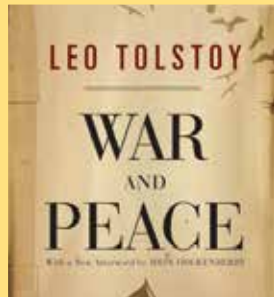


Fall 2019

September 16 – November 8

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 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI) on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As a member of OLLI at USM, you'll choose from an extensive array of peer-taught courses in the liberal arts and sciences. There are no entrance requirements, grades, or tests. Your experience and love of learning are what count. Some OLLI at USM classes involve homework — usually reading or honing skills taught in class. Homework is not mandatory, but it can enhance your learning experience; what you put in is what you'll get out of the course.

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network (www.maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (www.osher.net) is located at Northwestern University in Chicago. Currently, there are 123 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 registration forms.**

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

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

Rob Hyssong, OLLI Program Coordinator
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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 2019-20

Susan Jennings, Chair
Steve Schiffman, Vice Chair
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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 to the OLLI office.**

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. On the first day of registration, we offer onsite assistance 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. 6 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 so staff can process them promptly. Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.”

Aug. 6 **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. 13 OLLI staff will start processing mail-in, drop-off, and phone registrations.

Sept. 2 OLLI and USM closed for Labor Day.

Sept. 16 OLLI fall term classes start.

Sept. 27 Deadline to receive refund on dropped classes.

Oct. 14 OLLI and USM closed for Indigenous Peoples Day.

Nov. 8 OLLI fall term ends.

Nov. 11 OLLI and USM closed for Veterans Day.

Nov. 12-15 OLLI fall term makeup week.

Nov. 28-29 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

**History of Britain, Part 4:
Stuart Restoration
through German Georges**
Richard Budd

**Putting Art into Your
Digital Photography**
Tim Byrne

**American Democracy,
Fiscal Policy Choices, and
the 2020 Elections**
Bob Goettel

**The Golden Door:
How Immigration Defined
and Continues to
Define America**
Joel Kallich

The Wisdom of Mister Rogers
Jim Markan

**History of Puerto Rico
through Music, Dance,
and Art**
Olga Schimmer

**Novel Siblings:
A 21st-century Take on
an Old Story**
Betsy Wiley

MONDAY AFTERNOON

12:45-2:45

See pages 10-11

Le Français Intermédiaire
Jacqueline Bucar, Mary Ryder

**The Life and Legacy of
Frances Perkins**
Michael Chaney, Sarah Peskin,
Facilitators

**Drawing and Painting:
Watercolors and/or Pastels**
Vicki Fox

**The 400-year History of
Maine Agriculture**
Neil Piper

**Golden Age Detective
Fiction: Tey, Marsh,
Sayers, Allingham**
Susan Ransom

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

**International Auteur
Cinema 23**
Juris Ubans

WRITERS' WORKSHOP MONDAY AFTERNOON

12:45-3:00

See page 12

The Island of Misfit Poets
Craig Sipe

TUESDAY MORNING

9:30-11:30

See page 13

SAGE Fall Lecture Series

TUESDAY AND THURSDAY MORNINGS

9:30-10:30

See page 13

**Tai Chi for Health and
Wellness, Part 2**
Donna Gordon

TUESDAY AFTERNOON

12:45-2:45

See pages 14-15

**Explorations in Maine
History and Culture**
Scott Andrews

Astronomy/Cosmology
Robert Ashton

**Our Gift of Years:
Imagine the Possibilities!**
Joan Chadbourne

**The Modern Religious Novel:
Questions of
Ultimate Concern**
Theodore Fraser

**The Global Climate
at the 11th Hour:
What Should We Do Now?**
H. Landis Gabel,
Allen Armstrong

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

**Pakistan:
Gender, State, and Islam**
Kathleen Sutherland

Fun: It Does a Body Good
Doni Tamblyn

WEDNESDAY MORNING

9:30-11:30

See pages 15-17

**Life and Popular Music in
the "Roaring Twenties"**
Terry Foster

**Meet the 19th-Century
Portlanders Who Made
Our City Great**
Carol Jenkins, Janet Morelli

Plays and Playwrights
Paula Johnson, Barbara Bardack

**Eight Baroque Artists
Who Created the
Foundation for Modern Art**
Nathaniel Larrabee

Constitutional Conversations
Martin Rogoff,
Richard Barron Parker

**Women and Aging:
Old Age Isn't for Sissies**
Pat Taub

Era of the French Revolution
Fiorello Ventresco

WEDNESDAY MORNING

10:15-12:15

See page 17

**Shakespeare's *Macbeth*
for Today**
Steven Urkowitz

WEDNESDAY AFTERNOON

12:30-3:00

See page 17

**Retrospective of
Alfred Hitchcock**
Patricia Davidson Reef

WEDNESDAY AFTERNOON

12:45-2:45

See pages 17-18

Cultures and Courts
Mike Berkowitz

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

**Exploring the Mysteries
of Tarot**
Mary Gelfand

**Not Just Another Pretty
Face: History of Women
behind the Scenes in
Hollywood**
Andrea Isaacs

Ocean Planet
Irwin Novak

Retirement Recap
Kerry Peabody

**Chinese Language
and Culture**
Yan Wang

**Explore Portland's Historic
Neighborhoods on Foot**
Bruce Wood

WRITERS' WORKSHOPS WEDNESDAY AFTERNOON

See page 19

**12:45-3:00
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 20-21

**Broadway Musicals
of the 1940s**
Brian Allen

Antisemitism and White Supremacy: An Expanded Study in the History of Hatred
Matthew Goldfarb

The Artfulness of Growing Old: Re-Storying and Resistance
Janet Gunn

The Evolution of Global Consciousness?
David Morton

Beethoven and His Nine Symphonies
Carolyn Paulin

Tolstoy's *War and Peace*
George Young

THURSDAY MORNING
9:45-11:15
See page 21

World Dance Sampler: Travel the World through Dance
Kathleen Carroll

THURSDAY AFTERNOON
12:30-3:00
See page 21

Film Discussions for Dream Seekers and Weavers of Magic: Cultivating Resiliency
Joan Aldrich

THURSDAY AFTERNOON
12:45-2:45
See pages 22-23

Creating Mandalas with Sacred Geometry
Linda Carleton

Line Dancing: A Cross-Cultural Perspective
Jack Lynch

Rediscover Your Creative Side
Dianne Sinclair

Lost Civilizations, 2nd Edition
Edward Solano

Inventions That Changed the World
David Suitor

History of Maine: Prehistory to Present Day, Part 1
Rick Tomazin

FRIDAY MORNING
9:30-11:30
See page 23

The Major Tarot: Spiritual Evolution
Marianna Casagrande

The Memoirist's Dilemma
Lee Heffner

Art Studio
Dona Sherburne

Theodore and Edith Roosevelt and Their America
John Sutherland

Water Way Qigong
Ronnie Wilson

FRIDAY AFTERNOON
12:45-2:45
See page 24

Kabbalah and the Tree of Life
Marianna Casagrande

The Machine That Changed the World
David Chute

Before the *Odyssey*. After the *Odyssey*.
Evelyn Newlyn



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



Workshops Schedule-at-a-Glance FALL 2019

SATURDAY, SEPT. 21
9:30-11:30 AM
See page 25

Mindful Movement
Heather Edgerly

Growing Up Franco-American (without Black Patent-Leather Shoes)
Lorraine Dutile Masure

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



SATURDAY, SEPT. 21
9:30 AM-12:30 PM
See page 25

The Cliffhangers, Part 2: Jungle Heroes
DeWayn Marzagalli

SATURDAY, SEPT. 21
9:00 AM-1:00 PM
See page 25

Ireland Partitioned!
Robert McCue

SATURDAY, SEPT. 28
9:30-11:30 AM
See page 26

If Left Is Right, Is Right Wrong?
Mike Berkowitz

Yoga, the Chakras, and Aromatherapy
Jennifer Cooper

Right Bank Paris
Sabine de Canisy

The Science of Happiness
Heather Edgerly

Hidden Ireland: A Native's Perspective
Ann Quinlan

SATURDAY, SEPT. 28
9:00 AM-4:00 PM
See pages 26-27

Why Religion?
Tom McGovern

SATURDAY, OCT. 5
9:30-11:30 AM
See page 27

Voice-Overs: NOW is YOUR Time!
Rich Henkels

Tackling Climate Change: The All-Electric Household
Jill McLaughlin

Intro to Astrology: Your Rising, Sun, and Moon Signs from a Peggian Perspective
Peggy Schick

Annuities: What They Are, How They Work
Liz Winfield

SATURDAY, OCT. 5
9:30 AM-3:30 PM
See page 27

International Auteur Cinema 24: Part 2
Juris Ubans



REGISTERING WITH A WAIVER?

Students with scholarships, gift certificates, free memberships, or other waivers must get registrations into the OLLI office before August 6 for timely processing.



