

# Summer 2019

June 19 – July 25

# CLASS SCHEDULE

OSHER  
LIFELONG  
LEARNING  
INSTITUTE





# General Information

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, you are invited to join 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI) on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

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

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network ([www.maineseniorcollege.org](http://www.maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([www.osher.net](http://www.osher.net)) is located at Northwestern University in Chicago. Currently, there are 121 OLLIs throughout the country.

## MEMBERSHIP

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

## SPECIAL ACCOMMODATIONS

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

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

## SCHOLARSHIPS

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

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

Call 780-4406 for more information.

## CLASS LOCATIONS

All classes, except where noted, are held in the Wishcamper Center at 44 Bedford Street on the USM Portland campus. See map on page 7.

## OLLI STAFF

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

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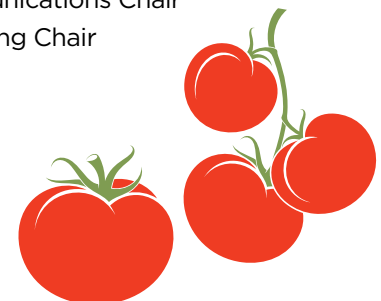
Sue Schier: Administrative Specialist 2  
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## FOR MORE INFORMATION

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

## OLLI ADVISORY BOARD 2018-19

Janet Stebbins, Chair  
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Star Pelsue  
Steve Piker





# Online Registration at OLLI at USM

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

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

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

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

If you’ve shopped online, you should find online OLLI registration a snap. But if you’re not comfortable doing your own online registration at home, the OLLI staff is standing by to help you. 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 Summer Term Dates

### OLLI Summer REGISTRATION TIMELINE

**May 7** Online registration for OLLI summer 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 to the OLLI office before this deadline so staff can process them promptly.** Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.”

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

**May 14** OLLI staff will start processing mail-in, drop-off, and phone registrations.

**May 27** OLLI and USM closed for Memorial Day

**June 19** OLLI summer term classes start

**June 27** Deadline to receive refund on dropped classes

**July 4** OLLI and USM closed for Independence Day

**July 25** OLLI summer term ends

**July 30-Aug. 1** OLLI summer term make-up week

### WHERE'S MY CLASS??

All classes are in Wishcamper unless otherwise noted.

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

### CLASS CANCELLATIONS:

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

## WEDNESDAY MORNING

9:30-11:30  
*See page 8*

**Folk Music and Other  
Cultural Expressions**  
Terry Foster

**A Trip Around the  
World, Part 6**  
Stephen Gleit

**The Story of Gold:  
Its History, Impact,  
Economics — and More**  
Mike Lynch

**Journal to the Self**  
Kay Richard

**History of Portland  
in Six Walks**  
John Serrage

## WEDNESDAY AFTERNOON

12:45-2:45  
*See page 9*

**Social Issues —  
Then and Now**  
Mike Berkowitz

**Merton's Seven Storey  
Journey**  
Paul Doherty,  
Ed Schwartz

**New Movies: 2018-2019**  
Steve Gleit

**Social Justice Themes  
in Films**  
Pat Reef

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

## THURSDAY MORNING

9:30-11:30  
*See pages 10-11*

**Earth, Evolution, and  
Extinction**  
Richard Fortier

**Comedy Tonight: From  
Chaplin to Carson**  
DeWayn Marzagalli

**The Tao, Pooh Bear,  
and Us**  
John McLaughlin

**Understanding Finance  
and Investing**  
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## THURSDAY AFTERNOON

12:30-3:00  
*See page 11*

**Responses to Love and  
Loss: Film Studies  
in Grieving and  
Resiliency**  
Joan Aldrich

## THURSDAY AFTERNOON

12:45-2:45  
*See page 12*

**European Bad Boys**  
Alicia Harding

**Preserving the Harvest:  
Food Preservation  
Basics**  
Kate McCarty

**The Tragedy of Hamlet**  
James Prevet



## WEATHER DELAYS AND CLOSURES

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

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

**The USM storm hotline number is 780-4800.**

## A few things to keep in mind while attending classes and workshops:

- Don't know where your class is being held? Room numbers for all classes are posted throughout the building as well as on the electronic bulletin board in the Wishcamper lobby.
- As a courtesy to your instructor and fellow students, please wear your nametag. If you don't have a nametag yet, stop by the OLLI office and request one.
- Please silence all electronic devices before your class starts.
- In consideration of classmates with allergies, please do not wear anything scented: cologne, shaving lotion, moisturizer, etc.

