard, Queen Meera, and Atisha

John McLaughlin

This course will look experientially at both primary paths of awakening, the wonder-filled world of devotion and love and ecstatic dance and song, and the profoundly clear and even confrontational path of the height of Buddhist teaching in the Seven Points of Mind Training of an 11th century Tibetan master. Some aspects of our time together will review a previous course but in greater depth. And we will touch deeply on the thorny and challenging issues of relationship — awareness, heartfulness, and the hall of mirrors we all live in. “Of the two witnesses, hold the principal one.”

Educated at Oberlin College, Harvard, and the University of Amsterdam, John McLaughlin has long been on a path of spiritual awareness. A member of the Findhorn Foundation in the late '70s

and mid '90s, he has also made repeated trips to India. He taught Practical Mysticism at USM in the '80s and at the College of Marin, 1999-2002.

Henry VI, Part I: Shakespeare's First History Play?

Chris Queally

Following the lead of the editors of the Oxford edition of Shakespeare's Complete Works, the instructor began the long line of eight plays with *Henry VI Part II*, which he then considered to be the first one written. After beginning to teach this long round of Shakespeare's History Plays, he changed his mind about which one was written first. As they say: That was then, this is now. At any rate, *Henry VI Part I* does, indisputably, follow *Henry V* in terms of historical chronology. There is that. But it was written first. So: “The First Shall Come Last.” **Required book:** *Henry VI Parts I, II, and III*, RSC edition, edited by Jonathan Bate & Eric Rasmussen, ISBN 9780812969405 (or any text of *Henry VI Part I*).

Chris Queally studied at the Shakespeare Institute and has directed numerous student productions. He has taught more than a dozen Shakespeare plays at OLLI.

Art Studio

Dona Sherburne

Escape from “busy” and give yourself a two-hour block of time to work on your art, at your own pace, in a relaxed environment. Fellow artists share ideas, encouragement, and support. Pack your materials and come paint! **NOTE: if you are using oils, please plan to use water-based paints only.**

Dona Sherburne has taught art, cooking, and theater classes over the years. Her artwork has been exhibited and sold in many venues.

Ill-behaved Women: Americans Who Made a Difference, Part 1 (to 1877)

John Sutherland

Harvard's Laurel Ulrich coined the phrase, "Well-behaved women rarely make history." In **this repeat course**, we shall examine the evolution of women's status from the colonial period through the Civil War, as well as the lives of many "ill-behaved women" who thought outside the box (or invented new boxes!) to advance women's rights. **Suggested book:** *America's Women*, Gail Collins, ISBN 9780061227226. **This is a two-semester course**, with Part 2 slated for spring 2019. Neither is required for the other.

John Sutherland graduated from the University of Maine and received his PhD in History 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 State Universities. He has published articles on women active in late 19th century urban reform.



Friday Afternoon 12:45-2:45

The Flower of Life as Mystical Symbol Linda Carleton

The Flower of Life is a simple geometric shape that forms the basis for many of the world's most powerful religious symbols (and, some would claim, the energetic grid of our entire Universe). **In this six-week class, which will start on Oct. 5**, we will learn to draw the Flower of Life, explore its origin and meanings, and create a variety of art forms based on it, including the Star of David, the Sri Yantra, the Taoist yin/yang, many Christian symbols, the Platonic solids, Metatron's cube, and New Age images. **Instructor will collect a \$15 fee for art materials.**

Linda Carleton is a retired History and Comparative Religions teacher and UCC minister who worked in refugee resettlement in Connecticut. She now lives in Portland, where she teaches ESOL, writes, paints, and loves to lead mandala workshops.

The Civil War from a Southern Perspective Sherrie Chapman

This course **(a repeat with updates)** will focus on the Civil War from a Southern cultural, rather than military, point of view, including the causes of the war, military strategies and technology, the aftermath, and the continuing cultural conflicts resulting from the "War of Northern Aggression." Southerners see this war from

Great Decisions AM

Mike Wygant

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. **This session repeats the eight topics covered in spring 2018:** The Waning of Pax America; Russia's Foreign Policy; China and America: The New Geopolitical Equation; Media and Foreign Policy; Turkey: A Partner in Crisis; U.S. Global Engagement and the Military; South Africa's Fragile Democracy; and Global Health: Progress and Challenges. Students will be mailed a class outline in advance and will be asked to purchase the Great Decisions booklet. Students are requested to read the relevant chapter before each class to facilitate active discussion. **Required book:** *Great Decisions 2018 Edition*, ISBN 9780871242617 USM price \$30. **This class is repeated in the afternoon.**

