

USM

Osher Lifelong Learning Institute

CLASS SCHEDULE

Fall 2021

SEPTEMBER 13 TO NOVEMBER 5





GENERAL INFORMATION

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI). OLLI is located 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 an OLLI member 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. Assignments are not mandatory but can enhance your learning experience.

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

MEMBERSHIP

OLLI at USM is an autonomous, self-governing organization supported through an annual membership fee of \$25. The membership fee covers

the fiscal year from July 1 to June 30. Your annual membership allows you to participate in all OLLI at USM courses and Special Interest Groups at OLLI. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

SCHOLARSHIPS

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events. Scholarship applications can be completed online or downloaded from the OLLI website: usm.maine.edu/olli/olli-scholarships. **The form must be completed, signed (if downloaded), and submitted with each of your course registration forms.**

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

If you have any questions, please email olliatusm@maine.edu, and we will contact you as soon as we can.

OLLI STAFF

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

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

Megan Saul, Administrative Specialist 3
207-228-8482; megan.saul@maine.edu

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OLLI ADVISORY BOARD 2021-22

Susan Jennings, Advisory Board Chair
Peter Curry, Advisory Board Vice-Chair
Paula Johnson, Advisory Board Secretary
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Lynn Bailets Georgia Koch Ruby Parker John Roediger
Bob Greene David Morton Steve Piker Ronnie Wilson

FOR MORE INFORMATION

Call

207-780-4406 or
1-800-800-4876

E-mail

olliatusm@maine.edu

Visit

usm.maine.edu/olli to
register for OLLI courses





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:

enrole.com/usmmaine/jsp/index.jsp?categoryId=10025

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 can tell how many spaces are available in your chosen class and add your name to a waitlist if a course is full.

After you pay for your classes, you will receive an email confirmation of

your registration. It is fast, easy, and secure.

Please note: Credit card is the **only** form of payment you can use for online registration. If you need to use another payment form (scholarship, gift certificate, or members of another Maine senior college), you **MUST** contact us at olliatusm@maine.edu. **We are unable to accept checks or cash at this time.**

If you have shopped online, you should find online OLLI registration a snap. But if you are not comfortable doing your online registration, the OLLI staff is standing by to help you. Please call Rob (207-228-8336), and he or another staff member will get back to you as soon as possible.

TIPS FOR SMOOTH ONLINE REGISTRATION

- Try logging into the online registration system a few business days **before August 4** to be sure you can. Sign in with your email and password. If you run into a problem, email Rob Hyssong at robert.hyssong@maine.edu. If you cannot remember your password, try OLLI123.
- When you are ready to register (after midnight Wednesday morning), sign in first, then look for classes.
- You must renew your membership to take Fall classes if you have not

already. You will need to add your 2021-2022 membership to the cart before adding classes or workshops to your cart.

- When you find the course you want to register for, click on the DATE below the title (not on the title itself) and then scroll down to find the “Add to the Cart” button.
- Want more helpful tips? Visit OLLI Online Registration Assistance: usm.maine.edu/olli/online-registration-assistance.

IMPORTANT FALL TERM DATES & REGISTRATION TIMELINE

August 4 — Online registration for OLLI Fall courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). NOTE: Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu **before August 4**, 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.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after August 4, but classes and workshops may be filled, so please turn them in as soon as possible.

August 17 — Course/workshop offerings open to the **Maine Senior College Network**. Please contact us at olliatusm@maine.edu and

leave your name and phone number plus the course you are interested in. We will contact you to enroll.

September 6 — *Staff holiday*

September 13 — OLLI Fall term classes start

September 24 — Deadline to receive a refund on dropped classes

October 11 — *Staff holiday*

November 5 — OLLI Fall term ends

November 8-12 — OLLI Fall term makeup week

November 11 — *Staff holiday*

CLASS LOCATIONS

OLLI Fall 2021 classes are online unless otherwise stated. Most classes will be taught via distance learning, often using Zoom. Not familiar with Zoom? We will offer training sessions for all participants who want or need it. Watch your email for training session announcements.



COURSES SCHEDULE-AT-A-GLANCE FOR FALL 2021

MONDAY MORNINGS

9:30 – 11:30

See pages 8-9

The Sixties through the Great Speeches of the Sixties
Arthur (Buck) Benedict

Improving Beginner Bridge Skills
Don Bouwens and Bonnie Harradon

American Democracy at Work – Hopefully
Bob Goettel

Four 21st Century Novels: One Day at a Time
Coordinator, Susan Powell

Why Do Most Russians Support Putin?
Susan Welsh

MONDAY AFTERNOONS

12:45 – 2:45

See page 9

Enjoying Short Stories
Anne Cass

Pilgrims in Our Own Land
Mark Gallup

The Great Chain of Being
David Morton

TUESDAY MORNINGS SAGE 2021 Fall Lecture Series

See page 10

TUESDAY AFTERNOONS

12:45 – 2:45

See pages 11-12

Astronomy/Cosmology for Beginners
Robert Ashton

International Crime Writers – First Novels
Richard Cass

Drawing with Pencils: Portraits, Still Life, and Landscape
Vicki Fox

Origin of the Middle East Conflict
Charles Mamane

Alexandria and the Quartet
Kathleen Sutherland

Sea-Change: Shakespeare, Capt. John Smith & the New World Republic
Richard Welsh

TUESDAY AFTERNOONS

3:00 – 5:00

See page 12

OLLI Teaching Forum
Hal Scheintaub

WEDNESDAY MORNINGS

9:30 – 11:30

See pages 13-14

Perception and Creativity Through the Lens of Sensory Neuroscience
Elizabeth Chapman

The Tibetan Book of Living and Dying
Joan Elizabeth

Antisemitism, White Supremacy and the Rise of Hatred in the United States
Matthew Goldfarb

What Happened To You?
Linda MacDougall

(CANCELED) Women's Spirituality - Pat Taub

Homer's *The Odyssey*
Steven Urkowitz

WEDNESDAY AFTERNOONS

12:45 – 2:45

See pages 14-16

Hardcore Zen: An Exploration
Tim Baehr

What is Primitive in the Early European Classical Renaissance?: A Post-Modern View into the Nature of Classical Art
Nathaniel Larrabee

Murder at the Country House
Susan Ransom

Favorite Contemporary Classic Films
Patricia Davidson Reef and DeWayn Marzagalli

The Man Who Loved Only Numbers (and What He Loved)
Gale Rhodes and Stephen Schiffman

Explore Portland's Historic Neighborhoods – On Foot
Bruce Wood

WRITERS' WORKSHOPS WEDNESDAY AFTERNOONS

12:45 – 2:45 (ONCE A MONTH)

See page 16

Writers' Workshop: Fiction
Fernando De Leon and Tana Leonhart

Writers' Workshop: The Art and Craft of Memoir
Toby Hollander

Writers' Workshop: The Shiny Day Poets
Rob Petrillo

THURSDAY MORNINGS

9:30 – 11:30

See pages 17-18

The Making of the Atomic Bomb
Walt Allan and Doug Dransfield

Guns or Butter: The Never Told Story of Women's Resistance to Hitler
Sandra Garson

**(CANCELED) Exploring the
Mysteries of Tarot**
Mary Gelfand

Big Picture Africa
Mike Lynch

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

**The Peoples of America (1):
Colonial Times thru 1865**
John Sutherland

THURSDAY AFTERNOONS
12:45 – 2:45
See pages 18-20

Listening to Enhance Relationships
Anne Cass and Joan Chadbourne

**Celebrating the Pop Music
of the 1970s**
Terry Foster

**The Five Essential Freedoms: The
First Amendment
and Your Life**
Maxwell Nosbisch and
Christian Cotz

Endless Forms, Most Beautiful
Hal Scheintaub

Great Political/Government Movies
Edward Solano

**Planning for a
Sustainable Retirement**
Derek Tharp

FRIDAY MORNINGS
9:30 – 11:30
See pages 20-21

**Great Decisions 2021 with the
World Affairs Council of Maine**
Clifford Gilpin

**James Joyce's "A Portrait of the
Artist as a Young Man"**
Bob McCue

**Intentional Intuition for the
Elder Wise Woman**
Lucille Meltz

**Forgiveness:
From Theory to Practice**
Marcia Weston

FRIDAY AFTERNOONS
12:45 – 2:45
See page 21

**Conservatives and Liberals;
Not Conservatives vs. Liberals**
Mike Berkowitz

Brief Peeks Beyond
Stephen Kerchel

**So How Did It Begin?
What Followed?
Hesiod and Ovid**
Evy Newlyn

**ONLINE REGISTRATION
INFORMATION FOR
COURSES & WORKSHOPS:
SEE PAGES 3 and 26**



WORKSHOPS SCHEDULE-AT-A-GLANCE

SATURDAY, SEPTEMBER 18
9:30 – 11:30 A.M.
See page 22

**Living on Earth as if
We Want to Stay**
Mike Nickerson

Managing Taxes in Retirement
Derek Tharp

SATURDAY, SEPTEMBER 25
9:30 – 11:30 A.M.
See pages 22-23

Intro to Ukulele - Level 1
Clare Innes

**Intro to Astrology: Your Rising,
Sun, and Moon Signs**
Peggy Schick

Creating a Retirement Income Plan
Derek Tharp

SATURDAY, OCTOBER 2
9:30 – 11:30 A.M.
See page 23

**The Cliffhangers: Part 8 –
The Serial Heroines**
DeWayn Marzagalli

**Astronomy: Exploring the Celestial
Wonders of the Sky**
Scott Negley

Savvy Social Security Planning
Derek Tharp

**SATURDAY, SEPTEMBER 18,
SEPTEMBER 25 & OCTOBER 2**
9:30 – 11:30 A.M.
See pages 23-24

Perchance to Dream
Tom Cannon

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

**(CANCELED) Symbolism Through
Arts: Visual Workshop on
Transformation** Maria Lundin

**(CANCELED) Outside In:
Regarding Self-Taught, Outsider,
and Visionary Art** Mark Palmgren

What's Your Story?
Charlene Vincent

REGISTERING WITH A WAIVER?

