### **Osher Lifelong Learning Institute**

# **Spring 2018** March 19 – May 11

JSM

OSHER LIFELONG LEARNING INSTITUTE











ΓŢÌ

## **General Information**

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, you are invited to join 2,000-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI) on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

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

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network (www.maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (www.osher.net) is located at Northwestern University in Chicago. Currently, there are 120 OLLIs throughout the country.

### MEMBERSHIP

OLLI at USM is a self-sustaining, self-governing organization supported through an annual membership fee of \$25. The membership fee covers the fiscal year July 1 to June 30. Your annual membership allows you to participate in all OLLI at USM courses and Special Interest Groups at OLLI. You'll also get Internet access and notification when the OLLI Newsletter is available online.

### SPECIAL ACCOMMODATIONS

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

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

### **SCHOLARSHIPS**

Full and partial scholarships are available through a simple, friendly, confidential process. Because of the overwhelming response, scholarships are limited to \$50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events. Scholarship applications are available in the OLLI at USM office. These must be completed, signed, and turned in with each of your course registrations.

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

Call 780-4406 for more information.

### **CLASS LOCATIONS**

All classes, except where noted, are held in the Wishcamper Center at 44 Bedford Street on the USM Portland campus. See map on page 23.

### **OLLI STAFF**

Susan Morrow, Assistant Director for Program 228-8181; smorrow@maine.edu

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

Linda Skinner, Administrative Specialist 1 228-8225; linda.skinner@maine.edu

Sue Schier: Administrative Specialist 2 228-8482; sue.schier@maine.edu

### FOR MORE INFORMATION

Call: 780-4406 or 1-800-800-4876 E-mail: olliatusm@maine.edu Visit: www.usm.maine.edu/olli to register for OLLI courses online

### **OLLI ADVISORY BOARD 2017-18**

Janet Stebbins, Chair Steve Schiffman, Vice Chair Dick Leslie, Secretary Sue Gesing, Education Chair Matt Goldfarb, SAGE Chair Gael McKibben and Rae Garcelon, Community Co-Chairs Elsa van Bergen, Communications Chair Walter Allan Wes Bonney Paul Doherty Elizabeth Housewright Susan Jennings Georgia Koch Tom McGovern



## **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: <u>www.usm.maine.edu/olli</u>

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

Once you pay for your classes, you'll receive e-mail confirmation of your registration. It's fast, easy, and secure. **Please note:** Credit card is the **only** form of

payment you can use for online registration. **If you** must use another payment form (check, cash, scholarship, gift certificate), you'll need to mail or hand deliver your registration with payment attached.

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

#### **Important SPRING Term Dates OLLI Spring REGISTRATION TIMELINE** Feb. 6 Online registration for OLLI spring courses begins. The registration system will automatically turn on at 12:01 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must get registrations into the OLLI office before this deadline for staff to process promptly. NOTE: Since your registration will be competing with online enrollments, we can't guarantee your first-choice class, but you will be our top priority the morning after registration goes "live." Feb. 6 If you need help navigating the online process, onsite help setting up student accounts and registering for classes will be available in the Wishcamper Computer Lab (Room 128) starting at 8 a.m. **Feb. 13** OLLI staff will start accepting mail-in, drop-off, and phone registrations. Feb. 19 OLLI and USM closed for Presidents' Day. **March 12-16** Spring recess for USM students: no food available on campus. WHERE'S MY March 19 OLLI spring term classes start. CLASS?? **March 30** Deadline to receive refund on dropped classes. All classes are in Wishcamper unless otherwise noted. April 16 OLLI and USM OPEN on Patriots' Day. Individual classes and their locations are posted at May 11 OLLI spring term ends. all entrances and on the electronic bulletin board May 12 USM commencement; no food available on in the OLLI lobby. campus until September.

May 14-18 OLLI spring term makeup week.

#### **CLASS CANCELLATIONS:**

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

### Courses Schedule-at-a-Glance SPRING 2018

MONDAY MORNING 9:30-11:30

See page 7

Putting Art into Your Digital Photography Tim Byrne

Domestic Policy: Is American Democracy in a Death Spiral? Any Grounds for Optimism? Bob Goettel

Joyful Living During Unsettling Times Jim Markan

A Social History of the English Language Linda Perkins

> Finding Heroes Betsy Wiley

MONDAY AFTERNOON 12:45-2:45

See page 8

Le Français Intermédiaire Jacqueline Bucar

Le Français Élémentaire: Allons Plus Loin! Roberta Muse

> TUESDAY MORNING 9:30-11:30

See page 8
SAGE LECTURE SERIES

#### TUESDAY AFTERNOON 12:45-2:45

See pages 8-9

What's Left After Rights? Mike Berkowitz

The Planets: What the Flybys and Landings Have Found Richard Budd

Preventing Genocide: Seeking to Better Understand "Them" and Make Their Fight Our Own Emmanuel Mungwarakarama, Anna Wrobel, Joan Aldrich

Christianity and Islam: Their Intellectual and Cultural Histories in Perspective James Roberts

True Lies and Real Fiction, Continued Ruth Story

> WEDNESDAY MORNING 9:30-11:30

See pages 10-11

Transformative Communication: Changing the World One Conversation at a Time Jani Darak-Druck Mark Twain, Huck Finn, and Their Americas Matt Goldfarb, John Sutherland

Manet, Degas, and Cézanne: Three Who Made a Revolution in Modern Art Tan Larrabee

Africa Since Independence: Coup d'états, Corruption, Challenges, and Courage Mike Lynch

Consciousness: The Hard Problem, Revisited, Polished, and Beleaguered David Morton

#### WEDNESDAY AFTERNOON 12:45-2:45

See pages 11-12

The Life and Legacy of Frances Perkins Chris Cash, Facilitator

Perception and Creativity through the Lens of Sensory Neuroscience Elizabeth Chapman

> Gospel Music Comes Alive! Terry Foster

Reader's Theater (RT) Performance Paula Johnson, Barbara Bardack

**The Provocative Languages of Music** Alan Mills, Paul Doherty, Joan Aldrich

Theater Productions in Films Pat Davidson Reef

Explore Portland's Historic Neighborhoods on Foot Bruce Wood

#### THURSDAY MORNING 9:30-11:30

See pages 13-14

Tai Chi, Qigong, Healing Energy, and Taoism Fred Brancato

Leaders, Government, Greed, Corruption, Luck: What Makes Nations Fail or Flourish? Mike Lynch

Shakespeare's Henry V: The Mirror of All Christian Kings or a War Criminal? Chris Queally

Reading Aaron Copland's Little Book *What to Listen For in Music* Gale Rhodes Sustainable Compassion: Stress-Reduction for Caretakers to Prevent Depletion and Increase Joy Arline Saturdayborn

Immigration to the U.S., Part Two: Post World War II Immigration — Reopening the Gates Kathleen Sutherland

> THURSDAY AFTERNOON 12:30-2:45

> > See page 14

Continuing a Film Venture into the World of Music Joan Aldrich

> THURSDAY AFTERNOON 12:45-2:45

See pages 14-15

Keeping Memory Alive: Family Memoir Norman Abelson

What If? An Alternative History of the United States Sherrie Chapman

Let Us Now Praise Famous Men: An Exercise in Situated Reading Janet Gunn

Line Dancing: A Crosscultural Perspective Jack Lynch, Jennifer Frick

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

History of Maine: Prehistory to Present Day, Part 2 Rick Tomazin

> FRIDAY MORNING 9:30-11:30

See page 16

The Bull, the Bear, and You David Chute

Black History of Maine Bob Greene

American History Goes to Hollywood Draper Hunt, John Sutherland

> Art Studio Dona Sherburne

Great Decisions AM Mike Wygant

> FRIDAY AFTERNOON 12:45-2:45

See page 17

Afternoon Art Studio Lorraine Christensen

Visiting and Revisiting Shakespeare: Plays and Sonnets Evy Newlyn

Europe at the Turn of the Century (c1870-1913) Fiorello Ventresco

Great Decisions PM Mike Wygant

### Workshops

SATURDAY, MARCH 24 9:30-11:30 a.m.

