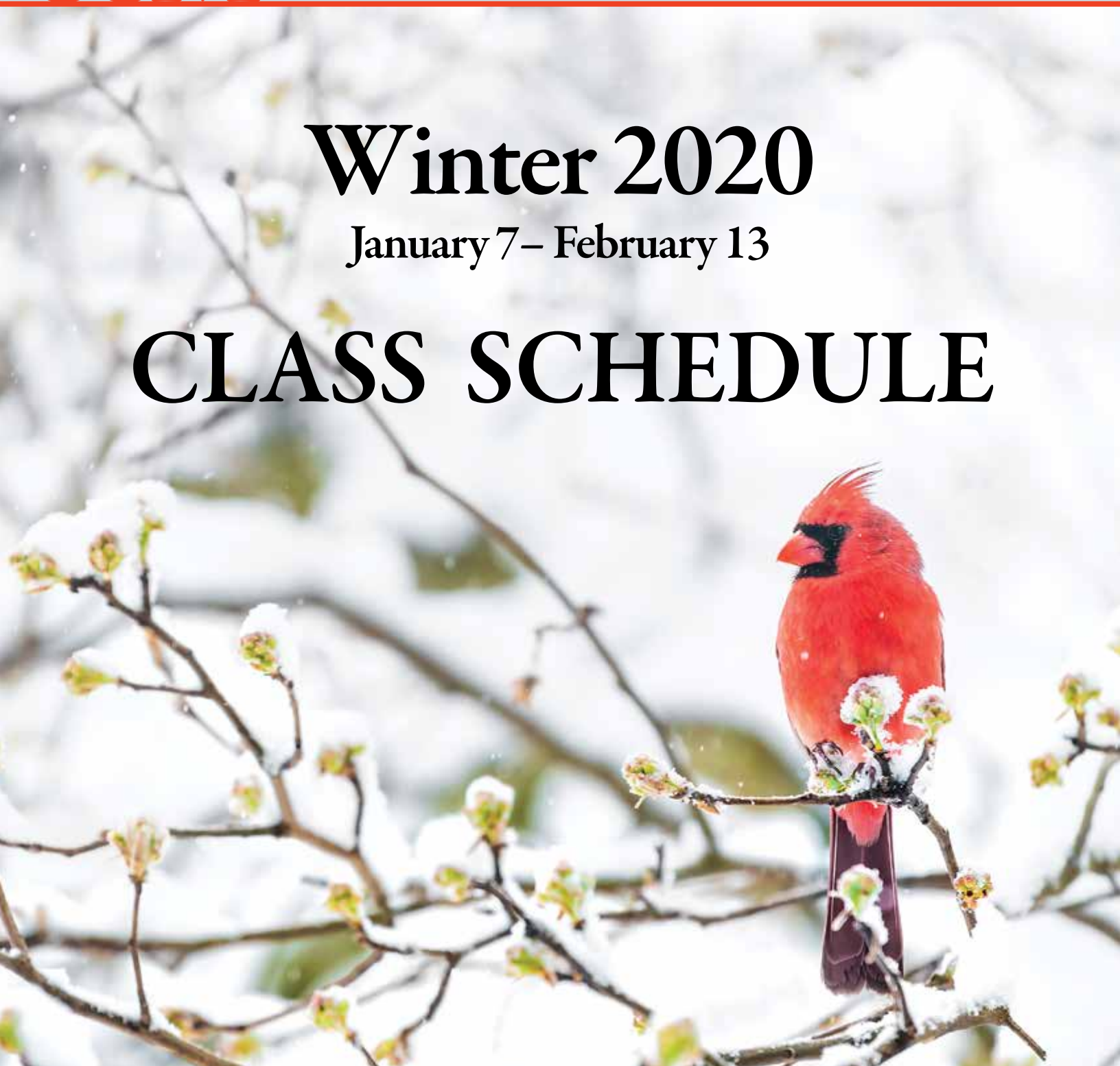


# Winter 2020

January 7 – February 13

# CLASS SCHEDULE





# General Information

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

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

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network ([www.maineseniorcollege.org](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 123 OLLIs throughout the country.

## MEMBERSHIP

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

## SPECIAL ACCOMMODATIONS

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

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

## SCHOLARSHIPS

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

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

Call 780-4406 for more information.

## CLASS LOCATIONS

All classes, except where noted, are held in the Wishcamper Center at 44 Bedford Street on the USM Portland campus. See map on page 6.

## OLLI STAFF

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

Rob Hyssong, OLLI Program Coordinator  
228-8336; [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu)

Linda Skinner, Administrative Specialist 1  
228-8225; [linda.skinner@maine.edu](mailto:linda.skinner@maine.edu)

Sue Schier, Administrative Specialist 2  
228-8482; [sue.schier@maine.edu](mailto:sue.schier@maine.edu)

## 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 2019-20

- Susan Jennings, Chair
- Steve Schiffman, Vice Chair
- Peter Curry, Secretary
- Elizabeth Housewright, Communications Chair
- Georgia Koch, Nominating Chair
- Steve Piker, Resource Development Chair
- Paul Doherty, SAGE Chair
- Walter Allan and Betsy Wiley, Education Co-Chairs
- Gael McKibben and Rae Garcelon, Community Co-Chairs
- Karen Day
- Matt Goldfarb
- Dick Leslie
- Star Pelsue





# 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. On the first day of registration, we offer onsite assistance in the Wishcamper Computer Lab (see timeline) and have one computer in the OLLI office dedicated to online registration. Anyone may use this computer to register online, but **you must use a credit card for payment.**

## Important WINTER Term Dates

### OLLI Winter REGISTRATION TIMELINE

**Dec. 4** Online registration for OLLI winter 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.”

**Dec. 4** **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.

**Dec. 10** OLLI staff will start processing mail-in, drop-off, and phone registrations.

**Dec. 25** OLLI and USM closed for Christmas Day.

**Jan. 1** OLLI and USM closed for New Year’s Day.

**Jan. 7** OLLI winter term classes start.

**Jan. 17** Deadline to receive refund on dropped classes.

**Jan. 20** OLLI and USM closed for Martin Luther King Jr. Day.

**Feb. 13** OLLI winter term ends.

**Feb. 17** OLLI and USM closed for Presidents Day.

**Feb. 18-20** OLLI winter term makeup 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.***



# Courses Schedule-at-a-Glance

# Workshops Schedule-at-a-Glance

See pages 14-15

Friday, Jan. 24, 9:30 a.m.-3:30 p.m.

