



# CLASS SCHEDULE

# Winter 2021

JANUARY 12 TO FEBRUARY 19





# 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 ([maineseniorcollege.org](http://maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([osher.net](http://osher.net)) is located at Northwestern University in Chicago. Currently, there are 124 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. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

## SCHOLARSHIPS

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events. You can access the scholarship application by visiting the OLLI website: [usm.maine.edu/olli/olli-scholarships](http://usm.maine.edu/olli/olli-scholarships).

**Please complete the webform application, or download and complete the PDF application.**

**NOTE: It is not possible to register for courses online with a scholarship. Please email your registration form and scholarship request to OLLI at our general email address: [olliatusm@maine.edu](mailto:olliatusm@maine.edu) BEFORE registration day to ensure timely enrollment in your class.**

Scholarships, gift certificates, free memberships, or other waivers will be accepted after online registration opens, but classes and workshop may be filled, so please turn them in as soon as possible.

If you have any questions, please email [olliatusm@maine.edu](mailto:olliatusm@maine.edu), and we will contact you as soon as we can.

## 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)

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780-4128; [acardale@maine.edu](mailto:acardale@maine.edu)

## FOR MORE INFORMATION

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

## OLLI ADVISORY BOARD 2020-21

- Susan Jennings, Chair
- Steve Schiffman, Vice Chair
- Peter Curry, Secretary
- Anne Cass and Karen Day, Membership and Administration Committee
- Gael McKibben and Elizabeth Housewright, Social Relations Committee
- Paul Doherty, SAGE Chair
- Walter Allan and Betsy Wiley, Teaching and Learning Committee
- Star Pelsue, External Relations Committee
- Penny Davis-Dublin
- Matt Goldfarb
- Bob Greene
- Georgia Koch
- David Morton
- 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: [usm.maine.edu/olli](http://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: [enrole.com/usmmaine/jsp/index.jsp?categoryId=10025](http://enrole.com/usmmaine/jsp/index.jsp?categoryId=10025). 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 (scholarship, gift certificate), contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu). **At this point, we cannot accept checks or cash.**

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

## TIPS FOR SMOOTH ONLINE REGISTRATION

- Try logging into the online registration system a few business days prior to December 2 just to be sure you can. Sign in with your email and password. If you run into a problem, email Rob Hyssong at [robert.hyssong@maine.edu](mailto:robert.hyssong@maine.edu). If you can’t remember your password, try OLLI123.
- When you are ready to register (after midnight Wednesday morning), sign in first, then look for classes.
- You must be a current 2020-2021 member in order

to take winter classes. Your membership is current if you have taken a summer/fall class or participated in an OLLI event since last spring, so **do not** add your 2020-21 membership to the cart.

- When you find the course you want to register for, click on the DATE below the title (not on the title itself) and then scroll down to find the “Add to the Cart” button.
- Visit OLLI Online Registration Assistance for more tips.

## IMPORTANT WINTER TERM DATES & TIMELINE

**December 2** Online registration for OLLI winter courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m.

**NOTE:** Students with scholarships, gift certificates, free memberships, or other waivers must contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) **by December 2** so staff can process them promptly. Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted after December 2, but classes and workshops may be filled, so please turn them in as soon as possible.

**December 14** Course/workshop offerings open to the Maine Senior College Network. Please contact us at [olliatusm@maine.edu](mailto:olliatusm@maine.edu) and leave your name and phone number plus the course you are interested in. We will contact you to enroll.

**December 24, 25, January 1** Staff holidays

**January 12** OLLI Winter term classes start

**January 18** Staff holiday

**January 21** Deadline to receive refund on dropped classes

**February 15** Staff holiday

**February 19** OLLI Winter term ends

**February 23-25** OLLI Winter term makeup week

### CLASS LOCATIONS

There will be no face-to-face classes at OLLI for winter 2021. Most classes will be taught via distance learning, often using Zoom. Not familiar with Zoom? We will offer training sessions for all participants who want or need it.



# COURSES SCHEDULE-AT-A-GLANCE

## TUESDAY AFTERNOON

12:45 - 2:45

See pages 6 - 7

### Female Crime Writers of Color

Richard Cass

### Drawing with Pencils

Vicki Fox

### Guided Autobiography

Katie Murphy

### Understanding Financial and Investing

Laongdao "Tak"  
Suppasettawat

### Arab Spring at Ten Years: Summer or Autumn?

Kathleen Sutherland

## TUESDAY AFTERNOON

1:00 - 3:00

(BEGINS JANUARY 5TH)

