

OSHER LIFELONG LEARNING INSTITUTE
AT THE UNIVERSITY OF SOUTHERN MAINE



Course Catalog

WINTER SESSION 2022

JANUARY 11 – FEBRUARY 17



We are not what
WE KNOW,
but what we are willing
TO LEARN.

MARY CATHERINE BATESON

OSHER
LIFELONG
LEARNING
INSTITUTE

We are thankful for our many talented board members, volunteers, and staff that make OLLI programming possible.

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Hiking (or snowshoeing!) down the path of lifelong learning at OLLI

**Our new catalog design inspires us to
fill our winter days with virtual journeys, adding
adventurous learning to the shortened winter days.**

We're asking you to think beyond the autumn sunshine, past the holidays, and plan some joyful experiences in Winter 2022. As with last winter's session, ALL of our classes are remote, so you do not have to worry about cold and icy weather — taking an OLLI class can be *Hygge*, a Danish approach to winter involving “cozy contentment and well being through enjoying the simple things in life.” We have a robust roster of classes and workshops on diverse subjects for you to consider, including some repeat classes and some new offerings that will take you on intellectual journeys: Tan Larrabee's course on Diego Rivera and Frieda Kahlo (page 15), Evy Newland's dive into classical literature (page 20), and *Sci-Fi Movies That Make You Think* taught by Rob Hyssong and Megan Saul (page 16). From Broadway through Prohibition, hypnotism to the mysteries of chemistry, wellbeing, and practical advice, you can connect with OLLI friends to bring warmth to your winter days.

This is also the debut catalog for our new graphic designer Jen Bradstreet. She worked with OLLI staff to make our catalog more accessible, with straightforward information about registration and many ways to find courses by subject as well as by the familiar daily schedule. Jen rose to the challenge of creating a joyful new piece — colorful, lively, and full of fun! Our members received a print version, but please open the online catalog at usm.maine.edu/olli/olli-courses-and-lectures. It's interactive! Interested in a class? Click on the video link right in the course description to see what the instructor is planning for the class.

We hope that this new catalog inspires you to take some virtual adventures with us from the comfort of home.

Warmly,

Donna Anderson
Director

IN THIS ISSUE

- 4 About us
- 5 What to expect
- 7 Important dates
- 8 Schedule-at-a-glance
- 12 Instructor index
- 14 Courses & workshops
- 28 Special Interest Groups
- 30 Registration



Learning for the love of it!

If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 2,200-plus like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI).

OLLI is located on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

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

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network (maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (osher.net) is located at Northwestern University in Chicago. Currently, there are 125 OLLIs throughout the country.

OLLI: BY THE NUMBERS

125

OLLI BRANCHES
IN THE US

2,200+

OLLI ACTIVE STUDENTS
(2019-20)

17

MAINE NETWORK
SENIOR COLLEGES

154

OLLI VOLUNTEERS
(2020-21)



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.

Join us

There are several ways to join the OLLI community of lifelong learners.

Become a member

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

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

Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events.

Scholarship applications can be completed online or downloaded from the OLLI website: usm.maine.edu/olli/olli-scholarships. The form must be completed, signed (if downloaded), and submitted with each of your course registration forms.

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



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QUESTIONS?
We are here to help you!

The best way to reach the OLLI staff is via email:
olliatusm@maine.edu

If email is not available to you, please call us at:
207-780-4406

AN INSTRUCTOR'S PERSPECTIVE ON ZOOM

Anne Cass

CAPE ELIZABETH, MAINE

What does adjusting to Zoom mean to you? It means opening the class fifteen minutes early ... creating intentional and relevant openers and closers for each class... so that we build trust ... providing plenty of opportunity for each person to contribute and paying attention to who wants to speak.

What are the benefits of Zoom learning for you?

- Students can see the faces of their fellow classmates, not the backs of their heads.
- Everyone can hear everyone else.
- Enjoying a class when feeling poorly or even being home-bound.
- Spending time with faraway friends, family, and grandkids.

What would you say to someone hesitant about Zoom? Even if you've determined to wait for face-to-face, I hope at least one of the ideas here might have you considering trying a Zoom event — even if you've already “been there, done that” ... After all, this is a place of lifelong learning — and what is trying something [new] if not an adventure in more learning?



“This is a place of lifelong learning — and what is trying something [new] if not an adventure in more learning?”

ANNE CASS,
OLLI INSTRUCTOR

What to expect

We cannot describe all you will experience at OLLI in just a few paragraphs. Still, this page contains important information for OLLI Students from registration to student conduct. So make sure to read carefully!

ENROLLMENT

Register early online to ensure adequate enrollment in your favorite class! Classes with low enrollment may be canceled.

BOOKS & 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.
- **Suggested:** it would enhance the class but is not necessary.
- If no books or materials are listed in a course description, none are needed.

Students can purchase books at USM's University Store, which is open from 8 a.m. – 4:30 p.m. You may visit in person or call 207-780-4070. The University Store is located at 218 Abromson Hall — the building attached to the parking garage.

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

COURSE SCHEDULE

Winter classes are held once a week, Tuesday through Thursday. The term runs for six weeks, from January 11 – February 17, unless otherwise noted.

Morning classes run from 9:30 – 11:30 a.m.; afternoon classes run from 12:45 – 2:45 p.m. Any exceptions to usual times are noted. There also are Winter workshops on Friday (see page 10).

CLASS LOCATIONS

OLLI Winter 2022 classes are online unless otherwise stated. Most classes will be taught via distance learning, often using Zoom.

Not familiar with Zoom? We will offer training sessions for all participants who want or need it. Watch your email for training session announcements.

TUITION

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

You must be an OLLI 2021–22 member to enroll in Winter classes and workshops. Membership costs \$25 per fiscal year and runs from July 1 – June 30.

NEWS & UPDATES

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

WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at olliatusm@maine.edu before December 1 for timely processing. Waivers will be accepted after that deadline, but we cannot guarantee your selected classes will be available.

REFUND POLICY

You will receive a 100% refund for classes dropped by Thursday, January 20, 2022, the end of the second week of fall classes. **No refunds will be made after that point.** You cannot receive a refund for OLLI at USM annual membership fees. To transfer to a different course or drop a course, email olliatusm@maine.edu or call 207-780-4406.

OLLI STUDENT HANDBOOK

Whether you're a new member or a returning "regular," there is much to learn about OLLI. In the OLLI Student Handbook, you can find information about the OLLI organization, membership, classes, other educational offerings, parking, registration, the arts at OLLI, tips on staying informed, and much more.

You can find the Student Handbook on the OLLI website under *Resources*: usm.maine.edu/olli/olli-student-handbook.

CONTACT

The OLLI office is currently closed to the public, although staff are working on campus. Please call or email if you need to get in touch with us.

Important Dates

OLLI WINTER SESSION 2022

Winter session will run January 11 – February 17.
Mark your calendar for these other important dates.

DEC 1	Online registration for OLLI Winter courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu before December 1, so staff can process them promptly. We cannot 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 1, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 15	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatusm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
DEC 24	Staff holiday
DEC 31	Staff holiday
JAN 11	OLLI winter session starts
JAN 17	Staff holiday
JAN 20	Deadline to receive a refund on dropped classes
FEB 17	OLLI winter session ends
FEB 21	Staff holiday
FEB 22–24	OLLI winter session make-up week



QUESTIONS?

We are here to help you!

The best way to reach the OLLI staff is via email:
olliatusm@maine.edu

If email is not available to you, please call us at:
207-780-4406

Courses by schedule

Courses run Tuesday – Thursday beginning the week of January 11 – February 17. Full course descriptions, costs, and materials can be found on the page listed next to each course title. **All classes will be held via Zoom, unless stated otherwise.**

Want to search for programs by topic?
See page 14 for our full index.

Want to find a program by instructor?
See page 12 for our instructor index.

MONDAYS

MORNINGS • 9:30 – 11:30 A.M.

No winter classes held at this time.

AFTERNOONS • 12:45 – 2:45 P.M.

No winter classes held at this time.

TUESDAYS

MORNINGS • 9:30 – 11:30 A.M.

No winter classes held at this time.

AFTERNOONS • 12:45 – 2:45 P.M.