**Goddesses at Play in the Age of Patriarchy: A Workshop for All**  
Leah Chyten

Friday, Jan. 24, 9:30 a.m.-3:30 p.m.

**Making Paste Paper**  
Dianne Sinclair

Friday, Jan. 24, 9:30 a.m.-3:30 p.m.

**International Auteur Cinema 26, Part 3**  
Juris Ubans

Friday, Jan. 24, 31 & Feb. 7,  
9:30-11:30 a.m.

**HamSphere: An Authentic Ham Radio Simulation**  
Walter Allan

Friday, Jan. 24, 31 & Feb. 7,  
9:30-11:30 a.m.

**Mass Shootings: What Causes Them and How To Reduce Them**  
Mike Berkowitz

Friday, Jan. 31, 9:30-11:30 a.m.

**The Climate Crisis: A Slide Show and Discussion**  
Mark Lawrence

Friday, Jan. 31, 9:30-11:30 a.m.

**Writing an Ethical Will**  
Jay Sherwin

Friday, Feb. 7, 9:30-11:30 a.m.

**Introduction to Selling on Etsy**  
Barbara Rich



## TUESDAY AFTERNOON

12:30-3:00  
See page 7

**Greek Mythology through Film**  
Mary Snell, Irwin Novak

## TUESDAY AFTERNOON

12:45-2:45  
See pages 7-8

**Finding and Nurturing Your Inner Gardener**  
Donna Anderson

**More Maine Crime Writing: Conversation and Craft**  
Richard Cass

**The Media Revolution: Changing the World**  
Betsy Mayberry, Karen Massey

**"You Had to Be There!" Great LIVE Jazz Vocal Performances**  
John Spritz

## WEDNESDAY MORNING

9:30-11:30  
See pages 8-9

**Electricity, Magnetism, the Electromagnetic Field, and Radio**  
Walter Allan

**Cultivating Compassion**  
Joan Elizabeth

**Black Hollywood**  
Bob Greene

**19th-Century European Mind**  
Alicia Harding

**Art Studio**  
Paula Steffen

## WEDNESDAY AFTERNOON

12:30-3:00  
See page 9

**Classics Revisited**  
Patricia Reef

**International Auteur Cinema 25: Merchant-Ivory-Jhabvala**  
Juris Ubans

## WEDNESDAY AFTERNOON

12:45-2:45  
See page 10

**Psychology Looks at Songs of the '60s**  
Mike Berkowitz

**Black History of Maine**  
Bob Greene

**Fabric and Fiber Jewelry Making**  
Barbara Rich

**Making Sense of Antisemitism: Past, Present, Future**  
Howard Solomon

## THURSDAY MORNING

9:30-11:30  
See page 11

**Calligraphy**  
Sabine de Canisy

**Depression Obsession Impressions**  
Cammy Moraros

**The Life of King Henry VIII: The Last of Shakespeare's History Plays**  
Chris Queally

**Having Difficult Conversations**  
Catherine Ruby, Anne Cass

**OLLI Goes to the Movies: Some Recent Indie Films**  
John Serrage

## THURSDAY MORNING

9:45-11:15  
See page 12

**World Dance Sampler: Travel the World through Dance**  
Kathleen Carroll

## THURSDAY AFTERNOON

12:30-3:00  
See page 12

**Selected Films of Meryl Streep and Jack Nicholson: A Film/Discussion Course**  
Paul Manoff

## THURSDAY AFTERNOON

12:45-2:45  
See page 13

**Forever Young: The Zen of Aging**  
Tim Baehr

**The Mystery of Relationships**  
Joan Chadbourne

**Words and Music**  
Lorraine Masure

**The Rights of Native Peoples**  
Steven Piker

**To Infinity and Beyond!**  
Stephen Schiffman

## REGISTERING WITH A WAIVER?

Students with scholarships, gift certificates, free memberships, or other waivers must get registrations into the OLLI office before Dec. 4 for timely processing. Waivers will be accepted after that deadline but won't be processed until the following week, along with mail-in and drop-off registrations.