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at olliatum@maine.edu before August 4 for timely processing. Waivers will be accepted after that deadline but will be processed at the same time online registration is underway, which lowers your chances of getting the class you want.



COURSE/WORKSHOP LIST BY INSTRUCTOR

Instructor	Title	Day/Date	Time	Page
Allan, Walt	The Making of the Atomic Bomb	Thurs	AM	17
Ashton, Robert	Astronomy/Cosmology for Beginners	Tues	PM	11
Baehr, Tim	Hardcore Zen: An Exploration	Wed	PM	14
Benedict, Arthur (Buck)	The Sixties through the Great Speeches of the Sixties	Mon	AM	8
Berkowitz, Mike	Conservatives and Liberals; Not Conservatives vs. Liberals	Fri	PM	21
Bouwens, Don	Improving Beginner Bridge Skills	Mon	AM	8
Cannon, Tom	Perchance to Dream	Sat, Sept 18, 25, Oct 2	AM	23
Cass, Anne	Enjoying Short Stories	Mon	PM	9
Cass, Anne	Listening to Enhance Relationships	Thurs	PM	18
Cass, Richard	International Crime Writers – First Novels	Tues	PM	11
Chadbourne, Joan	Listening to Enhance Relationships	Thurs	PM	18
Chapman, Elizabeth	Perception and Creativity Through the Lens of Sensory Neuroscience	Wed	AM	13
Cotz, Christian	The Five Essential Freedoms: The First Amendment and Your Life	Thurs	PM	19
De Leon, Fernando	Writers' Workshop: Fiction	Wed	PM	16
Dransfield, Doug	The Making of the Atomic Bomb	Thurs	AM	17
Elizabeth, Joan	The Tibetan Book of Living and Dying	Wed	AM	13
Foley, Robert	Forest Therapy: The Rebuilding of our Senses and Overall Well Being	Sat, Sept 18, 25, Oct 2	AM	24
Foster, Terry	Celebrating the Pop Music of the 1970s	Thurs	PM	19
Fox, Vicki	Drawing with Pencils: Portraits, Still Life, and Landscape	Tues	PM	11
Gallup, Mark	Pilgrims in Our Own Land	Mon	PM	9
Garson, Sandra	Guns or Butter: The Never Told Story of Women's Resistance to Hitler	Thurs	AM	17
Gelfand, Mary	(CANCELED) Exploring the Mysteries of Tarot	Thurs	AM	17
Gilpin, Clifford	Great Decisions 2021 with the World Affairs Council of Maine	Fri	AM	20
Goettel, Bob	American Democracy at Work – Hopefully	Mon	AM	8
Goldfarb, Matthew	Antisemitism, White Supremacy and the Rise of Hatred in the United States	Wed	AM	13
Harradon, Bonnie	Improving Beginner Bridge Skills	Mon	AM	8
Hollander, Toby	Writers' Workshop: The Art and Craft of Memoir	Wed	PM	16
Innes, Clare	Intro to Ukulele—Level 1	Sat, Sept 25	AM	22
Kercel, Stephen	Brief Peeks Beyond	Fri	PM	21
Landry, Terry	The Art of Living Well: Peace Education Program	Thurs	AM	18
Larrabee, Nathaniel	What is Primitive in the Early European Classical Renaissance?: A Post-Modern View into The Nature of Classical Art	Wed	PM	15
Leonhart, Tana	Writers' Workshop: Fiction	Wed	PM	16
Lundin, Maria	(CANCELED) Symbolism Through Arts: Visual Workshop on Transformation	Sat, Sept 18, 25, Oct 2	AM	24
Lynch, Mike	Big Picture Africa	Thurs	AM	18

Instructor	Title	Day/Date	Time	Page
MacDougall, Linda.....	What Happened To You?.....	Wed.....	AM.....	14
Mamane, Charles.....	Origin of the Middle East Conflict.....	Tues.....	PM.....	11
Marzagalli, DeWayn.....	Favorite Contemporary Classic Films.....	Wed.....	PM.....	15
Marzagalli, DeWayn.....	The Cliffhangers: Part 8 - The Serial Heroines.....	Sat, Oct 2.....	AM.....	23
McCue, Bob.....	James Joyce's "A Portrait of the Artist as a Young Man".....	Fri.....	AM.....	20
Meltz, Lucille.....	Intentional Intuition for the Elder Wise Woman.....	Fri.....	AM.....	20
Morton, David.....	The Great Chain of Being.....	Mon.....	PM.....	9
Negley, Scott.....	Astronomy: Exploring the Celestial Wonders of the Sky.....	Sat, Oct 2.....	AM.....	23
Newlyn, Evy.....	So How Did It Begin? What Followed? Hesiod and Ovid.....	Fri.....	PM.....	21
Nickerson, Mike.....	Living on Earth as if We Want to Stay.....	Sat, Sept 18.....	AM.....	22
Nosbisch, Maxwell.....	The Five Essential Freedoms: The First Amendment and Your Life.....	Thurs.....	PM.....	19
Palmgren, Mark.....	Outside In: Regarding Self-Taught, Outsider, and Visionary Art.....	Sat, Sept 18, 25, Oct 2.....	AM.....	24
Powell, Susan (coordinator).....	Four 21st Century Novels: One Day at a Time.....	Mon.....	AM.....	8
Petrillo, Rob.....	Writers' Workshop: The Shiny Day Poets.....	Wed.....	PM.....	16
Ransom, Susan.....	Murder at the Country House.....	Wed.....	PM.....	15
Reef, Patricia Davidson.....	Favorite Contemporary Classic Films.....	Wed.....	PM.....	15
Rhodes, Gale.....	The Man Who Loved Only Numbers (and What He Loved).....	Wed.....	PM.....	15
Rubin-Long, Rita.....	The Art of Living Well: Peace Education Program.....	Thurs.....	AM.....	18
Scheintaub, Hal.....	OLLI Teaching Forum.....	Tues.....	PM.....	12
Scheintaub, Hal.....	Endless Forms, Most Beautiful.....	Thurs.....	PM.....	19
Schick, Peggy.....	Intro to Astrology: Your Rising, Sun, and Moon Signs.....	Sat, Sept 25.....	AM.....	22
Schiffman, Stephen.....	The Man Who Loved Only Numbers (and What He Loved).....	Wed.....	PM.....	15
Solano, Edward.....	Great Political/Government Movies.....	Thurs.....	PM.....	19
Sutherland, John.....	The Peoples of America (1): Colonial Times thru 1865.....	Thurs.....	AM.....	18
Sutherland, Kathleen.....	Alexandria and the Quartet.....	Tues.....	PM.....	12
Taub, Pat.....	(CANCELED) Women's Spirituality.....	Wed.....	AM.....	14
Tharp, Derek.....	Planning for a Sustainable Retirement.....	Thurs.....	PM.....	20
Tharp, Derek.....	Managing Taxes in Retirement.....	Sat, Sept 18.....	AM.....	22
Tharp, Derek.....	Creating a Retirement Income Plan.....	Sat, Sept 25.....	AM.....	22
Tharp, Derek.....	Savvy Social Security Planning.....	Sat, Oct 2.....	AM.....	23
Urkowitz, Steven.....	Homer's <i>The Odyssey</i>	Wed.....	AM.....	14
Vincent, Charlene.....	What's Your Story?.....	Sat, Sept 18, 25, Oct 2.....	AM.....	24
Welsh, Richard.....	Sea-Change: Shakespeare, Capt. John Smith, & the New World Republic.....	Tues.....	PM.....	12
Welsh, Susan.....	Why Do Most Russians Support Putin?.....	Mon.....	AM.....	9
Weston, Marcia.....	Forgiveness: From Theory to Practice.....	Fri.....	AM.....	21
Wood, Bruce.....	Explore Portland's Historic Neighborhoods—On Foot.....	Wed.....	PM.....	16



MONDAY MORNINGS 9:30 – 11:30

The Sixties through the Great Speeches of the Sixties

Arthur (Buck) Benedict

Most of us have some mental pictures or memories of the 1960s. It was a time of peace and love, but also war and riots. It was a time of turbulence and accomplishment. It was a time of coming together and marching for the rights of others, and at the same time, division and falling out over the war in Vietnam. It was also a time of great speeches, speeches that helped change society. In this **repeat course**, we will examine a number of the great speeches of the day, the people who gave them, and the context in which they were given. The speeches will be the lens through which we re-look at this pivotal decade in American history.

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Buck Benedict came of age in the 1960s. He was in corporate communications and consulting for years before teaching public speaking and speechwriting at the University of Pennsylvania. He and his wife retired to Peaks Island in 2018.

Improving Beginner Bridge Skills

Don Bouwens and Bonnie Harradon

If you already know the basics of the game of bridge but have yet to learn basic conventions or strategies, this course will help you get to the next level of bidding and play of the hand. Registration (free) on bridgebase.com is helpful but not mandatory. We use split-screen technology so you can see the cards we are discussing. Non-judgemental and fun atmosphere. **Repeat course.**

Course Fee \$50 | Format: discussion, Zoom

Don moved to Maine in 1971 and lives with his wife Kristal in Portland's Woodfords Corner neighborhood. He learned the game from bridge-playing parents, played too much in college, dropped it for 43 years but discovered duplicate in 2014. Don retired from a lifelong career in various sales jobs, having failed as a lumberjack and carpenter Downeast in the '70s.