## SOME OLLI REMINDERS



# Workshops Schedule-at-a-Glance

**FRIDAY  
JULY 12  
9:30-11:30 A.M.  
See page 12**

**Mozart's Magic Flute**  
Calien Lewis

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

**FRIDAY  
JULY 12  
9:30 A.M.-12:30 P.M.  
See page 13**

**The Cliffhangers, Part 1:  
Space Heroes**  
DeWayn Marzagalli

**FRIDAY  
JULY 12  
9:00 A.M.-1:00 P.M.  
See page 13**

**Ireland Partitioned!**  
Robert McCue

**FRIDAY  
JULY 12 & 19  
9:30-11:30 A.M.  
See page 13**

**Poems That Move  
Us to Cry and Feel  
Fully Human**  
Paul Kiley

**FRIDAY  
JULY 19  
9:30-11:30 A.M.  
See pages 13-14**

**Coping with Cancer**  
Mike Berkowitz

**Dread Difficult  
Conversations?  
Let's Explore Tips  
for a More  
Successful Outcome**  
Anne Cass

**Thinking Outside  
the Coffin**  
Chuck Lakin

**FRIDAY  
JULY 19  
9:30 A.M.-1:00 P.M.  
See page 14**

**The Scarlet and the  
Black: Ireland's  
Oskar Schindler,  
Hugh O'Flaherty**  
Robert Lyons

**FRIDAY  
JULY 26  
9:30-11:30 A.M.  
See pages 14-15**

**Making Positive  
Changes in Your Life**  
Jani Darak-Druck

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

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

**FRIDAY  
JULY 26  
9:30 A.M.-3:30 P.M.  
See page 15**

**Go Metro!**  
Dianne Sinclair

**FRIDAY  
JULY 12, 19 & 26  
9:30-11:30 A.M.  
See page 15**

**Mandala Rock Painting**  
Linda Carleton

**Achieving Financial  
Independence by  
Investing in Income  
Properties**  
Kenneth Rosen

**REGISTRATION  
FORM &  
INFORMATION  
FOR CLASSES &  
WORKSHOPS:  
SEE PAGES 16-17**

**REGISTERING WITH A WAIVER?**  
Students with scholarships, gift certificates, free memberships, or other waivers must get registrations into the OLLI office before May 7 for timely processing.



*Intellectual Fun for  
People over 50*

[www.usm.maine.edu/olli](http://www.usm.maine.edu/olli)





# Course/Workshop List by Instructor

Instructor	Title	Day/Date	Time	Page
Aldrich, Joan	Responses to Love and Loss: Film Studies in Grieving and Resiliency	TH	PM	11
Berkowitz, Mike	Social Issues – Then and Now	W	PM	9
Berkowitz, Mike	Coping with Cancer	July 19	AM	13
Carleton, Linda	Mandala Rock Painting	July 12, 19 & 26	AM	15
Cass, Anne	Dread Difficult Conversations? Let's Explore Tips for a More Successful Outcome	July 19	AM	13
Darak-Druck, Jani	Making Positive Changes in Your Life	July 26	AM	14
Doherty, Paul	Merton's Seven Storey Journey	W	PM	9
Fortier, Richard	Earth, Evolution, and Extinction	TH	AM	10
Foster, Terry	Folk Music and Other Cultural Expressions	W	AM	8
Gleit, Steve	A Trip Around the World, Part 6	W	AM	8
Gleit, Steve	New Movies: 2018-2019	W	PM	9
Harding, Alicia	European Bad Boys	TH	PM	12
Kiley, Paul	Poems That Move Us to Cry and Feel Fully Human	July 12 & 19	AM	13
Lakin, Chuck	Thinking Outside the Coffin	July 19	AM	14
Lewis, Calien	Mozart's <i>Magic Flute</i>	July 12	AM	12
Lynch, Mike	The Story of Gold: Its History, Impact, Economics – and More	W	AM	8
Lyons, Robert	<i>The Scarlet and the Black</i> : Ireland's Oskar Schindler, Hugh O'Flaherty	July 19	AM-PM	14
Marzagalli, DeWayn	Comedy Tonight: From Chaplin to Carson	TH	AM	10
Marzagalli, DeWayn	The Cliffhangers, Part 1: Space Heroes	July 12	AM-PM	13
McCarty, Kate	Preserving the Harvest: Food Preservation Basics	TH	PM	12
McCue, Robert	Ireland Partitioned!	July 12	AM-PM	13
McLaughlin, John	The Tao, Pooh Bear, and Us	TH	AM	10
Nguyen, Quang	Do I Need Long-Term-Care Insurance?	July 12	AM	12
Prevett, James	<i>The Tragedy of Hamlet</i>	TH	PM	12
Reef, Pat	Social Justice Themes in Films	W	PM	9
Richard, Kay	Journal to the Self	W	AM	8
Rogovin, Gregory	Do I Need Long-Term-Care Insurance?	July 12	AM	12
Rosen, Kenneth	Achieving Financial Independence by Investing in Income Properties	July 12, 19 & 26	AM	15
Schick, Peggy	Intro to Astrology: Your Rising, Sun, and Moon Signs from a Jungian Perspective	July 26	AM	14
Schwartz, Ed	Merton's Seven Storey Journey	W	PM	9
Serrage, John	History of Portland in Six Walks	W	AM	8
Sinclair, Dianne	Go Metro!	July 26	AM-PM	15
Suppasettawat, Laongdao "Tak"	Understanding Finance and Investing	TH	AM	11
Tank, Jill	Do I Need Long-Term-Care Insurance?	July 12	AM	12
van Dussen, Jaye	Being Mortal: Medicine and What Matters in the End	July 26	AM	15
Wood, Bruce	Explore Portland's Historic Neighborhoods on Foot	W	PM	9