Beginner Bridge II (19)
DON BOUWENS & BONNIE HARRADON

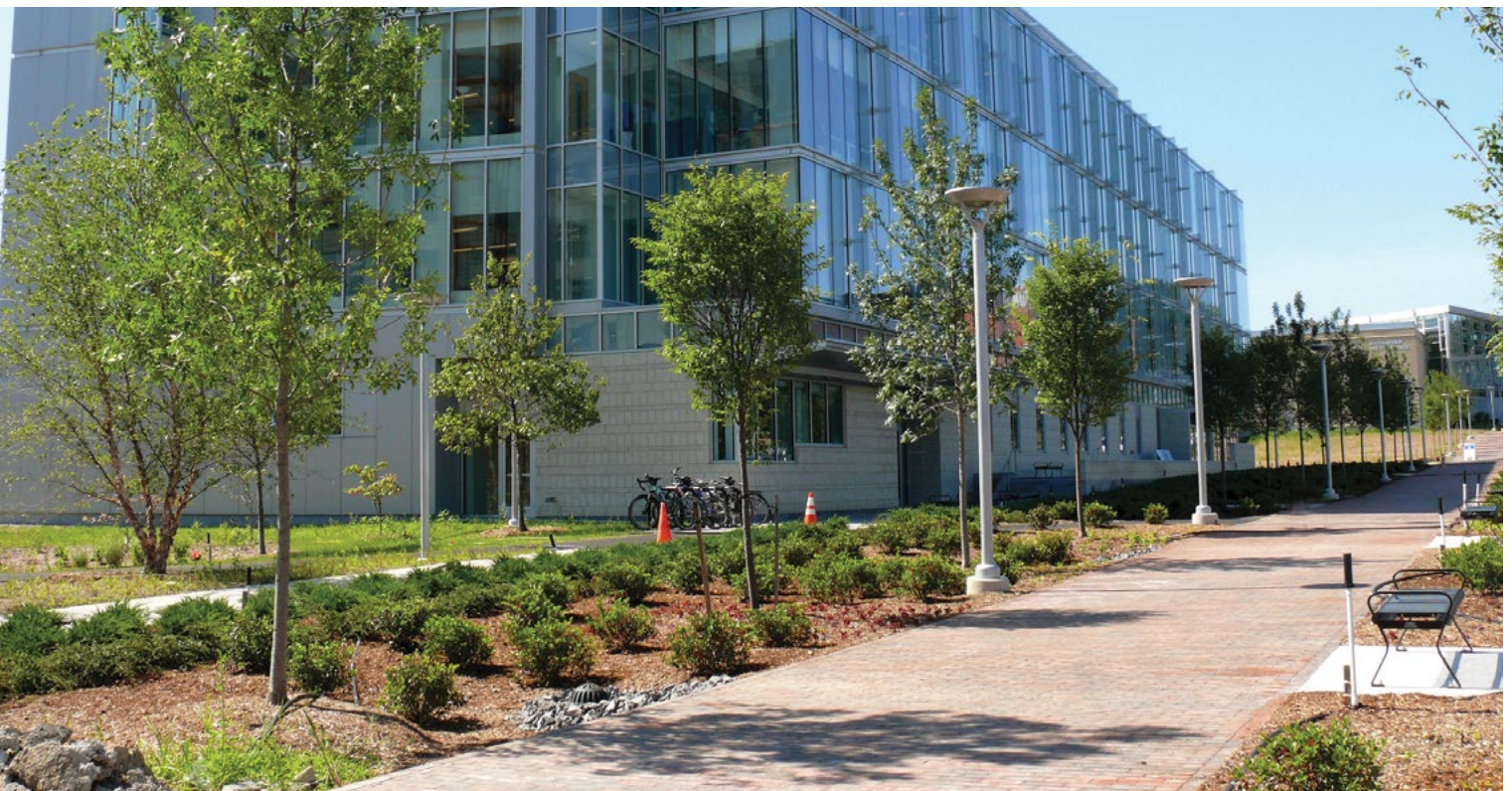
**Drawing & Painting —
Real & Abstract** (15)
VICKI FOX

**Contemporary Economic
Policy Issues** (22)
JON HAVEMAN

**The Era of National Prohibition:
A Retrospective** (20)
TOM LAFAVORE

Retirement Recap (18)
KERRY PEABODY

Prison Films (16)
IRWIN NOVAK & MARY SNELL



WEDNESDAYS

MORNINGS • 9:30 – 11:30 A.M.

The Sixties Through the Great Speeches of the Sixties (19)
BUCK BENEDICT

Brief Peeks Beyond, Part II (22)
STEVE KERCEL

Diego Rivera & Frida Kahlo — Their Story Of Art, Passion & Intrigue (15)
NATHANIEL LARRABEE

So You Think You Hate Chemistry? (23)
GALE RHODES

Energy: What Is It & How Do We Use It? (23)
DAVID VON SEGGERN

AFTERNOONS • 12:45 – 2:45 P.M.

Six Conversations on Women in Art (14)
DONNA ANDERSON

Wholehearted Living While Aging (24)
JOAN CHADBOURNE

Selling on Etsy.com for Fun & Profit (15)
BARBARA RICH

Great Courtroom Dialogue Movies (16)
EDWARD SOLANO

THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

America from Good Feeling to Civil War (19)
ALICIA HARDING

Sci-Fi Movies That Make You Think (16)
ROBERT HYSSONG & MEGAN SAUL

1960s: The Loss of Innocence (20)
LORRAINE MASURE

Another Good Yarn: Knitting Across Maine (15)
HELEN PELLETIER

The U.S. Coming Together or Falling Apart — What Next? (22)
STEVEN PIKER

MIDDAY • 10:15 A.M. – 12:15 P.M.

Enjoying Short Stories (20)
ANNE CASS

AFTERNOONS • 12:45 – 2:45 P.M.

Is the First Amendment Evolving or Devolving? (21)
MIKE BERKOWITZ

Pop Music of the Roaring Twenties (21)
TERRY FOSTER

The As, Bs, Cs, & Ds of Medicare (18)
BARBARA HOPKINS

Journey of Souls (23)
STEVE KERCEL

So How Did It Begin? What Followed? Hesiod & Ovid (20)
EVY NEWLYN

FRIDAYS

MORNINGS • 9:30 – 11:30 A.M.

No winter classes held at this time.

AFTERNOONS • 12:45 – 2:45 P.M.

No winter classes held at this time.



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207-780-4406

Workshops by schedule

Workshops run on Fridays throughout the winter session. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title. All classes will be held via Zoom, unless stated otherwise.

Want to search for programs by topic?
See page 14 for our full index.

Want to find a program by instructor?
See page 12 for our instructor index.

1 SESSION: 1/21 • 9:30 – 11:30 A.M.

Science of Happiness (25)

HEATHER EDGERLY

Writing a Legacy Letter (27)

JAY SHERWIN

Breathe Easy —

Declutter Your Home (26)

DIANE SINCLAIR

Tax Planning in Retirement (18)

DEREK THARP

1 SESSION: 1/28 • 9:30 – 11:30 A.M.

The Cliffhangers: Part 9 – Zorro (17)

DEWAYN MARZAGALLI

Talk Saves Lives (26)

SHAMERA SIMPSON & ANNE FALK

Retirement Income Planning (18)

DEREK THARP

Anthropocene: The Geologic Epoch You Are Entering in Real Time (24)

DAVID VON SEGGERN

1 SESSION: 2/4 • 9:30 – 11:30 A.M.

The Films of John Ford (17)

DEWAYN MARZAGALLI

Social Security Planning (18)

DEREK THARP

Voice Overs ... Now is Your Time! (14)

HANNAH TRUSTY

2 SESSIONS:

1/21 & 2/4 • 9:30 – 11:30 A.M.

1/28 & 2/4 • 9:30 – 11:30 A.M.

Shinrin-Yoku in a

Winter Wonderland (26)

ROBERT FOLEY

IN-PERSON 

3 SESSIONS:

1/21, 1/28, & 2/4

9:30 – 11:30 A.M.

Finding Resilience During These Trying Times (25)

CLAY ATKINSON

Is Consciousness a Quantum Effect? (23)

STEVE KERCEL

A Taste of Guided Autobiography (27)

KATIE MURPHY

3 SESSIONS:


1/21, 1/28, & 2/4

9:30 A.M. – 12:30 P.M.

Life Themes (25)

ANNE CASS & JOAN CHADBOURNE





I have no
SPECIAL TALENT,
I am only passionately
CURIOUS.

ALBERT EINSTEIN

Courses & workshops by instructor

Instructors are listed here in alphabetical order for both courses and workshops. For full descriptions please go to the page listed next to the course or workshop title.

Want to search for programs by topic? See page 14 for our full index.

Looking to fill a specific day or time? See page 8 for our schedule-at-a-glance.