Bonnie is a Maine resident and grew up in Portland. She attended UMO and started to play bridge in college. She moved to Massachusetts in 1977 and returned to Maine in 2000. She renewed her interest in bridge six years ago and finds Don to be a great teacher.

American Democracy at Work – Hopefully

Bob Goettel

Here in May, we're as close to the first fall class as to the beginning of the Biden administration. While the pandemic hopefully is under control, we are living in a tumultuous time when it still is not clear whether the serious issues we face will be addressed or even if American democracy can survive. This class will continue to explore these major policy and political questions with the help of guests from USM and the broader community. Current analyses and commentary will be sent each week electronically. You can learn more about plans for the class at rjgusmolli.com.

Course Fee \$50 | Format: lecture, discussion, Zoom

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

Four 21st Century Novels: One Day at a Time

Coordinator, Susan Powell

Following the tradition of the late Betsy Wiley, we will read four 21st-century novels that take place in one 24-hour period. The class will be highly participatory and the discussion facilitated by four teams of two. Come prepared to immerse yourself in the books. Please read the first half of *Mothering Sunday* before the first class.

Course Fee \$50 | Format: discussion, Zoom | **Required Books:** *Mothering Sunday*, Graham Swift, ISBN 978-1101971727, USM price \$15; *Saturday*, Ian McEwan, ISBN 978-1400076192, USM price \$16.95; *Lillian Boxfish Takes a Walk*, Kathleen Rooney, ISBN 978-1250151162, USM price \$17; *The Hours*, Michael Cunningham, ISBN 978-0312243029, USM price \$17.

Susan Powell immensely enjoyed Betsy Wiley's 21st-century literature classes for ten years and will coordinate the course. The other discussion facilitators will be Barbara Freeman, Susan Jennings, Anna Messmer, Nancy Scheeler, Mary Schendel, Louise Sullivan, and Karen Winslow. Using a collaborative model, we will attempt to continue Betsy's deep dive into contemporary fiction.

Why Do Most Russians Support Putin?

Susan Welsh

American politicians and media are appallingly ignorant of a country they nevertheless feel justified in criticizing. This **repeat course** will explore historical and cultural reasons that Russians look at the world differently than Americans. It is neither a defense of Vladimir Putin nor a contribution to the vilification to which he is subjected in the US; it is a search for a better understanding of these great people, who have achieved and also suffered so much. Classes will require reading and encourage lively discussion.



MONDAY AFTERNOONS 12:45 – 2:45

Enjoying Short Stories

Anne Cass

This **repeat course** allows participants to read and discuss selected short stories. While the structure will be similar to previous courses, the content will differ as we explore a variety of stories and writers in an anthology edited by Heidi Pitler and Anthony Doerr. This is a facilitated discussion encouraging all participants to contribute to the conversation. Past experience shows that OLLI students have much insight to offer and much experience to share.

Course Fee \$50 | Format: discussion, Zoom | **Required Book:** *Best American Short Stories 2019*, Pitler and Doerr, ISBN 978-1328484246, USM Price \$16.99.

Anne Cass deeply enjoys working with OLLI students, finding their wisdom and engagement delightful. She is a fan of short stories and all things OLLI and enjoys good conversation, casual classes, and facilitating engaging discussion.

Pilgrims in Our Own Land

Mark Gallup

This **repeat course** is a religious history of America from the first European colonization to the present. From the beginning, religion in America has been a kaleidoscope of beliefs colorfully interwoven with our social, political, and economic history. Time will be provided to look at topics suggested by those in the course.

Course Fee \$50 | Format: lecture, discussion, Zoom | **Suggested Book:** *The Religious History of America: The Heart of the American Story* from

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Suggested Books:** *The Long Hangover: Putin's New Russia and the Ghosts of the Past*, Shaun Walker, ISBN 978-0190058845, USM price \$18.95; *Leningrad: Siege and Symphony*, Brian Moynahan, ISBN 978-0802124302, USM price \$18. The instructor will circulate shorter readings electronically.

Susan Welsh is a freelance Russian-English translator, editor, Slavic film columnist, and one of the few people who has paid to go to a camp in Siberia.

Colonial Times to Today, Edwin S. Gaustad and Leigh Schmidt, ISBN 978-0060630560, USM price \$19.99.

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

The Great Chain of Being

David Morton

Everyone wants to be happy. This is not possible without some 'map' of life and our world. Our task, in this course, "is to look at the world and see it whole." This is a daring, adventurous undertaking, even arrogant and dangerous. We climb the steps of the hierarchy of Being. We examine the most basic arenas of knowledge.

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Required Book:** *A Guide for the Perplexed*, E. F. Schumacher, ISBN 978-0060906115, USM price \$12.99.

Like many of us, David Morton is on a lifelong search for the best teaching about reality, about the meaning or purpose of life (if there is such). He invites everyone interested to enter into the "cloud of unknowing," the natural habitat of metaphysical philosophy.





TUESDAY MORNINGS 9:30 – 11:30

SAGE 2021 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 or \$10 per lecture.

September 14 Joseph Thomas, Maine State Fire Marshall
National Park and the National Park Service

Home Fire and Life Safety for Those Aging in Place

How can we address fire and safety challenges facing older folks?

September 21 Matthew Golec, Award-Winning Board Game
Designer and Professional Board Game Enthusiast

Why Everyone is Playing Board Games You've Never Heard Of

Matt will discuss the rich history of board games and how designers create new games that have led to the field's astonishing renaissance.

September 28 Matthew Dunlap, Maine State Auditor

What's It Worth To You?

A reflection on money, its value and use, and how it has changed our history.

October 5 Katrina Venhuizen, Senior Environmental Educator,
Eco Maine

The Fascinating Way We Manage Our Trash in Maine

What do we do with it, and where does it go?

October 12 Lois Lowry, award-winning children's author

A Lifetime Writing for Children

Crossing boundaries of geography and age with books that connect us despite our differences.

October 19 Joshua Henry, Matthew Omalia & Scott Dionne,
GoLabs, Inc.

GO Lab: Wood Fiber Insulation Made in America

GO Lab, Inc. will be the first domestic manufacturer of wood fiber insulation that is affordable, resilient, environmentally sustainable, and carbon-negative.

October 26 Nolan Alvator, Wabanaki Student

Wabanaki Tools of Diplomacy: Storying Protocols as Political Will

Nolan will discuss how Wabanaki needs and voices inform current educational policy in Maine and tell about the power of indigenous writing, wampum, and traditional intellect.

November 2 Michael Hillard, USM Professor of Economics

***The Rise and Fall of Maine's Mighty Paper Industry:
Michael Hillard's Shredding Paper***

Michael will discuss the amazing story of how Maine became the Detroit of paper over a century ago, how changes in American capitalism eventually brought it down despite protests and strikes by Maine loggers and paper mill workers, and what this means for Maine and the US today.



TUESDAY AFTERNOONS 12:45 – 2:45

Astronomy/Cosmology for Beginners

Robert Ashton

Curious about the Big Bang, black holes, stars, galaxies, and such? In this **repeat course**, we'll study the solar system and Earth's formation. The Earth's rotation is slowing! The moon is moving farther away! Why two tides a day? Why is the sky blue, grass green, and the sunset red? Based on the video lecture series by Dr. Philip Plait, this course is augmented with videos from NASA and other lecturers. A small group will permit easy questioning and a fun environment.

Course Fee \$50 | Format: lecture, discussion, film, Zoom

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, and has conducted similar courses at a senior study group in New York City.

International Crime Writers — First Novels

Richard Cass

Join us to read and discuss crime novels from Paris, Scotland, Ireland, Italy, rural France, India, Canada, and Nigeria. We will read the first novel in each author's series, introducing new readers to the author and giving readers familiar with the author a look at the earliest book in a series and how the series develops.

Course Fee \$50 | Format: discussion, Zoom | **Required Books:** *Murder in the Marais*, Cara Black, ISBN 9781616957308, USM price \$9.99; *Garnethill*, Denise Mina, ISBN 9780316016780, USM price \$17.99; *In the Woods*, Tana French, ISBN 9780143113492, USM price \$17; *Death at LaFenice*, Donna Leon, ISBN 9780060740689, USM price \$15.99; *Bruno, Chief of Police*, Martin Walker, ISBN 9780307454690, USM price \$16; *Death in the East*, Abir Mukherjee, ISBN 9781643138565, USM price \$16.95; *Still Life*, Louise Penny, ISBN 9780312541538, USM price \$17.99; *My Sister the Serial Killer*, Oyinkan Braithwaite, ISBN 9780525564201, USM price \$14.95.

Richard Cass is the author of the Elder Darrow jazz mystery series, set in Boston. The sixth book in the series, Mickey's Mayhem, is due out in November 2021. He is active in the Mystery Writers of America and the Maine Writers and Publishers Alliance.

Drawing with Pencils: Portraits, Still Life, and Landscape

Vicki Fox

This drawing class will use a variety of pencils, black and white, and colors to study landscape and still life, indoors and out. This class uses many of the elements of drawing that we have learned before, but with a new approach. You do not need to have taken earlier "Drawing with Pencils" courses as we will be introducing some new techniques of drawing and composition. **Will meet outside in person through mid-October then on Zoom after that.**

Course Fee \$50 | Format: hands-on, part in-person, part on Zoom | **Materials:** various pencils, paper 9" x 12" or 14" x 17", other materials to be shared closer to the beginning of class

Vicki Fox has been drawing and painting since she was three. She earned a BFA at Philadelphia College of Art and has spent her career doing illustration and graphic design work in the publishing field and the world of nonprofits until 1994. Then, she jumped ship and earned her Master Gardener certification from Morris Arboretum at the University of Pennsylvania. Since then, she created Green Team Gardeners, LLC, and spent lots of time designing gardens—painting with plants.