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



# Course/Workshop List by Instructor

Instructor	Title	Day/Date	Time	Page
Allan, Walter	Electricity, Magnetism, the Electromagnetic Field, and Radio	W	AM	8
Allan, Walter	HamSphere: An Authentic Ham Radio Simulation	Jan. 24, 31, Feb. 7	AM	14
Anderson, Donna	Finding and Nurturing Your Inner Gardener	T	PM	7
Baehr, Tim	Forever Young: The Zen of Aging	TH	PM	13
Berkowitz, Mike	Psychology Looks at Songs of the '60s	W	PM	10
Berkowitz, Mike	Mass Shootings: What Causes Them and How to Reduce Them	Jan. 24, 31, Feb. 7	AM	15
Carroll, Kathleen	World Dance Sampler: Travel the World through Dance	TH	AM	12
Cass, Anne	Having Difficult Conversations	TH	AM	11
Cass, Richard	More Maine Crime Writing: Conversation and Craft	TU	PM	7
Chadbourne, Joan	The Mystery of Relationships	TH	PM	13
Chyten, Leah	Goddesses at Play in the Age of Patriarchy: A Workshop for All	Jan. 24	ALL DAY	14
de Canisy, Sabine	Calligraphy	TH	AM	11
Elizabeth, Joan	Cultivating Compassion	W	AM	8
Greene, Bob	Black Hollywood	W	AM	8
Greene, Bob	Black History of Maine	W	PM	10
Harding, Alicia	19th-Century European Mind	W	AM	9
Lawrence, Mark	The Climate Crisis: A Slide Show and Discussion	Jan. 31	AM	15
Manoff, Paul	Selected Films of Meryl Streep and Jack Nicholson: A Film/Discussion Course	TH	PM	12
Massey, Karen	The Media Revolution: Changing the World	TU	PM	8
Masure, Lorraine	Words and Music	TH	PM	13
Mayberry, Betsy	The Media Revolution: Changing the World	TU	PM	8
Moraros, Cammy	Depression Obsession Impressions	TH	AM	11
Novak, Irwin	Greek Mythology through Film	TU	PM	7
Piker, Steven	The Rights of Native Peoples	TH	PM	13
Queally, Chris	<i>The Life of King Henry VIII: The Last of Shakespeare's History Plays</i>	TH	AM	11
Reef, Patricia	Classics Revisited	W	PM	9
Rich, Barbara	Fabric and Fiber Jewelry Making	W	PM	10
Rich, Barbara	Introduction to Selling on Etsy	Feb. 7	AM	15
Ruby, Catherine	Having Difficult Conversations	TH	AM	11
Schiffman, Stephen	To Infinity and Beyond!	TH	PM	13
Serrage, John	OLLI Goes to the Movies: Some Recent Indie Films	TH	AM	11
Sherwin, Jay	Writing an Ethical Will	Jan. 31	AM	15
Sinclair, Dianne	Making Paste Paper	Jan. 24	ALL DAY	14
Snell, Mary	Greek Mythology through Film	TU	PM	7
Solomon, Howard	Making Sense of Antisemitism: Past, Present, Future	W	PM	10
Spritz, John	"You Had to Be There!" Great LIVE Jazz Vocal Performances	TU	PM	8
Steffen, Paula	Art Studio	W	AM	9
Ubans, Juris	International Auteur Cinema 25: Merchant-Ivory-Jhabvala	W	PM	9
Ubans, Juris	International Auteur Cinema 26, Part 3	Jan. 24	ALL DAY	14



# 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

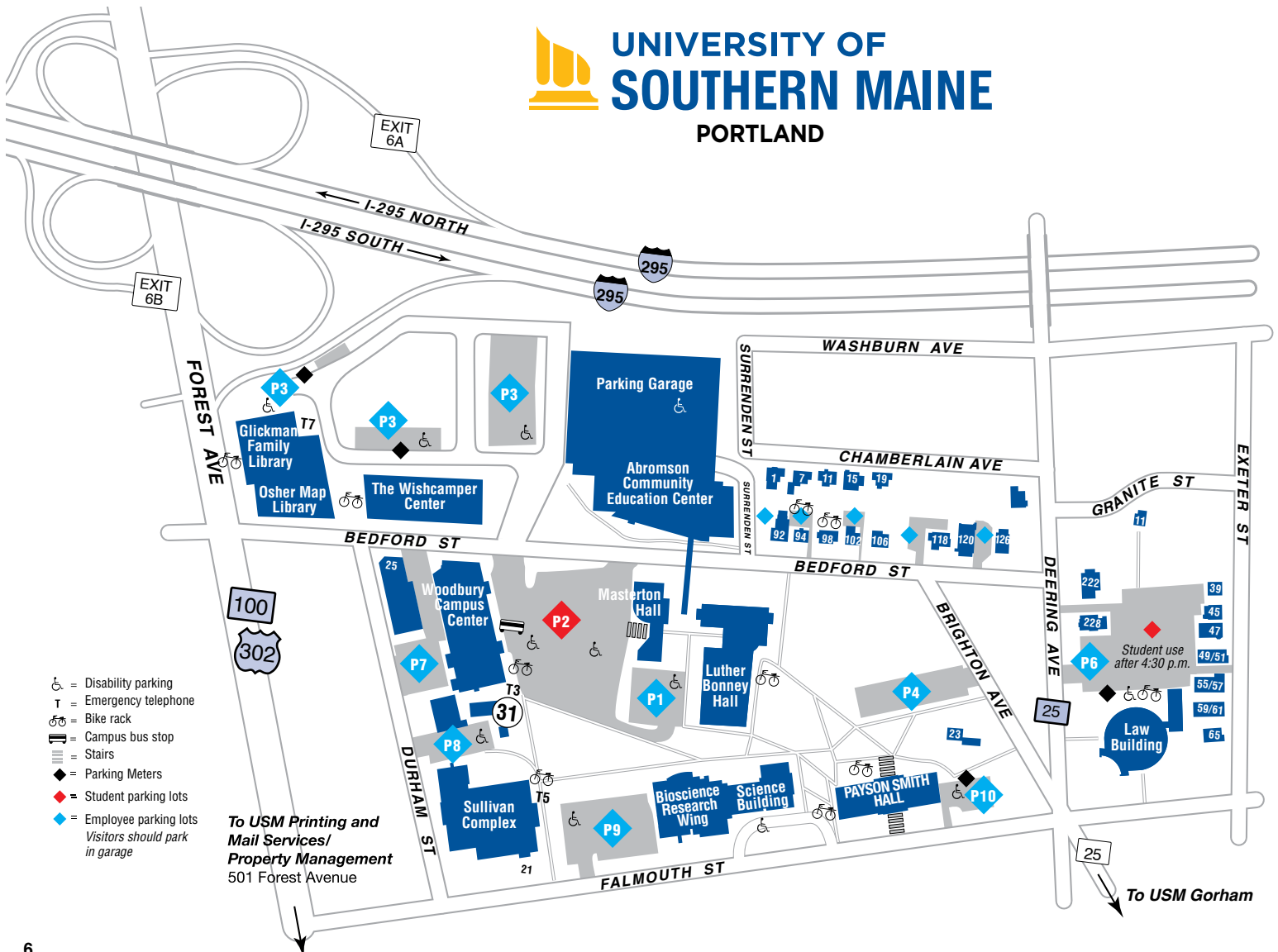
USM charges for parking in the Bedford Street garage.