# Campus Map and Parking

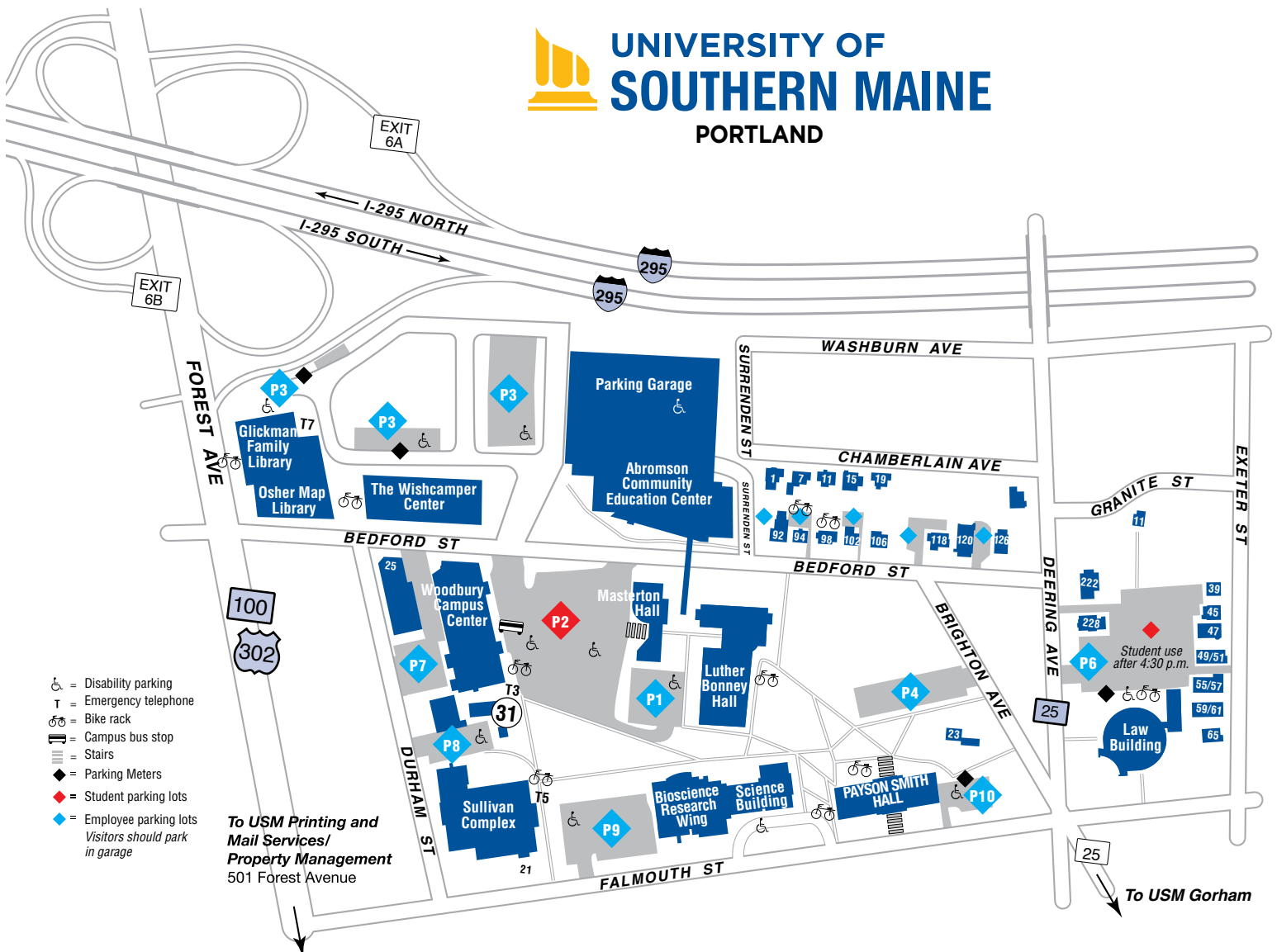
The Osher Lifelong Learning Institute at USM is based in the Wishcamper Center at 44 Bedford St. on the Portland Campus.

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

## PARKING AT OLLI

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

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





# Wednesday Morning 9:30-11:30

## Folk Music and Other Cultural Expressions

Terry Foster

**This repeat course** will focus on folk songs that tell a story, the ones we often encountered when growing up, songs with lyrics that may have shaped our thinking. Via videos, CDs, tapes, piano, and accordion, we will explore not only traditional folk music but expressions found in country-and-western, religious, and world music. We'll also explore prose, poetry, and folk speech. Class participation and sharing are encouraged. Group singing will be a small part of each session. **Suggested book:** *Introducing American Folk Music*, Kip Lornell, ISBN 9780697133830.

*Terry Foster has been involved with music since he was 5. He has played piano in bands and solo in bars, restaurants, concert venues, and churches. He has accompanied countless singers. While directing education outreach programs at USM, he co-founded OLLI's predecessor and has participated in all of OLLI's history. He studied music in college and holds a doctorate in education.*

## A Trip Around the World, Part 6

Stephen Gleit

This summer session course will be the sixth installment of this foreign movie class. **Please note: This is not a repeat course;** the movies featured have not been shown before. As always, the movies will be set in foreign countries with both a good story and outdoor cinematography. Your magic carpet awaits.

*Steve Gleit is a very happily retired immigration lawyer who recently moved back to NYC with his wife Dana, and Dash the cat. Nevertheless, Steve still enjoys sharing his movie selections with OLLI students during the summer session.*

## The Story of Gold: Its History, Impact, Economics — and More

Mike Lynch

How was gold formed? Where can you find it? How do you mine it? What was the initial allure of gold, and how did its use evolve into its becoming the critical commodity it is today? How has the quest for gold changed history — over and over again? Why did it impact world economies for centuries, and how is it continuing to impact us today? Come learn about gold and find out if you have the “fever.” Or maybe just enjoy the “rush” of learning about gold! The class will be a combination of lecture, video clips, and discussion.

*Mike Lynch lived in Ghana (formally called the Gold Coast), and “winters” in South Africa, which has one of the world's richest gold*

*deposits. In his travels he has visited ghost towns and old mining operations. He became fascinated with the impact gold has had on mankind and history.*

## Journal to the Self

Kay Richard

This six-week course offers 22 journaling techniques for personal growth, creativity, and life enrichment. Choose from Time Capsules, Dialogues, Lists, Character Sketches, and more to gain greater insight into everyday life. Developed by Kathleen Adams, founder of the Center for Journal Therapy, the course is taught worldwide by hundreds of certified instructors.