Michael Wygant, course coordinator, is a retired U.S. Foreign Service officer with extensive overseas experience. He is ably complemented by well-experienced volunteers from the World Affairs Council of Maine, who will serve as discussion leaders for the various topics under review.

a very different perspective than Northerners, and this perspective is still a cause of conflict (i.e., Confederate monuments, display of the Confederate flag) in the 21st century. **Required books:** *Confederates in the Attic*, Tony Horwitz, ISBN 9780679758334, USM price \$17; *Dixie's Daughters*, Karen Cox, ISBN 9780813028125, USM price \$24.95.

Sherrie Chapman has a Master's degree in American History from the University of New Hampshire and three years of post-graduate studies in American History at the University of Delaware. She lived in Virginia for 15 years and worked at the Smithsonian Institution and history museums in Alexandria and Fairfax, VA.

Current Economic Events David Chute

This repeat course will review major U.S. and world current economic events. Students can determine how each topic will affect them and their family. Topics will include lingering effects of recession and future world economic growth. How do we make effective reforms to the U.S. budget, taxes, medical care, Social Security, and education? There is no textbook assigned. Handouts for each class will be the basis for discussing each topic. Students will have input into which topics will be reviewed.

David Chute retired from Chittenden Corporation, where he was

more FRIDAY AFTERNOON courses on next page

Senior Vice President, Chief Investment Strategist. He has a BS in Math and Science from the University of Maine. David received Certified Financial Planner designation in 1988 and was elected to the University of Southern Maine Bailey Hall Wall of Achievement in 2006. He taught courses at Northern New England Center for Financial Training for over 30 years.

Traveling to Canterbury with Chaucer's Pilgrims

Evy Newlyn

As we travel to Canterbury, we will read tales told by the Knight, the Reeve, the Prioress, the Man of Law, the Wife of Bath, and other interesting pilgrims. Their tales range from the bawdy to the inspiring, from the comic to the romantic, and include other narrative types popular in the 14th century. As much as possible we will consider the context, such as Gothic architecture and stained glass, illuminated manuscripts and medieval music. No prior knowledge is necessary.

Required book: *The Canterbury Tales*, Trans. David Wright, ISBN 9780199599028, USM price \$8.95.

Evy Newlyn is Professor Emerita of English from the State University of New York. After earning her PhD 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.

The Healing Power of Writing

Helen Rousseau

This repeat class is designed to encourage participants to use the transformative power of writing to heal from life's wounds and move on to healthy and mindful living. Writers will respond to poems and prompts provided in the text and then share their writings with the group. Group members will listen to readings and focus on the strengths of the writer's individual voice, creating a safe space. All levels of writing ability are welcome. **Required book:** *Coming to the Edge: Fifty Poems for Writing and Healing*, ISBN 9780692815830, USM price \$14.95. Also available from instructor.

Helen Rousseau, a Catholic nun for 30 years and a survivor of domestic abuse, shares her journey from dogma to interior spiritual freedom, and from abuse to a life of joy and celebration through the power of her poetry. Helen is a graduate of the Amherst Writers and Artists Program and contributes quarterly to the Reflections column in the Portland Press Herald.

Exploring Beliefs in Action

Ed Schwartz

We will look at some short writings concerning notable social activists, some religious and some not. These will include Dr. Martin Luther King, the anarchist Emma Goldman, and the Catholic Worker's Dorothy Day.

And we will explore some of the tensions between "belief" and working in the world. This discussion class will focus on ideas rather than biography. A lingering question in regard to all of our subjects will be: "Was their struggle worth it?" **Required book:** *Faithful Voices*, Ed Schwartz, ISBN 1888305401, USM price \$5.

Ed Schwartz is the author of Faithful Voices, The Jews That I Knew, Stories from the World, and Witness to Collapse. He has taught OLLI classes on Victor Frankl, Franz Kafka, Jack Kerouac, Allen Ginsberg, and the Book of Job.