Course/Workshop List by Instructor

Instructor	Title	Day/Date	Time	Page
Aldrich, Joan	Film Discussions for Dream Seekers and Weavers of Magic: Cultivating Resiliency	TH	PM	21
Allen, Brian	Broadway Musicals of the 1940s	TH	AM	20
Andrews, Scott	Explorations in Maine History and Culture	TU	PM	14
Armstrong, Allen	The Global Climate at the Eleventh Hour: What Should We Do Now?	TU	PM	14
Ashton, Robert	Astronomy/Cosmology	TU	PM	14
Bardack, Barbara	Plays and Playwrights	W	AM	16
Berkowitz, Mike	Cultures and Courts	W	PM	17
Berkowitz, Mike	If Left is Right, Is Right Wrong?	9/28	AM	26
Bills, Nancy	Fiction Workshop	W	PM	19
Bucar, Jacqueline	Le Français Intermédiaire	M	PM	10
Budd, Richard	History of Britain, Part 4: Stuart Restoration through German Georges	M	AM	9
Byrne, Tim	Putting Art into Your Digital Photography	M	AM	9
Carleton, Linda	Creating Mandalas with Sacred Geometry	TH	PM	22
Carroll, Kathleen	World Dance Sampler: Travel the World through Dance	TH	AM	21
Casagrande, Marianna	The Major Tarot: Spiritual Evolution	F	AM	23
Casagrande, Marianna	Kabbalah and the Tree of Life	F	PM	24
Chadbourne, Joan	Our Gift of Years: Imagination the Possibilities!	TU	PM	14
Chaney, Michael	The Life and Legacy of Frances Perkins	M	PM	10
Chapman, Elizabeth	Art, Music, and Poetry: The Origins of Creative Experience	W	PM	18
Chute, David	The Machine That Changed the World	F	PM	24
Cooper, Jennifer	Yoga, the Chakras and Aromatherapy	9/28	AM	26
Crimmins, Deborah	The Shiny Day Poets	W	PM	19
de Canisy, Sabine	Right Bank Paris	9/28	AM	26
Edgerly, Heather	Mindful Movement	9/21	AM	25
Edgerly, Heather	The Science of Happiness	9/28	AM	26
Foster, Terry	Life and Popular Music in the "Roaring Twenties"	W	AM	15
Fox, Vicki	Drawing and Painting: Watercolors and/or Pastels	M	PM	11
Fraser, Theodore	The Modern Religious Novel: Questions of Ultimate Concern	TU	PM	14
Gabel, Landis	The Global Climate at the Eleventh Hour: What Should We Do Now?	TU	PM	14
Gelfand, Mary	Exploring the Mysteries of Tarot	W	PM	18
Goettel, Bob	American Democracy, Fiscal Policy Choices, and the 2020 Elections	M	AM	9
Goldfarb, Matt	Antisemitism and White Supremacy: An Expanded Study in the History of Hatred	TH	AM	20
Gordon, Donna	Tai Chi for Health and Wellness, Part 2	TU/TH	AM	13
Gunn, Janet	The Artfulness of Growing Old: Re-Storying and Resistance	TH	AM	20
Heffner, Lee	The Memoirist's Dilemma	F	AM	23
Henkels, Rich	Voice-Overs: NOW is YOUR Time!	10/5	AM	27
Isaacs, Andi	Not Just Another Pretty Face: History of Women Behind the Scenes in Hollywood	W	PM	18
Jenkins, Carol	Meet the 19th-century Portlanders Who Made Our Great City	W	AM	16
Johnson, Paula	Plays and Playwrights	W	AM	16
Kallich, Joel	The Golden Door: How Immigration Defined and Continues to Define America	M	AM	9
Kotz, Joan	Fiction Workshop	W	PM	19
Landry, Terry	The Art of Living Well: Peace Education Program	M	PM	12
Larrabee, Nathaniel	Eight Baroque Artists Who Created the Foundation for Modern Art	W	AM	16
Lynch, Jack	Line Dancing: A Cross-Cultural Perspective	TH	PM	22

Instructor	Title	Day/Date	Time	Page
Manion, Judith.....	The Shiny Day Poets	W.....	PM.....	19
Markan, Jim	The Wisdom of Mister Rogers	M.....	AM.....	10
Marzagalli, DeWayn	The Cliffhangers, Part 2: Jungle Heroes.....	9/21	AM.....	25
Masure, Lorraine.....	Growing Up Franco-American (without Black Patent-leather Shoes).....	9/21	AM.....	25
McCue, Robert	Ireland Partioned!.....	9/21	AM.....	25
McGovern, Tom.....	Why Religion?.....	9/28	ALL.....	26
McLaughlin, Jill.....	Tackling Climate Change: The All-Electric Household.....	10/5	AM.....	27
Morelli, Janet.....	Meet the 19th-century Portlanders Who Made Our Great City	W.....	AM.....	16
Morton, David.....	The Evolution of Global Consciousness?.....	TH.....	AM.....	20
Newlyn, Evelyn.....	Before the <i>Odyssey</i> . The <i>Odyssey</i> . After the <i>Odyssey</i>	F.....	PM.....	24
Novak, Irwin.....	Ocean Planet.....	W.....	PM.....	18
Parker, Richard	Constitutional Conversations.....	W.....	AM.....	16
Paulin, Carolyn	Beethoven and His Nine Symphonies.....	TH.....	AM.....	20
Peabody, Kerry	Retirement Recap.....	W.....	PM.....	18
Peskin, Sarah.....	The Life and Legacy of Frances Perkins.....	M.....	PM.....	10
Piper, Neil.....	The 400-year History of Maine Agriculture	M.....	PM.....	11
Quinlan, Ann	Hidden Ireland: A Native's Perspective	9/28	AM.....	26
Ransom, Susan	Golden Age Detective Fiction: Tey, Marsh, Sayers, Allingham	M.....	PM.....	11
Reef, Patricia	Retrospective of Alfred Hitchcock.....	W.....	PM.....	17
Rogoff, Martin.....	Constitutional Conversations.....	W.....	AM.....	16
Rubin-Long, Rita.....	The Art of Living Well: Peace Education Program.....	M.....	PM.....	12
Ryder, Mary	Le Français Intermédiaire	M.....	PM.....	10
Sadler, William	Designing the Life You Want in Your Third Age.....	TU.....	PM.....	15
Schick, Peggy	Intro to Astrology: Your Rising, Sun, and Moon Signs from a Jungian Perspective ...	10/5	AM.....	27
Schimmer, Olga	History of Puerto Rico through Music, Dance and Art.....	M.....	AM.....	10
Sherburne, Dona	Art Studio.....	F.....	AM.....	23
Sinclair, Dianne.....	Rediscover Your Creative Side.....	TH.....	PM.....	22
Sipe, Craig	The Island of Misfit Poets.....	M.....	PM.....	12
Solano, Edward.....	Lost Civilizations, 2nd Edition	TH.....	PM.....	22
Story, Ruth.....	Memoir Workshop.....	W.....	PM.....	19
Sutor, David.....	Inventions That Changed the World.....	TH.....	PM.....	22
Sutherland, Kathleen	Pakistan: Gender, State, and Islam	TU.....	PM.....	15
Sutherland, John.....	Theodore and Edith Roosevelt and Their America.....	F.....	AM.....	23
Tamblyn, Doni.....	Fun: It Does a Body Good.....	TU.....	PM.....	15
Taub, Pat.....	Women and Aging: Old Age Isn't For Sissies	W.....	AM.....	16
Tomazin, Rick.....	History of Maine: Prehistory to Present Day, Part 1	TH.....	PM.....	22
Ubans, Juris	International Auteur Cinema 23.....	M.....	PM.....	12
Ubans, Juris	International Auteur Cinema 24, Part 2.....	10/5	AM.....	27
Urkowitz, Steven.....	Shakespeare's <i>Macbeth</i> for Today	W.....	AM.....	17
van Dussen, Jaye	Being Mortal: Medicine and What Matters in the End.....	9/21	AM.....	25
Ventresco, Fiorello	Era of The French Revolution.....	W.....	AM.....	17
Wang, Yan	Chinese Language and Culture	W.....	PM.....	19
Wiley, Betsy	Novel Siblings: A 21st-century Take on an Old Story	M.....	AM.....	10
Wilson, Ronnie	Water Way Qigong.....	F.....	AM.....	23
Winfeld, Liz.....	Annuities: What They Are, How They Work	10/5	AM.....	27
Wood, Bruce	Explore Portland's Historic Neighborhoods on Foot.....	W.....	PM.....	19
Young, George.....	Tolstoy's <i>War and Peace</i>	TH.....	AM.....	21



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

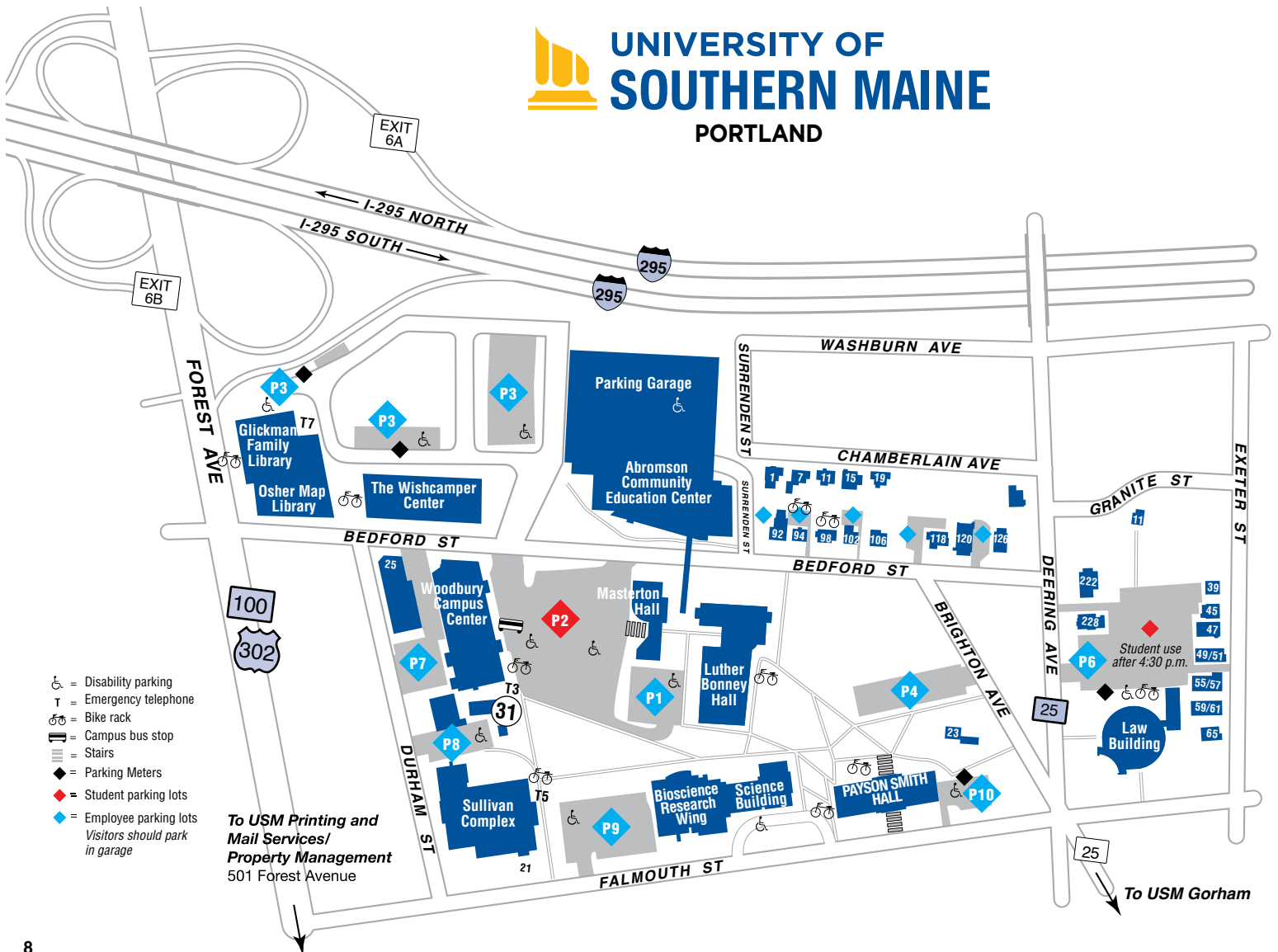
Parking in surface lots on campus may earn you a parking ticket. OLLI students must park in the USM garage on Bedford St.