See page 7

### Ages of Plagues

Margaret Creighton,  
Rob Smith

## WEDNESDAY MORNING

9:30 - 11:30

See pages 7 - 8

### The Sixties: through the Great Speeches of the Sixties

Arthur Benedict

### A Geriatric Primer

Ari Berman

### The First 4,998,223 Years (Give or Take)

Alicia Harding

### What is Classical in Classical Art?: A View of the Nature of Classical Art Through the Ages

Nathaniel Larrabee

### Comedy: From Chaplain to Carlin

DeWayn Marzagalli

### Discuss Cosmos: Possible Worlds

William Rhodes

## WEDNESDAY AFTERNOON

12:45 - 2:45

See pages 8 - 9

### What's So Funny About Zen?

Tim Baehr

### Murder at University

Margaret Creighton,  
Susan Ransom

### The Goodness Paradox

Paul Doherty,  
Steven Piker

### History of Hawaii and Music Associated With the Islands

Terry Foster

### A Good Yarn: The History, Art, and Joy of Knitting in Maine

Helen Pelletier

### Great Detective Movies

Edward Solano

## THURSDAY MORNING

9:30 - 11:30

See pages 10 - 11

### Meaningful Conversations

Joan Chadbourne

### Case Studies of Life Between Lives

Stephen Kercel

### Remembering the '40s

Lorraine Masure

### Metaphors of Consciousness

David Morton

### Titus Andronicus: Shakespeare's First Tragedy

Chris Queally

### Why Do Russians Like Putin?

Susan Welsh

**ONLINE REGISTRATION INFORMATION FOR CLASSES & WORKSHOPS: SEE PAGES 2 AND 14**

## THURSDAY AFTERNOON

12:45 - 2:45

See pages 11 - 12

### What the World Needs Now

Mike Berkowitz

### Improving Beginner Bridge Skills II

Don Bouwens,  
Bonnie Harradon

### Cultivating Compassion

Joan Elizabeth

### Six Easy Pieces

Hal Scheintaub

### FUN: It Does a Body Good

Doni Tamblyn

## REGISTERING WITH A WAIVER?

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at [olliatism@maine.edu](mailto:olliatism@maine.edu) before Dec. 2 for timely processing. Waivers will be accepted after that deadline but will be processed at the same time online registration is underway, which lowers your chances of getting the class you want.



# WORKSHOPS SCHEDULE-AT-A-GLANCE

FRIDAY, JANUARY 22

9:30 - 11:30

See page 12

### The Science of Happiness

Heather Edgerly



FRIDAY, JANUARY 29

9:30 - 11:30

See pages 12 - 13

### The Cliffhangers: Volume 5 - Western Heroes (Part 1)

DeWayn Marzagalli

### Whither the Palestinians in the Wake of Middle Eastern Realignments

Kathleen Sutherland

FRIDAY, FEBRUARY 5

9:30 - 11:30

See page 13

### How to Run a Zoom Meeting of Your Friends and Family

Mike Berkowitz

### Voice-Overs . . . Now is Your Time!

Robin Brooke

FRIDAY, JANUARY 22, JANUARY 29 AND FEBRUARY 5

9:30 - 11:30

See page 13

### A Pandemic Pilgrimage: Calling Forth Our Truth

Barb Bodengraven and  
Charlene Vincent

### W.B. Yeats: A Dominant Force in Ireland's Literary Revival

Robert McCue



# COURSE/WORKSHOP LIST BY INSTRUCTOR

Instructor	Title	Day/Date	Time	Page
Baehr, Tim	What's So Funny About Zen?	W	PM	8
Benedict, Arthur	The Sixties: through the Great Speeches of the Sixties	W	AM	7
Berkowitz, Mike	What the World Needs Now	Th	PM	11
Berkowitz, Mike	How to Run a Zoom Meeting of Your Friends and Family	Feb. 5	AM	13
Berman, Ari	A Geriatric Primer	W	AM	7
Brooke, Robin	Voice-Overs . . . Now is Your Time!	Feb. 5	AM	13
Bodengraven, Barb	A Pandemic Pilgrimage: Calling Forth Our Truth	Jan. 22, 29, Feb. 5	AM	13
Bouwens, Don	Improving Beginner Bridge Skills II	Th	PM	11
Cass, Richard	Female Crime Writers of Color	T	PM	6
Chadbourne, Joan	Meaningful Conversations	Th	AM	10
Creighton, Margaret	Ages of Plagues	T	PM	7
Creighton, Margaret	Murder at University	W	PM	8
Doherty, Paul	The Goodness Paradox	W	PM	9
Edgerly, Heather	The Science of Happiness	Jan. 22	AM	12
Elizabeth, Joan	Cultivating Compassion	Th	PM	11
Foster, Terry	History of Hawaii and Music Associated With the Islands	W	PM	9
Fox, Vicki	Drawing with Pencils	T	PM	6
Harding, Alicia	The First 4,998,223 Years (Give or Take)	W	AM	7
Harradon, Bonnie	Improving Beginner Bridge Skills II	Th	PM	11
Kercel, Stephen	Case Studies of Life Between Lives	Th	AM	10
Larrabee, Nathaniel	What is Classical in Classical Art?: . . . Classical Art Through the Ages	W	AM	8
Marzagalli, DeWayn	Comedy: From Chaplain to Carlin	W	AM	8
Marzagalli, Dewayn	The Cliffhangers: Volume 5 - Western Heroes (Part 1)	Jan. 29	AM	12
Masure, Lorraine	Remembering the '40s	Th	AM	10
McCue, Robert	W.B. Yeats: A Dominant Force in Ireland's Literary Revival	Jan. 22, 29, Feb. 5	AM	13
Morton, David	Metaphors of Consciousness	Th	AM	10
Murphy, Katie	Guided Autobiography	T	PM	6
Ransom, Susan	Murder at University	W	PM	8
Rhodes, William	Discuss Cosmos: Possible World	W	AM	8
Pelletier, Helen	A Good Yarn: The History, Art, and Joy of Knitting in Maine	W	PM	9
Piker, Steven	The Goodness Paradox	W	PM	9
Queally, Chris	<i>Titus Andronicus</i> : Shakespeare's First Tragedy	Th	AM	11
Scheintaub, Hal	Six Easy Pieces	Th	PM	12
Smith, Rob	Ages of Plagues	T	PM	7
Solano, Edward	Great Detective Movies	W	PM	9
Suppasettawat, Laongdao "Tak"	Understanding Financial and Investing	T	PM	6
Sutherland, Kathleen	Arab Spring at Ten Years: Summer or Autumn?	T	PM	7
Sutherland, Kathleen	Whither the Palestinians in the Wake of Middle Eastern Realignments	Jan. 29	AM	12
Tamblyn, Doni	FUN: It Does a Body Good	Th	PM	12
Vincent, Charlene	A Pandemic Pilgrimage: Calling Forth Our Truth	Jan. 22, 29, Feb. 5	AM	13
Welsh, Susan	Why Do Russians Like Putin?	Th	AM	11