A B C

DONNA ANDERSON	
Six Conversations on Women in Art	14
CLAY ATKINSON	
Finding Resilience During These Trying Times.....	25
ARTHUR (BUCK) BENEDICT	
The Sixties through the Great Speeches of the Sixties ...	19
MIKE BERKOWITZ	
Is the First Amendment Evolving or Devolving?	21
DON BOUWENS	
Beginners Bridge II.....	19
ANNE CASS	
Enjoying Short Stories	20
Life Themes	25
JOAN CHADBOURNE	
Wholehearted Living While Aging.....	24
Life Themes	25

D E F

HEATHER EDGERLY	
Science of Happiness	25
ANNE FALK	
Talk Saves Lives.....	26
ROBERT FOLEY	
Shinrin-Yoku in a Winter Wonderland	26
TERRY FOSTER	
Pop Music of the “Roaring Twenties”	21
VICKI FOX	
Drawing and Painting — Real and Abstract.....	15

G H I

ALICIA HARDING	
America from Good Feeling to Civil War	19
BONNIE HARRADON	
Beginners Bridge II.....	19
JON HAVEMAN	
Contemporary Economic Policy Issues.....	22
BARBARA HOPKINS	
The As, Bs, Cs, & Ds of Medicare	18
ROB HYSSONG	
Sci-Fi Movies That Make You Think	16

J K L

STEPHEN KERCEL	
Brief Peeks Beyond, Part II	22
Journey of Souls	23
Is Consciousness a Quantum Effect?.....	23
TOM LAFAVORE	
The Era of National Prohibition: A Retrospective	20
NATHANIEL LARRABEE	
Diego Rivera & Frida Kahlo — Their Story of Art, Passion, & Intrigue	15

M N O

DEWAYN MARZAGALLI
 Cliffhangers: Part 9 – Zorro17
 The Films of John Ford – 1920s & 1930s.....17

LORRAINE MASURE
 1960s — The Loss of Innocence20

KATIE MURPHY
 A Taste of Guided Autobiography..... 27

EVY NEWLYN
 So How Did It Begin? What Followed? Hesiod & Ovid20

IRWIN NOVAK
 Prison Films 16

P Q R S

KERRY PEABODY
 Retirement Recap 18

HELEN PELLETIER
 Another Good Yarn — Knitting across Maine15

STEVEN PIKER
 The U.S. Coming Together or Falling Apart —
 What Next? 22

GALE RHODES
 So You Think You Hate Chemistry?..... 23

BARBARA RICH
 Selling on Etsy.com for Fun & Profit15

MEGAN SAUL
 Sci-Fi Movies That Make You Think 16

JAY SHERWIN
 Writing a *Legacy Letter*..... 27

SHAMERA SIMPSON
 Talk Saves Lives.....26

DIANNE SINCLAIR
 Breathe Easy — Declutter Your Home26

MARY SNELL
 Prison Films 16

EDWARD SOLANO
 Great Courtroom Dialogue Movies..... 16

T U V

DEREK THARP
 Retirement Income Planning..... 18
 Social Security Planning..... 18
 Tax Planning in Retirement 18

HANNAH TRUSTY
 Voice Overs ... Now is Your Time!..... 14

DAVID VON SEGGERN
 Energy — What Is It & How Do We Use It?..... 23
 Anthropocene — The Geologic Epoch You Are
 Entering in Real Time.....24

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 If email is not available to you,
 please call us at:
 207-780-4406



Full listing of courses & workshops

Courses and workshops are listed by subject. Details including books, materials, and videos from the instructor are listed here. **All classes will be held via Zoom, unless stated otherwise.**

PROGRAM TOPICS

- 14 Acting
- 14 Art
- 16 Film
- 18 Personal finances
- 19 Game play
- 19 History
- 20 Literature
- 21 Music
- 21 Politics
- 22 Science
- 24 Self knowledge & care
- 27 Writing

Want to find a program by instructor?
See page 12 for our instructor index.

Looking to fill a specific day or time?
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ACTING

Voice Overs ... Now is Your Time!

HANNAH TRUSTY

WORKSHOP FRI 2/4, 9:30 – 11:30 A.M. • 1 SESSION • \$15

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! In addition, you will be able to book a 1-on-1 script read and voice evaluation with your instructor the following day. *Class format will include lecture, discussion, and Zoom.*

Hannah Trusty has been behind the mic since early high school, performing in an array of different roles in animation, commercial, and narration. Some of her most recent clients have included Toyota, Slice App, Decathlon, Campus Outreach, Take Back the Night Foundation, Education First, and many more!

ART

Six Conversations on Women in Art

DONNA ANDERSON

COURSE WED 12:45 – 2:45 P.M. • 6 WEEKS • \$50

Join us for conversations about women in art. We will use Visual Thinking Strategies (VTS) to look closely at a small selection of artwork tightly focused on these themes: an introduction to VTS; Heaven and Earth; Projections of Power; Symbols and Signs; Turning Inward; and Mystical Portraits. No prior knowledge of art is necessary — this will be a highly interactive Zoom conversation based on your own observations and perspectives. *Class format will include lecture, discussion, and Zoom.*

Donna Anderson is the Director of OLLI. 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.

Drawing & Painting — Real & Abstract

VICKI FOX

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

We will work via zoom on still life, which you will create in your own home. You can work in watercolor, pencil, or pastel, paper size can be 4 x 6 or 9 x 12 or 14 x 17. We will gather and work simultaneously on our images, sharing what we create at the close of the hour. I will show you examples of work done by a variety of artists each week and you can work using their modality; example — Picasso — abstract, flat color, collage, angular, etc... make your own Picasso! *Class format will include lecture, discussion, hands-on, and Zoom.*

MATERIAL LIST: Paper (at least 9 x 12" or larger), paints and pencils of your choice

Vicki Fox has been drawing and painting since she was three. She earned a BFA at Philadelphia College of Art and spent her career doing illustration and graphic design work in publishing and nonprofit. Later she earned her Master Gardener certification at the University of Pennsylvania. She also created Green Team Gardeners, LLC.

Diego Rivera & Frida Kahlo — Their Story of Art, Passion, & Intrigue

NATHANIEL LARRABEE

COURSE WED 9:30 – 11:30 A.M. • 6 WEEKS • \$50

Combining searing romance, international conspiracy, and Modern artwork, this course will explore the times, work, and relationships of Frida Kahlo and Diego Rivera. First, we will view Mexican history through Rivera's great frescos and consider his turbulent conflicts with both Communism and Capitalism. Next, we will review the exile and death of Trotsky while he lived with these two artists. Finally, the course will explore the Mexican Muralist Movement and consider the rise of Surrealism through Kahlo's artwork. This six-week "shared inquiry" class is both lecture and discussion; there are no prerequisites, and all are welcome. *Class format will include lecture, discussion, and Zoom.*

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

Another Good Yarn — Knitting Across Maine

HELEN PELLETIER

COURSE THU 9:30 – 11:30 A.M. • 6 WEEKS • \$50

Maine has a deep stash and rich history of innovative knit-wear designers, spinners, dyers, purveyors, and producers. This class is for anyone interested in exploring the history, art, and joy of knitting in Maine. Although we'll focus on many of the same themes as last year's course, new guest presenters will introduce us to new topics and perspectives. Both new and repeat students are welcome to join us, and no one will raise an eyebrow if you knit throughout class.

Repeat Course. *Class format will include lecture, discussion, film, and Zoom.*

Helen Pelletier has been knitting in Maine since the 8th grade. Her sweaters don't always fit when they're done, but they have served as an important reminder that it's the journey that matters. Her journey has included work in education and government and the parenting of two great kids.

Selling on Etsy.com for Fun & Profit

BARBARA RICH

COURSE WED 12:45 – 2:45 P.M. • 6 WEEKS • \$50

On Etsy, you can sell three categories of items: handmade, vintage, and craft supplies. It can be a way to make some money, downsize your craft supplies if your stash is filling your house, and/or recycle vintage items — yours or purchased. You will learn how to research the market, find local resources, open a shop (the easy part!), name your shop, create inventory, photograph your listings, write engaging tags and descriptions with SEO (Search Engine Optimization) in mind, set shop policies, list, package, ship, provide excellent customer service, use Pinterest, and much more. *Class format will include lecture, discussion, and Zoom.*

Barbara Rich was on the faculty of the School of Social Work at USM for 40+ years. She is currently a Faculty Emerita, teaches courses at OLLI, volunteers at community organizations, and has two shops on Etsy where she has sold about 500 items and had fun in the process.

FILM

Sci-Fi Movies That Make You Think

ROB HYSSONG & MEGAN SAUL

COURSE THU 9:30 – 11:30 A.M. • 6 WEEKS • \$50

Science Fiction has a way of linking our present and our future. Join us for six Sci-Fi movies from six different decades. From the classic *Planet of the Apes* (1968) to Christopher Nolan's mind bending *Interstellar* (2014), we will explore why these films were important in their time and the themes that make us think beyond the here and now and into possible futures. We will watch the films before each class and discuss during our time together. *Class format will include lecture, discussion, film, and Zoom.*

REQUIRED FILMS: Rent, borrow, or buy: *Planet of the Apes* (1968), *The Man Who Fell to Earth* (1978), *Blade Runner* (1982), *Jurassic Park* (1993), *WALL-E* (2008), *Interstellar* (2014)

Rob Hyssong has been the Program Coordinator for OLLI at USM since 2005 and still loves it after all this time. He has a passion for all movies, but has a soft spot for science fiction/fantasy movies in particular. Rob lives in South Portland, has been happily married since 1997, and has two wonderful children.

Megan Saul received her BA in English from Northern Arizona University. She has a passion for storytelling and world-building, which naturally draws her back to Sci-Fi over and over again. She moved to Maine in 2017 and lives snuggly with her husband and two dogs in their Portland home.



QUESTIONS?