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.

PARKING ALERT

Starting Sept. 1, 2019, there will be a charge for parking at USM. You have two options:

- Pay \$2 per hour at the parking garage.
- Purchase an annual hangtag for \$25. This deal is available only to OLLI members! Please contact the OLLI office at 207-780-4406 after August 19 for details.





Monday Morning 9:30-11:30

History of Britain, Part 4: Stuart Restoration through German Georges

Richard Budd

We continue the sequence on British history, starting with the return of the Stuart kings through the tumultuous 18th century. We will deal with the changes to the social and cultural fabric of society in this period. Particular attention will be paid to some events that transformed both Britain and the world, namely: losing America, the Napoleonic Wars, and the development of the Raj, British rule in India. The course is self-contained; neither the previous three sections nor prior knowledge of British history is required. **Suggested book:** *The Time Traveler's Guide to Restoration Britain*, Ian Mortimer, ISBN 9781681778013, \$17.95. **No class on Oct. 14.**

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.

Putting Art into Your Digital Photography

Tim Byrne

Let's explore the elements of design and composition, applying them to your photographs (and mine), discovering the different things that make a photograph "work." Plan to create images each week and bring them to class for "show and tell." Yes, there is homework, which you will enjoy and which will help boost creativity in your photography. Designed for students who are comfortable with the mechanics of their digital camera, **this repeat class** is also open to newcomers. To maximize your learning, you should be able to create a digital photograph and bring it to class on a CD or some form of memory card. **Suggested book:** *The Photographer's Eye*, Michael Freeman, ISBN 9780240809342 (this is out of print but copies can be

obtained through Amazon). **No class on Oct. 14.**

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.

American Democracy, Fiscal Policy Choices, and the 2020 Elections

Bob Goettel

Tentatively, we will focus on why, though our economy seems to be doing very well, many Americans still feel insecure. There are concerns that our nation is addicted to debt, but we're not investing in the future, and major reforms in how we tax and spend are needed. Along with guests from USM and Maine's political community, we will explore these and related issues critical to the 2020 elections. Contemporary articles, reports, and commentary will serve as the basis for discussions, which will be enriched by the informed contributions of class members. Specific topics and guests can be seen at rigusmolli.com. **No class on Oct. 14.**

Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated this discussion-focused class at OLLI each spring and fall since 2008. He has led numerous national and state-level policy and evaluation studies and managed for-profit and nonprofit policy research organizations.

The Golden Door: How Immigration Defined and Continues to Define America

Joel Kallich

Humans have been coming to America for centuries, and immigration has defined our society and national identity. Immigration has been a major contributor to the ethnic, racial, cultural, religious, and political struggles that have made America what it is today. To come in through the metaphorical "Golden Door" to the land of opportunity and prosperity is a foundational myth with real-life resonance. Our examination of the history, policy, and arguments about immigration to the United States will be through lectures, readings, and class discussions.

Required book: *Guarding the Golden Door: American Immigration Policy and Immigrants Since 1882*, Roger Daniels, ISBN 9780809053445, USM price \$17. **No class on Oct. 14.**

Joel Kallich, PhD, Sociology, Boston University, has taught at the MCPHS, UCLA, Northeastern, and Boston Universities. He has worked at the RAND Corporation, Office of the Inspector General of DHHS, Massachusetts Departments of Public Health and Welfare, and a global biotechnology company.

more MONDAY MORNING courses on next page

ENROLLMENT

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

- 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.

The Wisdom of Mister Rogers

Jim Markan

This seven-week course, starting Sept. 16, will explore the wisdom of a beloved American. Fred Rogers (known as Mister Rogers) was a musician, puppeteer, ordained minister, pioneer in the history of television, and winner of numerous awards. He was also a comforting and enduring presence in American homes for over 30 years through his public-television show, *Mister Rogers' Neighborhood*. His messages of kindness, valuing differences, and unconditional love continue to resonate with individuals of all ages. This interactive course will feature life lessons that can benefit everyone. It also offers an opportunity to establish new friendships through numerous small-group discussions. **No class on Oct. 14.**

Jim Markan is a Michigan native. Prior to retirement he had a lengthy career in Human Resources. During retirement he enjoys volunteering with a wide variety of organizations. This will be the 15th Lifelong Learning Institute course he has led.

History of Puerto Rico through Music, Dance, and Art

Olga Schimmer

The course will begin with a map of Puerto Rico, showing its location in the world. It will continue with the history of the people of Puerto Rico through dance, music, and art. We will watch a video of the history of dance in Puerto Rico, and students will try out some



Monday Afternoon 12:45-2:45

Le Français Intermédiaire

Jacqueline Bucar and Mary Ryder

This is a continuation of French-language study, with emphasis on expanding vocabulary, grammar, and listening and speaking ability. This six-week course assumes a basic knowledge of French, as class is conducted entirely in French. **Required book:** *Latitudes 2*, Regine Merieux, Emmanuel Lainé, Yves Loiseau, ISBN 9782278062508, available most affordably through: http://www.schoenhofs.com/Le-Français-intermédiaire-with-Professor-Bucar_c_7199.html Order soon to allow time for delivery. **No class on Oct. 14.**

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.

Mary Ryder taught French at Greely High School in Cumberland for

dance movements. The course will explore the music's development as well as its origins, from Africa to the United States. Art by three famous painters will further portray Puerto Rico's history. **No class on Oct. 14.**

Born in Arecibo, P.R., Olga Schimmer came to Brooklyn, N.Y., at the age of 14. After graduating from high school, she attended Hunter College in New York City. She moved to Maine 43 years ago and taught in the Portland School system for 25 years. She has been teaching seniors with the Southern Maine Agency on Aging.

Novel Siblings: A 21st-century Take on an Old Story

Betsy Wiley

Why do two children, brought up together, often tell completely different family stories? How do we pick apart the past to determine the "truth" about a family? In this course, we'll examine that sibling experience in four 21st-century novels and consider how these characters are shaped in turn by family circumstances. **Required books:** *Warlight*, Michael Ondaatje, ISBN 9780525562962, USM price \$16.95; *My Name is Lucy Barton*, Elizabeth Strout, ISBN 9780812979527, USM price \$17; *The House of Broken Angels*, Luis Alberto Urrea, ISBN 9780316154895, USM price \$16.99; and *Anything is Possible*, Elizabeth Strout, ISBN 9780812989410, USM price \$17. Please read the first half of *Warlight* for the first class. **No class on Oct. 14.**

Betsy Wiley has been teaching at OLLI for 10 years. She is delighted to be able to talk about books with other readers.

30 years. She graduated from UMO with a BS in French and from Middlebury with a MS degree.

The Life and Legacy of Frances Perkins

Michael Chaney and Sarah Peskin, Facilitators

Frances Perkins was FDR's Secretary of Labor and the first woman ever to serve in a presidential cabinet. She is the woman behind the New Deal, Social Security, the Fair Labor Standards Act, and the modern middle class. Learn how this self-made woman, with roots in her ancestors' 1750s Maine farm, became America's

REFUND POLICY

- You will receive a **100 percent refund for classes dropped by Sept. 27, the end of the second week of fall classes. NO REFUNDS 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.

leading advocate for industrial safety and worker's rights. **This six-week, repeat course, starting Sept. 30,** ends with a visit to the Frances Perkins Homestead in Newcastle. **Required book:** *The Woman Behind the New Deal*, Kirstin Downey, ISBN 9781400078561, USM price \$18. **Suggested book:** *A Promise to All Generations: Stories and Essays about Social Security and Frances Perkins*, Frances Perkins Center Board Members, ISBN 9780615417226. **No class on Oct. 14.**

Michael Chaney is Executive Director of the Frances Perkins Center in Newcastle; Sarah Peskin is FPC Board Chair, Former Chief of Planning and Legislation for the National Park Service North Atlantic region; Dr. Christopher Breiseth, FPC Board Treasurer, is past President and CEO of the Franklin and Eleanor Roosevelt Institute in Hyde Park, N.Y.; Charles Wyzanski, graduate of Harvard College and Columbia Law School, spent 14 years as an Assistant Attorney General for Massachusetts; Tomlin Coggeshall, Perkins' grandson, leads the Homestead tour.

Drawing and Painting: Watercolors and/or Pastels Vicki Fox

Starting with a short and easy lesson on color theory, **this repeat class** will explore drawing and painting with watercolors and pastels, using one medium at a time and sometimes combining them. Each week there will be a still life set-up and a discussion of selected well known artists from whom to draw inspiration. **Required**

- Fall classes are held once a week, Monday through Friday, except for Tuesday mornings, which are reserved for the SAGE lecture series. The term runs for eight weeks, from Sept. 16 through Nov. 8.
- 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 Saturdays (see pages 25-27).
- **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.
- **You must be an OLLI at USM member to enroll in classes and workshops. Membership costs \$25 per fiscal year and runs from July 1 to June 30.**
- 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.

CLASSES / TUITION

materials: Basic watercolor set and brushes, basic pastel set, fixative, watercolor paper (you will use the same paper for pastels), drawing pencils, kneaded eraser, small sketchbook. Instructor will provide suggestions for materials. **No class on Oct. 14.**

Vicki Fox has been an artist since she was 3. After graduating from Philadelphia College of Art, she went on to the work in the publishing industry in NYC, later transitioning into Landscape Design, where she painted with flowers. She has shown her work in galleries and craft shows throughout Philadelphia, New Jersey, Downeast Maine, and now Portland, where she lives.

The 400-year History of Maine Agriculture Neil Piper

Explore Maine's rich and diversified agricultural history and how this industry changed Maine's economy and culture. Learn how the state evolved from an agricultural state with 67,000 farmers to a low of 6,700 farmers in the mid-1960s. We will discuss these changes and new emerging trends during Maine's 200th anniversary as a state. Explore how national events affected Maine. The class will include discussions, speakers, and many personal reflections on farm life in Maine using historical records, family farm pictures, and journals. The class will also discuss new and emerging trends that signal a different direction for farming and how our lives are affected by these trends. **No class on Oct. 14.**

Neil Piper grew up on a dairy farm in central Maine, graduated from the University of Maine in 1971, and worked for over 40 years in Agricultural Finance all over Maine. He now resides in Gorham.