**Required book:** Student Workbook, available from instructor at first class for \$12.

*Kay Richard has been an advocate of journaling since receiving her first locked diary on her 12th birthday. After filling numerous journals with her scribbles, she became certified by The Center for Journal Therapy and has been teaching JTTS in hospitals and colleges in Massachusetts since 1998.*

## History of Portland in Six Walks

John Serrage

**This repeat course** will cover the history of Portland, from founding to the present, in walks from East to West across the city — **rain or shine.** We will meet at the following six locations: The first walk starts at the corner of India and Commercial streets, the second at the base of the Observatory on Munjoy Hill, the third at the Longfellow House on Congress Street, the fourth in front of the Portland Museum of Art, the fifth at the corner of Vaughan and Danforth streets in the West End, and a sixth and last walk in Stroudwater, starting at the Tate House. **Suggested book:** *Portland, A Short History*, Allan Levinsky, ISBN 9781933212432.

*John Serrage is founder of the Neonatal Intensive Care Program in Portland. His hobbies include archaeology, music, and tourism.*

ENROLLMENT

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





# Wednesday Afternoon 12:45-2:45

## Social Issues — Then and Now Mike Berkowitz

Sexism...racism...prejudice...inclusion...war...prisons. How did we respond to these issues in the last century? How do we respond now? In the 1940s, 1950s, 1960s, and 1970s, how did we treat women, minorities, LGBT, the mentally ill, special-needs students, returning veterans, and prisoners? And how do we treat them now? Mini-lectures and movie clips will help focus our discussion. We may have come a long way, but how could we be doing better?

*Mike Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees Psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.*

## Merton's Seven Storey Journey Paul Doherty, Ed Schwartz

In this discussion course, we will delve into *The Seven Storey Mountain*, Thomas Merton's classic account of his journey from atheist intellectual to Roman Catholic monk. In doing this, we will explore such universal themes as conversion, calling, experience of God/Other, and the subsequent conflicts and questions that occur in Merton's story, as well as, perhaps, our own. **Required book:** *The Seven Storey Mountain*, Thomas Merton, ISBN 9780156010863, USM price \$16.95.

*Paul Doherty is a lifelong Catholic Christian and long-time follower of Merton who enjoys spending this part of his life exploring beyond so many long-held boundaries. He has taught OLLI classes on Merton, as well as other areas of spirituality and music.*

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

## New Movies: 2018-2019 Steve Gleit

Do you enjoy seeing new movies? Especially ones you have heard about but seem to have missed when they were playing in Portland? This latest installment of the New Movies course will feature movies from around the world and the US that either opened in the US in 2018 or 2019 or never opened at all in commercial release. Among featured films are *Roma*, winner of this year's Oscar for Best Foreign Film, set in Mexico City circa 1971; and *Lives of Others*, set in the former East Germany circa 1984 and continuing for approximately

a decade. Titles of the other four movies, TBD, will be emailed before class.

*Steve Gleit is a very happily retired immigration lawyer who recently moved back to NYC with his wife Dana, and Dash the cat. Nevertheless, he still enjoys sharing his movie selections with OLLI students during the summer session.*

## Social Justice Themes in Films Pat Reef

Films have a powerful impact on society and educate as they entertain. They give us insight into the human condition, showing us why prejudice grows and how it can be eliminated. Sometimes we can solve a problem with a friendly smile. Other times we have to stand alone and speak up against injustice. These films show alternate ways of handling injustice: *The Wife*, Glen Close; *In the Heat of the Night*, Sidney Poitier; *Philadelphia*, Tom Hanks and Denzel Washington; *On the Waterfront*, Marlon Brando; *Gentlemen's Agreement*, Gregory Peck and Dorothy McGuire; and *South Pacific* by Rodgers and Hammerstein.

*Pat Davidson Reef has been teaching at OLLI for 18 years. She has a Master's in Education and taught English Literature and Humanities for many years at Catherine McAuley High School. She has written two children's books on the arts: Dahlov Ipcar, Artist, and Bernard Langlais, Sculptor Revisited. Her great passions are teaching, writing, and films.*

## 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, 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 the 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*, Allan Levinsky, ISBN 9781933212432. 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.*



# Thursday Morning 9:30-11:30

## Earth, Evolution, and Extinction Richard Fortier

Learn about Earth history, the scientific foundations of evolution, and the theory of natural selection. Explore the diversity of life forms that have evolved on our planet. Understand how geologic, climatic, and atmospheric changes over immense time spans have interacted with life on Earth. Study the causes of extinction and of the mass extinctions over geologic time. Appreciate how the rise of humanity has led to widespread resource depletion, habitat degradation, climate change, and today's alarming extinction rates. **Suggested books:** *Why Evolution Is True*, Jerry A. Coyne, ISBN 9780143116646; *The Sixth Extinction*, Elizabeth Kolbert, ISBN 9781250062185. **No class July 4.**

*Dr. Richard Fortier received a BS in Biology from Yale College, with concentration in Zoology, Paleontology, and Evolution. Following University of Rochester Medical School and a Maine Medical Center internship, he practiced adult psychiatry for 40 years. After retirement in 2014, he resumed self-studies in evolution and geology.*

## Comedy Tonight: From Chaplin to Carson DeWayn Marzagalli

We will watch excerpts of great comedy, from Charlie Chaplin on the Silver Screen to Johnny Carson on television, and almost everything in between. We'll cover Keaton, W.C. Fields, Laurel and Hardy, and Abbott and Costello in the movies and Sid Caesar, Woody Allen, Rodney Dangerfield, Jonathan Winters, *et al.* on TV. No book is required; the only thing you have to bring to class is your funny bone. **No class July 4.**