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

> SATURDAY MARCH 24 9:30-11:30 a.m.

Do I Need Long-Term-Care Insurance? Gregory Rogovin

> SATURDAY MARCH 31 9:30-11:30 a.m.

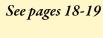
Your Own Book Mike Berkowitz

SATURDAY MARCH 31 9:30-11:30 a.m.

Using a Wildflower Identification Key Dianne Sinclair

> SATURDAY APRIL 7 9:30-11:30 a.m.

Yoga: Seven Magical Points to Integration and Wholeness Jennifer Cooper



SATURDAY APRIL 7 9:30-11:30 a.m.

Astronomy: Exploring the Celestial Wonders of the Sky Scott Negley

SATURDAY MARCH 24, 31 & APRIL 7 9:30 a.m.-Noon

> Irish Drama Live Robert Lyons

SATURDAY MARCH 24, 31 & APRIL 7 9:30-11:30 a.m.

The Elder Widow's Walk, for Widows 65-Plus Lucille Meltz

#### SATURDAY

MAY 19 9:30 a.m.-3:30 p.m.

Stalking the Spring Wildflowers Dianne Sinclair

REGISTRATION FORM & INFORMATION FOR CLASSES & WORKSHOPS. SEE PAGES 20-21.



## Course/Workshop List by Instructor

Instructor Abelson Norman	Title D	ay/Date	Time	Page 1/1
	Your Own Book			
	Le Français Intermédiaire			
Budd, Richard		TU	PM	8
Byrne, Tim	Putting Art into Your Digital Photography	M	AM	7
Cash, Chris		W	PM	11
	Perception and Creativity through the Lens of Sensory Neuroscience			
Christensen, Lorraine	Afternoon Art Studio	F	PM	17
	Gospel Music Comes Alive!			
	Line Dancing: A Cross-cultural Perspective			
	Black History of Maine			
	Let Us Now Praise Famous Men: An Exercise in Situated Reading			
	American History Goes to Hollywood			
	Six Feet Underor Not: Your End of Life Choices			
	Manet, Degas and Cézanne: Three Who Made a Revolution in Modern Art			
	Line Dancing: A Cross-cultural Perspective			
	Africa Since Independence: Coup d'états, Corruption, Challenges, and Courage			
	Leaders, Government, Greed, Corruption, Luck: What Makes Nations Fail or Flourish?			
	Irish Drama Live			
	uel Preventing Genocide: Seeking to Better Understand "Them" and Make Their Fight Our Own			
Muse, Roberta	Le Français Elémentaire: Allons Plus Loin!	M	PM	8
	Astronomy: Exploring the Celestial Wonders of the Sky			
Newlyn, Evy		F	PM	1/
- · ·				
-				
	Maine Poets Revisited			
	History of Maine: Prehistory to Present Day, Part 2			

## Monday Morning 9:30-11:30

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

Let's explore the elements of design and composition, applying them to your photographs (and mine), discovering the different things that make a photograph "work." Plan to create images each week and bring them to class for "show and tell." Yes, there is homework, which you will enjoy and which will help boost creativity in your photography. Designed for students who are comfortable with the mechanics of their digital camera, **this repeat class** is also open to newcomers. To maximize your learning, you should be able to create a digital photograph and bring it to class on a CD or some form of memory card. **Required book:** *The Photographer's Eye*, Michael Freeman, ISBN 9780240809342, USM price \$29.95.

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

#### Domestic Policy: Is American Democracy in a Death Spiral? Any Grounds for Optimism? Bob Goettel

Lack of trust in government and other institutions, extreme political polarization, congressional inability to address key issues and govern, weakened political parties, and a presidency like none other in our lifetime prompt many to wonder if our democracy can survive. This seminar-type class will read and discuss books and essays that challenge our assumptions as well as our hopes and fears about the future of American democracy. Can we identify plausible ideas capable of implementation? Guests from USM and the Maine community will join some of our discussion sessions. **Required readings can be seen at <u>www.rjgusmolli.com</u>.** 

Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated a Domestic Policy class at OLLI each spring and fall since 2008. He has led universitybased and for-profit policy-research organizations and directed numerous policy and evaluation studies for federal and state governments as well as private foundations.

#### Joyful Living During Unsettling Times Jim Markan

This fun and highly interactive course will explore keys to joyful living. We will focus on traits and practices that create inner peace in the face of unsettling events. The class incorporates numerous group activities and emphasizes the value of sharing life experiences. It was inspired by the wisdom shared by the Dalai Lama and Desmund Tutu in *The Book of Joy.* 

Jim Markan is a Michigan native. Prior to retirement, he was a human resources executive for a global company. During retirement Jim has taught numerous life enrichment courses and workshops for Lifelong Learning Institutes.

#### A Social History of the English Language Linda Perkins

Today, a version of English is spoken by about 450 million people. Another 1.4 billion use it as a secondary language. English is the most global of languages and, in some form, has been in use for 1,500 years. This course will attempt to answer two questions: 1) How did English get to be English? 2) What might be next for this truly international language? **Required books:** *The General Prologue to The Canterbury Tales*, Geoffrey Chaucer, edited by David Kirkham, ISBN 9781316615508, USM price \$24.06 (interlinear translation by Larry D. Benson available free online at https://sites.fas.harvard.edu/~chaucer/teachslf/ gp-par.htm); *Henry IV, Part I*, Willliam Shakespeare, ISBN 9780743485043, USM price \$5.99.

Linda Perkins has a BA from Colby College and a MA in English Literature, University of New Hampshire. She taught English Literature and IB Theory of Knowledge for 40 years at Kent School in Kent, Conn.

#### Finding Heroes Betsy Wiley

This course will consider questions of masculinity and heroic behavior in four 21st-century novels. Not long ago we examined contemporary womanhood; now we'll consider the corollary: What makes a man a hero in the eyes of contemporary writers? Where do we look for our heroes? **Required books:** *The One in a Million Boy*, Monica Wood, ISBN 9780544947214, USM price \$14.99; *Moonglow*, Michael Chabon, ISBN 978006222556, USM price \$16.99; *War and Turpentine*, Stefan Hertmans, ISBN 9781101872116, USM price \$16.95; *Autumn*, Ali Smith, ISBN 9781101969946, USM price \$15.95. **Please read the first half of Wood's novel for our first class.** 

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



## Monday Afternoon 12:45-2:45

#### Le Français Intermédiaire Jacqueline Bucar

A continuation of French language study, with emphasis on expanding vocabulary and listening and speaking ability. This **six-week course, starting March 19, assumes a basic knowledge of French as it is conducted largely in French.** In addition to the text, we will read and discuss short stories in the *Petit Nicolas* series, finishing the previous *Le Petit Nicolas* (Sempé/ Goscinny, ISBN 9782070364237) before starting **a new required book:** *Les Vacances du Petit Nicolas*, Sempé/ Goscinny, ISBN 9782070577026, USM price \$13.95. **Suggested book:** *Façon De Parler 2 Intermediate French Coursebook,* Angela Aries and Dominique Debney, ISBN 9781444181227 (available on Amazon).

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

#### Le Français Élémentaire: Allons Plus Loin! Roberta Muse

This course is a continuation of fall's basic French refresher. It offers a review of pronunciation, vocabulary, listening, and conversation skills in a travel/tourism context to help you feel comfortable using your French. It is not for the complete beginner but welcomes new members with some French language background. Each lesson is independent, useful, and *amusante*!