You have two payment options:

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

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

To park in a handicapped space anywhere on campus, in addition to your hangtag, 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.





# Tuesday Afternoon 12:30-3:00

## Greek Mythology through Film Mary Snell, Irwin Novak

Homer and the ancient Greeks knew a good plot when they saw one: the curse on the house of Atreus, the epic Trojan War, the tragic story of Jason and Medea. Twenty-plus centuries later, film directors Michael Cacoyannis, Jules Dassin, and others also recognized these archetypal stories and turned them into great films. **In this repeat course**, we'll discuss and watch at least six. **Suggested books:** *Mythology*, Edith Hamilton,

ISBN 9780446574754; *The Greek Myths*, Robert Graves, ISBN 9780241982358, available from Amazon.

*Mary Snell, MFA, is a writer, poet, and a former theater critic for the Portland Press Herald. Irwin Novak, PhD, is Professor Emeritus of Geology at USM and is an avid film buff. He coordinates the annual Greek Film Series for the Hellenic Society of Maine. Both Irwin and Mary have taught USM International Summer programs on Lesbos in Greece for 20 years and have spent two months there each year for the past 31 years.*



# Tuesday Afternoon 12:45-2:45

## Finding and Nurturing Your Inner Gardener Donna Anderson

Gardening is an act of imagination and action. This course will focus on ornamental gardening and will explore several themes: a travelogue of inspiring gardens; an introduction to various garden styles; a discussion of the practicalities of planning and enlivening your garden; rules for plant selection in the Maine environment; suggestions for age-friendly gardening; and thoughts about gardening without a garden space. While winter rages, we will luxuriate in green spaces and flowers while we make plans for the coming spring and summer.

## More Maine Crime Writing: Conversation and Craft Richard Cass

**This repeat course** will have a similar structure to winter 2018: Weekly sessions, each one anchored by a Q&A between the instructor and a published Maine crime writer. We will dissect plot, setting, character, and structure of several mystery genres, including police procedural, noir, amateur sleuth, thriller, and cozy. Each class will focus in depth on the techniques and thinking that a writer brings to his or her book or books to create suspenseful and engaging mysteries. **Suggested reading list will be provided before first meeting.**



*We will experiment in this class with a user-friendly meeting software program called Zoom to hold the class online if there is a problem with the weather. If you have any questions about Zoom or how it will work, please contact the OLLI office at 780-4406.*

*Donna Anderson is the new OLLI Director. As a former museum professional, she has worked on diverse exhibition projects and has managed a statewide museum service organization in New York and Hartwick College's Yager Museum. She was most recently the executive director of the McLaughlin Garden & Homestead in South Paris, where she worked closely with professional horticulturalists and inspired garden club members to increase her passion and expertise in ornamental gardening.*

*Richard Cass is the award-winning author of the Elder Darrow jazz mystery series. The first book, In Solo Time, won the 2018 Maine Literary Award for Crime Fiction. Dick serves on the board of Mystery Writers of America's New England chapter and lives in Cape Elizabeth.*

more TUESDAY AFTERNOON courses on next page

## The Media Revolution: Changing the World Betsy Mayberry, Karen Massey

The Camden Conference, a Maine organization founded to promote understanding of world events and other nations and cultures, will offer a course at OLLI again this winter. It will include discussion of two books, the observation and discussion of two films or documentaries, and two presentations by two people whose careers were in the field of journalism. **Required books:** *Truth in Our Times*, David E. McCraw, ISBN 9781250184429, USM price \$28.99; *The Circle*, Dave Eggers, ISBN 9781594139611, USM price \$16.

*Betsy Mayberry chairs the Camden Conference Southern Maine Initiatives Committee, which works with nine libraries, universities, high schools, and other organizations and individuals to develop events related to the Conference theme. She coordinates the live stream of the Conference to USM.*

*Karen Massey is a former lawyer and a retired Social Studies teacher from Freeport High School, where she taught Global Studies, Contemporary Global Issues, and topics in the Social Sciences.*

## “You Had to Be There!” Great LIVE Jazz Vocal Performances John Spritz

They’re less common on CD, but some of the best recorded jazz vocals are LIVE: Ella in Berlin. Tony at Carnegie Hall. Billie at Storyville. Mel at Michael’s Pub. And Joe Williams, Lee Wiley, Mark Murphy, Lena Horne, Jeri Southern, Diana Krall, Kurt Elling, Mabel Mercer — wow! This class will be a smorgasbord of selections from CDs and some talk, but mostly just boppin’ to the beat, boppin’ to the beat of live jazz vocals. You like jazz? Then join us!

*John Spritz has taught several classes at OLLI, mostly about jazz vocals, also about Broadway. He’s a sucker for a good song. He lives in Portland and used to be a DJ on WPKM and Maine Public Classical. Nothing makes him happier than sharing music.*



# Wednesday Morning 9:30-11:30

## Electricity, Magnetism, the Electromagnetic Field, and Radio Walter Allan

Although it is everywhere, the electromagnetic field formulated by Faraday and Maxwell is hard to visualize. Einstein noted, “Since Maxwell’s time, physical reality has been thought of as separated by continuous fields... This change in reality is the most profound and the most fruitful that Physics has experienced since the time of Newton.” We will read texts on the subject, and class discussions with videos and in-class construction of crystal radios will bring the EM field to life through exploration of radio waves. **Required books:** *Faraday, Maxwell, and the Electromagnetic Field*, Nancy Forbes and Basil Mahon, ISBN 9781633886070, USM price \$18; *Thunderstruck*, Erik Larson, ISBN 9781400080670, USM price \$17.