Origin of the Middle East Conflict

Charles Mamane

We will explore the Middle East's state and trace its history from the end of World War I to the present. Many people do not realize that the Middle East's ongoing conflicts originated during World War I with The Balfour Declaration, which is regarded as one of the most controversial and contested documents in the Arab world's modern history and has puzzled historians for decades. With this declaration, Britain publicly pledged to establish "a national home for the Jewish people," but for the Palestinians, it resulted in what they call the Nakba—the Catastrophe. **Repeat course.**

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Charles Mamane is an engineer by training, but the history of the Middle East conflict has been his interest and passion for most of his adult life. Born in Morocco, having lived in France, Israel, and most recently the United States for the last 50 years, he brings a unique perspective to the history of the Middle East conflict. As a young man, he served in the Israeli Defense Force for three years, participating in the Six-Day War in 1967 and the Yom Kippur War of 1973. He has a BA in Electrical Engineering from Georgia Tech, an MS in Electrical Engineering from Carnegie Mellon, and an MBA.

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Alexandria and the Quartet Kathleen Sutherland

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

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Suggested Book:** *The Alexandria Quartet*, Lawrence Durrell, ISBN 978-0571283934, USM price \$22.95.

Kathleen Sutherland was born and brought up in Egypt and spent over 35 years there. She has visited Alexandria many times as a young girl in World War II to 2010 when she led an OLLI trip to Egypt. She has taught at OLLI since 2005.

Sea-Change: Shakespeare, Capt. John Smith & the New World Republic Richard Welsh

Shakespeare's late "tragicomedies" counterpose Europe's dehumanizing aristocratic values to conceptions of humanity that seek the common good and dignify productive labor. They converge in remarkable detail with quasi-republican currents among Puritan activists (who also embraced the revolutionary new sciences) and similar impulses within England's American colonial projects, where Capt. John Smith led in the sharpening cultural clash. In equal parts history and drama, Europe and America, we explore Shakespeare's *The Tempest*, Smith's popular writings, and contemporary Puritan texts, revealing their common, America-focused hopes for a truly "New World."

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Required Book:** *The Tempest*, William Shakespeare, any edition, USM price \$3.

After almost launching a career in something later called Evolutionary Psychology (MA, Cornell), Richard Welsh dedicated himself to issues-advocacy and election campaign work, moonlighting in historical and science feature journalism. This course, previously taught at OLLI and Midcoast Senior College, originates in a 23-year research effort, leavened by amateur acting and a long love of Shakespeare.



TUESDAY AFTERNOONS 3:00 – 5:00

OLLI Teaching Forum Hal Scheintaub

In collaboration with the OLLI Teaching & Learning Committee

Teaching OLLI students is rewarding, but can be challenging. To address the challenges and support our teachers, we are offering this course to those **currently teaching** and those **considering teaching** an OLLI course. Our goal is to create a community; to build a team of teachers who will help you make your class as inspiring and as empowering as it can be. We

will consider topics from concrete best practices to models of teaching and learning. We will build a forum where you will have opportunities to develop and implement your ideas as you help colleagues to do the same.

FREE Course | Format: discussion, lecture, hands-on, Zoom

Hal Scheintaub earned a PhD in Biophysics in 1975. He was a public health research scientist before becoming a high school science teacher and consultant for science curriculum development at MIT. He helps teachers to incorporate inquiry, collaboration and technology into their classes.





WEDNESDAY MORNINGS 9:30 – 11:30

Perception and Creativity Through the Lens of Sensory Neuroscience Elizabeth Chapman

Great artists have discovered the neurological antecedents of our perception, each in a manner unique to their method. J.S. Sargent’s work seems to have great sensuality. Ellsworth Kelly’s work appears simple and intellectual. Grant Wood creates a meticulous sense of depth, while Rothko’s huge paintings evoke ethereal, universal space. Rembrandt’s portraits evoke psychological experience. Jackson Pollock makes physical sensation tangible in paint. How does art cause us to have these experiences? This **repeat course** combines lectures, slides, readings, and discussions about ancient neurology to explore its role in creativity. Hands-on exercises will help us explore our own unique pathways and preferences of perception.

Course Fee \$50 | Format: lecture, discussion, film, hands-on, Zoom | **Suggested Book:** *A Brief Tour of Human Consciousness*, V.S. Ramachandran, ISBN 978-0131872783, USM price \$17.

Elizabeth Chapman has a MArch from MIT and a BArch from Cornell. She is a practicing architect and painter and has taught at OLLI for twelve years.

The Tibetan Book of Living and Dying Joan Elizabeth

Sogyal Rinpoche’s acclaimed spiritual classic is widely regarded as one of the most complete and definitive presentations of the Tibetan Buddhist teachings ever written. In this course, we will explore the main themes of the book, focusing on meditation, compassion, devotion, and the nature of mind, along with the practices associated with each topic. The course is open to members of the public who wish to learn about meditation and beyond in the wider context of the Tibetan Buddhist teachings. It is open to those who seek to deepen their understanding of the teachings. As it is said, the more and more you study, the more and more you understand. This course follows the chapters of the *Tibetan Book of Living and Dying*. Other reference materials will be provided as needed.

Course Fee \$50 | Format: lecture, discussion, film, hands-on, Zoom | **Required Book:** *The Tibetan Book of Living and Dying*, Sogyal Rinpoche, ISBN 978-0062508348, USM price \$20.99.

Joan has been a student of Sogyal Rinpoche since 1980, and although he has since passed away, is still a student. She became an instructor in the Rigpa community in 1992 and has been sharing the teachings ever since. She finds great joy in sharing the Tibetan Buddhist teachings as the teachings changed her life.

Antisemitism, White Supremacy and the Rise of Hatred in the United States Matthew Goldfarb

What is antisemitism? What are its roots? What is white supremacy? Who are its leaders; what do they declare in their manifestos? Are they a threat to democracy? What did they mean at Charlottesville by chanting, “Jews will not replace us?” We will examine the interrelationship of these beliefs and seek a better understanding of the threat they pose in America by examining selected historical, religious, and selected written materials. NO text is required—just an open mind.

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Recommended Book:** *The Turner Diaries*, Andrew McDonald, 978-1733648127, USM price \$30; *The International Jew*, Henry Ford Sr., ISBN 978-1578989287, USM price \$8.95.

Matthew Goldfarb is an eight-year veteran of OLLI and has taught courses on antisemitism, Mark Twain, and Huckleberry Finn courses, among other courses. He has chaired SAGE and serves on the Advisory Board. A retired lawyer of 50 years, Matt and his wife Lynn live in Cumberland Foreside.

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What Happened To You?

Linda MacDougall

This course will explore and discuss the questions: are we good enough, and are we lovable? Many of us may have had these questions most of our life and wonder where they began. We will explore how you move beyond these negative beliefs to keep them from hindering our self-esteem and life choices. In this class, we will share stories. We will ask the questions: what is trauma, and how does it impact all aspects of life? The discussion also will focus on a new understanding of the effect of negative events on brain development, resilience, and healing.

Course Fee \$50 | Format: lecture, discussion, Zoom | **Suggested Books:** *The Body Keeps Score*, Bessel Van Der Kolk MD, ISBN 978-0143127741, USM price \$19; *Childhood Disrupted*, Donna Jackson Nakazawa, ISBN 978-1476748368, USM price \$16.99; *What Happened to You?*, Bruce D. Perry and Oprah Winfrey, ISBN 978-1250223180, USM price \$28.99.

Linda MacDougall is a newly retired Psych MH NP. She has worked with people from zero to 90. Over the last ten years, she has become aware of early trauma and the potential lifelong impact on physical and mental health as well as brain development. She hopes to increase community awareness.

(CANCELED) Women's Spirituality

Pat Taub

This class is designed to acquaint participants with the history of women's religious traditions, from the goddesses of Minoan Crete to contemporary Feminist theology as represented in Christianity, Judaism, Native American practices, and Buddhism. All levels of belief will be honored, from mainstream religions to alternative beliefs. The objective is to assist each member in enhancing her spirituality through exposure to the sacred



WEDNESDAY AFTERNOONS 12:45 – 2:45

Hardcore Zen: An Exploration

Tim Baehr

What can a punk rocker from Akron, who was also a worker in the Japanese rubber-suit monster movie industry, teach us about Zen Buddhism? Plenty, it turns out. Brad Warner, who also became an ordained Zen monk, introduces us to Soto Zen Buddhism in his first book, *Hardcore Zen*. This combination of memoir, Zen instruction, and social commentary is at times hilarious, edgy, and serious. After exploring Zen basics, we will

feminine as presented in lectures, readings, films, and class discussions. Members will be asked to keep a spiritual journal. Classes will be in-person, off-campus at the State Street Church in Portland.

CANCELED | Format: lecture, discussion, film, hands-on, in-person

Pat Taub has a BA from Dickinson College, an MSW from Catholic Univ. and courses towards a PhD in Women's Spirituality from CIIS in San Francisco. She has taught Women's Spirituality at the Chautauqua Institute. Currently, she writes the blog WOW (Women's Older Wisdom).

Homer's The Odyssey

Steven Urkowitz

In a lifetime of reading and teaching, for me *The Odyssey* is the most important story. I read it over again every time I use it in a course, maybe fifty times? I came to literature by way of science-fiction and detective adventure stories. This is one of the best of those! I am a Shakespeare scholar dedicated to show how Shakespeare brings wisdom, excitement, and beauty to old tales. He's doing what Homer did 2300 years earlier. Come read Homer with us. This **repeat course** includes lots of discussion and much tough thinking about hard events and adventure.

Course Fee \$50 | Format: lecture, discussion, Zoom | **Required Book:** *The Odyssey*, Homer, (Fitzgerald translation), ISBN 978-0374525743, USM price \$16.