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



## Tuesday Morning 9:30-11:30



Each fall and spring, SAGE provides eight Tuesday-morning lectures. Topics include history, culture, the arts, geography, and science. Drawing on community resources, SAGE offers attendees the opportunity to hear interesting speakers and to learn more about a wide array of interesting subjects. OLLI is excited to offer such an outstanding lecture program at the price of \$50 for the entire series.

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

## **Tuesday Afternoon** 12:45-2:45

#### What's Left After Rights? Mike Berkowitz

The Bill of Rights was intended to protect individual liberties. Often those freedoms work well. Yet can they also backfire? The cherished opportunity for free speech can open the doors to hate speech, Citizens United, demonstrations at funerals for gays, and harassment at abortion clinics. Freedom of religion, freedom of the press, freedom of assembly, and freedom to petition can also lead to unforeseen results. And what of the right to bear arms? Psychology mini-lectures and a few short video clips will lead to focused discussions surrounding the question: Can too many rights make a wrong? the University of Massachusetts. He taught in day-care centers, elementary schools, and colleges before finding his niche at OLLI. He sees psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.

#### The Planets: What the Flybys and Landings Have Found Richard Budd

Every planet in the Solar System has had at least one close encounter with a vehicle from Earth. We will show the vast increase in our knowledge of our neighbors from these efforts and discuss some of the unexpected information we received. A major emphasis will be the display of the spectacular photographs these

Mike Berkowitz received a BA from Brown and a MA from

expeditions have returned. We will also discuss possible human exploration of these worlds.

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

#### Preventing Genocide: Seeking to Better Understand "Them" and Make Their Fight Our Own

Emmanuel Mungwarakarama, Anna Wrobel, Joan Aldrich

This lecture/film/discussion course honors the healing power of retelling stories of genocide. From the 13th-c Albigensian Crusade to the Rohingya in modern-day Myanmar, we'll explore factors that lead to categorization and dismissal of one's fellow humans as "the other." What is the distinction between "bystander" and "perpetrator" of injustice/violence? April, "Genocide Awareness Month," designates commemorative dates for Darfur, Bosnia, Rwanda, Cambodia, Armenia, and The Holocaust. We'll explore how these and other genocidal events transpired. Motivated by only slight differences in language, appearance and origins, over 800,000 Tutsi were murdered by their Hutu neighbors and fellow countrymen in the Rwandan Genocide. What role does propaganda play in fostering and fomenting hatred? Can future such horrors be averted? How do we avoid being pushed in similar ways by the forces at work to breed divisiveness in our current times?

*Emmanuel Mungwarakarama worked for Rwanda National Television and came to Portland in 2011. Anna Wrobel is a historian, holocaust studies scholar, and poet. Both their families suffered huge losses through genocide.* 

Joan Aldrich has taught many OLLI classes focusing on religiocultural diversity.

#### Christianity and Islam: Their Intellectual and Cultural Histories in Perspective James Roberts

Why is there such tension and anxiety today — and such a gap of achievement — between those societies that are the outgrowth of the culture of Western Christendom and those that regard themselves as Islamic? The instructor's argument is that this is rooted in the particular original circumstances under which Christianity and Islam created and structured themselves. **This repeat class** will explore their beginnings and how they came to understand the possibilities of human knowledge. We will trace these intellectual developments as they play out through the centuries, down to modern times. Associate Professor in USM's Political Science department from 1967 to 2003.

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

Everyone has stories to tell. Our stories define us; they are our personal myths. All you have to do is write them. **In this ongoing writer-supportive course**, you will rekindle memories or past events, find your own voice, and develop storytelling skills that give life to your experiences. In the process you'll get to know yourself and other people in your life better than you ever imagined. Writers new to the program are cordially invited to join this stimulating group. **Suggested books:** *Writing Your Life*, William Zinsser, ISBN 9781569243794, USM price \$15.99; *On Writing Well*, William Zinsser, ISBN 9780060891541, USM price \$15.99; Discovering the Writer Within, Bruce Ballenger and Barry Lane, ISBN 9781931492164 purchase from amazon.

Ruth Story, editor, writer, and award-winning teacher, has written five books and scripted eight computer-assisted programs for teaching composition and literature. She edits and writes feature stories for two publications and educational materials for Scholastic Publishing.

- Spring classes are held once a week, from Monday through Friday, except for Tuesday mornings, and run for eight weeks, from March 19 through May 11.
- Morning classes run from 9:30 to 11:30; afternoon classes run from 12:45 to 2:45. Any exceptions to usual times are noted. There also are spring workshops on Saturdays (see pages 18-19).
- Tuition is \$50 per course for regular OLLI at USM classes. Workshops typically cost \$15 for single sessions and \$25 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.
- You must be an OLLI at USM member to enroll in classes and workshops. Membership costs \$25 per fiscal year, July 1 to June 30.
  - In addition to classes, OLLI offers several Special Interest Groups. (See page 22 for a list.) You must be a current OLLI member to participate in these.

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

James Roberts holds a PhD in Political Science and was an

**CLASSES / TUITION** 

### Wednesday Morning 9:30-11:30

#### Transformative Communication: **Changing the World One Conversation at a Time** Jani Darak-Druck

This new course will unpack a toolbox of skills you might wish you had learned in school. Transformative communication can help turn difficult conversations into opportunities for healing, greater understanding, and finding solutions to seemingly irreconcilable differences. The format will be interactive and experiential, allowing you to practice skills you are learning. Some of the segments include telling your story, asking good questions, participating in and leading a group, and managing conflict in a group. No books required. Reading list and handouts will be provided.

Jani Darak-Druck worked in publishing; as an ordained pastor in the United Methodist Church for 18 years and as Volunteer Manager for the Cancer Community Center. Each setting allowed her to develop and hone her love of teaching, speaking, and writing.

#### Mark Twain, Huck Finn, and Their Americas Matt Goldfarb. John Sutherland

Here are two of our most famous Americans; one historical and the other his fictional creation. We will follow Huck and his slave friend Jim on their adventurous trip down the Mississippi and watch as Huck agonizes with his conscience over his relationship with Jim. Twain's role as a creator of modern humor will be examined. Simultaneously, we will study the rapidly evolving 19th century within which Mark Twain produced his work. **Required book:** Adventures of Huckleberry Finn, Mark Twain, ISBN 9780486280615, USM price \$6.

*Matt Goldfarb retired from a 50-year legal career and joined* OLLI in 2012. He enjoys a mediocre round of golf, reading history, and serving on SAGE.

John Sutherland, a retired history professor, was bedridden at the age of 7 for nearly a year with a serious childhood illness. During that time he became best buddies with Huck Finn and Tom Sawyer, who got into all the mischief he longed for!

#### Manet, Degas, and Cézanne: Three Who Made a Revolution in Modern Art Tan Larrabee

Nineteenth-century France was the perfect laboratory to foment a political, social, and cultural revolution. By mid-century, Edouard Manet, Edgar Degas, and Paul Cézanne were three artists who bridged the early Realists of the century to the mid-century Impressionists and the Modernist Revolt at century's end. This course will explore the underlying politics, social history, and scientific and technological developments which shaped this revolution, including conflicts surrounding the national art exhibitions called the Paris Salons and the Salon des Refuses for rejected artists. Suggested **book:** The Judgment of Paris: The Revolutionary Decade That Gave the World Impressionism, Ross King, ISBN 9780802715166, USM price \$20. This is a repeat of winter but will run for eight weeks.

*Nathaniel Larrabee retired as a Professor of Fine Arts at the* Columbus College of Art and Design. He has also taught at Wellesley College, Boston University, and Northeastern University. Exhibited at regional, national and international levels, he is represented in diverse public and private collections.