*We will experiment in this class with a user-friendly meeting software program called Zoom to hold the class online if there is a problem with the weather. If you have any questions about Zoom or how it will work, please contact the OLLI office at 780-4406.*

*Walt Allan, a retired neurologist, has taught other science-focused classes at OLLI. He has an amateur radio license and an interest in the physics of electromagnetic radiation and electric circuits.*

## Cultivating Compassion Joan Elizabeth

People have many reasons to learn about and cultivate compassion. In some way we are all suffering — be it from pain, loss, frustration, dissatisfaction, or an unfulfilled desire for happiness. We are not powerless. It is possible to consciously cultivate positive — and diminish negative — states of mind, transforming our reactions to life’s circumstances and the people around us. It is possible to change our lives and bring about change in the world. **This seven-week course, starting Jan. 8**, has been developed from the ancient tradition of Buddhist practitioners.

*Joan Elizabeth has been a Tibetan Buddhist practitioner for more than 30 years. She has received teachings and empowerments from many extraordinary masters in this tradition, including the Dalai Lama, Dilgo Khyentse Rinpoche, Penor Rinpoche, Sakya Trinzin, Tsoknyi Rinpoche and Mingyur Rinpoche, and Sharon Salzburg. She has been authorized as an instructor of meditation since 1992.*

## Black Hollywood Bob Greene

In the early days of film, Hollywood showed Blacks only as servants or slaves. So Blacks created their own film industry, giving actors of color a chance to perform in



musicals, westerns, dramas, etc. This course will show films from the 1930s up to today.

*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.*

### 19th-Century European Mind Alicia Harding

This is a course in the cultural and social history of 19th Century Europe. We will be studying the ideas that shaped events and how those events were incorporated into the fabric of society to become part of the shared outlook that defined the West. The focus will be on Western Europe. **Required book:** *Silas Marner*, George Eliot, ISBN 9781093502428, USM price 10. **Class will start one week late, on Jan. 15.**



## Wednesday Afternoon 12:30-3:00

### Classics Revisited Patricia Reef

Classics lift your soul. They never grow old. They just become more meaningful with wisdom from us and our experiences in life. Let's explore the beauty of great scripts and wonderful acting in *How Green Was My Valley*, with Walter Pidgeon and Maureen O'Hara; *Shadow of Doubt*, Joseph Cotton and Tessa Wright; *The Children's Hour*, Audrey Hepburn, Shirley MacLane, and James Garner; *Pat and Mike*, Spencer Tracy

and Katharine Hepburn; and *Casablanca*, Humphrey Bogart and Ingrid Bergman. This wonderful program was originally suggested by the New York Historical Society.

*Pat Davidson Reef has a Master's in Education and has taught for 18 years at OLLI. She taught at Catherine McAuley High School for many years. She did her undergraduate work at Emerson College in Boston, majoring in English. She writes book reviews for the Biddeford Journal Tribune and has written two children's books, Dahlov Ipcar, Artist, and Bernard Langlais Revisited.*

### International Auteur Cinema 25: Merchant-Ivory-Jhabvala Juris Ubans

This course will examine a sampling of the many films made by the Merchant Ivory Productions film company, from an aesthetic point of view. The primary focus will be on the films, with some lecture and discussion of related materials. The extended time period allows for discussion following each movie. **Suggested book:** *A Short History of the Movies*, Gerald Mast, ISBN 9780205755578 (copy available in the OLLI Library).

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

more WEDNESDAY AFTERNOON courses on next page

#### 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.**



# Wednesday Afternoon 12:45-2:45

## Psychology Looks at Songs of the '60s Mike Berkowitz

Sex, drugs, and rock and roll ... Anti-war protests and critiques of society. These were the fodder for the songs that not only sprang from the 1960s but even helped shape those turbulent times. And what were the psychological underpinnings of the spirit of the times? **In this repeat course**, we will use psychology mini-lectures and video clips to promote discussions of the songs of the '60s and to look at parallels in today's world.

*Mike Berkowitz taught in day-care centers, fifth grade, special education, and two colleges before finding his niche at OLLI. He enjoys using Psychology and videos to help stimulate discussion about the world today.*

## Black History of Maine Bob Greene

Considered one of the whitest states in America, Maine has a long history of Black folks. The first known Black in what is now Maine was Matheu da Costa, who was in the state more than a decade before the Pilgrims set foot on Plymouth Rock. **Suggested book:** *Maine's Visible Black History*, Gerald Talbot and H.H. Price, ISBN 9780884482758. **This is a repeat course.**

*A Portland native, Bob Greene is a retired journalist, genealogist and historian. During his 36 years with The Associated Press, Bob covered the Rev. Dr. Martin Luther King Jr's funeral, riots, plane crashes, and floods on the Mississippi River. In 1980, he was named The AP Tennis Writer, a post that saw him travel to Europe, Africa, and China.*

## Fabric and Fiber Jewelry Making Barbara Rich

Using small pieces of gorgeous fabric and various fibers, we will learn to make earrings, necklaces, pins, bracelets, small bags, and no-knit scarves. Many unusual items can be used for jewelry embellishment: leather, driftwood, beads, old hardware, shells, buttons, old costume jewelry, and found objects. Your choices will determine the price of materials, but the instructor will encourage you to recycle, reinvent, and recover in order to become a "green" maker and will donate some of the materials. All skill levels are welcome, and the instructor will teach techniques as we go. **This is a repeat class.**

*Barbara Rich was a tenured faculty member in the School of Social Work at USM for 40+ years and is currently a Professor Emerita.*

*She is an avid crafter, has taught jewelry making courses, owns two shops on etsy.com, and is a Red Cross volunteer.*

## Making Sense of Antisemitism: Past, Present, Future Howard Solomon

To make sense of contemporary antisemitism, we will examine it within a broad historical context. What is antisemitism, and what does it have to do with the history of religion, capitalism, nationalism, and imperialism? How does antisemitism today differ from its classical/medieval/19th- and 20th-century antecedents? How does contemporary antisemitism intersect with the history of racism, sexism, and homophobia? And where do media, politics, and conspiracy theories fit? The course will be lecture-focused, but there will be plenty of opportunity for discussion. **Required book:** *Antisemitism, Here and Now*, Deborah Lipstadt, ISBN 9780805243376, USM price \$25.95.