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olliatusm@maine.edu

If email is not available to you, please call us at:
 207-780-4406

Prison Films

IRWIN NOVAK & MARY SNELL

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

Prison films: a weird subject, but prison movies run the gamut from macho escapism on steroids to carefully drawn character studies. Many of these films show the hard reality of prison life and explore the flaws of the prison system in our culture and in other societies. Some are based on true stories; others are completely made up. But all circle around our centuries-old fascination with crime and punishment. We will watch the six films on our own (possibly on a for-pay service such as Netflix), then hopefully, have lively and insightful discussions during class. *Class format will include lecture, discussion, and Zoom.*

Irwin Novak, PhD, is Emeritus Professor of Geology at USM and is an avid film buff. He coordinates the annual Greek film series for the Hellenic Society of Maine.

Mary Snell is a writer and dabbler in painting and photography. She has been teaching and taking OLLI classes for more than a decade. She's never been to prison — and wants to keep it that way!

Both Irwin and Mary have taught USM International Summer programs on Lesbos in Greece for 20 years.



WATCH NOW: Irwin discusses this odd topic online at tinyurl.com/PrisonFilms

Great Courtroom Dialogue Movies

EDWARD SOLANO

COURSE WED 12:45 – 2:45 P.M. • 6 WEEKS • \$50

Oh, how we love to see some gloating nogoodnik tripped up in a courtroom! Don't we sometimes imagine jailing a contemporary real-life scoundrel or two, as well? Movies to the rescue. We'll choose from the following films with open discussion of character development, plot twists, and Hitchcockian headscratchers: *The Verdict* (1982) *A Time to Kill* (1996), *Witness for the Prosecution* (1957), *Runaway Jury* (2003), *Primal Fear* (1996); *Anatomy of Murder* (1959), *Trial of the Chicago 7* (2020), *Inherit the Wind* (1960), *The Judge* (2014), and *A Few Good Men* (1992). *Class format will include lecture, discussion, film, and Zoom.*

Ed Solano is a former reporter, editor, and high school history teacher who is not surprised when justice leaves a courtroom. However, we often find evidence that the ideals of jurisprudence are upheld in the movies. And that's worth sharing.

Cliffhangers: Part 9 – Zorro

DEWAYN MARZAGALLI

WORKSHOP FRI 1/28, 9:30 – 11:30 A.M. • 1 SESSION • \$15

In this ninth edition of ten workshops, we will watch “To be continued” chapters of those great Saturday Matinee film serials we so enjoyed in our youth. We will be watching chapters from the following serials: *Zorro Rides Again* (1937); *Zorro’s Fighting Legion* (1939); *Zorro’s Black Whip* (1944); *The Son of Zorro* (1947) and *The Ghost of Zorro* (1949). Stay tuned for the final chapters in Spring 2022. Class format will include lecture, discussion, film, and Zoom.

DeWayn Marzagalli was born in New York City; he married his childhood sweetheart; served in the U.S. Navy and was employed as Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center and teaching at OLLI.



WATCH NOW: DeWayn invites you to join him for part 9 of those great serials at tinyurl.com/CliffhangersZorro

The Films of John Ford — 1920s & 1930s

DEWAYN MARZAGALLI

WORKSHOP FRI 2/4, 9:30 – 11:30 A.M. • 1 SESSION • \$15

In this four part series, we will watch excerpts of the films of John Ford, arguably, one of the best directors ever. We will review and discuss his incredible film making genius, from the silent movies through the '30s. We will watch excerpts from two silent movies, *The Iron Horse* (1924) followed by *3 Bad Men* (1926). From the '30s we will watch excerpts from *The Informer* (1935), *Drums Along the Mohawk* (1939), *Young Mr. Lincoln* (1939) and *Stagecoach* (1939). The next workshop will be devoted to his movies from the '40s. Class format will include lecture, discussion, film, and Zoom.

DeWayn Marzagalli was born in New York City; he married his childhood sweetheart; served in the U.S. Navy and was employed as Federal Agent for over 25 years. Retired, he devotes his time to volunteering for his church, at the Maine Medical Center, and teaching at OLLI.



WATCH NOW: DeWayn discusses part 1 of this four part series online at tinyurl.com/JohnFordFilms



Did you know?

Every month OLLI hosts a variety of social activities and pop-up lectures for OLLI members at no cost! These special events have provided a way for OLLI members to stay connected in a fun, safe, virtual environment. Please see the featured events below and keep an eye out for more in your email.

Fancy a cocktail party?

Consider joining Terry Foster and Star Pelsue for a round of cold beverages and a game of “name that song” artfully performed by Terry on the piano. Hosted virtually on the first Wednesday of each month.

Got a book you'd love to share?

Join Anne Cass on the third Thursday of each month for the Virtual Book Exchange.

Want to learn something new?

Every month our pop-up events cover subjects from fishing to the performing arts to ideas for crafts with the grandkids. So you never know what our next topic might be!

“Over these COVID times, I’ve made some new good friends, for sure. Trust me, none of us are trivia stars or artists, but that doesn’t seem to matter. We laugh and joke as we play. Hope to see you soon!!”

CONNIE HUGHES, OLLI MEMBER

PERSONAL FINANCE

The As, Bs, Cs, & Ds of Medicare

BARBARA HOPKINS

COURSE THU 12:45 – 2:45 P.M. • 6 WEEKS • \$50

I teach people about Medicare benefits, enrollment requirements, how to avoid premium penalties and how to ask important questions when choosing plans from insurance companies. I do not enroll students but instead empower them to choose appropriate plans. *Class format will include lecture and discussion.*

Barbara Hopkins has 27 years of experience in the health insurance industry, is licensed by State and of Maine, has an MA in Communication Management from USC and USM cert in Instructional Design. She has taught through Adult Ed for 7 years.

Retirement Recap

KERRY PEABODY

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

This repeat course will draw on several experts to touch on important facets of a successful, ongoing retirement — insurance planning and options, estate and elder law planning, financial planning, long-term care, Medicare options, and more. For some, this will be new and relevant info. For others, it will provide a great refresher on timely topics. *Class format will include lecture, discussion, and Zoom.*

Kerry Peabody is an insurance professional with Clark Insurance. He has more than 25 years in the industry and works with numerous financial and legal professionals and clients around the country. He lives in Scarborough with his wife, Carrie. His son, Brim, is a freshman at Bowdoin.

Retirement Income Planning

DEREK THARP

WORKSHOP FRI 1/28, 9:30 – 11:30 A.M. • 1 SESSION • \$15

This workshop will cover key considerations for generating a sustainable income in retirement. We will cover topics such as how to coordinate Social Security with other retirement income sources, how to coordinate distributions from different types of retirement accounts in a tax-efficient manner, why navigating the 10 years before and after retirement are so crucial to retirement income planning, and how to put together your own dynamic retirement spending strategy. *Class format will include lecture and Zoom.*

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

Social Security Planning

DEREK THARP

WORKSHOP FRI 2/4, 9:30 – 11:30 A.M. • 1 SESSION • \$15

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

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

Tax Planning in Retirement

DEREK THARP

WORKSHOP FRI 1/21, 9:30 – 11:30 A.M. • 1 SESSION • \$15

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

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



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GAME PLAY

Beginners Bridge II

DON BOUWENS & BONNIE HARRADON

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

A continuation of *Beginners Bridge I*, where folks who have previously tried bridge and know the raw basics have learned more about hand evaluation, bidding, defense and declarer play. In this session, we will continue to learn basic conventions, practice strategies of declarer play and player defense and encourage extra-curricular bridge play on BridgeBase.com. *Class format will include instruction via Zoom.*

REQUIRED MATERIALS: BridgeBase.com account

Don Bouwens lives with his wife Kristal in Portland. He learned bridge from his parents, played too much in college, and picked it up again in 2014. Don retired from a lifelong career in various sales jobs, having tried life as a lumberjack and carpenter in Washington County in the '70s.

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

HISTORY

The Sixties through the Great Speeches of the Sixties

ARTHUR (BUCK) BENEDICT

COURSE WED 9:30 – 11:30 A.M. • 6 WEEKS • \$50

The 1960s were a time of coming together for civil rights, but also a time of falling out over Vietnam. A time of love and peace, but also of brutal assassinations. Of Women's Lib, the Pill, the Civil Rights Act, the Voting Rights Act. It was also a time — perhaps the last time — when people listened to and were moved by the well-spoken word. Speeches are time capsules for us to open and examine this turbulent time and appreciate its importance in our country's history... and our own. **Repeat course.** *Class format will include lecture, discussion, and Zoom.*

Buck Benedict taught public speaking and speechwriting primarily to graduate students at the University of Pennsylvania for 16 years. He is passionate about great speeches and the leaders who gave them and has wanted to create this course for 30 years.