#### Africa Since Independence: Coup d'états, Corruption, Challenges, and Courage **Mike Lynch**

This repeat class will view Sub-Saharan Africa since the first Colony gained independence in 1957, and focus on Ghana, South Africa, and the DRC. We will analyze trends, and discuss how the past 65 years are impacting the continent today. Despite this period having been tumultuous and brutal, we will learn about nation building concepts, the strengths of human beings, and an understanding of different cultures. Classes will involve some reading, video clips, lecture, and discussion. Each class will include a cultural exercise to help explain Western and African perspectives.

*Mike Lynch retired from a career in hi-tech. He shares five* product design patents and has an MBA from UNH. He retired *in May 2009 to become a Peace Corps volunteer working in* Bulgaria with the Roma Gypsies for 28 months. He then spent three years as a Peace Corps Director managing Ghana PC operations. He has traveled extensively in Africa and "winters" in Cape Town South Africa.

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

- All OLLI at USM classes must have a minimum of 12 registered students to run.
- ENROLLMENT • 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.

#### Consciousness: The Hard Problem, Revisited, Polished, and Beleaguered David Morton

This will be a **continuation, not a repeat**, of fall's "The Hard Problem." The first two sessions will review foundational presentations by physicists Brian Greene and Peter Russell and Australian philosophical pioneer David Chalmers. From there we will explore implications of the *"one mind"* theory for a variety of aspects of philosophy, parapsychology, communications, and even medical practice. This is a subject where skepticism runs rampant. To the extent possible, we will seek to back descriptions of anomalous phenomena with feasible scientific theory, including ideas from quantum physics. Class method is primarily video and discussion.

David Morton describes himself as a "Mysterian" (look it up) and is an auto-didact in the area of consciousness studies. He graduated from the University of Pennsylvania, Wharton School, but was NOT a classmate of Donald Trump.

## Wednesday Afternoon 12:45-2:45

#### The Life and Legacy of Frances Perkins Chris Cash, Facilitator

Frances Perkins, FDR's secretary of labor, was the first woman to serve in a presidential cabinet. Learn how this self-made woman, with roots in Maine, became America's leading advocate for industrial safety and workers' rights. **This six-week repeat course, starting April 4,** covers Frances Perkins and her life, Social Security and the New Deal, WPA and other New Deal programs, the Fair Labor Standards Act, and includes a visit to the Frances Perkins Homestead in Newcastle. **Required book:** *The Woman Behind the New Deal,* Kirstin Downey, ISBN 9781400078561, USM price \$18. **Suggested book:** *A Promise to All Generations, Stories and Essays about Social Security and Frances Perkins,* Christopher Breiseth, ISBN 9780615417226.

Presenters: Michael Chaney, Executive Director, Frances Perkins Center; Hon. Leah Sprague, Founding Board Member, retired justice of the Massachusetts Trial Court and a graduate of Brown University and Boston University School of Law; Dr. Christopher Breiseth, Board Chair, past president and CEO of the Franklin and Eleanor Roosevelt Institute in New York; Sarah Peskin, Board Vice Chair, former Chief of Planning and Legislation for the National Park Service North Atlantic region; Charles Wyzanski Jr., Harvard College and Columbia Law School, former Assistant Attorney General for Massachusetts; Tomlin Coggeshall, Frances Perkins' grandson, tour leader at the National Historic Landmark-designated Homestead.

#### 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 is 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. **Required book:** A Brief Tour of Human Consciousness, V.S. Ramachandran, ISBN 9780131872783, USM price \$16. Additional short readings provided in class.

*Elizabeth Chapman has a MArch from MIT and BArch from Cornell. She is a practicing architect and painter and has taught Perception, Creativity, and Neuroscience at OLLI for eight years.* 

#### Gospel Music Comes Alive! Terry Foster

**This repeat course** explores songs, spirituals and hymns from the Christian tradition that are normally called "gospel." Designed primarily from a Protestant perspective, the course examines "white" gospel and religious music from the African-American tradition. Some attention is paid to hymn writers and composers and the milieu in which they thrived, but the music and singers/musicians comprise most of each session. Recordings are heard, videos are seen, songs are sung, and the piano is utilized. Discussion encouraged. **Suggested text:** *The Sound Of Light: A History of Gospel Music,* Don Cusic, ISBN 9780634029387, USM price \$19.95.

Terry Foster has played piano since he was 5. He was involved in church music from an early age and became a paid church organist/pianist at age 16. He has served as a choir director and organist/pianist. He holds a BA in Religion and Philosophy, a Master's in Pastoral Counseling, and a doctorate in Higher Education. He is co-founder of Senior College, OLLI's predecessor.

more WEDNESDAY AFTERNOON courses on next page



#### **Reader's Theater (RT) Performance** Paula Johnson, Barbara Bardack

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

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

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

#### The Provocative Languages of Music Alan Mills, Paul Doherty, Joan Aldrich

This discussion course will explore how music has evolved across many cultures and circumstances, and how it has served as an impetus for action throughout history. Music can lead to protest, and has helped to inspire revolution. It can also be used to instill a sense of conformity or fearfulness. We'll listen to particular pieces from many different genres and will consider how they have been used to further different causes/movements/ struggles. When and how has music remained a form of expression when journalists, writers, and other artists have been suppressed? How does music serve as a bridge between cultures? Can music serve as a healing force in today's world?

Alan Mills (MEd), Paul Doherty (MDiv), Joan Aldrich (MDiv), share an appreciation of music and a wish to celebrate diversity, along with concern for social justice and a seeking of inspiration in these troubling times. They facilitate thoughtful, engaged discussions.

You will receive a 100 percent refund if you REFUND POLICY cancel by the END OF YOUR SECOND WEEK OF CLASS. No refund after that point. No refunds are given for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, call the OLLI office at 780-4406.

If OLLI cancels a class due to low enrollment, you will be notified and offered the option of a refund or an alternate course.

#### **Theater Productions in Films** Pat Davidson Reef

Live theater is magnificent. However, films capture intimate facial expressions. The following plays explore human relations in the search for identity, meeting basic needs, adjusting to different values and expectations, and exploring the psychology of fear. Come see plays as created in the following films: Cat on a Hot Tin Roof, Doubt, Sabrina, Who's Afraid of Virginia Woolf, and Born Yesterday. Find and share the humanity in each film as we discuss it in terms of strengths and weaknesses and compare the themes.

Pat Davidson Reef has a Master's in Education and taught at Catherine McAuley High for many years. She has taught films at OLLI for 17 years and writes for the Lewiston Sun Journal on the Arts. She just wrote an art book for children and adults titled Dahlov Ipcar, Artist, a visual biography about a Maine artist. She has two children, five grandchildren, one great grandchild and a cat named Winslow.

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

Starting March 28, enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, locally and regionally famous architects and view their works, and immigrant populations. The longest walk will be two miles in two hours. The greatest elevation change will be from Congress Street to the waterfront and back. All walks will be on pavement, with side trips into two grassy cemeteries. Rain or Shine. Suggested book: Portland, A Short History by Allan Levinsky, ISBN 9781933212432, USM price \$14.95. Instructor will contact students about the meeting place prior to each class.

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

ES	Me ●	embership in OLLI at USM entitles you to: Parking in the USM garage, courtesy of OLLI at USM
LEC	•	Access to wireless Internet on the USM campus
IM	•	Participation in OLLI Special Interest Groups
<b>TUDENT PRIVILEGES</b>	•	An OLLI-designated USM photo ID card (fill out a simple request form in the OLLI office)
EN	•	Access to the USM library
G	•	Discounted memberships to Sullivan Gym
H		Special USM discounts throughout

Special USM discounts throughout Greater Portland (details at https://usm.maine.edu/usmcard/offcampus)

## Thursday Morning 9:30-11:30

#### Tai Chi, Qigong, Healing Energy, and Taoism Fred Brancato

We will practice the ancient Chinese movements of Qigong and Tai Chi for physical and mental well-being. We will also review and discuss the world view of Taoism in relation to health, healing, and ways of living. Classes will begin with the practice of soft, flowing exercises called Qigong, followed by mini lectures and discussion. They will conclude with the practice of Tai Chi movement. Comfortable clothes and shoes recommended. **Suggested books:** Ancient Wisdom and the Measure of Our Days, Fred Brancato, ISBN 9781606937020; Tao Te Ching, Stephen Mitchell translation, ISBN 978-0060812454.