Steve has been teaching and tutoring since the sixth grade, and is still at it. He joined the OLLI gang in 2007. He coaches singers and directs plays, most recently the USM Chamber Singers and Romeo & Juliet for the Prague Shakespeare Company. Shortly before retiring from the English and Theater Departments of CCNY, one of his students said, "Urkowitz, you're not teaching. You're doing stand-up!" He grins.

read and discuss selections from the book. A study guide will be provided. Each class will include a brief period of meditation. **Repeat course.**

Course Fee \$50 | Format: lecture, discussion, hands-on, Zoom | **Required Book:** *Hardcore Zen: Punk Rock, Monster Movies, and the Truth about Reality*, Brad Warner, ISBN 978-1614293163, USM Price \$17.95 | **Suggested Book:** *Practical Zen: An Invitation*, Tim Baehr, available from the author

Tim Baehr has practiced Zen Buddhism for over 15 years.

What is Primitive in the Early European Classical Renaissance?: A Post-Modern View into the Nature of Classical Art

Nathaniel Larrabee

This course will review the character and role of Renaissance Classical Primitives seen from a Baroque 21st-century view. What do these Classical Primitives share that is characteristic of other pre-classical cultures, and how does this align with today's worldview? Commencing with Italian Renaissance artists like Piero Della Francesca, Paolo Uccello, Fra Angelico, and Masaccio, we will follow the spread of Renaissance Classical Primitivism across Europe as seen through various other nationalities and artists like Zurbaran, Cotan, Bosch, Brueghel, Poussin and ending with Cezanne, Van Gogh, and Gauguin, the primitives of 20th-century Modernism. All are welcome in this "shared inquiry" course.

Course Fee \$50 | Format: lecture, discussion, Zoom

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

Murder at the Country House

Susan Ransom

Early 20th-century classic British murder mysteries set in country houses reveal a great deal about social history, attitudes, and assumptions. We will read Margery Allingham's *The Beckoning Lady*, Dorothy L. Sayers's *Busman's Honeymoon*, Ngaio Marsh's *Colour Scheme*, and one more TBA. The discussion will examine the history of the country house, the history of the genre, British history before, during, and after WWII, and family patterns and structures. Familiarity with *Downton Abbey* is a plus.

Course Fee \$50 | Format: discussion, Zoom | **Required Books:** *Busman's Honeymoon*, Dorothy L. Sayers, ISBN 978-0062196576, USM price \$16.95; *The Beckoning Lady*, Margery Allingham, (not available at USM Store); *Colour Scheme*, Ngaio Marsh, ISBN 978-1937384555, USM price \$15.95; +1 TBD Book

A retired architectural marketer, Susan Ransom holds two degrees in English literature and is a lifelong reader of British murder mysteries. This is the fourth murder mystery class she has taught at OLLI.

Favorite Contemporary Classic Films

Patricia Davidson Reef and DeWayn Marzagalli

Films bring us joy in life, excitement, mystery, humor, and insight into the human condition. We will explore those conditions in the art of the following films and how they relate to today's society. Films in the course include: *The Godfather* (1972), *The Caine Mutiny* (1954), *From Russia with Love* (1963), *Scent of a Woman* (1992), *The Great Gatsby* (1974), *Grease* (1978), and *Sabrina* (1954). How these films defined their times and how they relate to us living in 2021 will be the focus of discussion. A great film is timeless. We will explore how these films defined their ages and yet still relate to us today in 2021.

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Pat Davidson Reef, MSED, is a writer on the arts and author of three books: Dahlov Ipcar—Artist, Bernard Langlais Revisited, and David Driskell Artist Educator and Author. She is a retired teacher and has two daughters, five grandchildren, three great-grandchildren, and a cat named Winslow. She has taught at OLLI for 20 years.

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

The Man Who Loved Only Numbers (and What He Loved)

Gale Rhodes and Stephen Schiffman

Paul Erdős was an itinerant mathematician, traveling the world to do math with top mathematicians and publishing more than 1500 scholarly papers with more than 500 collaborators. What kinds of math problems did Erdős tackle? What does it mean to "do math"? What is "mathematical truth"? Can you, an interested non-mathematician, understand any of his work? You can. Join us to explore Erdős's life and work, including some of the most accessible and fascinating problems that held his interest. Main text: *The Man Who Loved Only Numbers: The Story of Paul Erdős and the Search for Mathematical Truth*, by Paul Hoffman (Hachette Books, 1998).

Course Fee \$50 | Format: lecture, discussion, film, hands-on, Zoom | **Required Book:** *The Man Who Loved Only Numbers*, Paul Hoffman, ISBN 978-0786884063, USM price \$16.99.

Gale Rhodes, a chemist, and Stephen Schiffman, a mathematician, had quite different academic careers, but they learned at OLLI that they have at least two things in common: a love of all things mathematical and a burning desire to share their mathematical and scientific interests with people of all backgrounds.

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Explore Portland's Historic Neighborhoods — On Foot

Bruce Wood

Enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, immigrant populations, and locally and regionally famous architects and view their works. The longest walk will be two miles in two hours. The greatest elevation change will be between Congress Street and the waterfront. All walks will be on pavement, with side trips into two grassy cemeteries. Rain or Shine. The instructor will contact students about

the meeting place prior to each class. NOTE: We will follow the Maine CDC guidelines at the time of the walks. Details during the term.

Course Fee \$50 | 6-Week Course starting Sept 15 | Format: in-person, movement | **Suggested Book:** *Portland, A Short History*, Alan Levinsky, ISBN 9781933212432, USM price \$14.95.

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

WEDNESDAY AFTERNOON WRITER'S WORKSHOPS

12:45 – 2:45 ONCE A MONTH — *Please review start and end dates carefully.*

Writers' Workshop: Fiction

Fernando De Leon and Tana Leonhart

This ongoing workshop is a supportive peer group of 10 writers looking to improve their writing skills. Each month, members send their work to one another in advance. During the group session, authors read excerpts of their work, and each member is expected to give constructive feedback. The workshop will evolve in response to members' interests. Currently, the group meets online with hopes of returning to in-person meetings when that is safe.

Workshop Fee \$50 | Format: hands-on, Zoom | **Third Wednesday**, September 2021 through April 2022

Fernando De Leon practiced law for many years before retiring. Now, he pursues his passions for traveling, playing the piano, and crime fiction: reading it, watching it, and writing it. He joined the fiction writing workshop five years ago with no experience in fiction writing and has been encouraged by the group ever since.

*Following a wonderful teaching career, Tana Leonhart traded the mountains of Colorado for the coast of Maine, where she writes, plays her flute, and enjoys painting, gardening, and birdwatching. Her first novel, *The Tobin Tree*, was published in the fall of 2020, and she has had a number of pieces published in the OLLI Reflections magazine.*

Writers' Workshop: The Art and Craft of Memoir

Toby Hollander

This writing course focuses on the genre of memoir. Participants will present a brief writing and receive feedback from class members. Some

class discussion is reserved for exploring common barriers to writing. Class size is limited to provide an equal opportunity to read and receive feedback.

Workshop Fee \$50 | Format: discussion, hands-on, Zoom | **Second Wednesday**, October 2021 through June 2022.

Toby Hollander is a graduate of the U.S. Naval Academy (1967) and Washington University School of Law (1974). He is a retired Maine guardian ad litem (advising judges of children's best interests) and a trial lawyer. He is writing a memoir or autobiography.

Writers' Workshop: The Shiny Day Poets

Rob Petrillo

This ongoing poetry-writing workshop is limited to 11 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, 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.

Workshop Fee \$50 | Format: hands-on, discussion, Zoom | **First Wednesday**, October 2021 through May 2022.

*Rob Petrillo has spent the better part of his life teaching poetry (and other stuff) to teenagers. He figures facilitating for adults has got to be easier. He's been published in Reflections, Sky Island Journal, Frost Meadow Review, Portland Press Herald, and in *A Dangerous New World: Maine Voices on the Climate Crisis*. He's looking forward to continuing working with other OLLI members.*



THURSDAY MORNINGS 9:30 – 11:30

The Making of the Atomic Bomb Walt Allan and Doug Dransfield

Richard Rhodes' *Making of the Atomic Bomb* is a 788-page tour de force. In a 1987 review, *The New York Times*' William Broad said Rhodes, "...offers not only the best overview of the century's pivotal event but a probing analysis of what it means for the future." Walt will lead classes highlighting the nuclear physics discoveries and how that knowledge led to atomic bombs. Doug Dransfield, Secretary of the Maine Chapter of Physicians for Social Responsibility, will teach the final two classes addressing these weapons' humanitarian and medical consequences and the work to eliminate them.

Course Fee \$50 | Format: lecture, discussion, Zoom | **Required Book:** *The Making of the Atomic Bomb*, Richard Rhodes, ISBN 9781451677614, USM Price \$24.

Walt Allan, MD, has taught several science-focused courses at OLLI after a career that included medical education, research, and publication.

Doug Dransfield, MD, is an active OLLI member who had a career teaching pediatrics.

Guns or Butter: **The Never Told Story of Women's Resistance to Hitler** Sandra Garson

The Nazis' first act on attaining power was to make Germany great again by banishing women from the public sphere where WWI and the Weimar Republic allowed them. Confined to home with no voice, no weapons, and no freedom, women still managed to express moral outrage by finding ways to defy or defeat the Nazis even though they risked their own lives and the lives of their children to do so. We'll look at profiles in courage and cunning of women in France and other European countries and especially women inside Germany who risked everything to be decent human beings. We'll look at what they did, what it meant, and what happened to them when they became an inconvenient truth, as well as the message they left for us today.