Great Decisions PM

Mike Wygant

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. **This session repeats the eight topics covered in spring 2018:** The Waning of Pax America; Russia's Foreign Policy; China and America: The New Geopolitical Equation; Media and Foreign Policy; Turkey: A Partner in Crisis; U.S. Global Engagement and the Military; South Africa's Fragile Democracy; and Global Health: Progress and Challenges. Students will be mailed a class outline in advance and will be asked to purchase the Great Decisions booklet. Students are requested to read the relevant chapter before each class to facilitate active discussion. **Required book:** *Great Decisions 2018 Edition*, ISBN 9780871242617 USM price \$30. **This is a repeat of the morning session.**

Michael Wygant, course coordinator, is a retired U.S. Foreign Service officer with extensive overseas experience. He is ably complemented by well-experienced volunteers from the World Affairs Council of Maine, who will serve as discussion leaders for the various topics under review.

BOOKS AND 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.
- Prices are listed only for required books and reflect USM Bookstore prices.
- For your convenience, all required books and a limited number of copies of suggested books will be carried in a special OLLI-designated section at the USM Bookstore on the USM Portland campus. **However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.**



FALL WORKSHOPS

Oct. 13 9:30-11:30 a.m. \$15

Songs of Hope from the Past to the Present Mike Lynch

Take a fast journey from the motivational, folk, and anti-war music of the '60s to the uplifting millennial songs of today. We will remember "Where Have All the Flowers Gone" and then learn how to stop "polishing the bombs of holy wars." Remember "We Shall Overcome" and learn how today's youth want to "rise up"! We will compare songs of the past to those of the present using video clips and will analyze the poetry in lyrics. Today's music may be a little loud, but the words and visuals will make you recall your past passions and give you hope for the future.

Mike Lynch has taught two other OLLI courses. His style is fast-paced and interactive. Prior to retiring, he was a business development manager in high-tech companies. He retired in 2009 and joined the Peace Corps, working in Bulgaria. He then became a Peace Corps Director in Ghana, retiring the second time in 2015.

Voice-Overs: Now Is Your Time! Brian Thon

You've heard Brian Thon nationwide on TV and radio commercials. Now hear him live as he illustrates how you can use your speaking voice for commercials, films, videos, and more. A full-time voice-over actor since 2008, Thon will provide an overview of the industry and discuss different techniques and tips that can help you succeed in a growing, lucrative business. This fun, interactive, and informative class could be the game-changer you've been looking for!

Brian Thon's voice has been featured and aired worldwide. He's voiced commercials and narrations for the likes of Amazon, Fox, Met Life, GE Healthcare, the Clarion Inn & Suites, professional sports teams, film, and many more. CEO and President of the multimedia production company TrueToneStudios.com, Brian is a respected teacher, trainer, and national producer. In studios all over the United States he has worked both as performer and producer, with talent ranging from a Rock & Roll Hall-of-Famer to best-selling authors.

Being Mortal: Medicine and What Matters in the End Jaye Van Dussen

In the film and book **Being Mortal**, *New York Times* bestselling author/surgeon Atul Gawande discusses medicine at life's end. Many physicians offer procedures/treatments to terminal patients that may

extend suffering. Dr. Gawande struggles with telling patients that he has nothing more to offer, and the film follows him as he learns from other doctors how to have these critical conversations. Thought-provoking and moving, the film asks: What is most important at the end of life? What makes a good ending? Is our medical care supporting our goals? Hospice care, with goals of comfort and quality of life, will be discussed.

Jaye is a liaison with Hospice of Southern Maine and helps educate communities, physicians, facilities, and families about hospice care and end-of-life conversations and decisions. She lives in Portland with her husband and their very overweight orange cat, Cochise.

Oct. 13 9:30 a.m.-3:30 p.m. \$25

Community American Mah Jongg Sharon Ash Tancredi, Hiromi Dolliver

This repeat workshop is for anyone familiar with American Mah Jongg or those who have taken a previous OLLI Mah Jongg class and want to practice their skills for a day. We will briefly review game strategy and provide plenty of time for supervised play (if desired). Those who wish to learn Siamese Mah Jongg will learn how to play American Mah Jongg for two players after the lunch break. Or, you can continue playing four-handed Mah Jongg. **Required:** 2018 National Mah Jongg card (available from www.nationalmahjonggleague.org or amazon.com). **Please let the instructors know if you are bringing a Mah Jongg set and if you have a card table that you can bring for the day. Also, don't forget to pack a lunch.**

Sharon Ash Tancredi is a Clinical Social Worker in private practice in Portland. She loves sharing the game of Mah Jongg.