Golden Age Detective Fiction: Tey, Marsh, Sayers, Allingham Susan Ransom

This course is an exploration of work by four popular British women detective novelists of the early 20th century: Josephine Tey, Ngaio Marsh, Dorothy Sayers, and Margery Allingham. No Christie! Their novels encompass themes of gender, class, family, war, sexuality, secrecy, and death. **Required books:** *Clouds of Witness*, Dorothy Sayers, ISBN 9780062315540, USM price \$16.99; *Traitor's Purse*, Margery Allingham, ISBN 9780099492832 – OUT OF PRINT TITLE BUT STUDENTS MAY FIND IT ONLINE; *The Daughter of Time*, Josephine Tey ISBN 9780684803869, USM price \$16; *Killer Dolphin*, Ngaio Marsh – OUT OF PRINT TITLE BUT STUDENTS MAY FIND IT ONLINE. **No class on Oct. 14.**

Susan Ransom is an editor, lifelong reader of English detective fiction, and former English teacher who has recently retired from 23 years as marketing director for an architecture firm. She holds degrees in English from Reed College and Clark University.

more MONDAY AFTERNOON courses on next page

**The Art of Living Well:
Peace Education Program**
Rita Rubin-Long and Terry Landry

Ever wondered how to live at peace with the uncertainties and pressures of an ever-changing world? Learn how to live artfully and well by discovering your inner resources: peace, appreciation, inner strength, self-awareness, clarity, understanding, dignity, choice, hope, and contentment. **This nine-week, repeat course** features a media-based peace education program created by The Prem Rawat Foundation. Facilitators involve participants with insightful talks, activities, and meaningful interaction that explore themes of The Art of Living Well. **Materials fee:** \$20 due at the first class for a workbook. **No class on Oct. 14.**

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

Monday Afternoon Writers' Workshop

12:45-3:00

The Island of Misfit Poets
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 books:** *Poetry 180*, Billy Collins, ISBN 9780812968873, USM price \$17; *180 More*, B. Collins, ISBN 9780812972962, USM price \$17. This workshop meets on **the third Monday of each month from September 2019 through May 2020.**

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.

International Auteur Cinema 23
Juris Ubans

This seven-week course, starting Sept. 16, 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 present. The primary focus will be on the films, with some lecture and discussion of related materials. **An optional, extended time period, from 2:45 to 3:15 p.m., will be set aside** for discussion for interested participants. **No class on Oct. 14.**

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.

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.**

STUDENT PRIVILEGES

Membership in OLLI at USM entitles you to:

- Discounted parking in the USM garage
- 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.



Tuesday Morning 9:30-11:30

SAGE 2019 Fall 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.

SAGE SCHEDULE/SPEAKERS

Sept. 24: Irwin Gratz, Producer/Anchor, MPBN; Amateur Astronomer
Everything We Learned About the Solar System Was Wrong

Oct. 1: Libby Bischof, Executive Director, Osher Map Library, USM
Maine's History in Postcards, Photographs, Maps, and Film

Oct. 8: Heather Davis, Executive Director, LearningWorks
Student Success through Non-Traditional Means

Oct. 15: Nathaniel Wheelwright, Bass Professor of Natural Sciences, Biology, Emeritus, Bowdoin College
How to Be a Naturalist in the Digital Age

Oct. 22: Tilly Laskey, Curator, Maine Historical Society
Holding Up the Sky: Wabanaki People, Culture, History, and Art

Oct. 29: Alison Beyea, Executive Director/Zach Heiden, Legal Director, ACLU Maine
Liberty and Justice for All: Expanding the Promise of the Constitution

Nov. 5: Jeff Tarling, Arborist/Forestry and Horticulture Manager, City of Portland
Keeping Portland the Forest City

Nov. 12: Abdi Nor Iftin, Author, Somali Refugee
Call Me American

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 and Thursday Mornings 9:30-10:30

Tai Chi for Health and Wellness, Part 2 Donna Gordon

This class is designed to be taught in one-hour sessions, twice a week, for eight weeks. Developed by Dr. Paul Lam at the Tai Chi for Health Institute, this Tai Chi "Sun Style" uses slow, smooth, continuous movements, often called "meditation in motion," designed to improve physical fitness while being non-strenuous and gentle on the joints. This program

has been shown to improve balance, flexibility, and muscular strength. Tai Chi is one of the most effective exercises for health of mind and body.

Donna Gordon is a certified instructor with the Tai Chi for Health Institute, <http://taichiforhealthinstitute.org>, in four areas: Tai Chi for Arthritis, Tai Chi for Arthritis 2, Tai Chi for Falls Prevention and Tai Chi for Rehabilitation. As a volunteer, she was introduced to Dr. Paul Lam's Tai Chi for Arthritis at Southern Maine Agency on Aging and has since expanded her training with the Dr. Paul Lam Tai Chi for Health Institute.



Tuesday Afternoon 12:45-2:45

Explorations in Maine History and Culture Scott Andrews

Explore the history and culture of Maine. A half-dozen non-political topics will be examined in a fashion that emphasizes hands-on experiences and off-campus activities. Subjects will include Maine music, theater, and art; development of Maine's transportation network; the growth of outdoor recreation as a major activity; and preservation of parklands, forests, and waters. We will explore several online databases pertaining to Maine history and visit local museums or other pertinent locations. In groups or individually, students will independently explore a topic of their choice and report to the class.

Scott Andrews earned a BA in History from the University of Chicago, a MBA from the Chicago Booth School of Business, and a MSc from the London School of Economics. A longtime journalist, Andrews has written hundreds of articles on outdoor recreation, the arts, and tourism for a variety of local and national publications. He is currently writing his second book.

Astronomy/Cosmology Robert Ashton

This repeat class, new and improved, is based on the PBS online course by Dr. Philip Plait, noted researcher, author, teacher, and consists of 10- to 15-minute sessions covering basics: moon phases, tides, the Milky Way, black holes, the Big Bang, Gravity Waves. It's a lot! No background is essential, no math, but some high school or college physics/chemistry is helpful. "Getting it" will require some meaningful homework: reviewing the sessions assigned beforehand and bringing questions and concerns to class. These YouTube video segments can be slowed and replayed to improve understanding. Please preview *Introduction to Astronomy: Crash Course Astronomy #1*: <https://www.youtube.com/watch?v=OrHUDWjR5gg&list=PL8dPuualLjXtPAJr1ysd5yGlySFuhOmLL>

Bob Ashton is a graduate of Cornell University in mechanical engineering. He was a docent at the American Museum of Natural History in New York City for 12 years in the area of Earth and Space. He has had a lifelong interest in the sciences, astronomy/cosmology in particular. He has conducted similar courses at a senior study group in New York City.

Our Gift of Years: Imagine the Possibilities! Joan Chadbourne

Imagine creating a life beyond what we've dreamed of — one of expanded consciousness, ability to love more fully, a path to transcend self. Maslow described this life

as Self-Transcendence and its resulting peace and well-being in his last, unpublished work. Using recent and older research, meaningful exploration of our reading, and experience, we may come to a more fulfilling vision of how we can live our lives in the last stages and contribute to humanity at the same time. Be prepared to listen deeply, share (when comfortable), and be curious about what's possible. **Required book:** *The Gift of Years: Growing Older Gracefully*, Joan Chittister, ISBN 9781933346335, USM price \$14.95.

*Joan Chadbourne discovered love in her 70s, relocated, and accompanied her aunt and husband on death's journey before happily returning to Maine. She was Professor of Counseling Psychology (UConn), consultant to organizations and individuals, and co-authored *Healing Conversations Now: Enhancing Relationships with Elders and Dying Loved Ones*.*

The Modern Religious Novel: Questions of Ultimate Concern Theodore Fraser

This repeat course presents important modern novelists' works that are passionately concerned with issues that confer meaning and value to life. Whether atheist, believer, or agnostic, they are "haunted" by God's perceived absence, presence, or seeming indifference in human affairs. They express deeply held convictions about the nature of humans and their moral obligation to each other, to God, and to the world. Literary critics have defined these works as sacred, even holy, in nature. **Required books:** *Bread and Wine*, Ignazio Silone, ISBN 9780451529787, USM price \$7.95; *The End of the Affair*, Graham Greene, ISBN 9780142437988, USM price \$17. We'll read *Home*, Marilynne Robinson, ISBN 9780312428549, USM price \$17, if time permits.

Theodore P. Fraser holds a PhD in French Studies from Brown University. He has taught at Brown, Tufts, and Bucknell Universities and is Emeritus Professor of French and Studies in European Literature at Holy Cross College. He is a Global Humanities Fellow at the University of New England.

The Global Climate at the 11th Hour: What Should We Do Now? H. Landis Gabel and Allen Armstrong

This repeat course will cover everything necessary for a layperson's understanding of global climate-change risks and possible responses. Topics include climate science, economics and public policy, international negotiations, moral and social impacts, technology, geo-engineering, and, finally, what you can do about it. Films and an occasional lecture will introduce each

topic; class discussion will follow. **Suggested books:** *Climate Change, What Everyone Needs to Know*, Joseph Room, ISBN 9780190866105, \$16.95; *Merchants of Doubt*, Naomi Oreskes and Erik M. Conway, ISBN 9781608193943, USM price \$19; *Storms of My Grandchildren*, James Hansen, ISBN 9781608195022, USM price \$18.

Landis Gabel is Professor Emeritus of Economics and Management at INSEAD, an international management institute in Fontainebleau, France. Prior to INSEAD, he was on the faculty at the University of Virginia.

Allen Armstrong is a retired mechanical engineer who is now a Climate Reality Project presenter. He has taught high school Physics and middle school Science, and Design for Developing Countries at MIT.

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, Ph.D. 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; Why Retire? Career Strategies for Third Age Nurses (with Fay Bower).



Wednesday Morning 9:30-11:30

Life and Popular Music in the "Roaring Twenties" Terry Foster

If you had been a teenager in the 1920s, like my mom, what music would you have listened to on your radio? What 78 rpm records would you have played on your phonograph? What dances might you have enjoyed? Who would have been your idols? This new course will explore life in the Jazz Age via recordings, videos,

Pakistan: Gender, State, and Islam Kathleen Sutherland

Pakistan was established in 1947 for Muslims in India after the grant of independence from the British Colonial Empire. Establishing this Muslim state involved the search for an acceptable interpretation of Islam to meet the need of building a unified nation out of a plethora of diverse tribes, socio-economic conditions, and varied understandings of Islam. Family and gender relations are core aspects of the implementation of Islam. This course explores the interplay of Islam, state building, and gender in Pakistan's development. **Suggested books:** *The Upstairs Wife: An Intimate History of Pakistan*, Rafia Zakaria, ISBN 9780807080467; *Playing with Fire*, Pamela Constable, ISBN 9781400069118.

