

Celebrating
25+ YEARS
of Learning



1997-2023



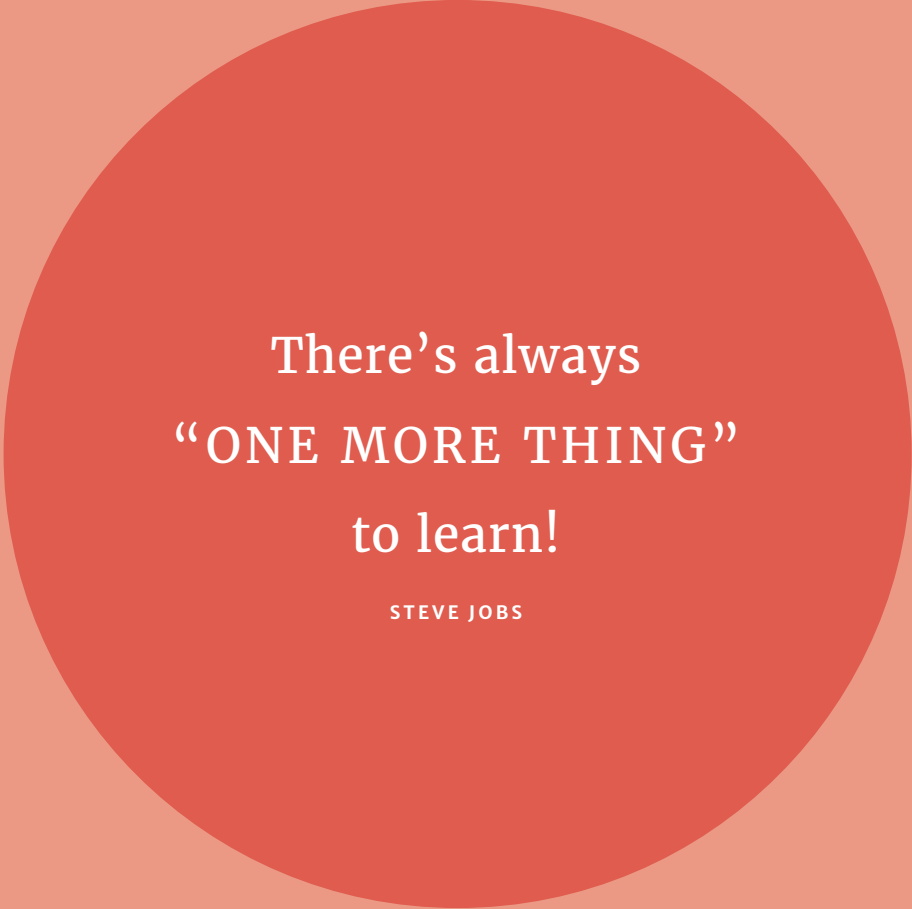
Course Catalog

SPRING SESSION 2024

MARCH 11 – MAY 3



**UNIVERSITY OF
SOUTHERN MAINE**



There's always
“ONE MORE THING”
to learn!

STEVE JOBS



CONTACT US

207-780-4406
olliatum@maine.edu
Portland Campus
Wishcamper Center, Room 210
34 Bedford Street
Portland, Maine 04101

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

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ADVISORY BOARD (2023-24)

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DIRECTOR'S MESSAGE



Learn,
laugh,
ponder,
repeat.

“Given a rich environment, learning becomes like the air — it’s in and around us.” – SANDRA DODD

With the coming of spring a new spirit of curiosity and adventure rises in all of us. We hope that these spring offerings will tempt you to connect with others, try something new, or go deeper into a subject that has intrigued you in the past. Our classes and workshops are diverse not just in subject but in format, including in-person, remote, and hybrid.

Consider this year’s Teacher Forum, called “The Staff Room” (page 18). It is a chance to join a supportive group of people to talk about the assistance OLLI can give you if you want to share your passion with others by becoming an instructor. As with a school staff room, our current as well as future teachers are welcome to join for ideas, perspective, and fellowship. A wonderful group of new teachers arose out of last year’s Teacher Forum, evidence of its relevance and helpfulness. Join us this year!

You will see that we have many new offerings this spring, including: David Von Seggern’s “Design with Nature: Two Scotsmen Show Us How” (page 20), which connects art making with an experience of nature with a new perspective.

Mary Alterbern’s “Camping in Maine (All My Secrets for Successful Camping)” (page 21) — a fun and practical guide to planning a special getaway this summer.

Dick Cass will help you to connect with your creative spirit in “Who Says I’m Creative?” (page 28, 41).

Louise Sullivan’s course “Fa, Sol, La — Singing the Shapes” (page 30) will inspire singers and novices alike to discover and join in a unique music tradition.

The catalog also includes many wonderful repeat courses, so this is a great chance to enroll in the class you have been thinking about in the past.