# TUESDAY AFTERNOON 12:45 – 2:45

## Female Crime Writers of Color Richard Cass

Writers of color are underrepresented in the minds of crime fiction fans, and female writers of color, even more so. We will read six books by female crime writers of color, three from the past and three contemporaries, discuss the writers' biographies and backgrounds, and try to place the books' and characters' experience in the context of what we know of the times and culture. Required Books: *No Time to Die*, Grace Edwards, ISBN 9780553579567, USM \$7.99; *Blanche Among the Talented Tenth*, Barbara Neely, available on Kindle; *Windy City Dying*, Eleanor Taylor Bland, ISBN 9780312320485, USM \$22.99; *Murder in G Major*, Alexia Gordon, ISBN 9781635110579, USM \$15.99; *Bluebird*, Attica Locke, ISBN 9780316363273, USM \$16.99; *Land of Shadows*, Rachel Howzell Hall, ISBN 9780765336378, USM \$18.99.

*Richard Cass graduated from Colby College in Maine and earned an MA in Writing from the University of New Hampshire. His short fiction has won prizes from Redbook, Writers' Digest, and Playboy. He's published five crime fiction novels and a book of short stories called Gleam of Bone.*

## Drawing with Pencils Vicki Fox

Draw using pencils from 6H to 6B or hard to soft leads. We will create our subject matter from items we have on hand at home and draw that, exploring various techniques to create a beautiful monochromatic image. Think of Leonard DaVinci and Andrew Wyeth. We will cover shading and hard lines, texture, and highlights. This class is a great opportunity to study form and structure to incorporate into your paintings and end up with a controlled, contemplative image. Or how to use the black and white medium. **Material List:** 6H to 6B pencils — 1 of each, kneaded eraser, paper — hot press and/or cold press. STAEDTLER Mars plastic eraser.

*Vicki Fox is a multi-media artist originally from Philadelphia, where she attended Philadelphia College of Art, majoring in Illustration and Graphic Design. She changed her focus to Landscape Design, where she painted with plants all day.*

## Guided Autobiography Katie Murphy

Guided Autobiography (GAB) is fun, fascinating, and surprising. In **this 4 week, repeat course**, we introduce life themes and ask priming questions. Memories of

events emerge, and we write in response. You'll get some writing tips, but it's not a creative writing class — it's about revisiting and responding to episodes in your life. GAB will give you a new passion for "getting it down"!

*Katie Murphy of Univoice History has been a personal historian for twenty years, helping clients record and preserve their family stories and histories. She is an editor, designer, and author of International Adoption: Sensitive Advice for Prospective Parents. She trained as an instructor with the Birren Center for Autobiographical Studies.*

## Understanding Financial and Investing Laongdao "Tak" Suppasattawat

This course is suitable for individuals who want to learn basic personal finance and investing in a neutral environment. Students will learn how to be in control of their finance lives, whether they choose to do it themselves or work with advisors. Through case studies and presentations, students will learn; how to create a personal financial plan, the benefits of financial planning, fundamentals of investing, investment instruments, investment costs and fees, how to read statements and performance reports, and what questions to ask current or future advisors. Basic estate planning and tax-efficient investing will also be covered.

*Laongdao "Tak" Suppasattawat CFP®, CPA is the president and founder of TAK Advisory LLC, a licensed Register Investment Advisor (RIA). Tak provides fiduciary financial planning and investment advice to individuals, trusts, and estates. Working with Tak, clients receive objective and impartial financial advice that truly serves their best interests.*



### ENROLLMENT

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

- All OLLI at USM classes must have a **minimum of 6 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.

## Arab Spring at Ten Years: Summer or Autumn?

Kathleen Sutherland

January 2021 marks the tenth anniversary of the Arab Spring uprisings in five major Arab countries. Have the nations moved to Summer or Winter in political change? The change process has varied from civil war, return to the old authoritarian order, substantial reform within the authoritarian regime, to minimum change of the established order. All five regimes struggle

with the conflict between religion and secularism in the state ethos. What forces account for the different paths taken, and what are the prospects for peaceful development in these countries?

*Kathleen Sutherland is an Associate Professor of Political Science and Women's Studies Emerita at BGSU in Ohio. Born and raised in Egypt, she specialized in Middle Eastern Studies. She taught at the American University in Cairo, and was a Fulbright Scholar in Morocco. She has taught courses at OLLI since 2005.*



## TUESDAY AFTERNOON 1:00 – 3:00 (BEGINS JANUARY 5)

### Ages of Plagues

Margaret Creighton and Rob Smith

**This remote, 5 week course** draws on the recent and not-so-recent past to examine literary responses to plagues. Participants engage in discussions of pandemic accounts and films while also generating their own stories of 2020. There are no prerequisites — just a willingness to share and support creative work and

a desire to better understand this fraught, historic moment in time.