Hiromi Dolliver, a retired paralegal, has been playing American Mah Jongg for many decades.

Oct. 20 9:30-11:30 a.m. \$15

Saving Your History: What to Keep, How to Donate to an Institution Susie Bock

History consists of the stories of people, and preserving those stories is important to the individual as well as society. **This repeat course** will accomplish three goals: 1. Help people sort and evaluate material culture (papers, objects, photographs, audio/visual

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material) they have created or collected during their life; 2. Advise on storing and caring for the materials to ensure their preservation; and 3. Advise on donating material to a cultural/historical institution.

Susie R. Bock, Coordinator of USM's Special Collections and Director of the Sampson Center for Diversity in Maine, has almost 30-years experience managing primary materials. She has developed collections preserving the history of Maine's African American, Jewish, and LGBT communities and managed the university's manuscripts, rare books, and archives.

The Science of Happiness **Heather Edgerly**

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, including mindfulness, gratitude, and kindness. No materials are required; the instructor will provide articles related to the topics covered and will distribute instructions to the happiness practices.

Heather Edgerly began studying Eastern Religions 15 years ago and has subsequently received degrees in Religion from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religions at the University of North Carolina and currently leads classes in the theory and practice of meditation.

Six Feet Under...or Not: Your End-of-Life Choices **Chuck Lakin**

Do you know about "alkaline hydrolysis"? What are the rules about scattering ashes? Can you be buried on your own land? Which is greener, burial or cremation? We can talk about funeral options, home funerals, green cemeteries, family burying grounds, scattering ashes, the paperwork - whatever you want to know. Do your survivors a favor and sign up for **this repeat class**. Take a look at www.lastthings.net to see what you'll learn.

Chuck Lakin is a woodworker and home-funeral educator whose interest in this topic came from his experience at his father's death. He wanted to be part of what happened after the death but didn't know what to do, and missed out. His goal now is to give everyone the information they need to make good decisions about how they want to be treated after their death and to show families a more meaningful way to be involved.

Do I Need Long-Term-Care Insurance? **Gregory Rogovin, Quang Nguyen**

Long-term-care planning is an essential piece of one's retirement and estate plan. This repeat workshop presents the topic in a clear and comprehensive manner. We will discuss, compare, and contrast different ways to relieve the burden on loved ones,

age in place, and protect our assets as we get older. Participants will leave understanding the risks associated with long-term care and be confident in their ability to create a plan to mitigate some of the consequences that would affect the lives of their loved ones should a long-term care event occur.

Gregory Rogovin is a Certified Long-Term-Care Advisor and has helped people plan for their long-term care for 10 years. He currently helps members of over 650 affinity groups as well as private clients.

Quang Nguyen is originally from Vietnam. After 10 years here, he has learned English, established a successful Financial Advising Practice, and opened three businesses in Greater Portland.

Oct. 27 9:30-11:30 a.m. \$15

Restorative Yoga **Jennifer Cooper**

Restorative Yoga utilizes props such as bolsters, blankets, and blocks to create the opening and gentle stretch of a pose. Because they are gentle and completely supported, the poses are held for longer periods of time, allowing a slow, deep release for the body and quieting for the mind. The props can be arranged to fit the person's physical structure, making it appropriate for all levels and physical abilities. **This repeat workshop will be held at The Yoga Center, 449 Forest Ave Plaza, in Portland**, due to the need for the props. The center will provide all necessary equipment; just wear comfortable clothing.

Jennifer Cooper began her journey with Yoga in 1970. She has studied with many national teachers and traveled to India for meditation. Jennifer has been co-director in Portland for 35 years. She specializes in tailoring the yoga to fit the needs of the student for enjoyment and optimum benefit.

Never a Dull Moment: Instruction and Demo of Knife Sharpening **Tim Baehr**

Just in time for the holidays! Let's learn how to sharpen those kitchen knives. **This repeat workshop** will include information about knives and a demonstration of knife care and sharpening. Bring one or two knives and go home with them sharpened.

Tim Baehr learned how to sharpen knives 60 years ago in Boy Scouts.