WATCH NOW: Buck shares his enthusiasm for the speeches of the 60s online at tinyurl.com/60sSpeeches

America from Good Feeling to Civil War

ALICIA HARDING

COURSE THU 9:30 – 11:30 A.M. • 6 WEEKS • \$50

Following the war of 1812, the United States entered the "Era of Good Feeling." The whole country was united in political and economic policies. How did the nation go from that to civil war? During that time, the United States doubled in size, industrialization dominated the northern landscape while slavery and cotton dominated in the south. We will explore the issues and events that brought the country together and eventually tore the nation apart. *Class format will include lecture, discussion, and Zoom.*

Alicia Harding retired in 2000 and has since enjoyed teaching at Southern Maine Community College and, most especially, teaching at OLLI. She has a master's degree in European Intellectual History and has twice been a recipient of National Endowment for the Humanities grants for advanced study.



HISTORY • continued from previous page

The Era of National Prohibition: A Retrospective

TOM LAFAVORE

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

This course will examine the historical, social, economic, political, and criminal aspects of National Prohibition that occurred between 1920 and 1933. It will put Prohibition in context with the decade of the 1920s. The course will examine in depth how the road to Prohibition that began in Maine in 1851 and the influence of women as they organized at the beginning and end of Prohibition. Additionally, the course will examine the aftermath of Prohibition. The instructor will provide selective readings and speakeasy recipes. *Class format will include lecture, discussion, film, and Zoom.*

Tom Lafavore, PhD has been a classroom educator and school and central office administrator in a career that spans over 40 years. He has educational experience in elementary school, middle school, and high school, as well as extensive experience in developing and teaching workshops for adults. Tom has a doctorate in educational leadership from the University of Maine.



WATCH NOW: Tom invites you to join his course online at tinyurl.com/olliProhibition

1960s — The Loss of Innocence

LORRAINE MASURE

COURSE THU 9:30 – 11:30 A.M. • 8 WEEKS • \$50

Loss of innocence can mean the loss of childlike belief in the inherent happiness and goodness of life because of experiences that render one more aware of reality. How did we go from Mayberry to Woodstock, from Broadway's *The Sound of Music* to *Oh! Calcutta*. From what is remembered to have been the most tumultuous and divisive decades in world history, and yet spawned some of the best pop and Broadway music. Emancipation or anarchy? What was created? What destroyed? Over eight weeks, we will review the decade close-up: history, music, and personal recollections. And of course, we'll "let the sunshine in." *Class format will include lecture, discussion, film, and Zoom.*

Lorraine Dutile Masure has led Senior College courses across four academic venues since 2012. She continues to delight in connecting with seniors and presenting alluring subject matter — some of which, again this semester, she has lived.



WATCH NOW: Lorraine expounds on the Loss of Innocence online at tinyurl.com/olli1960s

LITERATURE

Enjoying Short Stories

ANNE CASS

COURSE THU 10:15 A.M. – 12:15 P.M. • 6 WEEKS • \$50

This repeat course allows participants to read and discuss short stories. The structure will be similar to previous classes; the content will differ as we explore *The Best American Mystery and Suspense 2021*. This is a facilitated discussion encouraging all participants to contribute to the conversation. Past experience shows that OLLI students have both great insights and multiple experiences to share. *Class format will include discussion and Zoom.*

REQUIRED BOOK: *The Best American Mystery and Suspense 2021*, Steph Cha, ISBN 9780358525691 (USM \$16.99)

Anne Cass is a retired teacher and avid OLLI volunteer who loves working with adults, and especially enjoys talking about short stories with interested companions.



WATCH NOW: Anne invites you to join her for an exploration of crime at tinyurl.com/EnjoyingShortStories

So How Did It Begin? What Followed? Hesiod & Ovid

EVY NEWLYN

COURSE THU 12:45 – 2:45 P.M. • 6 WEEKS • \$50

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

REQUIRED BOOK: *Metamorphoses: The New, Annotated Edition*, Ovid & Rolfe Humphries (translator), ISBN 9780253033598 (USM \$10)

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

MUSIC

Pop Music of the “Roaring Twenties”

TERRY FOSTER

COURSE THU 12:45 – 2:45 P.M. • 6 WEEKS • \$50

If you had been living in the 1920s, what popular music would you have sung, listened, or danced to? This repeat course explores the origin of well-known songs like *Five Foot Two* and *Ain't She Sweet*? We will meet Al Jolson, Eddie Cantor, and tons of female singers. We'll dream about waltzing to *Always* and *Alice Blue Gown*. We'll discuss the main news events of the decade. We'll talk about “flappers” and guys we might refer to as “dandies.” We'll explore via lecture, videos, and live piano music. So, think 100 years ago in America! **Repeat Course.** *Class format will include lecture, discussion, film, and Zoom.*

REQUIRED BOOK: *The Jazz Age: Popular Music in the 1920s*, Arnold Shaw (Oxford University press, 1987 edition)

Terry Foster grew up hearing his Mom sing 1920s songs and dance the “Charleston.” He started piano at age 5 and has played in dance bands since age 16. A co-founder of “Senior College,” OLLI’s predecessor, he studied music in college, holds two master’s degrees and a doctorate in education.

POLITICS

Is the First Amendment Evolving or Devolving?

MIKE BERKOWITZ

COURSE THU 12:45 – 2:45 P.M. • 6 WEEKS • \$50

The First Amendment guarantees freedom of speech, freedom of religion, freedom of the press, the right to assemble, and the right to petition the government. What exactly are those rights? How have those rights changed over time? What will the future hold? What should the Supreme Court be doing? Mini-lectures, polls of the class, and video clips will help us discuss if those rights are being done right. *Class format will include lecture, discussion, and Zoom.*

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



POLITICS • *continued from previous page*

Contemporary Economic Policy Issues

JON HAVEMAN

COURSE TUE 12:45 – 2:45 P.M. • 6 WEEKS • \$50

Economics plays a central role in the functioning of every aspect of society; primarily through the actions of governments at the federal, state, and local levels. Given the centrality of its role, this course will address a set of prominent policy issues at which economics is at the core. We will explore these issues in detail, including their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. The focus will be on what the economics profession collectively understands to be true about the issue while not prescribing a specific policy solution. *Class format will include lecture and Zoom.*

Jon Haveman, PhD is the Executive Director of the National Economic Education Delegation (NEED). He is a noted California economist with a reputation for providing audiences with edible economic information. Dr. Haveman holds a PhD in Economics from The University of Michigan and a BS in Economics from the University of Wisconsin.

 **WATCH NOW:** Jon discusses his top six econ policies to watch at tinyurl.com/EconomicPolicyIssues

The U.S. Coming Together or Falling Apart — What Next?

STEVEN PIKER

COURSE THU 9:30 – 11:30 A.M. • 6 WEEKS • \$50

America is driven by hatred and anger suffused divisiveness. It has not always been so. Why now? Where to now? Is there hope? Definitely. Certainty? No. — Robert Putnam treats these questions within the historical and cultural context of the last century and a half. This lecture and discussion course will take up his views, and address the relevant interrelated issues of race, gender, social class, economics, politics, culture, and the role of the 1960s. *Class format will include lecture, discussion, and Zoom.*

SUGGESTED BOOK: *The Upswing: How America Came Together a Century Ago and How We Can Do It Again*, Robert Putnam, ISBN 9781982129156 (USM \$18)

Steven Piker is an anthropologist, has taught for 44 years at Swarthmore College, 10 years at three of Maine’s senior colleges, and lives in Yarmouth two blocks from two of his three grandchildren.

SCIENCE

Brief Peeks Beyond, Part II

STEPHEN KERCEL


COURSE WED 9:30 – 11:30 A.M. • 6 WEEKS • \$50

This course is an exploration of the book *Brief Peeks Beyond*. “In this pioneering, original and brilliantly written book Bernardo Kastrup is very critical of the still widely accepted materialist approach to science while making use of many convincing rebuttals of materialist counterarguments ... [It] explores the nature of reality, state of our society and culture, the influence of mainstream media and the nature of free will.” To do justice to the material in the book, the Winter offering picks up where the Fall offering left off.

Part I is not required to enroll in Part II. *Class format will include lecture and Zoom.*

REQUIRED BOOK: *Brief Peeks Beyond*, Bernardo Kastrup, ISBN 9781785350184 (USM \$22.95)

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

 **WATCH NOW:** Stephen discusses the great beyond from a mystery location online at tinyurl.com/BriefPeeks2



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Journey of Souls

STEPHEN KERCEL

COURSE THU 12:45 – 2:45 P.M. • 6 WEEKS • \$50

This repeat 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. **Repeat course.** *Class format will include lecture, discussion, and Zoom.*

REQUIRED BOOK: *Journey of Souls*, Michael Newton, ISBN 9781567184853 (USM \$17.99)

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



WATCH NOW: Stephen discusses his “out of this world” course online at tinyurl.com/olliJourneyOfSouls

So You Think You Hate Chemistry?