*Howard Solomon taught European History at Tufts University from 1971 to 2004, before becoming Scholar in Residence at USM's Sampson Center for Diversity. For his teaching and activism on LGBTQ issues, he received Equality Maine's Lifetime Achievement Award, as well as the Sampson Center's Catalyst for Change Award.*



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

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

STUDENT PRIVILEGES



# Thursday Morning 9:30-11:30

## Calligraphy Sabine de Canisy

Two Greek words: *kallos* = beauty, *graphein* = write. Today, calligraphy is still used in the art of Middle and Far East countries and, in the Western world, in high-level documents, and formal invitations and announcements. Let's review this semi-lost art. We will study italic and nuncial minuscules, italic and roman majuscules, numbers, and art flourishes. We will reach neatness, precision, and elegance. **Required materials:** Schaeffer calligraphy sets (pens and nibs – broad, medium, fine); fountain pen with cartridges; drawing paper (or simply paper, pens, nibs and ink).

*Painting has been a part of life for Sabine de Canisy from the age of 6. She studied Chinese painting while living in the Far East, first in Bangkok, then four years in Manila, followed by seven years in Taipei. Since coming to the U.S. she has taught seascape painting in Oregon while continuing to paint for herself and her friends.*

## Depression Obsession Impressions Cammy Moraros

Why in the world would anyone want to sign up for a course that's going to focus on depression? Good question, and it's one that the instructor hopes to be able to answer with participants' help. Depression Obsession Impressions is an interactive, group experience based on a format similar to the television game *Jeopardy*. Past participants have commented that this is a "fun," informative," and "educational" experience, and "the way the game approaches the topic of depression is light, open, and non-threatening."

*Cammy Moraros has a Master's in Education, holds a Graduate Certificate of Gerontology and is a Licensed Social Worker. Over the years, she has worked with elders in numerous counties in Maine. She has enjoyed her adult learning opportunities and is passionate about providing others with the opportunity to receive new information, revisit familiar information, or be reminded of forgotten information in a relaxed (and maybe even fun) format!*

## The Life of King Henry VIII: The Last of Shakespeare's History Plays Chris Queally

Critics believe *Henry VIII* was a collaboration between Shakespeare and his successor at the Globe, John Fletcher. It may have been Shakespeare's last play and was certainly the last in the *First Folio of 1623*. Henry's first wife, Katherine of Aragon, defends her marriage, but in the end it is Archbishop Cranmer who gives one of Shakespeare's greatest speeches in

honor of Queen Elizabeth's infancy as he predicts her great achievements. No historical or Shakespearian experience necessary to enjoy this dramatic entertainment. **Required books:** *King John and Henry VIII*, William Shakespeare, ISBN 978 0451529237, USM price \$5.95 (or any text of *Henry VIII*); *King Henry VIII* (Arden Shakespeare: Third Series) edited by Gordon McMullan, ISBN 9781904271086, USM price \$12.95.

*Chris Queally has a MA in Shakespeare Studies, Text and Performance, from The Shakespeare Institute in Stratford-upon-Avon. He retired as English Chair from Thornton Academy, and directed theater there for many years.*

## Having Difficult Conversations Catherine Ruby, Anne Cass

Have you ever ducked a difficult conversation? Ever wished you could just dive in? Diving into challenging conversations is much easier with skill building and planning. **In this repeat course**, we will identify our strengths and challenges, learn new skills, and practice for difficult conversations. Discussion will arise from the shared experiences of the group. Our goal is to learn and practice skills to plan for difficult conversations, all in a supportive environment. **Note:** this is not therapy. No book is required.

*Anne Cass served 43 years in education, with a background in administration in both public and independent schools. Catherine Ruby has spent her career as a leader, coach, and consultant in both educational and corporate environments. They are experienced facilitators who believe in building strong relationships through clear communication, trust, and honesty.*

## OLLI Goes to the Movies: Some Recent Indie Films John Serrage

I have always hesitated to show more recent Indie films, because the Nickelodeon sometimes shows them briefly, and I know that some members of the class are big cinema goers. I have prepared eight films, and for this six-week class, we can vote on the six seen by the fewest people. We'll consider films from South Korea, China, Russia, India, Palestine, the UK, and the U.S.

*John Serrage is a retired Pediatrician, Neonatologist, and Archaeologist, and has volunteered with Greater Portland Landmarks and PORTopera and as a church organist.*

more THURSDAY MORNING courses on next page



# Thursday Morning 9:45-11:15

## World Dance Sampler: Travel the World through Dance Kathleen Carroll

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

non-street, smooth-soled shoes. **This 90-minute, repeat class meets at Portland New Church (302 Stevens Avenue, Portland), to access their joint-forgiving wooden floor. An additional \$20 fee for floor rental will be paid to instructor.**

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



# Thursday Afternoon 12:30-3:00

## Selected Films of Meryl Streep and Jack Nicholson: A Film/Discussion Course Paul Manoff

Streep and Nicholson loom as two of the most gifted actors of their — and arguably of any — generation. This class will feature some of their best roles as well as those less well known. (They star together in two of the six films.) We will investigate those aspects that set apart "good" actors versus those who are "spectacular" and therefore the best among their competitors. The tentatively scheduled films contain a few highly emotionally charged scenes, so students should be forewarned: *Five Easy Pieces* (1970), *Chinatown* (1974), *Sophie's Choice* (1982), *Silkwood* (1983), *Ironweed* (1987), *Heartburn* (1986).