Course Fee \$50 | 6-Week Course starting Sept 23 | Format: lecture, discussion, Zoom

In the mid-80s, journalist Sandra Garson discovered a cache of documents verifying a

resistance to Hitler. More surprising was the mention of women involved. Intrigued by their incredible courage, she began to investigate the actual resistance of women against the horrors of Hitler. She met survivors in person. The West German government helped her research. She was prepared to publish a book when the discovery and trial of elusive Nazis once again silenced the inconvenient truth that there were actually Germans against Hitler.

(CANCELED) 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 multi-cultural symbols, numerology, archetypes, and the elements. This class provides an introduction to the process of divination, the history of Tarot, basic card meanings, spreads, and a variety of different ways to use the cards in your own life. Dr. Gelfand loves the mystery and depth of this evolving divination technique.

(CANCELED) | Format: lecture, hands-on, Zoom

Dr. Gelfand loves Tarot, which she studied for two years at Diana's Grove Mystery School in Missouri. She is an Interfaith Minister who uses Tarot with Spiritual Direction clients and as an intuitive tool to guide her own life. She teaches classes on Tarot and also gives private readings.

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Big Picture Africa

Mike Lynch

Africa is gaining importance from a geopolitical perspective, as a growing international market, because of population growth and the impact of climate change. But what do you know about the continent? Is there a second scramble for Africa? What impact do China and US policy have? How can one country be prosperous while its neighbor wallows in poverty? Does corruption grease the skids of an underground economy, or does it take over a country? How does healthcare work—with and without COVID-19? Most importantly, how does culture impact aspects of African life? We will dive into these and many other current topics in this updated and expanded **repeat course**.

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Mike Lynch has traveled to more than eight African countries. He has taught several OLLI classes, including one focusing on Ghana, DRC, and South Africa. He lived in Ghana for three years as a Peace Corps Director and a member of the Embassy leadership Team. He and his wife spend winters in South Africa.

The Art of Living Well: Peace Education Program

Rita Rubin-Long and Terry Landry

Have you ever wondered how to live at peace with the uncertainties and pressures of an ever-changing world? “Like water, peace is fundamental to human beings” (Prem Rawat). Discover your inner resources such as peace, appreciation, inner strength, self-awareness, choice, hope, and contentment. This nine-week **repeat course** features a media-based peace education program created by the Prem Rawat Foundation. The facilitators involve participants with insightful talks, activities, and meaningful interactions that explore the themes of personal peace and the art of living well.



THURSDAY AFTERNOONS 12:45 – 2:45

Listening to Enhance Relationships

Anne Cass and Joan Chadbourne

Listening is a deeply interactive process. Listening well is at the core of all our relationships. In this course, we will explore multiple ways of listening and discover what works best for each of us. Activities and discussion are designed to help participants understand their own strengths and listening style. To develop a path to understanding styles different from

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Materials:** workbook and additional emailed files, \$20 for materials

Rita Rubin-Long 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.

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

The Peoples of America (1): Colonial Times thru 1865

John Sutherland

Have the cobwebs gathered on that long-ago high school or college history course? Feel the need to refresh your understanding of America's past? In this **repeat, two-semester course**, we will review major topics in American history. We will explore not only political but social, economic, and intellectual history as well. Prominent figures obviously will receive attention, but so too will the great masses of Americans who led quiet and productive lives, including women, minorities, immigrants, and laborers.

Course Fee \$50 | Format: lecture, discussion, film, Zoom | **Suggested Book:** *A Short History of the United States*, Robert V. Remini, ISBN 9780060831455, USM price \$16.99.

John Sutherland graduated from the University of Maine and received his PhD in history from Temple University. He is Professor Emeritus at Manchester (CT) Community College; he also taught at Eastern and Central Connecticut State Universities and the University of Connecticut. John has taught at OLLI for seventeen years.

ours, we will identify various perspectives and practice several skills that will strengthen relationships.

Course Fee \$50 | Format: discussion, hands-on, Zoom

*Joan Chadbourne is a consultant, professor, and co-author of the book *Healing Conversations Now: Enhancing Relationships*. *Genuinely connective conversations are at the core of her joy in life.**

Retired after 42 years of working with adults and teenagers in education, Anne Cass is a skilled facilitator who enjoys engaging people in meaningful discussions. Joan and Anne have used their different styles to enhance their relationship and enable them to provide a broader classroom experience.

Celebrating the Pop Music of the 1970s

Terry Foster

To understand this course think “boogie shoes,” “Disco,” and the songs made popular by Barbra Streisand, Barry Manilow, The BeeGees, and The Eagles, etc. Disco divas such as Donna Summer and Gloria Gaynor will spark up the course. Michael Jackson’s music will be covered. Via lecture, a plethora of videos, discussion, and piano music this **repeat course** will explore the fun music of the 1970s. We’ll also touch on the major news that transpired during the decade.

Course Fee \$50 | Format: lecture, discussion, film, live music, Zoom

Terry, a classically-trained musician, also plays popular music. He’s played in a dance band, rock group, accompanied singers, taught music, and performed solo. He danced the nights away in the ’70s. A retired USM administrator, he co-founded Senior College, OLLI’s predecessor. He holds two masters plus a doctorate in education.

The Five Essential Freedoms: The First Amendment and Your Life

Maxwell Nobsisch and Christian Cotz

The First Amendment is a giant in American political culture. But how many people actually know the history, details, complexities, and nuances behind the First Amendment? Protecting the freedom of religion, speech, press, assembly, and petition, the First Amendment is the cornerstone of our democracy. This course, offered by staff and board members of the First Amendment Museum, explores a myriad of topics surrounding the First Amendment including the history of the Constitution, a breakdown of each of the five freedoms, and ways we can make better use of our freedoms in our everyday lives.

Course Fee \$50 | Format: lecture, discussion, Zoom

Lead instructor Maxwell Nobsisch is the Manager of Visitor Experiences at the First Amendment Museum. Other instructors include FAM’s CEO, Christian Cotz; the former COO of the Freedom Forum Institute, Gene Policinski; and the former General Counsel of North Jersey Media Group, Jennifer Borg.

Endless Forms, Most Beautiful

Hal Scheintaub

The development of the fertilized egg into an individual animal is one of the great wonders. Evolutionary processes provide and deliver the genetic instructions for form and function. Developmental processes implement those instructions and are responsible for an individual’s traits and talents. In this class, you will learn about the processes that direct the development of perfect individual animals and the evolutionary processes that tinker with those processes to bring about diversity. Facilitated discussions and interactions will help you understand how a toolkit of master genes directs the development of the beauty and diversity you see in the natural world.

Course Fee \$50 | Format: discussion, Zoom | **Required Book:** *Endless Forms Most Beautiful*, Sean B. Carroll, ISBN 978-0393327793, USM price \$17.95.

Hal Scheintaub earned a PhD in Biophysics in 1975. He was a public health research scientist for twelve years before becoming a high school science teacher and consultant for science curriculum development at MIT. He is currently developing a place-based curriculum for the Maine Math & Science Alliance.

Great Political/Government Movies

Edward Solano

A great movie about government or politics should reveal a fault in the system. Ideally, a great administration should not. *7 Days in May* (1964), for example, reveals the plausibility of a military takeover. *Fail Safe* (1964) and *Dr. Strangelove* (1964): rogue nukes. All the *President’s Men* (1976) and *The Post* (2017): government’s First Amendment denial. *Miss Sloane* (2016): unbridled lobbyists. *The Last Hurrah* (1958) and *Wag the Dog* (1997): charming corruption. *Trial of the Chicago 7* (2020) and *Good Night and Good Luck* (2005): unbridled justice? And Britain’s comedic gem: *In the Loop* (2009). Join us as we choose from these and other films portraying the tragi-comedy we call government.

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Ed Solano used to teach government and history and write about both for newspapers. But he never imagined how much more he had to learn about the fragility of America’s democracy until the experience of the last four and a half years. Once again, the arts preview actual events. So he believes Hollywood may save America yet—even without Frank Capra.

more THURSDAY AFTERNOON COURSES on next page

Planning for a Sustainable Retirement

Derek Tharp

This **repeat course** will examine how individuals and couples can plan for a sustainable retirement. We will examine both prudent retirement planning practices as well as methods for investing in a socially and environmentally conscious manner. We will take a holistic view of financial management in retirement and address topics such as: retirement income planning, Social Security and Medicare planning, managing taxes in retirement, investment management, the use of annuities in retirement



FRIDAY MORNINGS 9:30 – 11:30

Great Decisions 2021 with the World Affairs Council of Maine

Clifford Gilpin

The World Affairs Council of Maine is pleased to offer Great Decisions in 2021. We will facilitate discussions of the following topics selected by the Foreign Policy Association: global supply chains and national security, Persian Gulf security issues, Brexit and the European Union, struggles over the melting Arctic, China's role in Africa, the Korean peninsula, roles of international organizations in a global pandemic, and the end of globalization? Each session will be run by a facilitator representing the World Affairs Council of Maine, with academic or professional expertise in the subject areas. **Repeat course.**

Course Fee \$50 | Format: lecture, discussion, Zoom | **Required Book:** *Foreign Policy Association's Great Decisions 2021* briefing book from www.fpa.org, FPA, ISBN 9780871242754, USM price \$32.

Clifford Gilpin, PhD was born in Belfast, Northern Ireland. He has a background in human resources. He was on the staff of the World Bank for 22 years and worked with countries in Africa and East Asia. From 1987 to 1992, he managed the Bank's human resources program in Indonesia and directed the Bank's internal learning and leadership program. He has a special interest in global energy supply and consumption. In 1996, he and his wife moved to Maine. Clifford is a trustee of the Falmouth Land Trust and former President of the World Affairs Council of Maine.