Unknown Paris and Secret Ile de France **Sabine de Canisy**

Let's walk back in time through Paris with photographs. We'll be on the Left bank of the Seine in the 7th, 6th, 5th and 13th "arrondissements"; from west, L'Ecole Militaire

and L'Hotel des Invalides; to east, L'Hospice de La Salpetriere. Then, surrounding Paris, Ile de France, from east to northwest, visit four forgotten castles: Le Château de La Vallée aux Loups (Valley of the Wolves), the retreat of Chateaubriand, Le Château de Sceaux and Le Château de Maisons-Laffitte, built in 1642 by F. Mansard. Finally, Le Château de Malmaison, the favorite castle of Napoleon, where Josephine lived after their divorce.

Sabine de Canisy, French born and educated, lived on five continents but is always back in Paris, where two inexhaustible subjects, art and history, are so much alive.

**Welcoming Immigrants to Maine:
How You Can Make a Difference**
**Claudette Ndayininahaze, Lucky Hollander,
Nancy Markowitz, Jill Epstein**

Learn about community programs that work with new Mainers. There will be an overview of local trends in people seeking asylum; a description of local response programs; and discussion on ways to help. **In Her Presence** increases educational opportunities and immerses women and girls in language acquisition through community and career integration. **Hopeful Links** matches unaccompanied minors with host families, potential guardians and safe housing. **Welcoming the Stranger** matches volunteers with asylum-seekers to create a mentoring friendship.

Claudette Ndayininahaze arrived in Maine seven years ago from Burundi. She is Cultural Broker at The Opportunity Alliance and a founder of In Her Presence.

Lucky Hollander spent her career in child and family services. In retirement, she has built a network of volunteers who host, mentor, and donate funds to meet the critical needs of unaccompanied minors.

Nancy Markowitz was Director of Maine's first Family Mediation program and trained mediators through USM and Volunteers of America for over 25 years. She helps coordinate Welcoming the Stranger.

Jill Epstein helped launch Welcoming the Stranger in 2016. A lifelong volunteer, she enjoys bringing people together and building community.

Oct. 27 9:30 a.m.-3:30 p.m. \$25

**Guided Autobiography:
Writing, Sharing, and Self Discovery**
Katie Murphy

In a Guided Autobiography workshop, participants are led through themes and priming questions that evoke memories of known and/or forgotten events. We will write stories in response and read them to classmates. Writing and sharing life stories is an ideal way to find new meaning in life and to put life events into

perspective. It's self-discovery. It's gaining a greater appreciation of your life. It's a powerful catalyst for improved self-confidence and communication. Past participants report increased self-acceptance, energy, decreased anxiety, and a feeling of connectedness and friendship. **Required:** A notebook and pen or pencil and a tablet or laptop.

Katie Murphy of Univoice History has been a personal historian for almost 20 years helping clients record and preserve their family stories and histories. She is an editor, designer, and author of International Adoption: Sensitive Advice for Prospective Parents. She trained as an instructor with the Birren Center for Autobiographical Studies.

For Prospective OLLI Instructors
Oct. 13, 20 & 27 9:30-11:30 a.m.
FREE WORKSHOP

Thinking about Teaching at OLLI?
Mike Berkowitz

What do you want to teach? Why do you want to teach? Most importantly, how do you want to teach? While this workshop isn't required for teaching at OLLI, exploring these questions can help you get ready. We'll look at various teaching/learning styles—lecture, focused discussion, open discussion, personal growth, and skills practice. You'll draft a course description, start your syllabus, and lead a 5-minute mini-lesson. Some veteran OLLI instructors will share their approaches and field your questions. Come clarify your goals, consider different teaching methods, see how media can be used, and prepare to share your passion at OLLI.

Mike Berkowitz taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. A sometime member of the OLLI Education Committee, he loves teaching and enjoys supporting new teachers as they embark on this exciting journey.





Course Registration — FALL 2018

If mailing, send to: OLLI at USM, P.O. Box 9300, Portland, ME 04104

NOTE: OLLI courses cost \$50, unless otherwise noted. Workshops are individually priced.