*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.*

## The Tao, Pooh Bear, and Us John McLaughlin

This course will explore and awaken the Pooh Bear in all of us. Using The Tao Te Ching as the basis of our self-reflections, we will familiarize and begin to trust ourselves with the "watercourse way" of consciousness supported by no resistance. Discussion, sharing our individual insights, increasing laughter at ourselves, our seriousness and our attachments, and periods of meditation will inform our meetings. The Tao of Pooh will lend perspective to Lao Tsu's great wisdom, his book of truly practical mysticism. **Suggested books:** *The Tao of Pooh*, Benjamin Hoff, ISBN 9780140067477;

### CLASSES / TUITION

- Summer classes are held once a week, on Wednesday and Thursday this year, and run for six weeks, from June 19 through July 25.
- Morning classes run from 9:30 to 11:30; afternoon classes run from 12:45 to 2:45. Any exceptions to usual times are noted. There also are summer workshops on Fridays (see pages 12-15).
- **Tuition is \$50 per course for regular OLLI at USM classes.** Workshops typically cost \$15 for single sessions and \$25 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.
- **You must be an OLLI at USM member to enroll in classes and workshops. Membership costs \$25 per fiscal year and runs from July 1 to June 30.**
- In addition to classes, OLLI offers several Special Interest Groups. (See page 18 for a list.) **You must be a current OLLI member to participate in these.** For news and updates on OLLI activities, read your *OLLI at USM Newsletter*, go to the OLLI at USM website ([www.usm.maine.edu/olli](http://www.usm.maine.edu/olli)), and check the literature racks in the main lobby and at the top of the stairs.

### BOOKS AND CLASS MATERIALS

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

*The Tao Te Ching*, Gia-Fu Feng, ISBN 9780307949301.  
**No class July 4.**

*Educated at Oberlin College, Harvard, and the University of Amsterdam, John McLaughlin has long been on a path of spiritual awareness. A member of the Findhorn Foundation in the late '70s and mid '90s, he has also made repeated trips to India. He taught Practical Mysticism at USM in the '80s and at the College of Marin, 1999-2002.*

### Understanding Finance and Investing Laongdao "Tak" Suppasettawat

This course is suitable for individuals who want to learn basic finance and investment in a neutral environment, also for those who want to boost financial self-

confidence. Understand how to read statements, performance reports, types of investment securities, asset classes, investment returns, expenses and fees, what type of question they should ask their current and future advisors. Basic estate planning and tax efficient investing will also be covered. **No class July 4.**

*Tak Suppasettawat is president and founder of TAK Advisory LLC in Cape Elizabeth. Tak provides financial-planning and investment-management services to individuals, trusts, estates, and private foundations. She is a licensed Registered Investment Advisor, a Certified Public Accountant and a Certified Financial Planner™. Tak conducts financial-literacy seminars at local libraries and is a volunteer guest instructor at SMCC and New Ventures Maine. Tak, a USM alumna, serves on the University Board of Visitors.*



## Thursday Afternoon 12:30-3:00

### Responses to Love and Loss: Film Studies in Grieving and Resiliency Joan Aldrich

An addendum to "Positive Portrayals of the Aging Experience," this series will consider losses and separations that can occur at any stage of life. We'll discuss film narratives that relate to discernment and choice-making, loss, renewal, and redirection: *Fly Away Home* (based on true story), a young girl's mother dies, necessitating her move to a strange country, where she finds continuing life-purpose in "mothering" a flock of geese; *The Bridges of Madison*

*County*, choosing between commitment/responsibility vs. lure of deeper intimacy; *Away from Her*, letting go, with loving release, when one's partner descends into dementia; *Cherry Blossoms*, a journey made in honor of a deceased spouse; *What Dreams May Come*, an underworld journey to redeem a lost loved one; and *Brokedown Palace*, a study in loyalty, imprisonment, and redemption. **No class July 4.**

*Joan Aldrich, MDiv, has become a trusted guide for spiritual/philosophical questing, grounded in film studies and discussion; based on respectful listening among peers.*

more THURSDAY AFTERNOON courses on next page

### OLLI STUDENT HANDBOOK

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

### REFUND POLICY

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

### Membership in OLLI at USM entitles you to:

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

### STUDENT PRIVILEGES



# Thursday Afternoon 12:45-2:45

## European Bad Boys Alicia Harding

Starting with the communist takeover in Russia in 1917, Europe suffered a string of tyrannical dictatorships. How these men came to power, who supported them, and why they were able to establish regimes of terror, suppression, and pervasive control over society are some of the topics we will consider. **No class July 4.**

*Alicia Harding is an instructor in World History and Historical Archaeology at Southern Maine Community College. She retired from Deering High School in 2000 and has since enjoyed teaching at the college level and, most especially, teaching at OLLI. She has a Master's degree in European Intellectual History, has attended workshops at the Metropolitan Museum of Art, and was twice a recipient of a National Endowment of the Arts grants.*

## Preserving the Harvest: Food Preservation Basics Kate McCarty

Ever wonder how to preserve all those great garden fruits and vegetables? This food-preservation class will teach you the basic steps for canning, freezing, drying, and fermenting. Participants will receive a "Preserving the Harvest" food-preservation packet and will learn recommended methods for preserving foods, as well as the latest and safest recipes and equipment

to ensure safety. Classes will be a combination of presentation and hands-on activities. **There will be a \$25 materials fee**, payable to the instructor. **No class July 4.**

*Kate McCarty has been the Food Systems Professional at UMaine Extension since 2009, after serving in the AmeriCorps VISTA program. She has completed the Master Food Preserver program, an intensive, hands-on training in all aspects of home food preservation. She is also the author on two books about Portland's food scene and the history of alcohol in Maine.*