Sincerely,

Donna Anderson
Director

Celebrating
25+ YEARS
of Learning



1997-2023

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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 1,400-plus like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

OLLI is located on the Portland campus of the University of Southern Maine (USM) and 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 at USM member, you'll choose from an extensive array of peer-taught courses in a variety of subjects. 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 active 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

1,430+

OLLI ACTIVE STUDENTS
(2022-23)

17

ACTIVE MAINE
SENIOR COLLEGES

180

OLLI VOLUNTEERS
(2022-23)

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. Our monthly online newsletter and Facebook page outline upcoming programs and events open to you.

Member benefits include:

- Access to sign up for OLLI courses and workshops online.
- Access to OLLI Special Interest Groups (SIGs) at no additional cost. See [page 44](#) for the list of current SIGs.
- Access to OLLI Special Events, some at no additional cost, including topical pop-up discussions, game nights, and more.
- Access to courses at the 17 active Maine senior colleges throughout the state. Visit MaineSeniorCollege.org for more information.

Free membership for those over the age of 90!

Call the OLLI office at 207-780-4406 in order to process your free membership if you are over the age of 90!

Apply for a scholarship

Full and partial scholarships are available through a simple, friendly, confidential process. Scholarships are limited to \$50 per person per session, 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/osher-lifelong-learning-institute/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.

MEMBER SPOTLIGHT

Susan & Philip van Tongeren

PORTLAND, MAINE

What is your history with OLLI? We are relatively new Portland residents so have enjoyed just a few classes and we plan on taking many more. “Living with the Four Agreements” was wonderful because the instructor Lucille Meltz had a thoughtful, organized and gentle approach which allowed for good discussions among the zoom class. Susan was surprised how all the classmates fondly remember the 25-year old book and desire to live more simply. Philip enjoyed Donna Anderson’s “The Stormy Start of the Renaissance” class, refreshing all he had learned (and almost forgotten) at school in Amsterdam. It reignited his love of European history and Italy.

What is a particularly memorable class or workshop we have taken? Together we took Jim Mentzer’s in-person class “The Battle of Gettysburg: A Novel Approach” and those class days became highlights of the week. We read the pre-reading in the morning, and were enlightened by Jim’s slides, maps and inside stories in the afternoon.



“We are relatively new Portland residents so have enjoyed just a few classes and we plan on taking many more.”

SUSAN & PHILIP VAN TONGEREN,
OLLI MEMBERS SINCE 2022

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!

COVID-19 PRECAUTIONS

Face coverings: Face masks are optional in all indoor and outdoor spaces with three exceptions. Face mask may be required:

1. At the discretion of instructors
2. At the discretion of a primary office occupant or meeting host
3. When required by the CDC

Vaccination requirements:

Effective with the May 2023 term and going forward, the University of Maine System has lifted the COVID-19 vaccination requirement but strongly encourages all students, employees, and visitors to obtain a COVID-19 vaccination and booster shots when eligible. COVID-19 vaccinations and boosters are recommended as a way to prevent severe cases of COVID-19.

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 2023–2024 member to enroll in Winter courses and workshops. Membership costs \$25 per fiscal year and runs from July 1 – June 30.

BOOKS & MATERIALS

Acquiring books and materials is the student's responsibility. Books and materials will be listed 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 by going to usm.ecampus.com and selecting OLLI as the term. Visit usm.maine.edu/osher-lifelong-learning-institute/resources for instructions and more information.

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

SESSION SCHEDULE

Spring classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Friday. The term runs for eight weeks, from March 11 – May 3, unless otherwise noted in the course description.

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.

Most workshops will take place on Saturdays both **remotely** on Zoom or **in-person** (see [page 7](#)).

LOCATIONS

OLLI Spring 2024 courses and workshops will be held both remotely and in-person:

Remote (Monday – Friday).

Classes will be taught online via distance learning, using Zoom, unless otherwise noted.

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

In-person (Monday – Friday).

Courses and workshops take place in Wishcamper Center. We will notify you in advance of the class about the exact location.

PARKING

Parking in the USM garage attached to the Abramson Center will require a virtual permit. See [page 8](#) for more details.

NEWS & UPDATES

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



WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at olliatusm@maine.edu before registration begins 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 Friday, March 24, the end of the second week of spring 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 class or drop a class, 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.

A new OLLI student Handbook is being developed, and as soon as it is ready, we will alert members about where to find it.

WEATHER CLOSURES & DELAYS

Campus Closures

If USM at Portland is closed, the OLLI office and in-person events will be canceled. Remote classes and events will be held at the discretion of the instructor or organizers.

Delayed Openings and Early Closures

If the USM Portland campus opens late or closes early, the OLLI office and in-person events will be canceled accordingly.