Kathleen Sutherland is Associate Professor of Political Science and Women's Studies Emerita at BGSU in Ohio. Born and raised in Egypt, she specialized in Middle Eastern Studies. She visited Pakistan when doing research on Afghan refugees in Peshawar. She has taught courses on the Middle East at OLLI since 2005.

Fun: It Does a Body Good Doni Tamblyn

This highly interactive class will prove that you're a born expert at humor, creativity, and play. Through theater improv games, you'll develop your natural (not "comedy club") humorous style. Practice the two most effective ways to make social encounters more relaxed and fun. Discover the one simple rule for avoiding inappropriate humor without fail. Learn the Professional Comedian's Secret Weapon for taking all the fear out of "bombing." Tap back into your natural playfulness, and start using it successfully, appropriately, and—best of all—without fear.

Doni Tamblyn is the former president of the corporate training firm, HumorRules LLC, which offered training in humor and creativity. The HumorRules client list included Chevron, the US Navy, the Federal Reserve Bank, and others. Doni's writings include The Big Book of Humorous Training Games (McGraw-Hill, 2000) and Laugh and Learn (HarperCollins, 2002).

live piano music, and discussion. **Suggested book:** *The Jazz Age*, Arnold Shaw, ISBN 9780195060829.

Terry Foster has played piano since he was 5. He's played in jazz bands, bars, and restaurants, performed in musical theatre, taught ballroom dancing, and recently directed the music for Chicago, the musical based on the 1920s. He is a retired USM administrator and co-founded Senior College, OLLI's predecessor.

more WEDNESDAY MORNING courses on next page

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

Carol Jenkins and Janet Morelli

Evergreen Cemetery is a jewel in the heart of the city, and many prominent Portlanders are interred there.

We will meet at Evergreen in the Wilde Chapel weekly to learn about Portland's history and those who helped forge it. There will be a lecture and a guided tour of gravesites 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. 11 to Oct. 30.**

Carol Jenkins is a former teacher and has been an Evergreen tour guide for five years. She has taught this course at OLLI for three fall semesters.

Janet Morelli is a former librarian and a lifelong lover of cemeteries and research. She is one of the founders of Friends of Evergreen and the cemetery's original tour guide.

Plays and Playwrights

Paula Johnson and Barbara Bardack

Join this class and immerse yourself in engrossing plays by well-known playwrights of distinction, covering many different genres. Following Reader's Theater format, you will read aloud each week and then join in discussions/critiques of each play and its author. There will be a new play each week written by, but not limited to, such playwrights as Sam Shepard, Tennessee Williams, Arthur Miller, Terrance McNally, Christopher Durang, Richard Greenberg, etc. Instructors will provide reading materials.

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.

Eight Baroque Artists Who Created the Foundation for Modern Art

Nathaniel Larrabee

A Baroque Period follows any Classical Period in the Fine Arts and can last for centuries. The end of Classicism is defined by codified academic schools looking to the past. The High Baroque brings the disintegration of academic theory, rules, and order, accompanied by a return to reality and search for a truthful new vision. Titian, Caravaggio, Gentileschi, Bernini, Velasquez,

Rembrandt, Rubens, and Brueghel were revolutionary Baroque artists who envisioned modern concepts centuries before 20th-Century Modernism. This "shared inquiry course" will explore the character and work of these innovative geniuses perceived through our contemporary lens. All are welcome.

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

Constitutional Conversations

Martin Rogoff and Richard Barron Parker

In this class we will discuss the constitutions of four countries: France, Germany, Japan, and the United States. What is unique to each constitution? What common purposes do they all serve? Comparing the constitutions of different countries will allow us to gain deeper appreciation of and insight into our own constitution and its place in American law, society, and politics. The text of each constitution plus other material will be provided.

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.

Richard Barron Parker, Professor Emeritus from Hiroshima Shudo University, taught American law and politics in Japan for more than 20 years. He has a PhD in philosophy from the University of Chicago and a JD from Harvard Law School.

Women and Aging: Old Age Isn't for Sissies

Pat Taub

In Bette Davis' immortal words, "Old age isn't for sissies." 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. We grapple with aging bodies and sketchy memories, loss of close family members and friends, limited finances, and finding a sense of purpose. But we have more freedom than our mothers and grandmothers to make choices and to pursue previously untapped talents and interests. **This repeat course** will offer practical, psychological, and spiritual resources for positive aging. **Suggested books:** *Women Rowing North*, Mary Pipher, ISBN 9781632869616; *Out of Time: The Pleasures and Perils of Ageing*, Lynne Segal, ISBN 9781781682999.

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

Era of the French Revolution Fiorello Ventresco

It is said that when Paris sneezes, Europe catches cold. This view is justified by the events following the Paris uprising of 1789: the ensuing 20-plus years of war, ending only with the defeat of Napoleon at Waterloo. Although the French Revolution was partly inspired by the American example, it went far deeper in blasting the foundations of a feudal society. **This repeat course** will focus on the complex forces that led to extreme

violence, and finally our evaluation of how much had actually changed in France when calmer times returned. **Required book:** *The Gods Will Have Blood*, Anatole France, ISBN 9780140443523, USM price \$16. **Suggested book:** *The Great Nation*, Colin Jones, ISBN 9780140130935.

Fiorello Ventresco has been offering courses at OLLI since his retirement from the History Department at USM. For many years he has offered a variety of courses in European history, from the French Revolution, Italian history to World War I.



Wednesday Morning 10:15-12:15

Shakespeare's *Macbeth* for Today Steven Urkowitz

Shakespeare's *Macbeth* grew out of a time marked by social instability, rage against foreigners, religious intolerance, and state-sanctioned violence. Shakespeare built a play richly marked by social grace, hospitality, and restorative leadership. This tragedy of generosity overcoming grim psychological burdens offers models and cautions for our own time. Reading and discussing the play, viewing recorded versions, and

drawing on insights from today, the course will lead to an understanding of Shakespeare then and now. **Required book:** *Macbeth*, William Shakespeare, ISBN 9780486278025, USM price \$3 (any edition will do).

*Steve Urkowitz has worked on Shakespeare and theater for five decades. As a professor, stage-director, and acting coach for singers, he explores how scripts come to life when spoken. His work with singers was nominated for a Grammy Award. He recently directed *Romeo and Juliet* in Prague, and in January 2020 he will direct *Macbeth* with students at the Maine School for Science and Mathematics in Aroostook County.*



Wednesday Afternoon 12:30-3:00

Retrospective of Alfred Hitchcock Patricia Davidson Reef

With a career spanning six decades, Alfred Hitchcock is both respected and maligned — for his milestone, award-winning films, and his tendency to fall in love with his leading ladies. He liked women with classic, understated beauty, and sex appeal. He could read a script and make it come alive with passion and mystery. We will see: *The Man Who Knew Too Much*, with Doris Day; *Rebecca*, Joan Fontaine and Lawrence Olivier; *North by Northwest*, Eva Marie Saint and Cary

Grant; *Notorious*, Cary Grant, Ingrid Bergman, and Claude Rains; *Marnie*, Tippi Hedron; *To Catch a Thief*, Grace Kelly and Cary Grant; and *Vertigo*, with Kim Novak. **Class runs for seven weeks, starting Sept. 18.**

*Pat Davidson Reef graduated from Emerson College in Boston and received her Master's in Education at USM. She taught English and Humanities for many years at Catherine McAuley High School in Portland. She has taught at OLLI for 18 years. She has written two children's books, *Dahlov Ipcar, Artist* (2016) and *Bernard Langlais Revisited* (2019). She also writes book reviews for the Journal Tribune.*



Wednesday Afternoon 12:45-2:45

Cultures and Courts Mike Berkowitz

How has justice evolved? What have cultures and courts said about religion, slavery, civil rights, colonialism, assimilation, authoritarianism, community, and justice? We'll look at The Inquisition (religion in Europe); Amistad and Dred Scott (slavery in the U.S.); Plessy and Brown (civil rights in the U.S.); Gandhi's arrest (colonialism in India); Stolen Generations (forced assimilation of Australian aborigines); Nazism (Nuremberg Trials

in Europe); Truth and Reconciliation hearings (after apartheid in South Africa); Restorative Justice (New Zealand, Canada, etc.). With History and Psychology mini-lectures and movie clips, we'll analyze these issues and the way they have played out in the U.S.

Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He 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.

more WEDNESDAY AFTERNOON courses on next page

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. 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.

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. Designed for beginners, **this repeat 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.

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.

Not Just Another Pretty Face: History of Women behind the Scenes in Hollywood

Andrea Isaacs

From Alice Guy-Blaché, the inventor of narrative film in 1896, to Kathleen Kennedy, head of today's Lucasfilm empire, women have had an extreme impact in film and television. We will discuss the history of women in film behind the cameras, and some of the groundbreaking work they have achieved – often without recognition or fanfare. We will watch an award-winning documentary about America's sweetheart, Mary Pickford, who co-created the United Artists movie studio and helped to establish the Motion Picture Academy. You'll also get a firsthand perspective of what it was like being a female

moving up through the ranks of production.

Veteran Hollywood production executive Andi Isaacs spent over two decades being an industry go to person in all areas of production, domestically and internationally. Isaacs' resume includes Red, The Twilight Saga, Pirates of the Caribbean 2 and 3, National Treasure, There's Something about Mary, Quiz Show, Philadelphia, and Scent of a Woman.

Ocean Planet

Irwin Novak

This seven-week class, starting Sept. 18, will cover selected topics in Physical Oceanography, including: origin and structure of the ocean basins, atmospheric and ocean circulation, waves and tides, and tsunamis. The objective is to gain a broad knowledge of the physical nature and processes occurring in the world's oceans, and to apply this knowledge to understanding various marine environments. No prior oceanography is required.

Note: This class will meet for seven sessions, but no class Oct. 23 and 30. Free online textbook, *Introduction to Physical Oceanography*, by Robert Stewart, can be downloaded at https://www.colorado.edu/oclab/sites/default/files/attached-files/stewart_textbook.pdf

Irwin Novak is Professor Emeritus of Geology at USM. His teaching focused on Oceanography, Geomorphology, and Glacial Geology. He researched 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. He taught a variety of courses offered by USM on Lesbos Island, Greece.

Retirement Recap

Kerry Peabody

This repeat course offers participants an introduction to, and discussion on, a range of retirement issues. Topics include estate-planning practices, insurance issues (Medicare Advantage plans, long-term care, life insurance, annuities, etc.), trends in recreation and travel, and retirement financial planning and practices. Subject matter experts in each field will present their specific topic, including an estate planning attorney, certified financial planner, travel expert, and insurance professional. No pre-work is required.