GALE RHODES

COURSE WED 9:30 – 11:30 A.M. • 6 WEEKS • \$50

You mean to tell me that you hate elements, which reveal the age of the earth and secrets of stars? You hate compounds, which give foods flavor, odor, and nutrition, and can cure diseases, with amazing precision? Want to understand kitchen chemistry? Want to learn about the chemistry of your body? Spend six classes with a lover of chemistry, and see how chemistry can make your world more interesting (and safer). Definitely not that course that still haunts your worst nightmares. Hating chemistry is not a prerequisite, but it won’t hurt one bit. **Repeat Course.** *Class format will include lecture, discussion, film, and Zoom.*

READINGS ONLINE: ChemForLovers.blogspot.com

Gale Rhodes loves chemistry. He has taught basic college chemistry, along with biochemistry, structural biology, interdisciplinary courses, and numerous OLLI courses. Publications include biochemical research, interdisciplinary education, natural history, and a book on how to figure out molecular structures. His website, One Culture, OneCulture-olli.blogspot.com, connects science with other kinds of knowledge.



WATCH NOW: Gale demonstrates why you really should love chemistry online at tinyurl.com/olliChemistry

Energy — What Is It & How Do We Use It?

DAVID VON SEGGERN

COURSE WED 9:30 – 11:30 A.M. • 6 WEEKS • \$50

The presenter draws on a career that revolved around energy: nuclear explosions, earthquakes, and research for oil and gas exploration and a post-career look into renewable energy. This course will cover what energy is and how it was used over the history of the Earth and of humans. We will especially focus on how energy is used today and the mix of energy types that contribute. We will look at humans’ most frightening use of energy in nuclear explosions. Lastly, we will look at the physics of what drives energy almost everywhere — photons. Alert: some equations will appear. *Class format will include lecture, discussion, and Zoom.*

REQUIRED BOOK: *Energy: A Beginner’s Guide*, Vaclav Smil, ISBN 9781786071330 (USM \$14.99)

David von Seggern, PhD, retired from the Nevada Seismological Laboratory at U. Nevada–Reno in 2006. Since then he has been active in environmental, conservation, and community–affairs issues. He has given numerous presentations at Osher Lifelong Learning Institute in Reno on various topics relating to science, history, and energy.

Is Consciousness a Quantum Effect?

STEPHEN KERCEL

WORKSHOP FRI 1/21, 1/28 & 2/4, 9:30 – 11:30 A.M.
3 SESSIONS • \$25

*The fact that an adequate philosophical presentation (of quantum mechanics) has been so long delayed is no doubt caused by the fact that Neils Bohr brainwashed a whole generation of theorists into thinking that the job was done fifty years ago. — Murray Gell–Mann. Was Gell–Mann right and the entire physics mainstream mistaken? The same could be asked about Einstein and Bohm. This workshop shows the reasons why Gell–Mann was not exaggerating. **Same content as Spring 2021, but taught at half–speed.** *Class format will include lecture, discussion, and Zoom.**

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



WATCH NOW: Stephen gives spoilers on his workshop online at tinyurl.com/QuantumEffect

SCIENCE • continued from previous page

Anthropocene — The Geologic Epoch You Are Entering in Real Time

DAVID VON SEGGERN

WORKSHOP FRI 1/28, 9:30 – 11:30 A.M. • 1 SESSION • \$15

Our impact on the planet is of such degree that geologists are now deliberating on whether to declare a new geologic epoch called *Anthropocene*. Since about 1950, humankind has had a notable, steadily increasing impact, in which the technosphere (human-created infrastructure and human-produced materials) has come to reflect the dominance of our species. Evidence of this technosphere is now being recorded in the layers of the Earth and will be detectable millennia from now regardless of whether we persist or not as a species. The workshop challenges participants to identify and quantify prominent items of the growing technosphere and their impacts. *Class format will include lecture, discussion, and Zoom.*

David von Seggern, PhD, retired from the Nevada Seismological Laboratory at U. Nevada-Reno in 2006. Since then he has been active in environmental, conservation, and community-affairs issues. He has given numerous presentations at Osher Lifelong Learning Institute in Reno on various topics relating to science, history, and energy.



SELF KNOWLEDGE & CARE

Wholehearted Living While Aging

JOAN CHADBOURNE

COURSE WED 12:45 – 2:45 P.M. • 6 WEEKS • \$50

How do people face “[t]he inescapable realities of aging and death” (Atul Gawande, *Being Mortal*) and still craft a full and satisfying life? How do we handle our fears and challenges? Most are tempted to give up at times. Instead, we’ll explore ways of making the most of our lives even with the above. Together we’ll clarify what matters most, what brings joy and contentment to each of us. We’ll rely upon Gawande, Oliver Sacks and others, class discussion, and shared experiences to reframe and reimage aging. We’ll support and encourage each other to fiercely encounter our aging selves. *Class format will include lecture, discussion, film, hands-on, and Zoom.*

SUGGESTED BOOKS: *Being Mortal*, Atul Gawande, ISBN 9780805095159 (USM \$28); *Gratitude*, Oliver Sacks, ISBN 9780451492937 (USM \$25)

Joan Chadbourne, EdD, former professor, consultant, and coach, hit the wall as she approached 80, lost her beloved, and experienced chronic pain. She has renewed her life, has more energy and joy than she’d imagined possible, and hopes to experience that journey with others. People comment on her youthful spirit and vitality.



WATCH NOW: Joan shares her story online at tinyurl.com/WholeheartedLiving

Finding Resilience During These Trying Times


CLAY ATKINSON & SUSAN ZIMMERMAN

WORKSHOP FRI 1/21, 1/28 & 2/4, 9:30 – 11:30 A.M.
3 SESSIONS • \$25

Today, confronted with trauma generated from events out of our control, these are trying times. Climate change, pandemics, political divide, and racial tensions are on top of our everyday stresses. As a result, we may struggle with grief or anxiety, depression, and fear. Longer-term reactions include unpredictable emotions, strained relationships, and even physical symptoms. We'll share our stories, listen, and participate in facilitated discussions designed to enhance our resilience and build new hope. *Class format will include lecture, film, hands-on, and Zoom.*

Clay Atkinson held senior corporate management positions in major companies. As a consultant, he's provided streetwise growth strategies to over 150 corporate and non-profit clients in 30 industries. Clay has been an MBA adjunct professor, on boards, co-founder of Elder's and Men's Groups, and is an experienced mentor.

Susan Zimmerman, LMFT, ChFT, is a licensed marriage and family therapist and chartered financial consultant and specializes in psychology and therapeutic communications methods. She has authored books about harmoniously integrating personality styles into relationships and financial planning.

 **WATCH NOW:** Clay invites you to join their workshop online at tinyurl.com/olliFindingResilience



QUESTIONS?

We are here to help you!

The best way to reach the OLLI staff is via email:
olliatusm@maine.edu

If email is not available to you, please call us at:
207-780-4406

Life Themes

ANNE CASS & JOAN CHADBOURNE

WORKSHOP FRI 1/21, 1/28 & 2/4, 9:30 – 12:30 P.M.
3 SESSIONS • \$25

What themes have shaped your life? What values drive you? Clarity provides a road map for making decisions that support you in living your best life. Join us for fun explorations to identify, accept, practice, and celebrate these central elements in our lives. We'll share stories, listen to our intuition, engage in activities that reveal what may be obvious but unnamed. We'll define how to use these themes and make the most of our lives, gifts, and interests. *Class format will include discussion and Zoom.*

Joan Chadbourne is a professor, life coach, consultant, and author whose life became more solid, fulfilling, and meaningful as she identified life themes and began to use them to direct life decisions. She finds even greater fulfillment and direction as she shapes the fourth stage of life.

Anne Cass, teacher and facilitator, deeply enjoys bringing people together to explore human potential in a safe and engaging environment.

Joan and Anne have discovered that working together enables both of them to be more present as well as more alive.



WATCH NOW: Joan and Anne share their experiences exploring Life Themes at tinyurl.com/LifeThemes

Science of Happiness

HEATHER EDGERLY

WORKSHOP FRI 1/21, 9:30 – 11:30 A.M. • 1 SESSION • \$15

In this workshop, we will explore the science behind happiness and will discuss and engage in practices that have been proven to increase an individual's happiness and overall well-being, including mindfulness, gratitude and kindness. No materials are required, but I will provide resources related to the topics covered and will distribute instructions to the happiness practices. *Class format will include lecture, discussion, and Zoom.*

Heather Edgerly began studying Eastern Religions twenty years ago and has subsequently received degrees in Religious Studies from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religion courses at the college level and currently leads classes in the theory and practice of meditation, science of happiness, and yoga for healing.

SELF KNOWLEDGE & CARE • continued from previous page

Shinrin-Yoku in a Winter Wonderland

ROBERT FOLEY

WORKSHOP FRI 1/21 & 2/4, 9:30 – 11:30 A.M. • 2 SESSIONS • \$25
 FRI 1/28 & 2/4, 9:30 – 11:30 A.M. • 2 SESSIONS • \$25

IN-PERSON This slow Forest Therapy walk enables a number of our newfound senses to connect with the “More Than Human World” during the winter months, providing a period of discovery, wonderment, and self-reflection. Winter birds and abandoned nests abound as well as the mystery behind “Snow Crystals.” It’s not necessarily what we see, but more about what we feel by allowing it to find us. Please join us on this rare occasion to experience many newly discovered secrets seldom seen during the other seasons as we journey into the “Winter Wonderland.” *Class format will include movement, discussion, and in-person class.*

Please note: Eight participants will meet the first week, eight additional participants the second week, and we shall ALL come together on the third and final week, with social distancing and masks recognized.