For example, if USM opens after OLLI's regular start time (e.g., USM delays opening until 10 a.m.), all OLLI classes starting earlier than 10 a.m. will be canceled. If USM announces an early closure (e.g., campus closes at 2:00 p.m.), OLLI classes beginning after 2:00 p.m. will be automatically canceled.

To confirm USM Campus weather closures or delays

Call the USM Storm Line at 207-780-4800 or look for a yellow notice at the top of the USM Homepage (usm.maine.edu).

CONTACT INFORMATION

Please call or email if you need to get in touch with us at 207-780-4406 or at olliatusm@maine.edu.

Accessibility & special accommodations

OLLI at USM is committed to making our programming accessible for all members. Please notify OLLI at 207-780-4406 as soon as you register to discuss your options.

HEARING ASSISTANCE

In-Person: Portable assisted-listening devices are available for use in any Wishcamper classroom. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.

Remote: Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request. Please contact Rob Hyssong at least two weeks prior to class start at robert.hyssong@maine.edu or 207-228-8336.

ACCESSIBLE PARKING

USM campus: The USM Parking Garage is open to OLLI members with a digital parking pass Monday – Saturday. Handicapped parking and elevator access are available on all levels of the parking garage.

GENERAL INFORMATION

THE USM CAMPUS

The Osher Lifelong Learning Institute (OLLI) is located on the University of Southern Maine (USM) Portland Campus in Wishcamper Center (44 Bedford Street, Portland, Maine).

Classrooms are located on the 1st and 2nd floors. The OLLI office is located on the 2nd floor in Room 210.

Wishcamper Center has an elevator located in the lobby on the west side of the building.

ON-CAMPUS PARKING

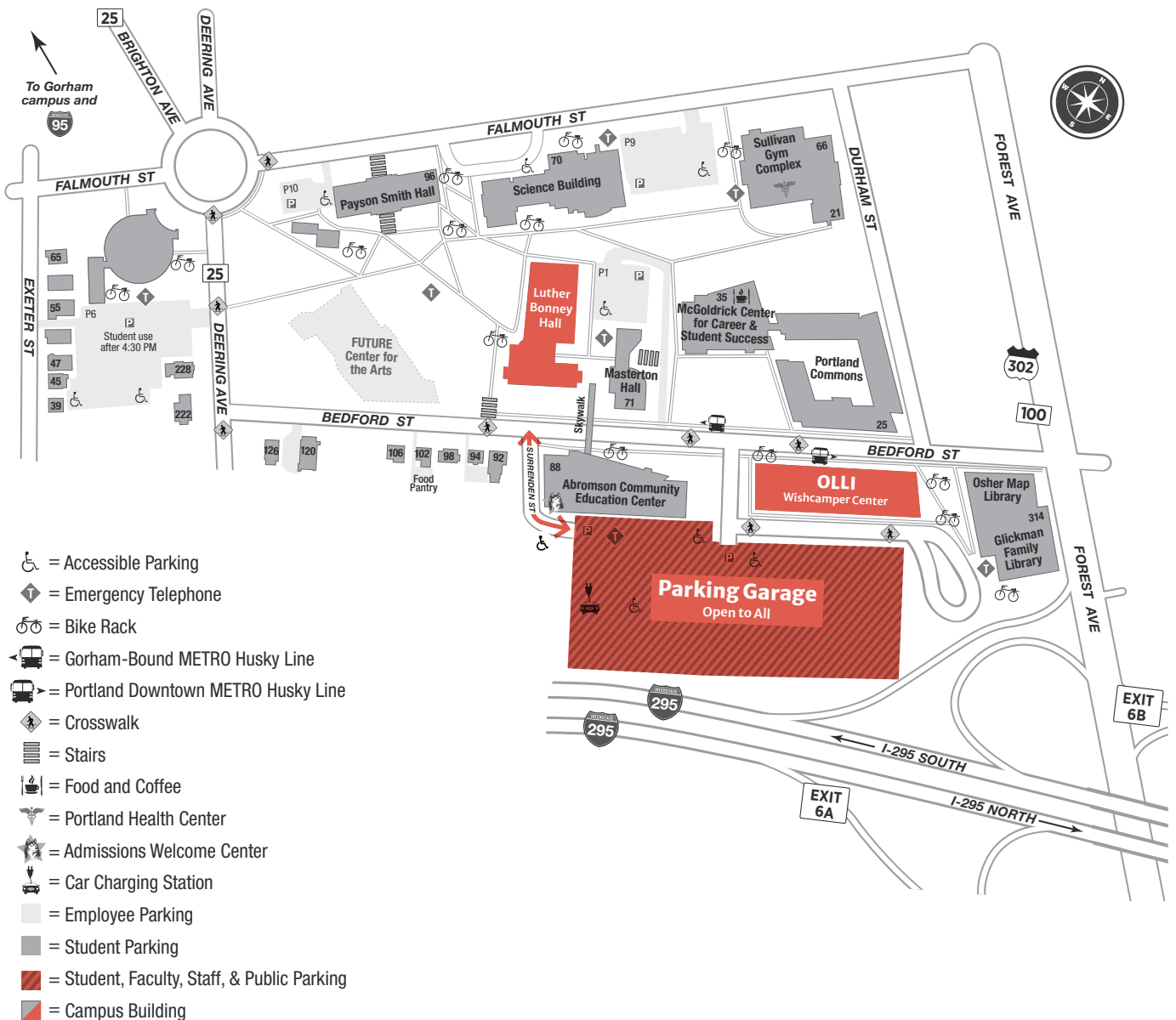
OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street. Garage parking is free for OLLI members Fridays through Saturdays. **There are 27 handicapped spaces available between the two parking garages.**