Kerry Peabody, CLU, CLTC, is an insurance agent specializing in long-term-care insurance. With a network of estate-planning attorneys, CPAs, and financial planners, he helps prepare clients for the challenges they face during retirement. He's been offering this course for more than a decade.

Chinese Language and Culture

Yan Wang

This repeat course aims at providing a basic foundation in the combined skills of listening, speaking, and writing Chinese characters as well as a general

picture of Chinese culture. Learners will start with the Mandarin phonetic system (Pinyin), pronunciation, stroke order, and basic Chinese characters. Students will be able to conduct conversations based on daily topics. For Chinese culture, the instructor will provide some information about China's history and geography, Chinese legends, Chinese philosophy, traditions and customs, Chinese tea, Chinese medicine, Chinese Kungfu, and other relevant topics.

Yan Wang is the Co-Director of the USM Confucius Institute. His home university is Dongbei University of Finance and Economics in Dalian, China.

Explore Portland's Historic Neighborhoods on Foot

Bruce Wood

Enjoy six narrated walks — **rain or shine** — through Portland's historic neighborhoods, exploring the city's

history, architecture, and people since Europeans arrived. Discuss immigrant populations, historic structures, locally and regionally famous architects, and view their works. The longest walk will be two miles in two hours. The greatest elevation change will be from Congress Street to the waterfront and back. All walks will be on pavement, with side trips into two grassy cemeteries. **Suggested book:** *Portland, A Short History*, Allan Levinsky, ISBN 9781933212432. Instructor will contact students about the meeting place prior to each class. **This repeat course is limited to 12 students.**

Bruce Wood moved to Portland after retiring as a computer programmer for Amtrak. He fell in love with the city's history and architecture and now serves on Portland's Historic Preservation Board. He leads tours of the Old Port for the Maine Historical Society, of the Victoria Mansion, and of the Observatory.



Wednesday Afternoon Writers' Workshops

12:45-3:00

The Shiny Day Poets

Deborah Crimmins and 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 2019 through May 2020.**

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 2019 through June 2020.

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 and 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 2019 through April 2020.**

*Nancy Freund Bills, MS, MSW, has a Master's degree in 20th-Century Art and Literature. Her memoir, *The Red Ribbon, A Memoir of Lightning and Rebuilding After Loss* (She Writes Press, spring 2019), received a Kirkus star from Kirkus Reviews.*

*Joan Kotz studied English and writing in college and Educational Psychology at the graduate level. She has participated in both memoir and fiction workshops and taken multiple writing courses at OLLI. Her work has been published in *The Maine Review*, *Goose River Anthology*, and *Reflections*.*



Thursday Morning 9:30-11:30

Broadway Musicals of the 1940s

Brian Allen

Brian Allen continues his exploration of Broadway musicals with the decade of the 1940s. This is considered to be one of the greatest decades for musicals and the height of the Golden Age of Broadway. Rodgers and Hammerstein transformed Broadway with *Oklahoma!* in 1943 and set the standard for all that was to follow. This decade also features the early works of Lerner and Loewe and Cole Porter's masterpiece. Irving Berlin, Kurt Weill, Harold Arlen, Burton Lane, Leonard Bernstein, and Comden and Green were just a few of the geniuses working on Broadway during the 1940s.

Brian P. Allen is the Co-Founder and Executive/Artistic Director of Good Theater at the St. Lawrence Arts Center. At Good Theater, he has directed more than 85 productions. His one-man show, Blueberries, Broadway, & Brian, is available to tour theaters and living rooms throughout the state.

Antisemitism and White Supremacy: An Expanded Study in the History of Hatred

Matthew Goldfarb

We will examine the spate of synagogue murders and the ideology of white supremacism, how this "newer" hatred is akin to America's Know-Nothing Party, "No Irish Need Apply," the failure of Reconstruction, and the rise of the Ku Klux Klan, the Chinese Exclusion Act of 1882, the restrictive immigration act of 1924, and the Trump ban of Muslims. We will also consider the Armenian genocide, the Holocaust, and state-sponsored repression in Cambodia, South Africa, Rwanda, the Balkans, and Myanmar. Class discussion is encouraged. No text is required.

Matt Goldfarb is a retired attorney who practiced for 50 years. He and his wife, Lynn, live in Cumberland and just celebrated their 50th wedding anniversary. Matt has been active in OLLI for six years; he has served on the Advisory Board, chaired SAGE, and participated in the History Book Club.

The Artfulness of Growing Old: Re-Storying and Resistance

Janet Gunn

Growing old can be "re-storied" as well as "resisted." In this class, your storied engagements will be foregrounded, along with autobiographical texts of Carolyn Heilbrun and Marie de Hennezel. Anthropologist Victor Turner's discussion of "liminality," along with Australian therapist Michael White's work on "narrative practice," will guide us. **Required book:** *The Last Gift*

of Time: Life Beyond 60, Carolyn G. Heilbrun, ISBN 9780345422958, USM price \$18. Instructor will suggest additional reading sources in class.

Janet Gunn intends this new course on the "artfulness" of growing old to be her third and final book of Autobiography Studies. Her first, Autobiography: Toward a Poetics of Experience (1982), offered a new definition of the genre; her second, Second Life: A West Bank Memoir (1995), was an example of autobiographical activity on the other side of the world. This third will be a "rescue or revision of autobiographical activity" as she enters her final chapter of life.

The Evolution of Global Consciousness?

David Morton

Dr. Roger Nelson of the PEAR Lab at Princeton University cites numerous examples of perturbations in group and global consciousness when tested with an assembly of random number generators strategically located around the world. The results detected are small, but often statistically significant. How might this be possible? Could this have a potential for affecting human history? Could this suggest a possible direction for human evolution? Or are we condemned to extinguish ourselves by ignoring climate change and rampant political incompetence? **Suggested book:** *The Conscious Universe: The Scientific Truth of Psychic Phenomena*, Dean Radin, PhD, ISBN 9780061778995.

David Morton is a graduate of the University of Pennsylvania and Pittsburgh Theological Seminary. He is interested in investigations of metaphysics and philosophical anomalies—such as human consciousness. He sometimes describes himself as a "mysterian."

Beethoven and His Nine Symphonies

Carolyn Paulin

This course explores Beethoven's creative and personal life through the prism of his nine symphonies. We will see videos of all nine and, if time permits, several early piano concertos. Through lecture and discussion, we'll examine the composer's early life in Bonn, Germany, and his move to Vienna, the musical capital of Europe. Beethoven composed symphonies until the last years of his life. Studying these works in chronological order will enable us to hear and understand how he changed the course of music and, essentially, invented the Romantic style.

Carolyn Paulin earned the DMA in choral music at the University of Illinois at Urbana-Champaign. She has been a choral conductor for over 40 years and spent the last 13 years of her career as a classical radio producer and program host. She is president of the Portland String Quartet Society, teaches music history at USM School of Music, and is a free-lance radio producer for Maine Public Classical.

Tolstoy's *War and Peace* George Young

This repeat course is for all those who have always wanted to read *War and Peace* but have never gotten beyond page 40. We'll gradually read and discuss Tolstoy's masterpiece, and by the end of eight weeks, with assists from the marvelous 1969 Russian film version, Andrei, Pierre, Natasha, and many others will have become your lifelong friends. **Required book:** *War and Peace*, Leo Tolstoy, tr. Richard Pevear and

Larissa Volokhonsky, ISBN 9781400079988, USM price \$20 (any other translation is fine).

With a BA in English from Duke and a PhD in Slavic Languages and Literature from Yale, George Young has taught courses in Russian Literature at OLLI for several years. Before OLLI he taught at Grinnell, Dartmouth, and UNE, where he remains a research fellow at the Center for Global Humanities. His writings on Russian Literature and Philosophy have been published in English, French, Italian, and Russian. His major academic work is The Russian Cosmists.



Thursday Morning 9:45-11:15

World Dance Sampler: Travel the World through Dance Kathleen Carroll

Come learn traditional community dances from Bolivia, Israel, Armenia, Kenya, Greece, and more! Dances range from calming to energetic. Formations include circles, snaking lines, pairs, opposing lines, etc. World Dances are for both men and women and don't require a partner or dance experience. Each week you'll learn new dances, step by step, and review those previously learned. Dress comfortably (you'll sweat). Bring a water

bottle and non-street, smooth-soled shoes. **This class meets at Portland New Church (302 Stevens Ave., Portland),** to access their joint-forgiving wooden floor. **An additional, one-time \$20 fee for floor rental will be paid to instructor.**

In the '80s Kathleen Carroll performed World Dance (also called International Folk Dance) with Borovcani. She has taught world dance in a variety of venues. This summer marks her 20th season attending Mainewoods Dance Camp, where she loves assisting with cultural events. Kathleen has traveled to Bulgaria, Romania, Georgia, Turkey, and Armenia to experience their dances and cultures.



Thursday Afternoon 12:30-3:00

Film Discussions for Dream Seekers and Weavers of Magic: Cultivating Resiliency Joan Aldrich

Most film narratives include some component of dream-seeking. **This seven-week series, starting Sept. 19,** features three true-life stories to ground and inspire our magical quest. Film characters stretch to the limits of their capacities, dream big dreams, encounter obstacles, and survive to try again. Featured films: *Chocolat* (mysterious 1959 chocolatier enlivens placid French town); *The Mosquito Coast* (utopian-seeking inventor uproots family to remote Caribbean island);

Sweet Dreams (country singer Patsy Cline, 1932-1963); *Temple Grandin* (autistic woman, b.1947, brings sensitive innovations to animal husbandry); *A River Runs Through It* (Montana-born minister's sons choose divergent lifestyles between WWI/Great Depression); *Warm Springs* (Franklin Roosevelt, 1882-1945, seeks to regain use of his legs after contracting polio); *Fried Green Tomatoes* (two pioneering women create a lively Alabama café in the 1920s).

Joan Aldrich, MDiv, provides background information and facilitates discussions based on respectful shared inquiry among peers. Quieter participants will feel equally welcomed!

more THURSDAY AFTERNOON courses on next page

WEATHER DELAYS AND CLOSURES

It's a simple rule: When USM's Portland campus is closed, and when the campus opens late or closes early, the same applies to OLLI.

That means if USM opens after OLLI's normal start time (i.e., USM delays opening till 10 a.m.), all classes starting earlier than that are canceled. If USM announces an early closure (e.g., campus will be closing at 2 p.m.), OLLI afternoon classes are automatically cancelled. Canceled classes are typically made up the week after classes end.

The USM storm hotline number is 780-4800.