*Margaret Creighton has taught history at Bates College for several decades, and has written several books about momentous events in American life.*

*Rob Smith is the director of Infectious Diseases at Maine Medical Center and Professor of Medicine at Tufts University.*



## WEDNESDAY MORNING 9:30 – 11:30

### The Sixties: through the Great Speeches of the Sixties

Arthur Benedict

There are probably as many different interpretations of the '60s as there are people who lived through them. It was a time of peace and love, but also war and riots, a time of turbulence, but also accomplishment. But it was also a time — perhaps the last time in the modern era — when people listened to and felt moved by great oratory. In this **repeat course**, we will re-visit and re-examine this seminal decade by watching or listening to some of the most important speeches of that time. Speeches that didn't just make history, but changed history.

*Buck Benedict taught public speaking and speechwriting at the University of Pennsylvania for 16 years. Prior to that, he was a speechwriter and consultant on public speaking. He lives on Peaks Island.*

*population. He was born in Portland, ME, and after attending medical school and residency in Boston, he is thrilled to be living, working, and raising his family in Southern Maine.*

### The First 4,998,223 Years (Give or Take) Alicia Harding

We begin with the first humans or almost human beings to walk the earth and continue to a series of firsts: cities, empires, iron weapons, etc. Then we end with the 12th century B.C.E. collapse of civilization and its consequences.

*Alicia is an instructor at SMCC. She has a master's degree in European Intellectual History, has attended workshops at the Metropolitan Museum of Art, and has twice been a recipient of National Endowment for the Humanities grants for advanced study.*

more WEDNESDAY MORNING courses on next page

### A Geriatric Primer

Ari Berman

Learn about healthy aging and common medical issues that occur in the geriatric population.

*Dr. Ari Berman is a full-time practicing physician whose clinical interest includes the rehabilitative and palliative care of the geriatric*

REFUND  
POLICY

You will receive a **100 percent refund for classes dropped by January 21, the end of the second week of winter classes. NO REFUNDS WILL BE MADE AFTER THAT POINT.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, send an e-mail to [olliatasm@maine.edu](mailto:olliatasm@maine.edu) or call Rob at 228-8336.

## What is Classical in Classical Art?: A View of the Nature of Classical Art Through the Ages Nathaniel Larrabee

Nineteenth-century art historians viewed Classical Art beginning in Greece and spreading throughout the rest of the Western World through the High Renaissance as a purely Western phenomenon. Little was said of other world cultures until the advent of 20th Century Modernism, bringing a redefinition of Classicism. This course will examine commonalities and differences of a selection of Classical Movements in Fine Arts over time involving many races, ethnicities, and religious viewpoints from across our planet, which have given shape to the arts of today, broadening previous parochial visions of art. All are welcome in this “Shared Inquiry Course.”

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

## Comedy: From Chaplain to Carlin DeWayn Marzagalli

We will watch excerpts of great comedy from Charlie Chaplain on the silver screen to George Carlin on television and almost everything in between. We'll cover Keaton, W.C. Fields, Laurel & Hardy, Abbott & Costello in the movies and Sid Caesar, Woody Allen, Rodney Dangerfield, Jonathan Winters, et al. on TV. No book is

required, and the only thing you have to bring to class is your funny bone. **This course is a repeat** for those who may have missed it in 2019, or those who don't mind hearing the same joke twice, especially since you will be sitting at home warm while the snow is flying outside.

*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.*

## Discuss Cosmos: Possible Worlds William Rhodes

In this course, we will watch and discuss episodes 8-13 of Cosmos: Possible Worlds, with host Neil De Grasse Tyson. The series covers a wide range of science, philosophy, and history. Each week, we will watch one episode (streaming, rental, or purchase). Then meet by Zoom for questions, comments, and discussion. No scientific background is required. Continuation of Fall 2020 course (episodes 1-7), but you need not have taken that course. Recordings of fall discussions are available at [cosmospossibleworlds2020.blogspot.com/p/discuss-cosmos-class-recordings.html](https://cosmospossibleworlds2020.blogspot.com/p/discuss-cosmos-class-recordings.html).

*Gale Rhodes has taught college chemistry, biochemistry, structural biology, interdisciplinary courses (“Science and ...”), and OLLI courses. Publications include biochemical research, interdisciplinary education, natural history, and how to “see” molecular structures. At his web site — One Culture ([oneculture-olli.blogspot.com](http://oneculture-olli.blogspot.com)) — he connects science with other knowledge.*

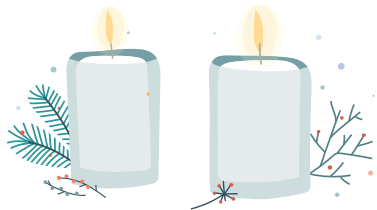


# WEDNESDAY AFTERNOON 12:45 – 2:45

## What's So Funny About Zen? Tim Baehr

Zen Buddhism can teach us about ourselves, about our perceptions, about the nature of reality. Humor can do those things too. In this course, we'll explore the basics of Zen, with a sprinkle of Zen humor (yes, that's really a thing). The course won't be a laugh riot, but we may gain some insights from the sometimes humorous way Zen looks at the world. **Suggested Book:** *Practical Zen*, Tim Baehr.