Robert Foley is of Passamaquoddy Native American descent and a former Navy SEAL. His background is that of a nature survivalist and today a nature preservationist. His current lifestyle includes gentling horses, avid TM practitioner, student of Tai Chi & Qigong, as well as Servant Leader assisting those in need.

Talk Saves Lives

SHAMERA SIMPSON & ANNE FALK

WORKSHOP FRI 1/28, 9:30 – 11:30 AM • 1 SESSION • \$15

Suicide can be prevented. Talk Saves Lives (TSL) is a program by the American Foundation for Suicide Prevention (AFSP). TSL is a community-based introduction to suicide prevention. It covers the general scope of suicide, the research on prevention, and what people can do to prevent suicide. If you have lost a loved one to suicide or know someone who is struggling or are struggling yourself, this program will offer opportunities for questions. It is not a counseling session but an opportunity to learn more about this topic to stop the stigma of suicide. FMI, please visit AFSP.org. *Class format will include lecture, discussion, and Zoom.*

*On Sept. 22nd, 2012, shortly before midnight, co-presenter **Anne Falk** received a phone call from her brother near Durham, NH, asking if she would please come to stay with 14-year-old son Arun while he and his wife go to NY. Of course, but why? Because his older brother, 20-year-old Cooper, was in the hospital; he had attempted suicide. Anne arrived in a very short hour, and from her car in the driveway, she knew something had gone terribly wrong. It is a scene she will never “unsee,” and now she volunteers her time and energies to get the word out that suicide can be prevented.*

Shamera Simpson is the Area Director for AFSP in Maine and New Hampshire.



WATCH NOW: Learn more about the American Foundation for Suicide Prevention at tinyurl.com/olliTSL

Breathe Easy — Declutter Your Home

DIANNE SINCLAIR

WORKSHOP FRI 1/21, 9:30 – 11:30 A.M. • 1 SESSION • \$15

Whether you are planning a move to a smaller place or just want to clean out years of accumulation, there are techniques that can help. We’ll share ways to reduce clutter including successes you’ve had, talk about stumbling blocks, and explore what kind of support might help. You’ll leave with a long list of suggestions and some ideas about how to get started. *Class format will include lecture, discussion, and Zoom.*

Dianne Sinclair has led this workshop at OLLI in Portland and N. Conway, NH and at the library in Hiram, ME. She and her husband own an eight-room farmhouse with well and barn, which she is committed to keeping (relatively) clutter-free. She loves yard-sales, re-gifting, and Goodwill.



QUESTIONS?

We are here to help you!

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olliatusm@maine.edu

If email is not available to you, please call us at:
 207-780-4406

WRITING

A Taste of Guided Autobiography

KATIE MURPHY**WORKSHOP** FRI 1/21, 1/28 & 2/4, 9:30 – 11:30 A.M.
3 SESSIONS • \$25

Guided Autobiography (GAB) is fun, fascinating, and surprising. In this workshop, life themes are introduced; priming questions are asked. 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!" *Class format will include discussion, hands-on, and Zoom.*

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.

Writing a Legacy Letter

JAY SHERWIN**WORKSHOP** FRI 1/21, 9:30 – 11:30 A.M. • 1 SESSION • \$15

A *legacy letter* (also called an "ethical will") is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This one-session online workshop includes discussion and brief writing exercises to help you examine your life history, explore your values and capture important insights. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter. *Class format will include lecture, discussion, and Zoom.*

Jay Sherwin has practiced law, given away money for five different charitable foundations and served as a hospital chaplain. In 2019, he created the Life Reflections Project to educate people about legacy letters, ethical wills and other legacy documents. Jay has extensive experience teaching and facilitating online adult learning programs.



WATCH NOW: Jay discusses the gift of legacy letters online at tinyurl.com/olliLegacyLetter



Special Interest Groups

OLLI at USM offers many diverse activities beyond the classroom. Open exclusively to current OLLI members, our Special Interest Groups provide great opportunities to connect socially with people with similar interests.

To participate in any Special Interest Group, you must be a current OLLI member. Special Interest Groups are not intended as instructional events. Most groups that previously met on campus at Wishcamper will be meeting via Zoom and not in person. Many programs run year-round, except for July and August.

ARTS & CRAFTS

Try your hand at a new skill on the third Thursday of each month at 3:15 p.m. A member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). *This group will meet via Zoom until further notice.*

FMI: Contact Sue Jennings at jensusa10@gmail.com

BICYCLE & 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? *This group does not meet in the winter.*

FMI: Contact Mark Love at mlove196@maine.rr.com

BOOK CLUB

Members meet monthly to discuss readings from various genres, including contemporary novels, classics, biographies, memoirs, short stories, etc.

FMI: Contact Susan Powell at smpowell181@gmail.com

BRIDGE CLUB

Those who enjoy playing bridge for fun are welcome to join this group, which meets weekly.

FMI: Contact Barbara Freeman at bhfreewoman@gmail.com

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.

FMI: Contact Lois Winter at loiswinter54@gmail.com to join the email list for notice of upcoming ski trips

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.

FMI: Contact Sue Gesing at susangesing@gmail.com, or Dawn Leland at lelanddm@gmail.com

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.

FMI: Contact Barbara Bardack at bravalascale@gmail.com

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.

FMI: Contact Chuck Hornberger at ckhornberger@gmail.com

OLLI UKES!

Meets twice a month to share and have fun playing a wide variety of ukulele music. All levels welcome.

FMI: Contact Cheryl Eling at cfeling@gmail.com

OUTDOOR/WALKING CLUB

Outdoor enthusiasts gather twice a month for invigorating walks in interesting places.

FMI: Contact Rae Garcelon at raegarcelon@gmail.com

“The OLLI Downhill Ski Club offers all of us a great way to look forward to winter, enjoy the mountain wonderlands covered in snow, and make new friends who share our enthusiasm for skiing. Fun companionship, coupled with safety, are our top priorities because we all want to keep skiing for years to come!”

LOIS WINTER, DOWNHILL SKI CLUB LEADER



PHOTOGRAPHY CLUB

Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography.

FMI: Contact Sharon Roberts at sharonlh@zwi.net

RECORDER ENSEMBLE

In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues.

FMI: Contact Karen Luse at luse.karen@gmail.com

SCIENCE READING CLUB

Each month, this group reads and discusses articles from the latest issue of Scientific American.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com or visit olliumsciencediscussion.wordpress.com

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.

FMI: Contact Elizabeth Guest at elizabethme85@twc.com

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.

FMI: Contact Stephen Pelsue at scpelsue@gmail.com if you'd like to join an email list for advance notice of the date, price, and venue.



WATCH NOW: The Senior Players' debuted their 2021 performance online at tinyurl.com/olliSeniorPlayers21

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QUESTIONS?
We are here to help you!

The best way to reach the OLLI staff is via email:
olliatusm@maine.edu

If email is not available to you, please call us at:
207-780-4406

How to register

So you've decided to register for a course (or two!) at OLLI — great! Now what? This section will walk you through the steps to register.

HOW TO REGISTER ONLINE

Online registration allows you to sign up for classes in real-time, which increases the likelihood you will secure your first choice! You can tell how many spaces are available in your chosen class and add your name to a waitlist if a course is full. After you pay for your classes, you will receive an email confirmation of your registration. It is fast and secure.

If you have shopped online, you should find online OLLI registration a snap. But if you are not comfortable doing your online registration, we are here to help you. Please call Rob at 207-228-8336. He or another staff member will get back to you as soon as possible.

Credit card is the only form of payment you can use for online registration. For other payment form (scholarship, gift certificate, or members of another Maine senior college), you must contact us at olliatism@maine.edu.

For checks or cash payment, please use the manual registration form — see page 32. Please note: We cannot guarantee your class will be available when we register you the week of December 6. Manual registrations will be processed in the order in which they are received.

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QUESTIONS?
We are here to help you!

The best way to reach the OLLI staff is via email:
olliatism@maine.edu

If email is not available to you, please call us at:
207-780-4406

- 1 **GO TO THE OLLI WEBSITE** at usm.maine.edu/olli. Click on **Online Registration Website** then **Get Started**.
- 2 **SIGN IN OR CREATE A PROFILE** by clicking the **Sign In** button at the top of the page.



In the gray box on the next page, select the following:

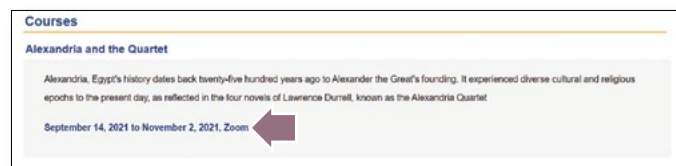
- **If you have a log-in or have been a member at least once since 2017**, click **Sign In**.
- **If you are new to OLLI**, click **Create Profile** to be brought to a page for you to fill in a few details to create an account with us. Click **Submit** when you have finished. (You will only need to do this once.)