## The Tragedy of Hamlet James Prevet

Hamlet is arguably the greatest and certainly the most enigmatic of all Shakespeare's dramas. Given cause, why does Hamlet hesitate to act? In this course, we attempt to unravel the play's mysteries, paying special attention to the five great soliloquies. We will also watch how the great actors of our time interpret the soliloquies. **Required book:** *The Tragedy of Hamlet*, William Shakespeare, ISBN 9780486272788, USM price \$4 (any edition will do). **No class July 4.**

*Jim Prevet has an AB and MA in Philosophy, a MA in English, and has completed all the coursework for a PhD in English. He also studied at the School of Irish Studies in Dublin.*



# SUMMER WORKSHOPS

Friday, July 12 9:30-11:30 A.M. \$15

## Mozart's Magic Flute Calien Lewis

This workshop will explore the context, background, and "magic" of Mozart's *Magic Flute*, with musical selections and illustrations in anticipation of Opera Maine's production in July.

*Calien Lewis serves as Opera Maine's dramaturg and has presented "conversations" on opera for over 10 years. Having experience in musical performance and theatrical production, she offers various perspectives on the world of opera. She holds degrees in Literature, Theatre and Law.*

Friday, July 12 9:30-11:30 A.M. \$15

## Do I Need Long-Term-Care Insurance? Gregory Rogovin, Quang Nguyen, Jill Tank

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

*Gregory Rogovin has been a Certified Long-Term-Care Advisor for 10 years. He helps 650 affinity groups and private clients manage*

their long-term and current care needs.

Quang Nguyen, originally from Vietnam, has established a successful financial advising practice and opened three businesses in the Greater Portland community.

Jill Tank is a benefits specialist, manager, and educator with experience in the insurance industry, long-term care, education, and retail. She is licensed in life, health, and long-term-care insurance.

**Friday, July 12 9:30 A.M. -12:30 P.M. \$15**

### **The Cliffhangers, Part 1: Space Heroes** **DeWayn Marzagalli**

In this first edition of three workshops, we will watch “To be continued” chapters of those great Saturday Matinee film serials we so enjoyed in our youth. Part 1 will include chapters from Flash Gordon, Buck Rogers, King of the Rocket Men and Captain Video. This and each consecutive session will run three hours. Stay tuned for Part 2 in the fall.

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.

**Friday, July 12 9:00 A.M.-1:00 P.M. \$25**

### **Ireland Partitioned!** **Robert McCue**

Ireland is once again in the news, though on this occasion as a player in the UK’s effort to extricate itself from the EU. A hang-up has been the so-called BackStop, or an attempt to keep the border between Northern Ireland and the ROI “soft.” The very idea that there would be a border between North and South would be a non-starter in the late 19th Century. So, how did an unimaginable circumstance become fact? Helping to inform an answer, this workshop will provide a brief history of the island’s pre-1916 political evolution as well as a review of the events around the War of Independence and the post-treaty Civil War. Along the way, maybe we’ll add to the list of missed opportunities.

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

**Friday, July 12 & 19 9:30-11:30 A.M. \$25**

### **Poems That Move Us to Cry and Feel Fully Human** **Paul Kiley**

For starters, men and women will read aloud from a new collection compiled and provided by the instructor. It features words of men of international distinction who confess to being moved to tears by poems that continue to haunt them. The selections include the writings of Walt Whitman, Elizabeth Bishop, and W.H Auden, as well as contemporary works by Mary Oliver and Seamus Heaney. Themes range from love in its many guises, through mortality and loss, to the beauty and variety of nature, and dealing with the horrors of warfare and living well. This two-part workshop will also provide the opportunity for participants to reflect on these selected works and share, perhaps, what poems in their lives make them misty-eyed and why.

Paul Kiley’s poems have appeared in OLLI’s Reflections literary magazine. He has taught “The Courage to Create” and “Adventuring Solo” classes at OLLI over the past three years.

**Friday, July 19 9:30-11:30 A.M. \$15**

### **Coping with Cancer** **Mike Berkowitz**

Fighting cancer is demanding — physically, mentally, and emotionally. One thing we can do is get support, encouragement, perspectives, and strategies from others. In open discussion, we’ll answer these questions: What has helped us through it all? What have been our biggest challenges? What has worked well for us? How have our struggles hindered us? How might they have even helped us? **Note well:** This is not a setting for getting medical advice or personal counseling, but as we travel down a difficult path, we can learn from each other.

Mike Berkowitz has had cancer for four years, but he’s doing well.

**Friday, July 19 9:30-11:30 A.M. \$15**

### **Dread Difficult Conversations? Let’s Explore Tips for a More Successful Outcome** **Anne Cass**

Did you ever duck a tough conversation? Ever wish you could just dive in? Diving into discomfort is much easier with some planning. In this **repeat workshop**, we will discuss planning, share tips to get started, and practice — with volunteers only. This is not therapy! Discussion will arise from the shared experiences of the

group, with the goal of increasing your comfort level through knowledge and practice. No book is required, yet resources abound – bring your favorite to share. Anne's is *Difficult Conversations: How to Discuss What Matters Most*, Douglas Stone, Bruce Patton, Sheila Heen, ISBN 9780143118442.