Fred Brancato has been studying the world's diverse spiritual traditions for 60 years, practicing Tai Chi for 30, and is a certified Reiki master/teacher.

#### Leaders, Government, Greed, Corruption, Luck: What Makes Nations Fail or Flourish? Mike Lynch

Ever wonder why Botswana, a small land-locked country in southern Africa, is so strong, while Chad, a large landlocked country in north-central Africa is destitute? Why do some countries flourish while next-door neighbors flounder? What can we learn about the traits of successful countries to help predict what may happen to others? What can we learn about other countries to help understand what is occurring today in America? **Building on the course from summer 2017,** we will review world history from a very different perspective to better understand Capitalism, Social Capitalism, and other trends in our world today.

Mike Lynch spent his professional career working in hi-tech for multi-billion-dollar companies. He first retired in May 2009 to become a Peace Corps volunteer working in Bulgaria with the Roma Gypsies. He then spent three years as a Peace Corps Director managing Ghana PC operations. He has traveled extensively in Africa and "winters" in Cape Town, South Africa.

#### Shakespeare's Henry V: The Mirror of All Christian Kings or a War Criminal? Chris Queally

Shakespeare is at the top of his form and the height of his powers in *Henry V*, the last in his eight-play series telling the story of the English Kings between 1399 and 1485. Each act is introduced by a "chorus" that sets the scene for us as it comments on the action to come. This is the king that Prince Hal was preparing to become as he rejects Falstaff and takes his father's final advice: "to busy giddy minds with foreign quarrels." No historical or Shakespearian experience necessary to enjoy this perhaps greatest of Shakespeare's dramatic entertainments. **Required book:** *Henry V*, William Shakespeare, ISBN 9780451526908, USM price \$5.95 (or any text of *Henry V*).

Chris Queally has a MA in Text and Performance from The Shakespeare Institute in Stratford-Upon-Avon. He retired as English Chair from Thornton Academy, where he taught English and directed theater for many years. This is the 12th Shakespeare play he has taught at OLLI.

#### Reading Aaron Copland's Little Book What to Listen For in Music Gale Rhodes

Do you — like me, music lover but non-musician — believe that you would enjoy music even more if you could recognize what is going on? If so, Copland's timeless book is for you. Read and talk about it with me. After discussing Copland's crisp descriptions of elements and forms, hearing his simple examples, and listening to the larger pieces he recommends, we will see if we can hear and understand more, even in our own favorite classics, jazz, or pop. Let's add understanding to our joy in music. No prior musical training required. **Required book:** What to Listen For in Music, Aaron Copland, ISBN 9780451531766, USM price \$7.95.

Understanding enhances Gale Rhodes' enjoyment of music. He has taught college biochemistry, structural biology, interdisciplinary courses, and OLLI courses. Publications include biochemical research, interdisciplinary education, natural history, and a book on how to figure out molecular structures. His website, One Culture, connects science with other knowledge.

#### Sustainable Compassion: Stress Reduction for Caretakers to Prevent Depletion and Increase Joy Arline Saturdayborn

This class is for caretakers, change-makers, and those who care for our world. Caretakers are essential to the health and vitality of our communities, but without the right skills they can easily burn out. In this course you will: Learn simple techniques to reduce stress and cultivate resilience; acquire skills to care for others while enhancing your well-being and preventing energy depletion; discover the power of a small, regular time investment to increase your vitality and the vitality of those around you; and explore contemporary brain studies on the science of care and compassion.

Arline Saturdayborn is a long-time teacher of mindfulness and yoga. She has studied Mindfulness-Based Stress Reduction with Jon Kabat-Zin, compassion training with the Courage of Care Coalition, and peacebuilding with Zen Peacebuilders. She has taught stress-reduction and compassion training to Bosnia peacebuilders, Portland Adult Education teachers, and others.

more THURSDAY MORNING courses on next page

#### Immigration to the U.S., Part Two: Post World War II Immigration — Reopening the Gates Kathleen Sutherland

This course focuses on the post-World War II dramatic influx of immigration; **Part One is not a prerequisite.** The origins of this increase were at first from Europe but increasingly from Latin America, Asia, Africa and the Middle East. Post-war displacement, political turmoil, and growing U.S. prosperity were major forces in this influx. The reforms of the Immigration Act of 1965 greatly facilitated this process. We will explore this period nationally and locally. **Suggested books:** *Coming to America: A History of Immigration and Ethnicity in American Life, 2nd Edition,* Roger Daniels, ISBN 9780060505776, USM price \$18.99; *American Immigration: A Very Short Introduction, 1st Edition,* David A. Gerber, ISBN 9780195331783, USM price \$11.95.

Kathleen Sutherland Is Associate Professor Emerita of Political Science and Women's Studies at BGSU In Ohio. Her PhD from Indiana University is in Middle East Studies and Political Science. She is President of the World Affairs Council of Maine. She was docent to OLLI trips to Turkey and Egypt.



#### Continuing a Film Venture into the World of Music Joan Aldrich

This film/discussion series follows that of fall 2017, in which we considered the lives of individual musicians and/or bands, as portrayed in film. We'll open with *The Piano* (Jane Campion's *tour de force* about obsession and love). Then, using documentary, biopic, and narrative film, we'll explore various musical genres and individuals who have contributed to the songs that we know and love. *Twenty Feet from Stardom* (about backup singers); *The Wrecking Crew* (about studio musicians); Almost Famous (about "groupies:" more their psychology than musicianship); 'Round Midnight (fictional account, loosely based on lives of jazz greats Lester Young and Bud Powell); Leonard Cohen: I'm Your Man (documentary tribute); The Last of the Blonde Bombshells (fictional account, WWII swing band); and The Sapphires (based on a true story, Australian Aboriginal all-girl band performs for U.S. troops in 1968 Vietnam).

*Joan Aldrich provides reviews/commentaries/follow-up and will facilitate brief discussions about each musician and genre.* 

### Thursday Afternoon 12:45-2:45

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

This course, while including some writing basics, will emphasize content, quality of writing, continuity, use of language and absolute importance of editing. Class will include readings and lessons from instructor; class writing exercises; class readings and critiques from colleagues; at-home reading and writing assignments. The goal is (1) to work on methods to bring back to memory family and personal happenings, (2) to write them well, and thus (3) keep them alive to be passed down to others. **Required book:** *Right Place, Right Time,* Norm Abelson, \$16.95; supplied by instructor.

Norman Abelson has been writing and teaching about memoir for more than 30 years. He remains excited about and gratified by continuing to do it. He is at work on his third book of memoir and second book of poetry.

#### What If? An Alternative History of the United States Sherrie Chapman

What if...the South had won the Civil War, the Japanese attack on Pearl Harbor had been detected, or John Kennedy hadn't been assassinated? **This repeat class** (from 2012) will study and debate these and other alternate or counterfactual questions of American history. **Note:** Each student will be asked to research and present to the class a "What if?" scenario. Because enrollment is limited, please do not register for this class if you are unwilling to complete this aspect of the course. **Required book:** *What Ifs? of American History*, Edited by Robert Crowley, ISBN 9780425198186, USM price \$15.

Sherrie Chapman has Master's degrees in American History and Public Administration from the University of New Hampshire and three years of post-graduate study in American History at the University of Delaware.