*Paul Manoff attended his first film class in 1972 and has been a cinematic addict ever since. He popped corn and collected tickets at a local art cinema in 1975. Most recent cinematic injections include both American and international films screened in a handful of OLLI classes.*



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

ENROLLMENT

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

CLASSES / TUITION

- Winter classes are held once a week, Tuesday through Thursday. The term runs for six weeks, from Jan. 7 through Feb. 13.
- 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 winter workshops on Fridays (see pages 14-15).
- **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.**
- **There is a charge for parking in the USM garage. Parking costs \$2 per hour, but OLLI members can also purchase a \$25 hangtag, good for a year's parking.**
- 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.



# Thursday Afternoon 12:45-2:45

## Forever Young: The Zen of Aging Tim Baehr

In this repeat class, we will explore the basics of Soto Zen Buddhism and how Zen may relate to our past, present, and future. Zen and Zen meditation can give insights into our life experience and our long trudge toward wisdom. We will discuss the concept of the self, healthy and unhealthy attachments, the nature of time and place, and what reality is really about. Each class will include a short period of meditation. **Required book:** *Practical Zen*, Tim Baehr; available for \$5 from the instructor.

*Tim Baehr has been studying and practicing Zen Buddhism for over a dozen years and has taught variations of this course several times.*

## The Mystery of Relationships Joan Chadbourne

Connected relationships with self, intimate partners, the divine, family, etc. are one way to thrive in these chaotic times. That's what experts tell us. Why are relationships so difficult? What is the bond that ties? How can we gain more satisfaction from them? What does consciousness have to do with it? We'll explore the best minds' thoughts on the spiritual, energetic, biological, emotional, and social aspects of connecting. Join if you want to enhance or mend present relationships or open yourself to new ones. **Suggested book:** *The Honeymoon Effect*, Bruce Lipton, PhD, ISBN 9781401923860.

*Joan Chadbourne EdD, coach, conversation facilitator, was a member of the "I don't belong" club until she focused on understanding relationships. At 72, she met the love of her life, and that learning took a quantum leap. Enhancing relationships is her life mission. She is co-author of Healing Conversations Now: Enhancing Relationships.*

## Words and Music Lorraine Masure

While it is the music that provides inspiration to film, stage, and other related media, it is the words or lyrics that animate and support the story being told. Students in this course will enjoy listening to selected musical excerpts from movies, musicals, etc. and then discussing the meaning (or the composer's intended meaning) of the embedded lyrics. Examples of deliberation include



language that is poignant, powerful, inspirational, motivational, spiritual, and even comical!

*Lorraine Dutile Masure has led senior college courses ("Broadway Musicals," "Ethics," and others) across four academic venues during the past eight years. She continues to delight in connecting with students and presenting the alluring subject matter.*

## The Rights of Native Peoples Steven Piker

European settlers in the Americas decimated and dispossessed Native peoples and eviscerated their traditional lifeways — a vast and irreversible tragedy. Yet surviving Natives continued to fashion lifeways, grounded in part in their traditions, which enabled endurance, if usually beset with cruel adversity. This course asks, for Natives and settlers sharing a tortured history and now citizens of one nation: What is desirable? What is possible? We will consider two in-depth case studies, one tragic and one hopeful. Natives and settlers intermix in both. **Suggested books:** *Rez Life — An Indian's Journey through Reservation Life*, David Treuer, ISBN 9780802120823; *A Poison Stronger Than Love: The Destruction of an Ojibway Community*, Anastasia M. Shkyl'nik, ISBN 9780300033250.

*Steve Piker is an anthropologist who did field work in Thailand and with religious conversion in the U.S. He spent 44 years at Swarthmore College and has offered several courses at three senior colleges.*

## To Infinity and Beyond! Stephen Schiffman

Join us as we explore numbers: interesting numbers, big numbers, and really big numbers. Eventually we'll get to infinity and even bigger! We may even dare to touch on some philosophy. All are a testament to humans' capacity for intellectual creativity. We use videos and discussion to propel ideas. No math prerequisite — only the ability to add 1 to any number! Guaranteed to take your mind off mundane numbers like your age, the deficit, and getting to 538 (electoral votes).

*Stephen Schiffman received a PhD in Mathematics from Dartmouth College in 1974. Although his career wandered into other areas of business and higher education, he has always maintained a love for the beauty of math.*





# WINTER WORKSHOPS

Friday, Jan. 24, 9:30 a.m.-3:30 p.m. \$25

## Goddesses at Play in the Age of Patriarchy: A Workshop for All

Leah Chyten

Every age and culture recognizes and venerates the Goddess in Her many forms and faces. She embodies gifts of wisdom, compassion, power, healing, fecundity, regeneration, and earth knowledge. In a time when the patriarchy is reasserting its dominance, Her presence is sorely needed. Through the use of lecture, personal inquiry, and visualization, we will invite a few of the Goddesses to re-emerge and play in our lives.

*Leah Chyten is a psychotherapist, spiritual teacher, and novelist. As a teacher of the Diamond Approach, a contemporary spiritual path, she leads groups in various East Coast locations.*

Friday, Jan. 24, 9:30 a.m.-3:30 p.m. \$25

## Making Paste Paper

Dianne Sinclair

Paste paper is hand-decorated paper that anyone can enjoy creating. It is made by coating ordinary paper with a thin colored paste and patterning it with brushes and a variety of tools. Once dried, the paper can be used for books, envelopes, jewelry, origami boxes, and as a foundation for painting and collage. It is a very simple process and suitable for all ages. **This repeat workshop** will be relaxed, collaborative, and at your own pace. It is suitable for those with experience making paste paper, those with no art experience since grade school, and all in between.

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

Friday, Jan. 24, 9:30 a.m.-3:30 p.m. \$25

## International Auteur Cinema 26, Part 3 Juris Ubans

This series of three films on the ARTS is intended to cover **visual**, **musical**, and **movement** arts. The primary focus will be on the films, with some lecture and discussion of related material.