*Anne Cass was an educational leader for 43 years. An experienced facilitator with background as a teacher and administrator in both independent and public schools, she believes in building relationships through clear communication, trust and honesty. She is an Associate at Heart of Character (www.heartofcharacter.org) and a Board member of Mainely Character (www.mainelycharacter.org).*

**Friday, July 19 9:30-11:30 A.M. \$15**

### **Thinking Outside the Coffin** **Chuck Lakin**

**EVERYONE** should have figured out what they want to have happen to their body after they die. **This repeat class** will give you the information you need to make good decisions about those choices. This is a non-scripted class, with half of it devoted to answering your questions. Give your survivors a gift by discussing with them what you want; this class will make sure you understand all your options. Take a look at [www.lastthings.net](http://www.lastthings.net) to see what you'll learn.

*Chuck 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 is to show families a more meaningful way to be involved in the funeral process if that is their choice.*

**Friday, July 19 9:30 A.M.-1:00 P.M. \$25**

### **The Scarlet and the Black: Ireland's Oskar Schindler, Hugh O'Flaherty** **Robert Lyons**

The Irish film *The Scarlet and the Black* is the unbelievable, heroic story of Ireland's overlooked Oskar Schindler, Monsignor Hugh O'Flaherty of County Kerry. By the end of WWII, O'Flaherty had helped over 6,500 Jews, and American and British soldiers escape from the Germans in Rome, earning him the nickname "Scarlet Pimpernel of the Vatican."

*Bob Lyons over the past 21 years 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.*

**Friday, July 26 9:30-11:30 A.M. \$15**

### **Making Positive Changes in Your Life** **Jani Darak-Druck**

This workshop is an introduction to Appreciative Inquiry, a strength-based approach to making positive changes. Unlike problem-solving, AI identifies and builds on what's already working well in your life or your organization to create more success. Developed in the mid-1980s by David Cooperrider and Suresh Srivastva at Case Western Reserve's Department of Organizational Behavior, it brought a new perspective to change management. The basic assumption is that we will grow stronger and more successful at what we focus on, and focusing on strengths and successes allows us to make the positive changes we want. **Suggested book:** *The Thin Book of Appreciative Inquiry*, Sue Annis Hammond, ISBN 9780988953802.

*Jani Darak-Druck has taught conversation-skills classes at OLLI. In addition to 18 years of pastoral ministry in the United Methodist Church, she has worked as manager and trainer for cancer support mentors and group facilitators at the Cancer Community Center and as a writer and editor.*

**Friday, July 26 9:30-11:30 A.M. \$15**

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

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

*Peggy Schick is a professional astrological intuitive, astrology teacher, and Reiki practitioner. She serves as co-chair of the board of the Maine Jung Center in Brunswick, where she also teaches classes. Peggy and her husband live in Topsham. For more background, please visit [www.peggyschick.com](http://www.peggyschick.com).*



Friday, July 26 9:30-11:30 A.M. \$15

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

**In this repeat course**, we will view the film based on the NYT best-seller *Being Mortal* by Dr. Atul Gawande and watch his struggles with what to offer and say to his terminally ill patients. Many physicians offer treatments/procedures that may actually prolong suffering because they don't know how to talk about death and often see it as a failure. Dr. Gawande seeks ways to have these crucial conversations with patients. Learn along with him as he speaks to other doctors and his patients about what really matters most in the end. We will discuss palliative and hospice care as well as how to talk to your family and doctors about what matters most to you.

*Jaye van Dussen is a liaison with Hospice of Southern Maine and enjoys speaking to groups about end-of-life conversations, decisions, and what hospice care really is. She lives in Portland with her husband and their very-overweight orange cat, Cochise.*

Friday, July 26 9:30 A.M.-3:30 P.M. \$25

### Go Metro! Dianne Sinclair

Are you concerned about the environment? Do you hate parking in the city? Do you want to leave the driving to someone else? Or maybe you're just ready for a small adventure. The Metro might be what you're looking for. We will discuss the advantages—and challenges—of public transportation and review the available routes, including Brunswick, Gorham, and Biddeford-Saco. Then the group will decide where we want to go, and we'll take the bus right outside Wishcamper and leave the driving to METRO for a couple of hours. Please bring lunch and \$6 cash for bus fare.

*Dianne Sinclair has taught a number of classes and workshops at OLLI including paper arts, color, decluttering your home, and wildflower identification. She discovered Metro last year and loves it!*



Friday, July 12, 19 & 26 9:30-11:30 A.M. \$25

### Mandala Rock Painting Linda Carleton

Summer beachcombing is even more fun when you're looking for rocks to paint! Session 1 of this workshop will introduce the basic techniques of mandala rock painting using dotting tools and acrylic paint. Session 2 will explore color theory and ways to make the colors on your rocks "pop." Session 3 will offer a tutorial on creating heart and pinwheel rock mandalas. **A \$20 fee, due at first session, will cover all the materials you need to paint rock mandalas in class and at home.**

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

Friday, July 12, 19 & 26 9:30-11:30 A.M. \$25

### Achieving Financial Independence by Investing in Income Properties Kenneth Rosen

We will begin with the seven fears of investing and review all the types of investment property, plus how to evaluate and arrive at the right price. We will discuss the Big Six Formula for achieving wealth 1) location; 2) quality built and efficiently designed; 3) tenant profile; 4) upside; 5) financing; and 6) price. Various ways to find properties, dealing with brokers, unique tax advantages, healthy vs unhealthy debt, cap rates, positive leverage, using your IRA to invest, infinite return, stocks vs real estate, building net worth — win, win, win! **Suggested book:** *Investing in Income Properties: The Big-Six Formula for Achieving Wealth in Real Estate*, Kenneth D Rosen, ISBN 9781119390572, (available from instructor for \$15).