Register Online at www.usm.maine.edu/olli

#### Let Us Now Praise Famous Men: An Exercise in Situated Reading Janet Gunn

Based on what feminist Donna Harraway calls "situated knowledge," reading aloud selected passages from this classic American text will affirm that a view is always from somewhere and that what one sees depends on that somewhere. We will respond to Let Us Now from where we stand as gendered senior readers in 21stcentury New England, with points of view formed by our own cultural, material, and autobiographical experiences. "Situated reading" informs the co-production of this classic text by author James Agee (who has been called "America's Proust") and photographer Walker Evans during their own encounter with Southern tenant farmers in 1936. **Required book:** Let Us Now Praise Famous Men, James Agee and Walker Evans, ISBN 9780618127498, USM price \$18.95.

Janet Gunn has taught English, Women's Studies, and Religious Studies at the University of North Carolina at Greensboro and the University of Southern Maine and was a Senior Fulbright Scholar at Rhodes University in South Africa.

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

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

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

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

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

Peace is a human necessity that begins with each of us. This **nine-week**, **repeat course** features insightful talks and meaningful interaction about inner resources such as peace, appreciation, inner strength, selfawareness, understanding, clarity, dignity, choice, hope, and contentment. We will have time for reflection and personal expression. This media-based peace education program was created by The Prem Rawat Foundation. **Materials fee: \$20,** due to Instructors at first class. Rita Rubin-Long has a passion for peace. Her journey includes: seeing the Beatles at Shea Stadium, attending the Woodstock Festival, witnessing the violence at Kent State University in 1970, and serving as an educator of young children and adult learners for 40 years. She sometimes works as an educational consultant.

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

#### Maine Poets Revisited John Sutton

We will read and discuss the 100-plus poems in the second anthology of verse from the weekly poetry column edited by Wesley McNair, which is featured in publications across Maine. Participants will be encouraged to share other poems by the poets in the text, as well as poems by Maine poets who are not represented. **Required book:** *Take Heart, More Poems from Maine*, Wesley McNair, editor, ISBN 9781608932986, USM price \$18.95. **Prior to the first class, participants should read the poems in the first section of the text** and be prepared to read aloud and comment on a few of them. Note: **This is a five-week course, running from March 22 to April 19.** 

John Sutton earned Bachelor's and Master's degrees from Yale. He taught English for 35 years in the Darien, Conn., public schools, and after retirement he has presented some 40 courses, mostly on literary topics, at the LLI in Norwalk, Conn, and at OLLI.

#### History of Maine: Prehistory to Present Day, Part 2 Rick Tomazin

This two-semester course covers Maine from prehistoric times to the recent past. Each semester is independent but will complement the other. Presenters are a collaboration of noted scholars of Maine history. Though this is a repeat of Part 2 from spring 2017, there will be some new topics and lecturers. Maine has played a significant role in the growth of this country, and we will see how that impacted the state. From Katahdin to the seashore, Kittery to Fort Kent, we will investigate the story of our beautiful state. **Suggested book:** *Maine: The Pine Tree State from Prehistory to the Present,* Richard W. Judd, Edwin A. Churchill, and Joel Eastman, ISBN 9780891010821.

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



## Friday Morning 9:30-11:30

#### The Bull, the Bear, and You David Chute

This repeat course will review stock, bond, mutual fund, and ETF selection for individual investment portfolios. Whether you purchase your own securities or hire an investment manager, ultimately you must review the security selections that are made to assure that they meet your asset-allocation and risk needs. Several different methods will be reviewed so that you can effectively evaluate portfolios' suitability for your needs and goals. Each week the instructor will provide handouts on the subject being discussed for use in class work and for reference.

David Chute retired from Chittenden Corp. as Senior Vice President, Chief Investment Strategist. He received Certified Financial Planner designation in 1988 and taught at Northern New England Center for Financial Training for over 30 years. He was elected to the USM Bailey Hall Wall of Achievement in 2006.

#### Black History of Maine Bob Greene

Despite the belief that Maine is one of the whitest states in the nation, the area has had a Black presence since before the Pilgrims arrived at Plymouth Rock, and that presence continues. **This repeat course** explores Maine's Black history through lecture, discussion, and film. **Suggested book:** *Maine's Visible Black History*, H.H. Price and Gerald E. Talbot, ISBN 9780884482758.

A native of Portland, Bob Greene is the eighth generation of his family to be born in Cumberland County. He is a retired journalist, a genealogist, and historian.

#### American History Goes to Hollywood Draper Hunt, John Sutherland

Grab the popcorn and return with us now to the golden days of yesteryear, when film directors taught us all we needed to know about great events and personages in two hours! We will view such films as *Sunrise at Campobello, Gentlemen's Agreement, Inherit the Wind,* and others. Suggested discussion topics: How have movies shaped our view of the past? How effective were the production values and casting? Were there historical inaccuracies? Did films reflect political or ideological bias? Note: This course is not a repeat of the course offered in 2014. Longtime instructor H. Draper Hunt is Professor of History Emeritus at USM. He holds a BA from Harvard College and a MA and PhD from Columbia University.

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

#### Art Studio Dona Sherburne

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

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

#### Great Decisions AM Mike Wygant

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

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



## Friday Afternoon 12:45-2:45

#### Afternoon Art Studio Lorraine Christensen

A two-hour workshop format to play with your art bring your supplies and discover your own personal style: Explore your creative side. Enjoy the energy of working with your peers. Experience the satisfaction of perfecting your artistic ability. Award yourself: It's time to paint!

Lorraine Christensen, MS Ed, has taught adult education for the past 30 years, including basic watercolor painting and art therapy. She studied at Kripalu with artist Ann Lindsay: Watercolor: A Holistic Approach.

#### Visiting and Revisiting Shakespeare: Plays and Sonnets Evy Newlyn

If you read Shakespeare in high school or college or never, now, in our increased maturity and wisdom, is a good time to visit, or revisit, the Bard and see what he now brings to us, and what you and I and recent scholarship now bring to him. We will leaven our reading and discussion of some of the great tragedies by exploring some of the profound, witty, and elusive sonnets. No prior knowledge is necessary. **Required books:** Four Tragedies, Shakespeare, Eds. David Bevington and David Kastan, ISBN 9780553212839, USM price \$7.99.; Shakespeare's Sonnets and Poems, Eds. Barbara A. Mowat, Paul Werstine, ISBN 9780743273282, USM price \$13.95.

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

#### Europe at the Turn of the Century (c1870-1913) Fiorello Ventresco

**This repeat course (2013)** concentrates on Europe in the years leading to the eruption of The Great War (1914). During this period the major countries appeared solid, and the prevailing culture was colorful and exciting. Although many called this period *la belle epoch*, there was a disturbing undercurrent of unrest and defiance of the political systems, established truths, and art forms. Even a casual observer would find it difficult to ignore the increasing conflicts among the European countries. By 1913 the tensions continued, and the unthinkable began to take shape. **Required books:** *The Proud Tower*, Barbara Tuchman, ISBN 9780345405012, USM price \$20; *Germinal*, Emile Zola, ISBN 97801995366894, USM price

\$8.95. **Suggested book:** A Nervous Splendor, Frederic Morton, ISBN 97801400563679.

*Fiorello B. Ventresco retired from the USM History Department, where he specialized in European history. He especially enjoyed teaching courses that dealt with broad issues and social change.* 

#### Great Decisions PM Mike Wygant

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

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

### • Acquiring books and materials is the student's responsibility.

- Books and materials will be listed in each course description as *Required* (the class i.e., a literature course cannot function without the book) or *Suggested* (it would enhance the class but is not necessary). If no books or materials are listed in a course description, none are needed.
- Prices are listed only for required books and reflect USM Bookstore prices.
- For your convenience, all required books and a limited number of copies of suggested books will be carried in a special OLLI-designated section at the USM Bookstore on the USM Portland campus.
   However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.