OLLI STUDENT HANDBOOK

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



Thursday Afternoon 12:45-2:45

Creating Mandalas with Sacred Geometry

Linda Carleton

Sacred Geometry involves sacred universal patterns used in design of everything from nature to art and architecture. This class will explore the use of Sacred Geometry in making mandalas. We will examine the meaning behind such forms as concentric circles, the Flower of Life, the Fibonacci sequence, and a variety of stars and polygons, and we will learn to draw mandalas based on these forms. **Required book:** *Creating Mandalas with Sacred Geometry*, Susanne Fincher ISBN 9781611803266, USM price \$22.95. **Required materials:** Compass, protractor, ruler, and pencil; set of markers desirable.

Linda Carleton is a retired minister and teacher of History and Comparative Religions. She is an artist who offers mandala workshops in and around Portland. You can visit Linda at her website lindacarleton.com.

Line Dancing: A Cross-Cultural Perspective

Jack Lynch

This 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; rumba; 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 reviewed at each class. Experienced dancers from previous classes will assist instructor.

Jack Lynch has danced socially for 30 years. He has extensive experience in various forms of swing dance, ballroom dance, English Country dancing, contra dancing, clogging, Cajun, Zydeco, solo jazz, and ethnic line dancing. He taught swing dance once a week for six years at a bar in Massachusetts.

Rediscover Your Creative Side

Dianne Sinclair

Creativity is a natural part of being human. Think about how easily children draw, dance, and pretend. However, many of us have lost touch with our creative sides. This class will help us rediscover what we have been missing and give us confidence to be more creative. Each week we will use one of the arts (writing, painting, music, or drama) to exercise our imaginations. No skill or talent is needed — just a willingness to show up and experiment.

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

Lost Civilizations, 2nd Edition

Edward Solano

How can a civilization get lost? When people built 10 Stonehenges 7,000 years before Stonehenge itself, isn't that newsworthy? Shouldn't pre-Columbus visits to the Americas by Africans and Asians be recorded? If solid evidence adds thousands of years to the age of the Sphinx, why hide it? Together let's unwrap archaeology's most recent discoveries. There are more than 40 missing civilizations that need to be found. Videos. Syllabus. Fact sheets. Maps. Discussion. Lessons for today. Laughter. (All videos new. All videos fixed – promise!)

Ed Solano is a former reporter, managing editor, marketing manager, and teacher of History, Government, Economics, Psychology, and English, with a Master's plus 90 grad credits. “A closed mind will not learn. An open mouth is the start of all mischief.”

Inventions That Changed the World

David Suitor

Each week this course will explore three or four things that have changed our world in terms of economics, society, psychology, politics, geography, and globalization. From elevators to the Internet, barbed wire to the barcode, we will see, hear, and discuss how each innovation made the world what it is today. **Internet access is necessary;** pictures, videos, and provocative discussion will make up the class, leading to a greater understanding of how our modern world evolved.

David taught AP History and AP Geography at St. Mark's School outside Boston for 30 years. He majored in History at Vermont, where he also did his graduate work in Geography. He previously taught Beyond Timbuktu, and Cool Maps, Hot Topics at OLLI.

History of Maine: Prehistory to Present Day, Part 1

Rick Tomazin

This two-semester course covers Maine from pre-historic times to the recent past. Each semester is independent but will complement the other. Presenters are a collaboration of noted scholars of Maine history. **Though this is a repeat course, there will be some new topics and lecturers.** Maine has played a significant role in the growth of this country, and we will see how that impacted the state. From Katahdin to

the seashore, Kittery to Fort Kent, we will investigate the story of our beautiful state. **Suggested book:** *Maine: The Pine Tree State from Prehistory to the Present*, Richard W. Judd, Edwin A. Churchill, and Joel Eastman, ISBN 9780891010821.



Friday Morning 9:30-11:30

The Major Tarot: Spiritual Evolution Marianna Casagranda

Each of the 22 Major Tarot cards is a visual representation of a specific level of consciousness in human spiritual evolution. Each of these cards contains ancient wisdom regarding how to be in a human body and walk a spiritual life. Included in the class will be your individual Kabbalah and Numerology Chart, which will reveal the current cycles that are operating in your life. We will focus on the relationships between the cards and how they activate themselves on the Tree of Life in the Kabbalah. This class is for those looking to delve deeper into Tarot by linking it with the Kabbalah and Numerology.

Marianna Casagranda has been providing life readings synthesizing the Kabbalah, Numerology, and Evolutionary Astrology for many years. She has taught workshops and lectures in Maine and in the Midwest. A passionate lifelong student of the Kabbalah, she is available for personal consultations and public speaking events.

The Memoirist's Dilemma Lee Heffner

Every writer struggles with TRUTH. It is a particular battle for the memoir writer. The Memoirist's Dilemma helps you navigate the sometimes-murky waters of life to write your story. We pinpoint the relevant and relative scope, time frame, and truth of your story. As Oscar Wilde said, "Be yourself, everyone else is taken." Write your story; you're the only expert on your life. This was taught in April, 2019 as a workshop but now **will run for six sessions to allow writers to build a work foundation** **Suggested books:** *On Writing*, Stephen King, ISBN 9781439156810; *The War of Art*, Stephen Pressfield, ISBN 9781936891023. **Class starts Sept. 20.**

Lee Heffner is an intentional Mainer, author, writer's coach, and instructor. She is passionate about writing and writers. Her goal is to build your confidence in your work. Come share your voice and be heard among your peers.

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

Rick Tomazin has been an OLLI student since 2006 and a facilitator of this course for several years. A native of Washington, Pa., and a Mainer since June 1972, he is a graduate of Washington & Jefferson College, Washington, Pa., and a History major.

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.

Theodore and Edith Roosevelt and Their America John Sutherland

In this repeat class, we will explore one of America's fascinating and controversial presidencies as well as one of its great presidential marriages. Moreover, we will examine the Roosevelts' times, which witnessed the country's evolution from a rural to an urban, industrial society, accompanied by massive technological change, immigration, and the nation's rise as a great power. This course employs social history and family history as well as political history. **Suggested books:** *Theodore Roosevelt*, Lewis Gould, ISBN 9780199797011; *Edith Kermit Roosevelt*, Sylvia Jukes Morri, ISBN 9780375757686.

John Sutherland graduated from the University of Maine and received his PhD in History from Temple University. He is Professor of History Emeritus at Manchester (Conn) Community College. He also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. He has completed 16 years as an OLLI instructor.

Water Way Qigong Ronnie Wilson

As exemplified by the movement of water, qigong consists of orchestrated body movements, breathing practices, and focusing the mind, all designed to enhance the life-force energy (or Qi) available to us. The benefits include building muscle and organ strength, nervous system coherence, emotional well-being, preventing falls, and strengthening balance. Qigong is a highly effective health care practice. We will learn the coordinated movements and practices to engage the medicine within us. **This eight-week class will start on Sept. 27.**

Ronnie Wilson is a nurse and an artist. She has been practicing qigong and tai chi and recently became a certified practice leader. She loves this practice and wants to teach the "medicine within" to those who could benefit from its gifts. Her style is playful and draws on the wisdom of the Tao, the ancient Chinese philosophy of the way of change and the way of the One — the balance of Yin and Yang into the Whole.



Friday Afternoon 12:45-2:45

Kabbalah and the Tree of Life **Marianna Casagranda**

This course will focus on the practical Kabbalah and the Tree of Life. We will cover the layout of the Tree of Life, the levels of consciousness and the very specific life lessons that are contained in each of the Sephiroths on the Tree. We will look at these keys to our spiritual development and how these lessons impact our lives. The Tree contains deep wisdom and meaning, which can illuminate your soul's evolution in this lifetime and provide perspective.

Marianna Casagranda is a lifelong student of the Kabbalah, Numerology, and Evolutionary Astrology. She has provided life readings for over 30 years in addition to lectures and workshops in Maine and in the Midwest. She is passionate about the depth of wisdom available within the Tree of Life.

The Machine That Changed the World **David Chute**

This repeat course, based on the video series produced by WGBH Television in Boston, in cooperation with the BBC, follows the history of computer development from the 1830s to 1989. It details the major players and how they overcame the critical roadblocks that confronted them along the way. Several "twists of fate" had profound effects on the path of computer development. There is no textbook, but handouts will be provided to highlight major points

for each class. Additional material will bring in the development of the Internet.

David Chute retired from Chittenden Corp., where he was 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 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.

Before the Odyssey. The Odyssey. **After the Odyssey.** **Evelyn Newlyn**

The *Iliad* and the *Odyssey* are grouped with several other poems in what is called "The Epic Cycle." Although only bits of those other poems in the Cycle remain, we will learn about the Cycle and examine the information that precedes the *Odyssey*, and that which comes after it, for the illumination the rest of the cycle brings to events in our reading of the *Odyssey*. Relevant art will further enhance our study. **Required book:** *The Odyssey*, Barry Powell, Translator, ISBN 9780199925889, USM price \$19.95.

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.





FALL WORKSHOPS

Saturday, Sept. 21, 9:30-11:30 am \$15

Mindful Movement Heather Egerly

In this workshop, you will learn how to cultivate awareness, calm stress, and bring mindfulness into your daily life through gentle yoga, meditation, and breath work. You will be introduced to meditation theory and will learn techniques to do at home, work, or wherever you feel you could use more peace. Please wear loose, comfortable clothing and bring an extra layer and a yoga mat.

Heather Egerly began studying Eastern Religions in 2002 and subsequently received degrees from the University of Hawaii and Harvard Divinity School. She has taught Buddhism and Eastern religions at the University of North Carolina and currently leads classes in the theory and practice of meditation. She is also a trained Fluid Yoga instructor.

Saturday, Sept. 21, 9:30-11:30 am \$15

Growing Up Franco-American (without Black Patent-leather Shoes) Lorraine Dutille Masure

Intended for all, "Growing Up..." is the intriguing story of courageous grandparent and parent immigrants who heartily embraced their new country, the United States, yet remained inherently true to many of their cherished Old World traditions. Acting as a cultural tour guide, Masure tells stories of what it was really like growing up with a rich Franco heritage across multiple venues of home, family, church, school, and other settings.

Lorraine Dutille Masure, a former university administrator, has lived in Maine most of her 85 years with a salty ardor she avows is incontrovertible. She holds a BA/English and MS/Adult Education, and has led 30 senior college sections. She considers the students and subject matter (music and theatre) a pure delight!

Saturday, Sept. 21, 9:30-11:30 am \$15

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.

This is a repeat workshop.

Jaye Dussen 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 loves the abundant natural beauty of Maine.