*Tim Baehr has practiced and taught Zen Buddhism as a layperson for about 20 years.*



## Murder at University Margaret Creighton and Susan Ransom

Examination of four British and American classic murder mysteries from the 1930s through the 1980s. The discussion will include an analysis of the techniques of the detective story in the 20th century as well as observations of the historical and sociological attitudes conveyed by the texts. **Required Books:** *Gaudy Night*, Dorothy L. Sayers, ISBN 9780062196538, USM price \$16.99; *To Study a Long Silence*, V.C. Clinton-Baddeley, ISBN 9781906288198, USM price \$17.99; *The Moving Toyshop*, Edmund Crispin, ISBN 9781448216871, USM price \$16.

*Susan Ransom has been reading detective fiction since her teenage years, and is retired from a career in architectural marketing.*

*Margaret Creighton has not quite retired from teaching history at Bates College, where she specializes in American social and cultural history of the 19th century.*



## The Goodness Paradox

Paul Doherty and Steven Piker

The Paradox: the human career abounds with both heart-warming good and heart-wrenching brutality. This paradox is treated in depth by Christianity, with some attention to original sin and Evolution Science. Our course will juxtapose the two treatments: re, inter alia, THE BIG QUESTIONS, viz, What is Good? And how good might realistically come to loom larger and brutality come to loom small in human lifeways? **Suggested Books:** *The Goodness Paradox*, Richard Wrangham, ISBN 9781101970195, USM price \$17. *Original Sin: A Cultural History*, Alan Jacobs, ISBN 9780060872571, USM price \$15.99.

*Paul Doherty comes to OLLI with experience in music, broadcasting, and pastoral ministry. He enjoys spending much of his retirement teaching from that experience, as well as learning even more.*

*Steve Piker is an anthropologist. He spent 44 years at Swarthmore College and several years at three of Maine's senior colleges teaching several Native American courses. He did fieldwork in Thailand and on religious conversion in the U.S. He also worked with children of immigrant families in Portland.*

## History of Hawaii and Music Associated With the Islands

Terry Foster

This remote **repeat course** will trace the history of the islands of Hawaii. In addition, we'll explore traditional

### CLASSES AND COSTS

- Winter classes are held once a week, Tuesday through Thursday. The term runs for six weeks, from January 12 through February 19.
- 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 12-13).
- **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.**
- For news and updates on OLLI activities, read your *OLLI at USM Newsletter*, go to the OLLI at USM website ([usm.maine.edu/olli](http://usm.maine.edu/olli)), and check the literature racks in the main lobby and at the top of the stairs.

Hawaiian pop and folk music associated with Hawaiian culture. We'll learn via lecture, videos, live music, and discussion. Escape Maine vicariously this winter by delving into a study of a tropical place often referred to as a paradise. **Suggested Book:** *A Concise History of the Hawaiian Islands*, Phil Barnes, ISBN 9780912180700.

*Terry has been a musician since age 5. In his teen years, he became infatuated with the music of Hawaii. His highest academic degree is a doctorate in higher education. A retired USM administrator, he co-founded "Senior College," OLLI's predecessor, and has taught every year since the program began.*

## A Good Yarn: The History, Art, and Joy of Knitting in Maine

Helen Pelletier

This course will provide those who love to knit (or appreciate a handmade sweater) an introduction to farmers, dyers, designers, purveyors, and makers across the state who build on Maine's rich knitting history, taking it in exciting new directions. We will explore the traditions, production, design, and business of knitting in Maine, among other topics. Come prepared to listen, learn, share, and knit.

*Helen Pelletier has been knitting in Maine since the 8th grade. In addition to being a founding member of the Chenery Street Knitting Brigade, she works for the Maine Community College System.*

## Great Detective Movies

Edward Solano

Winter is coming. So let's curl up by the fire and plunge into cozy with some classic who-dun-its. We'll have some fun appreciating the choices made by the directors and writers of such films as *North by Northwest* (1959), *Laura* (1944), *The Maltese Falcon* (1941), *Primal Fear* (1996), plus *L.A. Confidential* (1997), *Chinatown* (1974), and wind up with — or round up — *The Usual Suspects* (1995). The stars will capture the culprits; we will capture the filming errors, plot the plot shifts, and sort out the false clues. Col. Mustard is invited.

*Former history teacher Ed Solano learned to appreciate 'the human comedy' and the joy of living vicariously by watching life portrayed on the big screen.*

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



# THURSDAY MORNING 9:30 – 11:30

## Meaningful Conversations

Joan Chadbourne

What ignites the fire in us to be fully alive in these times of isolation? Meaningful conversations are what many students have shared as their favorite part of my classes. This term, our focus will be on conversations that matter, how do we initiate them, share, and receive them. We will have an opportunity to explore those things we seldom have an occasion to speak out loud. We will listen to others and allow their words to touch a spark of life within us. Respect and reverence for what we share and hear will be a guideline.

**Suggested Book:** *Healing Conversations Now: Enhancing Relationships with Elders and Dying Loved Ones*, Chadbourne & Silbert, ISBN 100981907679 (available online).

*Joan Chadbourne EdD is a coach and conversation facilitator. She's discovered that when we can't be together in person, we can dissolve some of the isolation as we engage in meaningful conversations. Some conversation prompts will come from the book she co-authored, Healing Conversations Now: Enhancing Relationships with Elders and Dying Loved Ones.*

## Case Studies of Life Between Lives

Stephen Kercel

This course examines 29 case studies performed by Michael Newton, PhD, using hypnotherapy. In each case, the subject recalls the last moments of a previous life, the passage into death, and the experience of "life between lives" in an alternative dimension of reality. The course is not a debate on whether these stories are reports of objectively "real" events. It is a look at 29 different accounts of "this is my experience of death." The course deliberately violates two commonly held academic taboos, admitting "afterlife" accounts into serious discussion, and not dismissing subjective experience out of hand. **Required Book:** *Journey of Souls*, Michael Newton, ISBN 9781567184853, USM price \$17.99.