James Joyce's "A Portrait of the Artist as a Young Man"

Bob McCue

In close reading, we will track the development of Stephen Dedalus in pre-adolescence, puberty, and into young manhood. Along the way, we

planning, estate planning, long-term care planning, and more. Readings, discussions, and in-class exercises will be aimed at providing practical insights for attendees.

Course Fee \$50 | Format: lecture, Zoom

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

will experience, through the lens of the written word, the terror of a family holiday dinner, the remorse and guilt of a Catholic sinner, and the rapture of an emerging artist. We will also uncover Joyce's *Theory of Art* as Stephen readies himself "to forge in the smithy of my soul the uncreated conscience of my race." **Repeat course.**

Course Fee \$50 | Format: lecture, discussion, Zoom | **Required Book:** *A Portrait of the Artist as a Young Man*, James Joyce, ISBN 978-0-14-028328-0, USM price \$14.

Bob McCue has lectured on Irish Literature and History at OLLI-USM, as well as other venues, for over a decade. He is a retired businessperson with degrees in engineering and business administration.

Intentional Intuition for the Elder Wise Woman

Lucille Meltz

The practice of intentional intuition allows us into a world of ever-expanding wisdom as we age. Instead of simply acknowledging our intuitive voices, we can activate intuitive power to address the issues of elder womanhood and balance reason with inner knowing. Through group and interactive exercises, discussion, and individual practice, learn how to recognize your intuitive style and strengthen its positive influence in your life. This course is a follow-up to the Spring workshop "Elder Women Intuitive Wisdom," but the prior workshop is not a prerequisite.

Course Fee \$50 | 5-Week Course starting Sept 17 | Format: lecture, discussion, hands-on, Zoom

Lucille Ann, MSED, MA owner of "Touch the Soul" coaching and Hand Reading, is an experienced professional public speaker, spiritual guide, author, and teacher. She uses intuition in her daily life and has been teaching classes on intuition for over 30 years. www.ltl-light.com

Forgiveness: From Theory to Practice

Marcia Weston

One of the most difficult behaviors humans encounter is forgiveness, the forgiveness of others, and forgiveness of ourselves. This class will explore the concepts of forgiveness through philosophical, religious, historical, and practical lenses and use personal experiences to identify the challenges forgiveness imposes. The aim is to determine how the application of forgiving behaviors requires human capacities such as empathy, sympathy, love, and trust, sometimes referred to as ethics of forgiveness. A safe and supportive class environment will allow us to

explore this topic by sharing personal experiences, thoughts, and beliefs about forgiveness, a humanitarian practice, which is essential to our local and global communities.

Course Fee \$50 | Format: discussion, Zoom | **Materials:** research articles will be provided

Marcia Weston received her PhD at age 67 from the University of North Carolina, Greensboro. Her dissertation explored the concept of forgiveness with a focus on the Israeli-Palestinian conflict that included spending time in the West Bank and holding interviews with key leaders involved in the conflict. Her career in education has spanned K-12 and higher education systems in the United States.



FRIDAY AFTERNOONS 12:45 – 2:45

Conservatives and Liberals; Not Conservatives vs. Liberals

Mike Berkowitz

Our country is divided. There are two camps, each with its own valid framework for viewing what's best for the country. Our purpose is to better understand others, not to persuade them. We'll do this by sharing perspectives, not debating them. Mini-lectures from psychology and politics will help frame our discussions of parenting, political parties, our government, our schools, the media, religion, capitalism, socialism, taxes, SCOTUS, etc. To do this, we will have a dozen conservatives from OLLI/Louisiana State University and a dozen liberals from OLLI/University of Southern Maine. Let's learn to listen and listen to learn. **Repeat course.**

Course Fee \$50 | Format: lecture, discussion, film, Zoom

Mike Berkowitz taught at daycare centers, elementary schools, and colleges before finding his niche at OLLI. He enjoys challenging folks to think in new ways.

Brief Peeks Beyond Stephen Kercel

This course is an exploration of the book *Brief Peeks Beyond*. In the words of its promotional material: "In this pioneering, original and brilliantly written book Bernardo Kastrup is very critical of the still widely accepted materialist approach to science while making use of many convincing rebuttals of materialist counterarguments." It "explores the nature of

reality, state of our society and culture, the influence of mainstream media and the nature of free will."

Course Fee \$50 | Format: lecture, Zoom | **Required Book:** *Brief Peeks Beyond*, Bernardo Kastrup, ISBN 978-1785350184, USM price \$22.95.

Stephen Kercel, PhD in Electrical Engineering, was a Research Fellow of UNE's New England Institute of Cognitive Science and Evolutionary Psychology. He was Rapid Communications Editor of the Journal of Integrative Neuroscience. He is a Registered Professional Engineer in Maine and Tennessee.

So How Did It Begin? What Followed? Hesiod and Ovid Evy Newlyn

We will begin with the Greek Hesiod, who, around 700 BCE, wrote his version of the Creation story, which began with Chasm, a gap in which Earth first appeared, the development of the gods, their activities and descendants, and the creation eventually of the first men and then women. We will turn then to the Roman Ovid and his version of the beginning and many subsequent events.

Course Fee \$50 | Format: lecture, discussion, Zoom | **Required Book:** *Metamorphoses: The New, Annotated Edition*, Ovid and Rolfe Humphries (translator), ISBN 978-0-253-03359-8, USM price \$10.

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, September 18 at 9:30 – 11:30 a.m.

Living on Earth as if We Want to Stay Mike Nickerson

With human activity pressing against planetary limits, perpetual growth is no longer an appropriate goal. This changing relationship with the Earth requires a different approach to mutual provision (the economy). Time-tested biological processes can secure long-term well-being as society's economic "metabolism" adapts to our new situation. A glimpse of a future the grandchildren might enjoy can be seen through the precept "More Fun, Less Stuff."

1 Session | Fee \$15 | **Format:** lecture, discussion, Zoom | **Suggested Book:** *Life, Money and Illusion; Living on Earth as if We Want to Stay*, Mike Nickerson, ISBN 978-0-86571-659-9 (eBook available online).

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

Managing Taxes in Retirement Derek Tharp

This workshop will cover key considerations for managing taxes in retirement. We will cover topics such as how various types of income are taxed in retirement, how to avoid Social Security and Medicare tax traps, how to take distributions from retirement accounts in a tax-efficient manner, and charitable giving in retirement. In addition, we will consider tax planning strategies from the perspectives of those already in retirement and those still working toward retirement.

1 Session | Fee \$15 | **Format:** lecture, Zoom

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

Saturday, September 25 at 9:30 – 11:30 a.m.

Intro to Ukulele – Level 1 Clare Innes

If you have ever wanted to learn how to play an instrument, then this light-hearted course is for you. You don't need musical experience to have fun learning the chords, strums, and techniques you need to play your favorite songs. Note: This workshop is designed for ukuleles in high-G (re-entrant) tuning.

1 Session | Fee \$15 | **Format:** lecture, discussion, hands-on, Zoom | **Materials:** Ukulele (high-G tuning), clip-on or smartphone app tuner

Clare Innes is a Vermont-based ukulele teacher and performer. Driven by a hurricane-force love of making music with friends, imperfect strangers, students, and unsung musical heroes, she thrives on taking part in creating a fun, lighthearted, and focused learning and listening experience for students, fellow musicians, and audiences.

Intro to Astrology: Your Rising, Sun, and Moon Signs Peggy Schick

Your birth chart (zodiac) is a 360-degree "map" of the sky at the time you were born. Each celestial body represents a part of your psyche and tells its own story. This **repeat workshop** introduces astrology as a framework for understanding core parts of your personality by coming to understand your Sun, Moon, and Rising signs. These signs tell the story of you in the day-to-day, how you process emotion, and your external persona. Prior to class, registrants must provide their city/state of birth, exact time, and date of birth to receive a copy of their birth chart by email.

1 Session | Fee \$15 | **Format:** lecture, discussion, hands-on, Zoom

Peggy Schick is a professional astrologer in Topsham. Studies in spirituality, energy work, and Jungian psychology inform her work. Soul evolution is her specialty, and she offers clients an in-depth exploration of subconscious natal chart themes through regression hypnosis. For more information, please visit www.peggyschick.com.

Creating a Retirement Income Plan Derek Tharp

This workshop will cover key considerations for generating a sustainable income in retirement. We will cover topics such as: how to coordinate

Social Security with other retirement income sources; how to coordinate distributions from different types of retirement accounts in a tax-efficient manner; why navigating the ten years before and after retirement are so crucial to retirement income planning; and how to put together your own dynamic retirement spending strategy.

1 Session | Fee \$15 | **Format:** lecture, Zoom

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

Saturday, October 2 at 9:30 – 11:30 a.m.

The Cliffhangers: Part 8 – The Serial Heroines **DeWayn Marzagalli**

In this eighth edition of ten workshops, we will watch the “to be continued” chapters of those great Saturday Matinee film serials we so enjoyed in our youth. Part 8 will include chapters from *The Perils of Pauline* (1914) with Pearl White; *Flash Gordon's Trip to Mars* (1938) with Jean Rogers; *The Perils of Nyoka* (1942) with Kay Aldridge; *The Purple Monster Strikes* (1945) with Linda Sterling; *The Daughter of Don Q* (1946) with Adrian Booth; and, *The Panther Girl of the Kongo* (1955) with Phyllis Coates. This and each consecutive session will run for two to three hours. Stay tuned for Part 9 — Serial Sci-Fi in Winter 2022.

1 Session | Fee \$15 | **Format:** discussion, film, Zoom

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

Astronomy: Exploring the Celestial Wonders of the Sky **Scott Negley**

This **repeat workshop** will explore the constellations of the autumn and winter skies and some of the splendid deep-sky objects they contain. Learn the causes and appearance of events viewed with the unaided eye, including: auroras, comets, meteor showers, sundogs, halos, and the lunar cycle of phases. Also, learn how the lunar cycle of phases are related to both lunar and solar eclipses. We will review the current NASA Mars missions and NASA's future mission to the moon.