**BOOKS AND CLASS MATERIALS** 

### SPRING WORKSHOPS

#### Saturday, March 24, 9:30-11:30 a.m. \$15

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

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

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

#### Saturday, March 24, 9:30-11:30 a.m. \$15

#### Do I Need Long-Term-Care Insurance? Gregory Rogovin

Long-term-care planning is an essential piece of one's retirement and estate plan. **This repeat workshop** will present the topic of long-term-care planning in a clear and comprehensive manner. We will discuss, compare, and contrast different ways to relieve the burden on our loved ones, age in place, and protect our assets, as we get older. Those who attend will leave understanding the risks associated with long-term care and be confident in their ability to create a plan to mitigate some of the consequences that would affect the lives of their loved ones should a long-term-care event ever occur.

Gregory Rogovin is a Certified Long-Term-Care Advisor and has been helping people plan for their long-term care for 10 years. He currently helps members of over 700 alumni and professional associations who look to him for counsel when they decide to examine ways to manage their long-term-care risks.

#### Saturday, March 31, 9:30-11:30 a.m. \$15

#### Your Own Book Mike Berkowitz

Would you like to publish your poems? Your short stories? Your memoirs? Your novel?...Or would you like to have a mini-book of the photos of your family? Of a trip? Of a festive occasion? Of your own artwork?... Or would you like to make a 12-month wall calendar with your favorite photos or quotations? Come watch how you can use Internet websites to publish your own paperback book and/or your own photo book and/or your own calendar. Learn how simply and how cheaply these can be made. Then you can make your own and pass them out to friends and relatives.

Mike Berkowitz has always enjoyed posing new ideas and teaching new skills to students. He taught preschoolers, fifthgraders, and undergraduates before finding his niche at OLLI.

#### Saturday, March 31, 9:30-11:30 a.m. \$15

#### Using a Wildflower Identification Key Dianne Sinclair

If you enjoy finding and identifying wildflowers and would like a challenge, the next step could be learning to use an identification key. *Newcomb's Wildflower Guide* is considered the go-to field guide by serious wildflower enthusiasts. We will practice identification indoors using Newcomb's and wildflower specimens **and we will also compare field guides.** In the process, we will review basic flower anatomy and the botanical vocabulary that you'll need. This workshop is great preparation for *Stalking the Spring Wildflowers* being offered by Dianne in May. **Required book:** *Newcomb's Wildflower Guide*, Lawrence Newcomb, ISBN 9780316604420, USM price \$20. (also can be found cheaply online; hardcover is best).

Dianne Sinclair has been searching for wildflowers for 40 years. She loves the thrill of finding flowers she has never seen before as well as visiting old "friends" year after year. At OLLI, she has conducted a combined lecture and wildflower walk, Stalking the Spring Wildflowers.

Register Online at www.usm.maine.edu/olli

#### Saturday, April 7, 9:30-11:30 a.m. \$15

#### Yoga: Seven Magical Points to Integration and Wholeness Jennifer Cooper

There are seven points in the body which, when focused on, bring an integration to the whole. These are simple points based on the chakras system of Yoga and the Chi system of Chinese medicine. Open to all levels of experience, from beginner to experienced. **Note: this** workshop will be held at The Yoga Center, 449 Forest Ave. Plaza, Portland.

Jennifer Cooper has been teaching yoga for over 40 years and is well educated in adapting traditional yoga poses for special needs. Her classes focus on health, well-being, and stress reduction. She is co-director of The Yoga Center.

#### Saturday, April 7, 9:30-11:30 a.m. \$15

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

We will explore the constellations of the spring and summer skies and some of the deep-sky objects they contain. Learn the causes and appearance of events viewed with the unaided eye, including auroras, sundogs and halos, comets, meteor showers, and the lunar cycle of phases that causes lunar and solar eclipses. We will review what has been learned from the NASA probes that have explored the members of our solar system and how we have discovered other solar systems.

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 a variety of capacities: as university instructor, school district planetarium director, Elderhostel teacher, and currently as the owner/operator of a portable planetarium company.

#### Saturday, March 24, 31 & April 7, 9:30 a.m.-Noon \$25 Irish Drama Live Robert Lyons

Irish Drama Live presents four classic Irish plays on film and radio: John Millington Synge's *The Shadow of the Glen, Riders to the Sea,* and *Playboy of the Western World,* filmed by Druid Theatre Co., Galway; and John B. Keane's Sive in RTE 50th anniversary radio broadcast. These plays portray themes of women's place in marriage, their security and freedom in Irish society and have a surprisingly contemporary ring about them. Study guide provided in class for \$10. *The Complete Plays of John M. Synge,* ISBN 9780394701783, USM price \$12 (available free as ebooks at <u>http://www.gutenberg.</u> org); *Sive: A Play in Two Acts,* John Keane, ISBN 9781856356510, USM price \$15.95.

Over the past 20 years, Bob Lyons has led OLLI courses (Irish Short Stores, Irish Film Classics, Irish Readers Theatre) at USM and Tufts University, as well as at Dartmouth, and while living in Ireland, at University College Cork and the Briery Gap Arts.

Saturday, March 24, 31 & April 7, 9:30-11:30 a.m. \$25

#### The Elder Widow's Walk, for Widows 65-Plus Lucille Meltz

Living, surviving and even thriving in your elder years as a widow, facing the trials of your own aging process, adrift from the connection of the one who knew you best for so long, is a unique and exceptional challenge. In this supportive, interactive class we will share our knowing of what it means to become a widow after 65. What helps and what does not with often endless anxieties and fears? Is it possible, at this stage, to recreate a life of purpose, connection and meaning? **Required book:** The Elder Widow's Walk, A Personal Inner Journey and Guide for Widows 65 and Beyond, Lucille Meltz, available from instructor at first class for around \$10.

*Lucille Ann Meltz (MSED, MA, <u>www.ltl-light.com</u>), is an experienced professional workshop leader, owner of "Touch the Soul" Coaching and Hand Reading, and author. At 70, she lost her beloved husband of 47 years in 2015.* 

Saturday, May 19, 9:30 a.m.-3:30 p.m. \$25

#### Stalking the Spring Wildflowers Dianne Sinclair

We will be learning about "spring ephemerals," wildflowers that bloom in early spring before the trees leaf out. In the morning we will be in the classroom becoming familiar with these flowers through a PowerPoint presentation. We will also compare field guides. In the afternoon, we will carpool to a nearby location to seek out flowers. The walk may involve uneven ground. **The morning session is rain or shine; the afternoon session will be one week later if it rains.** A list of what to bring will be emailed the week before.

Dianne Sinclair has been stalking wildflowers in Maine since 1988.



OFFICE	ONLY:	<b>MEMBERSHIP:</b>	Current	
--------	-------	--------------------	---------	--

### Course Registration — SPRING 2018

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

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

Name (one person per for	m)		
I need an OLLI name tag	g — Nickname for name tag		
Mailing address			
City	State	Zip	
Telephone	E-mail address		
Date of Birth	Are any of these new? $\Box$ Address		🗆 E-mail

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

OFFICE USE ONLY	
	Total course and workshop fees
Check #:	
CC (last 4 #s):	Annual membership ( <i>FREE if you're 90 or older!</i> Check 🗆 )
Cash:	Your Tax Deductible Contribution to OLLI is welcomed
Misc:	Total amount (Please make check payable to OLLI)
ENROLE (Init.):	
Date Processed:	
Payment Method: 🛛 Cas	h 🛯 Check Credit Card: 🗆 Visa 🖵 MasterCard 🖵 Discover
• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •
Credit Card No	Expiration Date
3-digit code on back of	card Name on credit card

## **OLLI Registration Information**

### Register online at <u>www.usm.maine.edu/olli</u> starting February 6. Registration will open at 12:01 a.m. Class availability is first come, first served.