Saturday, Sept. 21, 9:30 am-12:30 pm \$15

The Cliffhangers, Part 2: Jungle Heroes DeWayn Marzagalli

In this second edition of three workshops, we will watch "To be continued" chapters of those great Saturday Matinee film serials we so enjoyed in our youth. Part 2 will include chapters from *Tim Tyler's Luck*, *The Perils of Nyoka*, *Darkest Africa*, *Jungle Jim*, et al. This and the subsequent session will run three hours. Stay tuned for Part 3 in summer 2020.

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.

Saturday, Sept. 21, 9:00 am-1:00 pm \$25

Ireland Partitioned! Robert McCue

Ireland is once again in the news, this time as a player in the UK's effort to extricate itself from the EU. A hang-up has been the so-called BackStop, an attempt to keep the border between Northern Ireland and the ROI "soft." The very idea that there would be a border between North and South was a non-starter in the late 19th century. So, how did the unimaginable become fact? **This repeat workshop** will provide a brief history of the island's pre-1916 political evolution, as well as a review of the events around the War of Independence and the post-treaty Civil War.

Bob McCue lectures on Irish Literature, History, and Diaspora. He has been associated with OLLI-USM since 2007. He has also lectured at OLLI-UA in Tucson and OLLI-Carolina Coastal University. He has a degree in Electrical Engineering, a Master's in Business, and is a beneficiary of graduate literature courses at Wesleyan University.

more WORKSHOPS on next page

Saturday, Sept. 28, 9:30-11:30 am \$15

If Left Is Right, Is Right Wrong?

Mike Berkowitz

People are drawn to OLLI for its informative lectures, stimulating discussion, and rewarding socializing. OLLI members are largely liberal, but maybe we are a bit too comfortable in our “cocoon of like-minded individuals” (Haidt). Some feel strongly that the Left is Right and that the Right is Wrong. Sometimes we are judgmental and critical of those with differing views. That climate can turn off conservatives, leading some to stop participating. How can we help them feel comfortable? Without necessarily agreeing, maybe we can better listen to, understand, and respect them. Let’s talk about ways to improve communication within our community.

Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He 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.

Saturday, Sept. 28, 9:30-11:30 am \$15

Yoga, the Chakras, and Aromatherapy

Jennifer Cooper

This relaxing and fun morning workshop will include yoga poses paired with specific essential oils to open and enhance the energy in each of the seven chakras. No previous experience necessary; just bring your curiosity. A great session for anyone interested in yoga, the chakras, or aromatherapy. **Workshop will be held at The Yoga Center, 449 Forest Ave. Plaza, Portland.**

Jennifer Cooper is co-director of The Yoga Center on Forest Ave and has been teaching yoga for over 40 years. For several years she has been exploring essential oils and how the health benefits and relaxation results from the oils can enhance her yoga practice.

Saturday, Sept. 28, 9:30-11:30 am \$15

Right Bank Paris

Sabine de Canisy

Last year, we walked along the left bank, starting west at the *Tour Eiffel*, ending east at the *Chateau De Vincennes*. This time, we will start east at *Chateau de Vincennes* to end west at *Place de la Concorde et Champs Elysees*. Bring a map of Paris if you have one.

Sabine de Canisy, French born and educated, has traveled and lived in five continents, remaining faithful to France and Paris, where culture, art, and history are always alive.

Saturday, Sept. 28, 9:30-11:30 am \$15

The Science of Happiness

Heather Ederly

In this repeat workshop, we will explore the science behind happiness and will discuss and engage in practices that have been proven to increase an individual’s well-being, including mindfulness, gratitude, and kindness.

Heather Ederly began studying Eastern Religions in 2002 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.

Saturday, Sept. 28, 9:30-11:30 am \$15

Hidden Ireland: A Native’s Perspective

Ann Quinlan

Irish roots or not, people from all over are drawn to this small (size of Indiana), lush, green island called Ireland. A stalwart example of survival through countless invasions, hunger, and loss of land, the Irish people’s interior way of life has sustained a deep cultural heritage and a deep connection to the land. Ireland’s famous hospitality is not a myth. Ireland straddles a prehistoric past, recent financial challenges, and a prominent role within The European Community, and the Irish engage with neighbors or strangers while putting on the tea kettle at a moment’s notice. **This is a repeat workshop.**

Ann Quinlan was born and educated in Ireland. While raising her children, she was frequently sought after for best ideas on traveling to her native land. Delighted to share the more hidden aspects of her homeland, in 1988 Ann founded Spiral Journeys Inc., an exclusive small company offering spring and autumn land journeys in Hidden Ireland.

Saturday, Sept. 28, 9:00 am-4:00 pm \$25

Why Religion?

Tom McGovern

After Elaine Pagels published *Gnostic Gospels* (1976), her ideas evolved with the *Gospel of Thomas* (2004) and *Revelations* (2013). Her mature spirituality was challenged by her 3-year-old son’s death and physicist husband’s fatal hiking accident one year later. She became a mid-life widow and single parent of two toddlers. Her memoir reflects on religion’s messages about loss, suffering, and meaning-making. We will explore our earliest understandings of divinity/humanity, adult maps we created to navigate profound

loss, and elder well-being and spirituality. Discussions will be facilitated for respectful learning from diverse perspectives. **Required book:** *Why Religion? A Personal Story*, Elaine Pagels, ISBN 9780062368539, USM price \$27.99. Please read before the workshop.

Tom McGovern has an AB in Theology and Philosophy and a PhD in Counseling Psychology. He taught interdisciplinary courses at Arizona State University before retiring to Maine. His 2019 book, Positive Psychology and the Jesus Parables, was inspired by insights from participants in his OLLI courses.

Saturday, Oct. 5, 9:30-11:30 am \$15

Voice-Overs: NOW is YOUR Time!
Rich Henkels

In what could be one of the most enlightening two hours you've ever spent, **this repeat workshop** will show you how YOU could actually begin using your speaking voice for commercials, films, videos, and more! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! This exciting and fun class could be the game changer you've been looking for!

For 35-plus years, Rich Henkels' distinctive sound and enthusiasm have become familiar in TV, radio, web-based, corporate, and industrial voice-over projects as well as live presentations. An Emmy Award winner, Rich knows the industry from both sides of the camera and microphone.

Saturday, Oct. 5, 9:30-11:30 am \$15

**Tackling Climate Change:
The All-Electric Household**
Jill McLaughlin

Impacts of climate change are increasingly visible in our state and across the nation, and they are directly tied to carbon emissions in our atmosphere. We must reduce carbon emissions to avoid the dangers of sea level rise, intense storms, and warming oceans. This workshop will discuss how climate change is directly affecting Mainers and explain how you can rapidly decrease your own carbon emissions by living in an all-electric house powered by solar. Using solar to power your home will save you money and bring your carbon footprint close to zero — a crucial step in halting climate change.

Jill McLaughlin was born in New Hampshire and graduated from the College of William and Mary. She has been involved in environmental education up and down the East Coast, as well as in New Zealand. She is currently the Marketing and Education Coordinator for Portland-based ReVision Energy.

Saturday, Oct. 5, 9:30-11:30 am \$15

**Intro to Astrology: Your Rising, Sun, and
Moon Signs from a Jungian Perspective**
Peggy Schick

*Astrology, like the collective unconscious with which psychology is concerned, consists of symbolic configurations: The "planets" are the gods, symbols of the powers of the unconscious. —C.G. Jung, Letters Vol. II. **This repeat workshop** introduces the application of the astrological birth chart (zodiac) in the personal individuation process. Our charts provide an insightful framework for understanding the often complex aspects of our personalities. Prior to the workshop, registrants must email the instructor (PeggySchick@gmail.com) their place and date of birth and their exact time of birth per their birth record. Registrants will receive a copy of their natal chart to use in class.*

Peggy Schick is a professional Astrological Intuitive, Astrology teacher, and Reiki practitioner. She serves as co-chair of the board of the Maine Jung Center in Brunswick, where she also teaches classes. Peggy and her husband live in Topsham. For more background, visit www.peggyschick.com

Saturday, Oct. 5, 9:30-11:30 am \$15

Annuities: What They Are, How They Work
Liz Winfield

In today's world of volatile investing prospects, an annuity can be a valuable asset, literally, in the construction of a lifelong financial plan. This course will describe three types: Fixed/Index, Variable, and Defined Income. One of them may be a good tool for you.

Liz Winfield is an independent financial adviser through LPL Financial. She has 10 years' experience helping people construct financial plans and portfolios suited to their time of life, interests, requirements, and desires. She lives and works in Portland, Maine.

Saturday, Oct. 5, 9:30 am-3:30 pm \$25

International Auteur Cinema 24: Part 2
Juris Ubans

This series of films will comprise a cycle of courses that deal with three films on the ARTS, covering the visual, musical and movement arts. The primary focus will be on the films (good ones on this topic are not plentiful), with some lecture and discussion of related material.

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.



Course Registration — FALL 2019

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 _____ (mm/dd/yyyy) 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		Alternate 1st Workshop		
Workshop 2		Alternate 2nd Workshop		
Workshop 3		Alternate 3rd Workshop		
			TOTAL COST FOR ALL	

OFFICE USE ONLY

Check #: _____

CC (last 4 #s): _____

Cash: _____

Misc: _____

ENROLL (Init.): _____

Date Processed: _____

_____ Total course and workshop fees

_____ Annual \$25 membership (FREE if you're 90 or older! Check)

_____ \$25 USM parking hangtag

_____ 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 August 6.

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 course 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**.

To park at USM, OLLI members can purchase an **annual hangtag for \$25** or pay **\$2 an hour** at the parking garage.

REFUNDS

Full refund for classes dropped by **Sept. 27. 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

● **Email:** olliatusm@maine.edu

● **Mailing Address:**
Osher Lifelong Learning Institute / USM
P.O. Box 9300
Portland, ME 04104



Special Interest Groups at OLLI

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

● **Arts and Crafts:** Try your hand at a new skill. Each month, a member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Marcia Taylor at mtaylor1@maine.rr.com 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 monthly to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at kday0718@gmail.com or Karen Wilcock at wilcockke@gmail.com for more information.

● **Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly. Contact Barbara Freeman at bhfreewoman@gmail.com 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 each month. Works include social, political, economic and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at susangesing@gmail.com or Dawn Leland at lelanddm@gmail.com for more information.

● **OLLI Night Out:** Come enjoy good food and good company with fellow OLLI gourmards who meet periodically at local restaurants. Watch the *OLLI Newsletter* for upcoming dates and locations.

● **OLLI Singers:** This group, directed by an experienced leader and supported by a skilled accompanist, meets weekly to have fun with vocal music and prepare for several performances each year. All are welcome. Contact Chuck Hornberger at ckhornberger@gmail.com for more information.

● **OLLI Ukes!** meets twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at cfeling@gmail.com 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 <https://olliusmsciencediscussion.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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