Name (one person per form) _____

I need an OLLI name tag — Nickname for name tag _____

Mailing address _____

City _____ State _____ Zip _____

Telephone _____ E-mail address _____

Date of Birth _____ Are any of these new? Address Phone E-mail

	Course/Workshop Name		Course/Workshop Name	Cost
1st Course		Alternate 1st Course		
2nd Course		Alternate 2nd Course		
3rd Course		Alternate 3rd Course		
4th Course		Alternate 4th Course		
Workshop 1				
Workshop 2				
Workshop 3				
			TOTAL COST FOR ALL	

OFFICE USE ONLY

Check #: _____

CC (last 4 #s): _____

Cash: _____

Misc: _____

ENROLE (Init.): _____

Date Processed: _____

_____ Total course and workshop fees

_____ Annual membership (**FREE if you're 90 or older! Check**)

_____ Your **Tax Deductible Contribution to OLLI** is welcome

_____ Total amount (Please make check payable to OLLI)

Payment Method: Cash Check Credit Card: Visa MasterCard Discover

.....

Credit Card No. _____ Expiration Date _____

3-digit code on back of card _____ Name on credit card _____



OLLI Registration Information

Register online at www.usm.maine.edu/olli starting Aug. 7.

Registration will open at 12:01 a.m.

Class availability is first come, first served.

OLLI accepts mail-in and walk-in registrations, but the immediacy of online registration clearly gives the advantage to students who sign up for classes on our website. Please consider giving online registration a try to ensure that you get into your chosen classes.

(Need computer assistance? See p. 3 for an onsite-help schedule.)

INSTRUCTIONS FOR MAIL-IN REGISTRATION

- Please use **ONE FORM** for each registrant.
- Fill out the top section of the registration form **completely**. Leaving sections blank can slow registration.
- Write the course names for your **top selections** for classes in the “1st Course,” “2nd Course,” “3rd Course,” and “4th Course” 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 alternate choices. Please write offering names for your **alternate choices** in the “Alternate 1st Course,” “Alternate 2nd Course,” “Alternate 3rd Course,” and “Alternate 4th Course” sections on the form.
- Sign up for OLLI workshops on the same form. Write the name of your chosen workshop(s) in the space provided, along with the price of the workshop.
- 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.”
- As soon as your payment is processed and you are enrolled in your class and/or workshop, you will receive an e-mail confirmation. If you do not have an e-mail account, we will mail you a confirmation.

EXPENSES

Unless otherwise noted, **OLLI at USM courses cost \$50**. Workshops are priced based on the length of each session.

You must be an OLLI member to take courses or workshops. Annual **OLLI membership costs \$25**.

Questions about registration or membership? Call OLLI at 780-4406.

REFUNDS

Full refund for classes dropped by **Sept. 28. NO REFUNDS AFTER THAT POINT.**

You will be refunded for any classes OLLI cancels.



Contact Information OLLI at USM Office

● **Phone:** 780-4406

● **Location:**
44 Bedford St.
210 Wishcamper Center
USM Portland Campus

● **Mailing Address:**

Osher Lifelong Learning Institute
USM
P.O. Box 9300
Portland, ME 04104



Special Interest Groups at OLLI

From September through June, 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 on the first 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.). Contact Sue Jennings at jensusa10@gmail.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 for more information.

● **Book Club:** Members meet the third Thursday of each month from 3:15 to 5:15 p.m. to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at kday0718@gmail.com or Elsa van Bergen at eivanbergen2@gmail.com for more information. her name first and then mine as co-coordinators for the spring and summer catalogs and thereafter only hers.

● **Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group every Wednesday from 3:15 to 5:15 p.m. Contact Barbara Freeman at 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 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 for more information.

● **History Book Club:** Members read and discuss one work of history on the second Wednesday of each month from 3:15 to 5:15 p.m. 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 or Dawn Leland at lelanddm@gmail.com for more information.

● **Mah Jongg:** Join players every Friday from 3:15 to 6 p.m. in Room 103 at Wishcamper. National Mah Jongg rules and cards are used. Contact Karen Chippiaro at kchia@comcast.net 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 every Thursday at 3:15 p.m. to have fun with vocal music and prepare for several performances each year. All are welcome. Contact Chuck Hornberger at ckhornberger@gmail.com for more information.

● **OLLI Ukes!** meets on the second and fourth Monday from 3:15 to 5:15 p.m. to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at 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 and carpool. Walking schedules for the year can be found in the OLLI office and in literature racks in Wishcamper. Contact Rae Garcelon at 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 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 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 olliumsciencediscussion.wordpress.com or contact Elizabeth Housewright at 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 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 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, 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.



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