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

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

### INSTRUCTIONS FOR MAIL-IN REGISTRATION

- Please use **ONE FORM** for each registrant.
- Fill out the top section of the registration form **completely.** Leaving sections blank can slow registration.
- Write the course names for your top selections for classes in the "1st Course," "2nd Course," "3rd Course," and "4th Course" sections on the registration form. Note the price of each course in the "Cost" column.
- If you are concerned that your top choices will be filled, you may want to add alternate choices. Please write offering names for your **alternate choices** in the "Alternate 1st Course," "Alternate 2nd Course,"

"Alternate 3rd Course," and "Alternate 4th Course" sections on the form.

- Sign up for OLLI workshops on the same form.
   Write the name of your chosen workshop(s) in the space provided, along with the price of the workshop.
- Add up the fees for your courses and workshops (and membership, if applicable) and note that amount in the space marked "Total Cost for All."
- As soon as your payment is processed and you are enrolled in your class and/or workshop, you will receive an e-mail confirmation. If you do not have an e-mail account, we will mail you a confirmation.

### EXPENSES

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

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

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

### REFUNDS

Full refund for classes dropped by March 30. NO REFUNDS AFTER THAT POINT.

You will be refunded for any classes OLLI cancels.



- Phone: 780-4406
- Location:

44 Bedford St. 210 Wishcamper Center USM Portland Campus

#### Mailing Address:

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

## Special Interest Groups at OLLI

**From September through June**, OLLI at USM offers many diverse activities beyond the classroom. To participate in any Special Interest Group, you must be a current OLLI member. **NOTE: Special Interest Groups are not intended as instructional events.** 

• Arts and Crafts: Try your hand at a new skill on the first Thursday of each month at 3:15 p.m. A member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Sue Jennings at jensusa10@gmail.com for more information.

• **Bicycle and Nosh:** If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks, with a delicious treat along the way? Contact Shoshana Hoose at <u>shoshanahoose@gmail.com</u> for more information.

• Book Club: Members meet the third Thursday of each month from 3:15 to 5:15 p.m. to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at kday0718@gmail.com or Elsa van Bergen at ejvanbergen2@gmail.com.

• **Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group every Wednesday from 3:15 to 5:15 p.m. Contact Barbara Freeman at <u>bhfreewoman@gmail.com</u> 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 <u>loiswinter54@gmail.com</u> for more information and to join our email list for notice of upcoming ski trips.

• Elders for Future Generations: This is an ongoing, peer-facilitated exploration of the advocacy role seniors can play in shaping policy to promote the well-being of future generations. Contact Fred Brancato at <u>opus3@twc.com</u> for more information.

• History Book Club: Members read and discuss one work of history on the second Wednesday of each month from 3:15 to 5:15 p.m. Works include social, political, economic and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at <u>susangesing@gmail.com</u> or Dawn Leland at <u>lelanddm@gmail.com</u> for more information.

• Mah Jongg: Join players every Friday from 3:15 to 6 p.m. in Room 103 at Wishcamper. National Mah Jongg rules and cards are used. Contact Karen Chippiaro at <u>kchia@comcast.net</u> for more information.

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

• OLLI Singers: This group, directed by an experienced leader and supported by a skilled accompanist, meets every Thursday at 3:15 p.m. to have fun with vocal music and prepare for several performances each year. All are welcome. Contact Chuck Hornberger at ckhornberger@gmail.com for more information.

• OLLI Ukes! meets on the second and fourth Monday from 3:15 to 5:15 p.m. to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at <u>cfeling@gmail.com</u> for more information.

• Outdoor/Walking Club: Outdoor enthusiasts gather twice a month for invigorating walks in interesting places. They meet at the Back Cove parking lot and carpool. Walking schedules for the year can be found in the OLLI office and in literature racks in Wishcamper. Contact Rae Garcelon at <u>raegarcelon@gmail.com</u> 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 <u>luse.karen@gmail.com</u> 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 <u>https://</u> <u>olliusmsciencediscussion.wordpress.com</u> or contact Elizabeth Housewright at <u>ehousewright@gmail.com</u> for more information.

• Senior Players: Thespians perform staged readings twice a year at USM and off campus on several occasions. Senior Players is open to all OLLI at USM members. Contact Allan Mills at <u>aljeevbr@gmail.com</u> for more information.

• Wine-Tasting Club: An OLLI wine enthusiast helps educate your palate during featured wine-andappetizer pairings at a local restaurant. The group meets at 5:30 p.m. every month or so. Novices and wine enthusiasts welcome. Contact Jack Lynch at JLynch001@maine.rr.com if you'd like to join an e-mail list for advance notice of date, price and venue.

## **Campus Map and Parking**

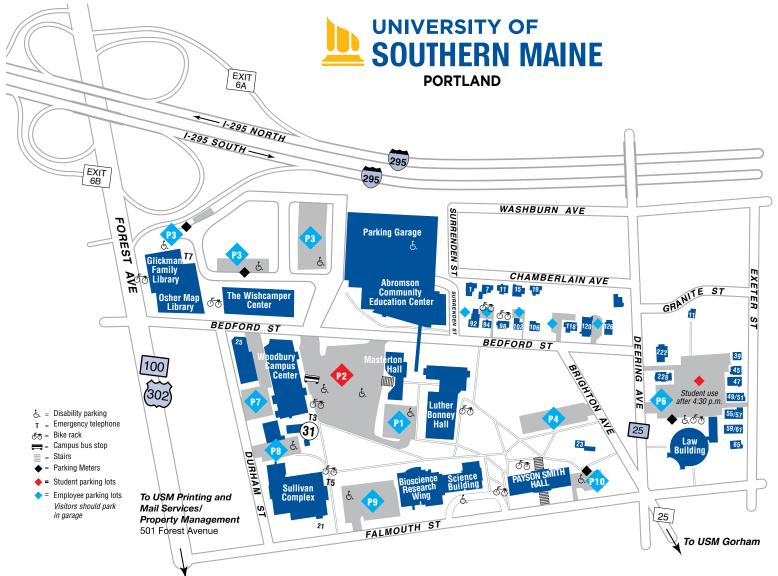
#### The Osher Lifelong Learning Institute at USM is based in the Wishcamper Center at 44 Bedford St. on the Portland Campus.

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

### PARKING AT OLLI

**Parking in surface lots on campus may earn you a parking ticket.** OLLI pays for our students to park in the USM garage on Bedford St. Simply push the button at the entrance to gain access to the garage. The exit gates will open automatically as you leave.

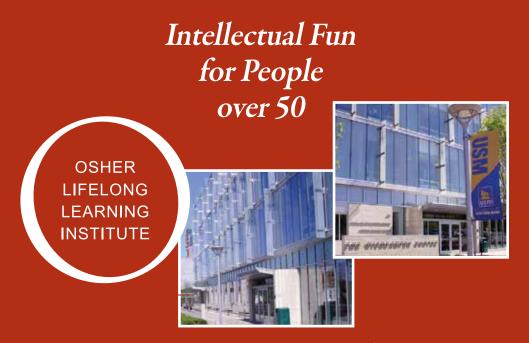
To park in a handicapped space anywhere on campus, you must have a handicapped placard issued by the Maine Bureau of Motor Vehicles or a handicapped license plate. There are 20 handicapped spaces in the parking garage and eight in the parking lot directly behind the Wishcamper Center.





Osher Lifelong Learning Institute P.O. Box 9300 Portland, ME 04104-9300 Nonprofit Organization US Postage P A I D Portland, Maine 04101 Permit No. 370





www.usm.maine.edu/olli