1 Session | Fee \$15 | **Format:** lecture, Zoom

Scott Negley received Master's degrees in Astronomy and Mechanical Engineering from the

University of Pennsylvania and has been teaching astronomy for more than 40 years in various capacities: university instructor, school district planetarium director, elder hostel teacher, and owner/operator of a portable planetarium company.

Savvy Social Security Planning **Derek Tharp**

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

1 Session | Fee \$15 | **Format:** lecture, Zoom

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

**Saturday, September 18, September 25, and October 2 at
9:30 - 11:30 a.m.**

Perchance to Dream **Tom Cannon**

Do dreams have a deeper meaning or are they just random neurons firing during a resting state? These are some of the questions we will be addressing in this lively and introspective course. Topics addressed will include a history of dream interpretation, various ways of processing dreams, and how to improve dream memory. We will look at various “important” dreams in history during this course including a big dream that Carl Jung had that helped him understand his own hidden feelings. In our last class, we'll analyze a dream from a volunteer to put it all together. **Repeat workshop.**

3 Sessions | Fee \$25 | **Format:** discussion, Zoom

Tom Cannon is a lifelong learner and, for many years now, a teacher and facilitator. As a licensed mental health counselor, Tom uses symbols and dream imagery in his private practice to help clients gain better awareness and understanding. He has studied with local Jungian Analyst and author, Chris Beach.

more WORKSHOPS on next page

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

Forest Therapy, aka “Shinrin-yoku” or Forest Bathing, was developed in Japan during the 1980s and has become a cornerstone of personal preventive health care and healing in Japanese medicine. Forest Therapy is not a form of exercise, it is about developing a deeper connection with nature through our many senses. In Shinrin-yoku, the opening of our senses acts as the bridge between us and the natural world—a different way of perceiving the world. **NOTE:** eight students will meet the first week (**Sept 18**), eight different students the second week (**Sept 25**), and we will all come together the third and final week (**Oct 9**).

2 Sessions | Fee \$25 | **Format:** movement, discussion, in-person

Robert Foley is of Passamaquoddy Native American descent and also a former Navy SEAL. His background is that of a nature survivalist. Today, Robert serves as a nature preservationist and Servant Leader to those in need. His current lifestyle includes gentling horses and an avid practice of Transcendental Meditation (TM), Tai Chi, and Qigong.

(CANCELED)
**Symbolism Through Arts:
Visual Workshop on Transformation**
Maria Lundin

(CANCELED) Painting can be seen as a territory in which a unique perspective converges with other perceptions to give meaning to the realities we experience (intellectual, emotional, or spiritual). This creative workshop invites us to explore how symbols have been used in a syncretic way through literature and art. Some concepts can be inexpressible through words because of their ineffability, such as the idea of “detachment” or “sublime,” found in many traditions. Through paintings, we can overcome those barriers. We will work collectively on an art piece during this workshop while examining different aspects of human reality.

3 Sessions | CANCELED | **Format:** lecture, discussion, hands-on, Zoom | **Materials:** watercolors, acrylics, oils, pencils, paper

Maria P. Lundin is a Chilean visual artist. Her passion for mysticism and philosophy is frequently conveyed in her artwork. She holds an MA of Arts from UVIC (Canada) and a BA in Literature (UDP, Chile). Her MA thesis focused on Baroque Symbolism. She currently lives in Westbrook, Maine.

**(CANCELED) Outside In:
Regarding Self-Taught, Outsider, and Visionary Art**
Mark Palmgren

One of the most notable developments of late 20th- and 21st-century visual culture is the expanding recognition, display, and critical evaluation of expressive objects produced by individuals whose lives and creative practices take place beyond traditional art-historical conventions and categories. These practices have been variously described as Self-Taught, Outsider, or Visionary Art. We will offer an introduction to these terms and look closely at four extraordinary artists: Anna Robertson “Grandma” Moses, Henry Darger, Bill Traylor, and Hilma af Klint. Their creations manifest the challenging, even bewildering, qualities of art-making by people who are on the margins of society. This workshop will also address how such artists have become gradually appreciated and assimilated by mainstream arts institutions.

3 Sessions | **CANCELED** | **Format:** lecture, discussion, Zoom

Mark Palmgren is a visual arts consultant, arts advocate, and writer. For more than thirty years, he has worked in various capacities with art museums, galleries, universities, collectors, and artists in Boston and New York City. A Maine resident since 2019, this is his first course for OLLI.

What’s Your Story?
Charlene Vincent

There is a thread running through your life. If you look, you will see this thread through all the choices and decisions of your lifetime. Unlock the inner journey that you are living each and every day. Writing your story creates the space to both reflect and to look ahead. Reflection on your life experiences will show you how you write about them for yourself, not for anyone else. The “thread” that we follow throughout our lives is our True Self. It is always present, waiting to be discovered. Writing your spiritual story will give you the key to unlock your truth.

3 Sessions | Fee \$25 | **Format:** lecture, discussion, hands-on, Zoom | **Required Books:** *Chances Are...*, Marie Laure, ISBN 978-1504345545, USM price \$11.99; *Writing the Sacred Journey: The Art and Practice of Spiritual Memoir*, Elizabeth J. Andrews, ISBN 978-1558964709, USM price \$16 | **Materials:** please bring your favorite writing instruments be it laptop or notebook

Charlene M.L. Vincent is an author of three books: Tuscan Retreat; Chances Are...; and Return from Exile, Revelations from an Anchoress in St. Augustine. She holds a Master of Theological Studies from Episcopal Divinity School and a Sacred Theology Master’s degree from Boston University School of Theology. Charlene has traveled extensively, including on pilgrimage, and facilitates retreats and writers groups.



WHAT YOU NEED TO KNOW OR ...ANSWERS TO FAQ

ENROLLMENT.....

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

All OLLI at USM classes must have a **minimum of 4 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.

BOOKS AND MATERIALS.....

Acquiring books and materials is the student's responsibility.

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

USM's University Store is open from 10 a.m.–2 p.m. M–F during the Summer months and will return to 8 a.m.–4:30 p.m in the Fall. You may visit in person or call 207-780-4070. The store is located at 218 Abromson Hall - the building attached to the parking garage.

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

COURSES AND COSTS.....

Fall classes are held once a week, Monday through Friday. The term runs for eight weeks, from September 13 through November 5 unless otherwise noted. Morning classes run from 9:30 to 11:30 a.m.; afternoon classes run from 12:45 to 2:45 p.m. Any exceptions to usual times are noted. There also are Fall workshops on Saturdays (see pages 22-24).

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

You must be an OLLI at USM 2021-2022 member to enroll in Fall classes and workshops. Membership costs \$25 per fiscal year and runs from July 1 to June 30.

For news and updates on OLLI activities, read your *OLLI at USM Newsletter*, go to the OLLI at USM website (usm.maine.edu/olli).

REFUND POLICY.....

You will receive a 100 percent refund for classes dropped by **Friday, September 24**, the end of the second week of Fall classes. **NO REFUNDS WILL BE MADE AFTER THAT POINT.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer from one course to another or drop a course, send an email to olliatusm@maine.edu or call the OLLI office at 207-780-4406 and leave a message.

OLLI STUDENT HANDBOOK.....

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

CONTACT INFORMATION.....

The OLLI office is currently closed to the public. The best way to reach the OLLI staff is via email. If email is not available to you, please call us.

Email: olliatusm@maine.edu | **Phone:** 207-780-4406





USING THE OLLI REGISTRATION FORM

OLLI recommends that you complete your registration online.

However, you can access an OLLI registration form under the Fall catalog image at this link:
usm.maine.edu/olli/olli-courses-and-lectures.

Please print the form, complete it, and either scan or take a photo of it on your phone to send along to olliatusm@maine.edu.

INSTRUCTIONS

- Please use ONE FORM for each registrant.
- Fill out the top section of the form completely. Leaving sections blank can slow registration.
- Write the course names for your top selections for classes in the “1st Course,” “2nd Course,” etc., sections on the registration form. Note the price of each course in the “Cost” column.
- OLLI highly recommends you add alternative courses in case your

top choices fill before we can register you. Please write course names for your alternative course in the “Alternative 1st Course,” “Alternative 2nd Course,” etc.

- Sign up for OLLI workshops on the same form, writing in the workshop’s name and the price in the “Cost” column.
- Add up the fees for your courses and workshops (and membership, if applicable), and note the amount in the space marked “Total cost for All.”

Please email your form to us at (olliatusm@maine.edu) to register, and we will be in touch with you **the week of August 9** about credit card payments, waivers, or scholarship issues.



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.



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. Most SIGs that met in Wishcamper will be meeting via Zoom and not in person.**

- **Arts and Crafts:** Try your hand at a new skill. Each month, a group member will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Marcia Taylor at metaylor@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 Mark Love at mlove196@maine.rr.com for more information.
- **Book Club:** Members meet monthly to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Susan Powell at smpowell181@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 future generations' well-being. Contact Fred Brancato at opus4fred@gmail.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 gourmands who meet periodically at local restaurants. Watch the *OLLI Newsletter* for upcoming dates and locations. Contact Barbara Bardack at bravalascala@gmail.com for more information.
- **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 Ukuleles!** 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. 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 olliusmsciencediscussion.wordpress.com for 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 Elizabeth Guest at elizabethme85@twc.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 PM every month or so. Novices and wine enthusiasts welcome. Contact Stephen Pelsue at scpelsue@gmail.com if you'd like to join an email list for advance notice of the date, price, and venue.



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