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

Friday, Jan. 24, 31 & Feb. 7, 9:30-11:30 a.m. \$25

## HamSphere: An Authentic Ham Radio Simulation

Walter Allan

Are you interested in shortwave radio? Does the magic of electromagnetic waves coursing through space and allowing communication across continents intrigue you? Unfortunately, radio equipment is expensive, and learning to use a transceiver and antennas has a steep curve. This three-day workshop will short-circuit the learning curve and expense through the use of HamSphere 3.0 — freely downloadable for Android and IOS. We will use the app in and out of the classroom, making worldwide contacts. This workshop is a companion to the course *Electricity, Magnetism, the Electromagnetic Field, and Radio*.

*Walt Allan, a retired neurologist, has taught other science-focused classes at OLLI. He has an amateur radio license and an interest in the physics of electromagnetic radiation and electric circuits: <https://sites.google.com/site/waveswedonotsee/home>*



### REFUND POLICY

- You will receive a **100 percent refund for classes dropped by Jan. 17, the end of the second week of winter classes. NO REFUNDS AFTER THAT POINT.** No refunds are given for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, call the OLLI office at 780-4406.
- If OLLI cancels a class due to low enrollment, you will be notified and offered the option of a refund or an alternate course.

Friday, Jan. 24, 31 & Feb. 7, 9:30-11:30 a.m. \$25

### **Mass Shootings: What Causes Them and How To Reduce Them** Mike Berkowitz

Let's tackle this tough problem of our times. In the first meeting, we will look at types of mass shootings and the psychological explanations of aggression. In the second meeting, we'll look at the Second Amendment and the related political processes. Finally, we will look at prevention levels, the copycat effect, and what should be done.

*Mike Berkowitz taught in daycare centers, fifth grade, special education, and two colleges before finding his niche at OLLI. He enjoys using psychology and videos to help stimulate discussion about the world today.*

Friday, Jan. 31, 9:30-11:30 a.m. \$15

### **The Climate Crisis: A Slide Show and Discussion** Mark Lawrence

This spectacular slide show is a version of the one given by former Vice President Al Gore at the recent Climate Reality Conference in Minneapolis. It contains up-to-date information, photos, and video clips on the climate crisis from a global and national perspective. It has been modified to address climate issues in Maine. Most people agree that climate change is real and caused by human action but feel helpless. The primary goal of the presentation is to stimulate action. Attendees will be invited to provide a picture of a young friend who is likely to be alive in 2100.

*Mark Lawrence is a retired community college library director. He has read two dozen books on climate change and related topics in the last decade. He attended both the Climate Reality Leadership training and the Gulf of Maine International Symposium in 2019.*

### **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 canceled. Canceled classes are typically made up the week after classes end.

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

Friday, Jan. 31, 9:30-11:30 a.m. \$15

### **Writing an Ethical Will** Jay Sherwin

Writing an ethical will is a rewarding experience and creates an enduring gift for children, grandchildren, and other loved ones. In this workshop, participants will learn how to write their own ethical will. Following a discussion, the instructor will offer a set of brief exercises to help students explore their values and capture important lessons and insights from their lives. They will be given the information and tools they need to draft and complete an ethical will or similar legacy document that can be shared with family and friends and preserved for future generations. **Suggested book:** *Your Legacy Matters*, Rachael Freed, ISBN 9780981745053.

*Jay Sherwin created the Life Reflections Project to educate people about ethical wills and other legacy documents. He has practiced law, given away money for five different charitable foundations, worked as a philanthropy consultant, and served as a hospital chaplain. He has extensive experience teaching and facilitating adult learning programs.*

Friday, Feb. 7, 9:30-11:30 a.m. \$15

### **Introduction to Selling on Etsy** Barbara Rich

Have you ever considered selling on the Etsy site? Etsy is a unique marketplace for handmade items, vintage goods, and craft supplies. The instructor operates two shops on Etsy and will help you consider the pros and cons of becoming an Etsy seller. What would you sell? Can you actually make money? How much time and energy does it take? How do you open a shop? What if you don't know anything about business? How much does it cost? Could you just sell the stuff in your house? Bring your questions, and we will talk about it.

*Barbara Rich was a tenured faculty member in the School of Social Work at USM for 40+ years and is currently a Professor Emerita. She is an avid crafter, has taught jewelry-making courses, owns two shops on etsy.com, and is a Red Cross volunteer.*

### **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>.



# Course Registration — WINTER 2020

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

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

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

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

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

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

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

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

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

**OFFICE USE ONLY**

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

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

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

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

ENROLL (Init.): \_\_\_\_\_

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

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

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

\_\_\_\_\_ USM parking hangtag (\$25, good Sept. 1-Aug. 31)

\_\_\_\_\_ 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 Dec. 4.

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 (plus membership and parking, 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**, and **parking hangtags are \$25 a year**. OLLI scholarships are available; see details on p. 2.

Questions? Call OLLI at 780-4406.

## REFUNDS

Full refund for classes dropped by **Jan. 17. NO REFUNDS AFTER THAT POINT.**

You will be refunded for any classes OLLI cancels.



# Contact Information OLLI at USM Office

● **Phone:** 780-4406

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

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

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



# Special Interest Groups at OLLI

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

● **Arts and Crafts:** Try your hand at a new skill. Each month, a member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Marcia Taylor at [mtaylor1@maine.rr.com](mailto:mtaylor1@maine.rr.com) for more information.

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

● **Book Club:** Members meet monthly to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Karen Day at [kday0718@gmail.com](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, which meets weekly. 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 each month. Works include social, political, economic and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at [susangesing@gmail.com](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

weekly 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 twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at [cfeling@gmail.com](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 in Portland to carpool for walks in Portland and south and meet at Exit 17 in Yarmouth for walks north of Portland. 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.

● **Recorder Ensemble:** In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues. Contact Karen Luse at [luse.karen@gmail.com](mailto:luse.karen@gmail.com) for more information.

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