*Stephen Kercel has a PhD in Electrical Engineering, specializing in artificial intelligence. He has numerous publications on the difference between machine and biological intelligence. He is a practitioner of Yoga, meditation, and Shamanic Journeying. He previously taught an OLLI course titled "Does the 'New Atheism' falsify accounts of the afterlife?"*

## Remembering the '40s

Lorraine Masure

This course is one-part history, one part personal recollection, and one part music. Students will enjoy the decade's most popular radio, film, and stage music against the backdrop of one of the most salient periods in United States history. A just war, patriotism, the divergent contrasts of happy times, air-raid shelters, emerging technology, the birth of the Baby Boomers. And yet, an intriguing culture with which most Americans identified. You Bet Your Life: the buck stopped there! **(8 week course)**

*Lorraine Dutile Masure has led senior college courses across four academic venues during the past eight years. She continues to delight in connecting with seniors and presenting alluring subject matter — some of which, this semester, she has lived.*

## Metaphors of Consciousness

David Morton

To some degree, this is a **repeat course** on the subject of consciousness. However, I attempt to sharpen the discussion by using specific key metaphors I've adopted from recognized writers on the subject: consciousness as a movie and/or movie screen, the brain as a filter for greater consciousness, individual consciousness as a whirlpool in a great stream, consciousness as a way of understanding "paranormal" phenomena.

**Suggested Books:** *The Nature of Consciousness: Essays on the Unity of Mind and Matter*, Rupert Spira, ISBN 9781684030002, USM price \$21.95. *Why Materialism is Baloney and Why It Matters*, Bernardo Kastrup, ISBN

### 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.
- USM's "University Store" may provide orders and curbside pickup of books, but unlike in terms past, OLLI books will NOT be available on shelves in the bookstore. If you are interested in ordering books through the USM bookstore, please call 207-780-4070 or email [universitystore@maine.edu](mailto:universitystore@maine.edu). **However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.**

9781782793625, USM price \$22.95.

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

**Titus Andronicus:  
Shakespeare’s First Tragedy**  
Chris Queally

*Titus Andronicus* was probably written in the early 1590s while Shakespeare was also engaged in writing his first few history plays: *Henry VI & Richard III*. *Titus Andronicus*, the first of the Roman plays, was probably written to compete with Thomas Kyd’s popular revenge play, *The Spanish Tragedy*. Shakespeare’s play serves as an exemplum of the old Sicilian adage: revenge is a dish best served cold. Not for the faint of heart. **Required Book:** *Titus Andronicus*, William Shakespeare, ISBN 9780199536108, USM \$10.95.

*Chris Queally studied at the Shakespeare Institute in Stratford-upon-Avon, England, and has been teaching Shakespeare’s plays to students of all ages for over forty years.*

**Why Do Russians Like Putin?**  
Susan Welsh

American politicians and media are appallingly ignorant of a country they nevertheless feel justified in criticizing. Meanwhile, US universities are red-lining their Russian-language programs. This class will explore historical and cultural reasons that Russians look at the world differently than Americans. It is neither a defense of Vladimir Putin nor a contribution to the vilification he is subjected to in the US; it is a search for a better understanding of these great people who have achieved and suffered so much. Classes will require reading and encourage lively discussion. **Suggested Books:** *The Long Hangover: Putin’s New Russia and the Ghosts of the Past*, Shaun Walker, ISBN 9780190058845, USM price \$18.95. *Leningrad: Siege and Symphony*, Brian Moynahan, ISBN 9780802124302, USM price \$18. Shorter readings will be circulated electronically.

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



**THURSDAY AFTERNOON 12:45 – 2:45**

**What the World Needs Now**  
Mike Berkowitz

How can we combat the inequities of inequality, the ills of the healthcare system, the injustices in our judicial system, the degradation of the environment, the divisiveness in politics, and the shortcomings of the media? Rather than focusing on laying blame, we’ll concentrate on solutions that will make the world a better place. Mini-lectures from psychology, politics, etc. will help frame our discussion. Let’s look toward what the world needs now.

*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.*

**Improving Beginner Bridge Skills II**  
Don Bouwens and Bonnie Harradon

This course advances from the “basic basics” to the “advanced basics” in Bridge. We will review past topics and move on to BIDDING some of the common partnership “conventions” such as Stayman, Weak Two Bids, Blackwood and Jacoby Transfers. DECLARER PLAY: planning the play, card combinations. DEFENSE: you are defending twice as often as declaring, so let’s

sharpen those skills: opening leads and signals. Students should register with [bridgebase.com](http://bridgebase.com) (free) where they can have practice games under instructor supervision. This course is a non-judgemental environment where folks have fun without intimidation.

*Don is retired from a sales career and lives in Portland with his wife (who says about playing bridge: “I don’t want to work that hard when I’m having fun”). Online bridge has included often reuniting with a college bridge partner who lives in Illinois and occasional games with his mentor, who points out areas for improvement following games on Bridge Base Online.*

*Bonnie is a Maine resident and grew up in Portland. She attended UMO and started to play bridge in college. She moved to Massachusetts in 1977 and returned to Maine in 2000. She renewed her interest in bridge 6 years ago and finds Don to be a great teacher.*

**Cultivating Compassion**  
Joan Elizabeth

People have a variety of reasons for wanting to cultivate compassion, but we are all suffering — be it from pain, loss, frustration, dissatisfaction, or an unfulfilled desire for happiness. However, we are not powerless in our circumstances. It is possible to cultivate positive states of mind, diminish negative states of mind, transforming our experience, and our reactions to people and life’s

more THURSDAY AFTERNOON courses on next page

circumstances. In this way, it is possible to change our lives and bring about change in the world. In this course, students are introduced to a complete picture of what compassion is, why it might be beneficial to us and the world around us, the possibility of training in a more wholesome way of being, and how we can go about that training.