- 3 **NAVIGATE TO OLLI PROGRAMS.**

Select **Continue Shopping** to be directed to the main registration page. In the shaded blue boxes on the left, click on **Osher Lifelong Learning Institute**, revealing a drop down menu of options.



- 4 **BECOME A MEMBER.** If you aren't an OLLI member yet, first select **Annual Membership** followed by **Add to Cart**. If you aren't registering for any additional programs, skip to step 7.
- 5 **BROWSE PROGRAMS.** Click the appropriate heading in the shaded blue boxes (Courses, SAGE, etc.) to view a list of all available options within that category.



- **Click on the program date (not the title)** to view complete program details.
- **Search for specific class title keywords or instructors** by using the search box in the upper right corner.

- **SELECT PROGRAM(S).** Click the yellow **Add to cart** button at the bottom of the program detail page.

Course Detail: O_ALEX4 - Alexandria and the Quartet

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

Course Prerequisites
(required) OLLI Membership 2021-2022

Session Detail: OPF21ALEX4 (8 seats (27%) remaining)

Schedule: Every week on Tuesday, starting on 09/14/21 and ending on 11/02/21

Times: 12:45pm - 02:45pm
View Full Schedule | Add to my Calendar

Price: OLLI Course : \$50.00

Instructors

Name	Additional Resources
Kathleen Sutherland	
Star Polue	

Facility Detail

Zoom
Your Street
Your Town, ME 00000

Add to Cart ←

- **To continue browsing**, hit the back browser button or navigate back to the shaded blue boxes at left.
- 7 **COMPLETE YOUR ORDER.** Select **Checkout** to get started with the checkout process.
 - **Add specific information.** Please provide your date of birth (mm/dd/yyyy) for new memberships and leave the Promotional Mailing Code field blank. Click **Next**.
 - **Review and approve summary** then click **Submit Order**. Click only **once** or you may be charged multiple times.
 - **Provide payment** via *Touchnet*, USM's secure payment site. Select **Credit Card**, then **Continue**. Fill in credit card information carefully (no phone numbers). Click **Continue**.
- 8 **THAT'S IT!** A **Thank You** message means your order has been completed! Look in your email for a registration receipt and please remember to log out at the top of the page.

Tips for making online registration a breeze

Here are some tips to keep in mind to help your online registration be a successful, positive experience:

- **Log in early to test it out.**
Try logging into the online registration system a few business days *before* December 1 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.
- **Try OLLI123.**
If you cannot remember your password, try OLLI123.
- **Sign in first, then browse.**
When you are ready to register (after midnight Wednesday morning), sign in first, then look for classes.
- **Make sure you're a member before you start.**
A current 2021-2022 membership is needed to register for a winter course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.
- **Click the date, not the title.**
When you find the course you want to register for, click on the *date* below the title (not on the title itself) and then scroll down to find the *Add to the Cart* button.

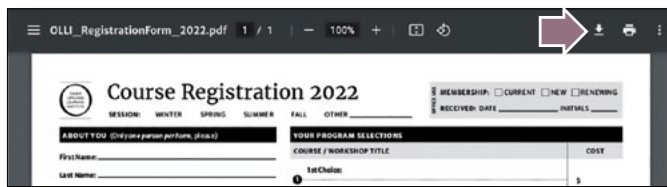
Want more helpful tips?

Visit *OLLI Online Registration Assistance online* at: usm.maine.edu/olli/online-registration-assistance.

HOW TO REGISTER MANUALLY

We recommend that all students complete their registration online, however if that is not possible, we also offer a traditional registration form that can be filled out and submitted via email or regular mail.

- 1 LOCATE THE REGISTRATION FORM.** There are several ways to do this:
 - **To use the form in this book (printed),** tear out the page and/or make a copy of it.
 - **To use the form in this book (digital PDF),** print out just page 33.
 - **To find the form online,** go to usm.maine.edu/olli/olli-courses-and-lectures. Click on **Print Registration Form**. The form will open in a new window. To download, click the down arrow icon in the top right corner. To print, click the printer icon in the top right corner.



- 2 FILL OUT FORM** by hand or digitally.
 - **To fill out by hand,** print clearly using a printed sheet.
 - **To fill out digitally,** open a fresh downloaded form in Adobe Acrobat Reader. Save as a new file, type into the highlighted fields, and re-save. (Don't have Adobe Reader? Download at get.adobe.com/reader)
- 3 SUBMIT COMPLETED FORM WITH PAYMENT.** This can be done by email (preferred) or via mail.
 - **To email a hand-written form,** take a photo of the form with your phone or scan it, then email it to olliatusm@maine.edu
 - **To email a digital form,** re-save the file with your full name in the file name, then email it to olliatusm@maine.edu.
 - **To mail a physical form with cash or check,** enclose cash or check (made payable to Osher Lifelong Learning Institute) with your printed registration form, to: Osher Lifelong Learning Institute, P.O. Box 9300, Portland, ME, 04104. *Please note: manual registrations will be processed in the order in which they are received.*
- 4 THAT'S IT!** We will be in touch with you the week of December 6, 2021 if we have any questions.

Tips for a smooth manual registration

Here are some tips to keep in mind to assure your form is processed without delay:

- **Please use only ONE form per registrant.**
For example, if you and your partner are both registering, each of you will need to complete your own form, even if you are registering for the same class(es).
- **Fill out the top section of the form completely.**
Leaving sections blank can slow registration.
- **Rank courses by importance to you.**
Write the course name for your first choice selection in the *1st Course* column, your second choice in the *2nd Course* column, and so on.
- **Provide alternative choices.**
We highly recommend adding alternative courses in case your top choices fill before we can register you. These should be written in the *Alternative 1st Course*, *Alternative 2nd Course*, etc. columns next to your primary choices.
- **Record prices accurately.**
Record itemized fees in the *Cost* column next to each entry, then add up the total fees for all courses and workshops (and membership, if applicable). Note the amount in the space marked *Total Registration Cost*.
- **Double check payment info.**
Provide credit card information in full to avoid possible delays. Cash or checks are also accepted — see step 3.

Want more helpful tips?

Email the OLLI staff at olliatusm@maine.edu or call 207-780-4406.



Course Registration 2022

SESSION: WINTER SPRING SUMMER FALL OTHER _____

MEMBERSHIP: CURRENT NEW RENEWING
RECEIVED: DATE _____ INITIALS _____

OFFICE USE

ABOUT YOU (Only one person per form, please)

First Name: _____
Last Name: _____
Mailing Address: Street _____
City, State, Zip _____
Phone _____
Email _____
Date of Birth: (MM/DD/YYYY) ____/____/____
Is any information above new? Address Phone Email
 I'd like an OLLI nametag with this name: _____

YOUR PAYMENT INFORMATION

Payment Method: Cash Check Credit Card (See below)
Card Type: Visa MasterCard Discover
Card No: _____
Exp. Date: (MM/YY) ____/____ Code: (on back of card) _____
Name on Card: _____

CHECK NO. _____ CC LAST 4 _____
CASH _____ MISC _____
ENROLL (Init) _____ DATE PROCESSED _____

Questions? Please email ollitium@maine.edu or call 207-780-4406.

YOUR PROGRAM SELECTIONS

COURSE / WORKSHOP TITLE	COST
1 1st Choice: _____ Alt. Choice: _____	\$ _____
2 1st Choice: _____ Alt. Choice: _____	\$ _____
3 1st Choice: _____ Alt. Choice: _____	\$ _____
4 1st Choice: _____ Alt. Choice: _____	\$ _____
5 1st Choice: _____ Alt. Choice: _____	\$ _____
6 1st Choice: _____ Alt. Choice: _____	\$ _____

Your Total Course / Workshop Cost	\$ _____
<input type="checkbox"/> Check box if you're over 90 — it's free!	Annual Membership, if applicable + \$ _____
Your tax deductible contribution to OLLI (Optional)	+ \$ _____
YOUR TOTAL REGISTRATION COST	\$ _____

Important Dates

OLLI WINTER SESSION 2022

Winter session will run January 11 – February 17.
Mark your calendar for these other important dates.

DEC 1	Online registration for OLLI Winter courses begins. The registration system will automatically turn on between 12:01 and 12:15 a.m. (Tuesday night into Wednesday morning). Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu before December 1, so staff can process them promptly. We cannot 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 1, but some classes and workshops may be full, so please turn them in as soon as possible.
DEC 15	Course and workshop offerings open to the Maine Senior College Network. Please contact us at olliatusm@maine.edu and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
DEC 24	Staff holiday
DEC 31	Staff holiday
JAN 11	OLLI winter session starts
JAN 17	Staff holiday
JAN 20	Deadline to receive a refund on dropped classes
FEB 17	OLLI winter session ends
FEB 21	Staff holiday
FEB 22–24	OLLI winter session make-up week



QUESTIONS?

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olliatusm@maine.edu

If email is not available to you, please call us at:
207-780-4406



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