*Ken Rosen CCIM is a successful real estate investor, educator, and broker. President & CEO of Kendar Realty Inc. and author of four books, Ken twice served as President of the Miami Association of Realtors. He is a graduate of Boston University.*



# Course Registration — Summer 2019

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

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

Name (one person per form) \_\_\_\_\_

I need an OLLI name tag — Nickname for name tag \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail address \_\_\_\_\_

Date of Birth \_\_\_\_\_ (dd/mm/yyyy) Are any of these new?  Address  Phone  E-mail

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

**OFFICE USE ONLY**

Check #: \_\_\_\_\_

CC (last 4 #s): \_\_\_\_\_

Cash: \_\_\_\_\_

Misc: \_\_\_\_\_

ENROLE (Init.): \_\_\_\_\_

Date Processed: \_\_\_\_\_

\_\_\_\_\_ Total course and workshop fees

**\$25** \_\_\_\_\_ **Annual membership - Due annually by July 1**

(FREE if you're 90 or older! Check )

\_\_\_\_\_ Your **Tax Deductible Contribution to OLLI** is welcome

\_\_\_\_\_ Total amount (Please make check payable to OLLI)

Payment Method:  Cash  Check Credit Card:  Visa  MasterCard  Discover

.....  
 Credit Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

3-digit code on back of card \_\_\_\_\_ Name on credit card \_\_\_\_\_





# OLLI Registration Information

Register online at [www.usm.maine.edu/olli](http://www.usm.maine.edu/olli) starting May 7.

Registration will open at 12:01 a.m.

Class availability is first come, first served.

OLLI accepts mail-in and walk-in registrations, but the immediacy of online registration clearly gives the advantage to students who sign up for classes on our website.

Please consider giving online registration a try to ensure that you get into your chosen classes.

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

## INSTRUCTIONS FOR MAIL-IN REGISTRATION

- Please use **ONE FORM** for each registrant.
- Fill out the top section of the registration form **completely**. Leaving sections blank can slow registration.
- Write the course names for your **top selections** for classes in the “1st Course,” “2nd Course,” “3rd Course,” and “4th Course” sections on the registration form. Note the price of each course in the “Cost” column.
- If you are concerned that your top choices will be filled, you may want to add alternate choices. Please write course names for your **alternate choices** in the “Alternate 1st Course,” “Alternate 2nd Course,” “Alternate 3rd Course,” and “Alternate 4th Course” sections on the form.
- Sign up for OLLI workshops on the same form. Write the name of your chosen workshop(s) in the space provided, along with the price of the workshop.
- Add up the fees for your courses and workshops (and membership, if applicable) and note that amount in the space marked “Total Cost for All.”
- As soon as your payment is processed and you are enrolled in your class and/or workshop, you will receive an e-mail confirmation. If you do not have an e-mail account, we will mail you a confirmation.

## EXPENSES

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

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

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

## REFUNDS

Full refund for classes dropped by **June 27. NO REFUNDS AFTER THAT POINT.**

You will be refunded for any classes OLLI cancels.



# Contact Information for OLLI at USM Office

● **Phone:** 780-4406

● **Email:** [olliatusm@maine.edu](mailto:olliatusm@maine.edu)

● **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

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

● **Arts and Crafts:** Try your hand at a new skill 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](mailto:jensusa10@gmail.com) for more information.

● **Bicycle and Nosh:** If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks, with a delicious treat along the way? Contact Deidre St. Louis at [deedee.st57@yahoo.com](mailto:deedee.st57@yahoo.com) for more information.

● **Book Club:** Members meet the third Thursday of each month from 3:15 to 5:15 p.m. to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at [kday0718@gmail.com](mailto:kday0718@gmail.com) or Karen Wilcock at [wilcockke@gmail.com](mailto:wilcockke@gmail.com) for more information.

● **Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group every Wednesday from 3:15 to 5:15 p.m. Contact Barbara Freeman at [bhfreewoman@gmail.com](mailto:bhfreewoman@gmail.com) for more information.

● **Downhill Ski Club:** A seasonal outlet for downhill skiing enthusiasts, the club welcomes new and returning members. Skiers plan trips to area mountains when snow conditions are good and driving conditions permit. Contact Lois Winter at [loiswinter54@gmail.com](mailto:loiswinter54@gmail.com) for more information and to join our email list for notice of upcoming ski trips.

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

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

● **OLLI Night Out:** Come enjoy good food and good company with fellow OLLI gourmands who meet

periodically at local restaurants. Watch the *OLLI Newsletter* for upcoming dates and locations.

● **OLLI Singers:** This group, directed by an experienced leader and supported by a skilled accompanist, meets 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](mailto:ckhornberger@gmail.com) for more information.

● **OLLI Ukes!** meets on the second and fourth Monday from 3:15 to 5:15 p.m. to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at [cfeling@gmail.com](mailto:cfeling@gmail.com) for more information.

● **Outdoor/Walking Club:** Outdoor enthusiasts gather twice a month for invigorating walks in interesting places. They meet at the Back Cove parking lot and carpool. Walking schedules for the year can be found in the OLLI office and in literature racks in Wishcamper. Contact Rae Garcelon at [raegarcelon@gmail.com](mailto:raegarcelon@gmail.com) for more information.

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

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

● **Senior Players:** Thespians perform staged readings twice a year at USM and off campus on several occasions. Senior Players is open to all OLLI at USM members. Contact Allan Mills at [aljeevbr@gmail.com](mailto:aljeevbr@gmail.com) for more information.

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



# OLLI at USM

## Mission

**OLLI at USM is committed to providing, for its members, a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.**

## Vision

**OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, 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.



*Intellectual Fun  
for People  
over 50*

OSHER  
LIFELONG  
LEARNING  
INSTITUTE



[www.usm.maine.edu/olli](http://www.usm.maine.edu/olli)