*An authorized instructor of meditation since 1992, 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.*

### **Six Easy Pieces** **Hal Scheintaub**

This accessible introduction to physics highlights the foundational chapters from *The Feynman Lectures on Physics*. The course builds on Richard Feynman's ability to reduce complex subjects into simple pieces and stories. Discussion, collaboration, and feedback will complement the Nobel Prize winner's great book, *Six Easy Pieces*, to create a learning experience that maximizes your opportunities to understand, internalize, and appreciate physics. **Required Book:** *Six Easy Pieces*, Richard Feynman, ISBN 9780465025275, USM price \$15.99.

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

### **FUN: It Does a Body Good** **Doni Tamblyn**

**This highly interactive, repeat class** will prove that you're a born expert at humor, creativity, and play. Through theater improv games, you'll develop your natural (not "comedy club") humorous style; practice the five rules for confident, spontaneous creativity; discover the one simple rule for avoiding inappropriate humor without fail; and learn the Professional Comedian's Secret Weapon for taking all the fear out of "bombing." You'll learn to tap back into your natural playfulness and start using it successfully, appropriately, and — best of all — without fear.

*Doni Tamblyn is a comic actor and the former owner of HumorRULES, a company that delivered creativity training to organizations like Chevron, the US Navy, and the Federal Reserve Board. She is the author of two books, Laugh and Learn (HarperCollins) and The Big Book of Humorous Training Games (McGraw-Hill), which have been translated into five languages.*



## **WINTER WORKSHOPS**

**FRIDAY, JANUARY 22, 9:30 – 11:30 A.M.**

### **The Science of Happiness** **Heather Ederly**

In this **repeat workshop**, we will explore the science behind happiness. We will discuss and engage in practices that have been proven to increase an individual's happiness, including mindfulness, gratitude, and kindness. No materials are required, but I will provide articles related to the topics covered and distribute instructions to the practices undertaken.

*Heather Ederly began studying Eastern Religions twenty years ago and has subsequently received degrees in Religion from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religions at the University of North Carolina and currently leads classes in meditation theory and practice.*

**FRIDAY, JANUARY 29, 9:30 – 11:30 A.M.**

### **The Cliffhangers:** **Volume 5 – Western Heroes (Part 1)** **DeWayn Marzagalli**

In this **fifth edition of ten workshops**, we will watch "To

be continued" chapters of those great Saturday matinee film serials we so enjoyed in our youth. Volume 5 will include chapters from *The Last of the Mohicans* (1932), *The Painted Stallion* (1937), *Flaming Frontiers* (1938), *The Great Adventures of Wild Bill Hickok* (1938), and *The Adventures of Red Ryder* (1940). This and each consecutive session will run three hours. Stay tuned for Volume 6 – Western Heroes (Part 2) in Spring 2021.

*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.*

### **Whither the Palestinians in the Wake of Middle Eastern Realalignments** **Kathleen Sutherland**

The recent development in 2020 in Middle Eastern alignments with the establishment of diplomatic relations between two Arab states and Israel and the threat of Israeli annexation of parts of the Israeli occupied West Bank raises the issue of the very future of the Palestinian People, Let Alone a Palestinian State... This workshop explores the current and external

challenges for Palestinian statehood in the face of Arab states' recognition of Israel and their ever-lukewarm support for Palestinian statehood. What are the external and internal challenges to the prospect of a Palestinian nation-state?

*Kathleen Sutherland is an Associate Professor of Political Science and Women's Studies Emerita at BGSU in Ohio. Born and raised in Egypt, she specialized in Middle Eastern Studies. She taught at the American University in Cairo and was a Fulbright Scholar in Morocco. She has taught courses at OLLI since 2005.*

**FRIDAY, FEBRUARY 5, 9:30 – 11:30 A.M.**

## **How to Run a Zoom Meeting of Your Friends and Family**

**Mike Berkowitz**

So, you've been in some Zoom meetings. Are you ready for the next step — hosting your own meeting? We'll start with adjusting settings (mute, blue hand up, renaming, video, and audio, waiting room, etc.). We'll then look at how to invite others to your meeting. In the second half, we'll focus on screen sharing. This is a great feature that allows you to show things from your computer — pictures, text, slide shows, video clips, etc. You'll practice sharing your own items. Then watch how you can enable your friends and family to share their items in your meetings too.

*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 enjoys introducing folks to new ideas and new skills.*

## **Voice-Overs . . . Now is Your Time!**

**Robin Brooke**

In what could be the most enlightening workshop you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In this **repeat workshop**, you will learn about an outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs give you the freedom to be your own boss! Whether you choose to pursue voice-overs part-time or full-time, this could be the game-changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation with your instructor for the following day.

*With a long career in professional touring and regional theatre, Robin's forte is versatility. Whether it's voicing Glenda the Good Witch for Alexa's interactive version of *The Wizard of Oz*, bringing life to a leading female warrior for a PS4 game, or having her voice heard in museums and hotel lobbies throughout the world- Robin has fun with each project and loves the amazing variety the Voice-Over business can offer.*

**FRIDAY, JANUARY 22, JANUARY 29 AND FEBRUARY 5  
9:30 – 11:30 A.M.**

## **A Pandemic Pilgrimage: Calling Forth Our Truth**

**Barb Bodengraven and Charlene Vincent**

Pilgrimage is about inner transformation through journeying. With many of us venturing no further than our own back porches or apartments for months, is this even still a possibility? Using the traditional sequence of the sacred pilgrimage experience, we will guide you through **three workshop sessions** with writing prompts, shared content, and discussion to help us discover the truth of who we are becoming as we journey through this pandemic. Viewing and discussing the film, *The Way* is central to this workshop. This workshop uses writing as a spiritual practice to help us engage with a sacred pilgrimage of "ordinary" life. There are no rules except to be open to the experience. Each session builds on the previous one.

*B.R. Bodengraven is a writer and workshop facilitator. Small-town newspaper journalist, freelance travel writer, communications professional, daily diarist, and graduate of Boston College and Weston Jesuit School of Theology, she actively embraces the idea of pilgrimage in her "ordinary" daily life. She is the author of the spiritual memoir *The Sacred Shed on the Edge of the Ravine*.*

*C.M.L. Vincent is a writer and workshop facilitator of spiritual autobiography. She holds theology degrees from both Episcopal Divinity School and Boston University School of Theology. She is the author of the spiritual memoir *Chances Are...**

## **W.B. Yeats: A Dominant Force in Ireland's Literary Revival**

**Robert McCue**

W.B. Yeats: a magician, a poet, a dramatist, a creator, a senator, an autodidact, an astrologer, a Nobel prize awardee, an Oxford Don... In this **three-session workshop**, we'll touch on all the previous in an attempt to get a measure of this remarkable figure in the context of Ireland in upheaval. Maybe we'll also form opinions as to where Yeats is buried?

*Bob has been lecturing on Irish literature, history, and the Irish diaspora at OLLI at USM for many years. He has an engineering degree and a master's in business. His late-career embodied running manufacturing operations for SEC traded companies.*





# ONLINE REGISTRATION

**OLLI recommends that you complete your registration online at:**  
[enrole.com/usmmaine/jsp/index.jsp?categoryId=10025](http://enrole.com/usmmaine/jsp/index.jsp?categoryId=10025)

However, you can access a printable OLLI registration form and instructions at:  
[cms.usm.maine.edu/sites/default/files/olli/OLLI%20reg%20form%20and%20instructions%20edit\\_0.pdf](http://cms.usm.maine.edu/sites/default/files/olli/OLLI%20reg%20form%20and%20instructions%20edit_0.pdf)

## 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.** OLLI scholarships are available; see details on p. 2. Questions? Call OLLI at 780-4406.

## REFUNDS

Full refund for classes dropped by **January 21. NO REFUNDS AFTER THAT POINT.**  
You will be refunded for any classes OLLI cancels.

## CONTACT INFORMATION

**Phone:** 780-4406    **Mailing Address:** Osher Lifelong Learning Institute / USM, P.O. Box 9300, Portland, ME 04104  
**Email:** [olliatusm@maine.edu](mailto:olliatusm@maine.edu)    **Location:** 44 Bedford St., 210 Wishcamper Center, USM Portland Campus



# OLLI AT USM

## MISSION

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

## VISION

OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, expand its abundant opportunities for members to exchange ideas and experiences, and maintain a standard of excellence.

## CORE ORGANIZATIONAL VALUES

These are the fundamental beliefs of OLLI at USM that guide our planning and decision-making. These core values support our vision, shape our culture, and reflect what we value.

**Joy of Learning** — We believe that continuing to grow and learn new things is a deeply fulfilling lifelong priority.

**Community** — We recognize the importance of interaction with other members to share knowledge and experiences, to expand our perspectives, and to make new friends, in an atmosphere of inclusiveness, respect, and openness.

**Accessibility** — We strive to make classes, lectures, workshops, seminars, and activities affordable and accessible for all members.

**Excellence** — We strive for excellence by committing our intelligence, creativity and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community.

**Volunteerism** — We recognize the crucial importance of volunteers to the success of our programs.



# SPECIAL INTEREST GROUPS AT OLLI

**Except for July and August**, OLLI at USM offers many diverse activities beyond the classroom.

To participate in any Special Interest Group, you must be a current OLLI member. **NOTE: Special Interest Groups are not intended as instructional events. Most SIGs that meet in Wishcamper will be meeting via Zoom and not in person.**

● **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 [metaylor@maine.rr.com](mailto:metaylor@maine.rr.com) for more information.

● **Bicycle and Nosh:** If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks, with a delicious treat along the way? Contact Mark Love at [mlove196@maine.rr.com](mailto:mlove196@maine.rr.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 [opus4fred@gmail.com](mailto:opus4fred@gmail.com) for more information.

● **History Book Club:** Members read and discuss one work of history each month. Works include social, political, economic, and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at [susangesing@gmail.com](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 Ukuleles!** meets twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at [cfeling@gmail.com](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. 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 [olliusmsciencediscussion.wordpress.com](http://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 Cheryl Squiers at [nenegirl8@gmail.com](mailto:nenegirl8@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 Joel Kallich at [joelkallich@gmail.com](mailto:joelkallich@gmail.com) if you'd like to join an e-mail list for advance notice of date, price, and venue.



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