Parking in the USM garage will require a virtual parking permit. Visit usm.maine.edu/osher-lifelong-learning-institute/location-parking/ for more information.



Creating community and identifying safer places for students, staff, and faculty of diverse sexualities, romantic orientations, and genders since 1996.

usm.maine.edu/safezone



Important Dates

OLLI SPRING 2024

Winter session will run from March 11 – May 3.
Mark your calendar for these other important dates.

FEB 14

Online registration for OLLI spring 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 February 14, 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 February 14, but some classes and workshops may be full, so please turn them in as soon as possible.

FEB 20

OLLI staff begins processing mail-in, drop-off, and taking phone registrations.

FEB 27

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.

MAR 11

OLLI spring session classes start

MAR 22

Deadline to receive a refund on dropped courses.

APR 6, 13, 20

OLLI spring workshops

MAY 30

OLLI spring workshops

MAY 3

OLLI spring session ends

MAY 6–10

OLLI spring session make-up dates



QUESTIONS?

We are here to help you!

Email us:
olliatusm@maine.edu

Call us:
207-780-4406





The OLLI staff will be on holiday Feb. 19. The OLLI office and USM will be closed on this date. If you have a class scheduled on this date, please get in touch with your instructor to see if they plan to observe the holiday.

Courses by schedule

Courses run once a week, Monday – Friday, starting the week of March 11 unless otherwise stated. Full course descriptions, costs, and materials can be found on the page listed next to each course title.

4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
-  REMOTE (ZOOM)
-  HYBRID
(BOTH IN-PERSON & REMOTE CONCURRENTLY)
-  BLENDED
(SOME CLASSES IN-PERSON, SOME CLASSES REMOTE)

Want to search for programs by topic?
See [page 18](#) for our full index.








Want to find a program by instructor?
See [page 14](#) for our instructor index.

MONDAYS

MORNINGS • 9:30 – 11:30 A.M.


-  **The Fifties: A Surprisingly Dynamic Decade** (p. 26)
BUCK BENEDICT
-  **Making Important Decisions: Rationally or Irrationally** (p. 38)
 LANDIS GABEL & PAWEL GODULA
-  **The Untold Story of the Germans Who Fought Hitler** (p. 26)
SANDY GARSON
-  **Thick & Thin: Four 21st Century Novels with Two Storytelling Styles** (p. 29)
SUSAN POWELL
-  **Can Psychiatrists Tell a Hawk from a Handsaw?** (p. 34)
 RICHARD WELSH & STEVE PIKER

AFTERNOONS • 12:45 – 2:45 P.M.





-  **Intermediate French** (p. 28)
JACQUELINE BUCAR
-  **Line Dancing** (p. 22)
ANNE CASS & JOANNA KOHARIAN
-  **Who Says I'm Creative?** (p. 28, 41)
RICHARD CASS
-  **Origins of Human Evolution, Part 1** (p. 37)
BILL PORTELA
-  **The Art of Living Well: Peace Education Program** (p. 39)
RITA RUBIN-LONG & TERRY LANDRY
-  **Introduction to Islam** (p. 35)
 KATHLEEN SUTHERLAND

TUESDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **SAGE Lecture Series** (p. 42)
An eight-week lecture series presented by various speakers.

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Beginner Bridge** (p. 22)
ANNE CASS & BARBARA FREEMAN
-  **Popular Music of the 1940s** (p. 29)
TERRY FOSTER
-  **Journey of Souls** (p. 36)
STEPHEN KERCEL
-  **Your Inner Fish, Part 2** (p. 38)
HAL SCHEINTAUB



QUESTIONS?

We are here to help you!

Email us:


olliatism@maine.edu


Call us:


207-780-4406


WEDNESDAYS


MORNINGS • 9:30 – 11:30 A.M.


-  **Mindfulness Practice for Well-Being in the Midst of it All** (p. 35)
CHERYL ANDERSON

-  **Can We Stop Climate Change?** (p. 37)
TED HALL


-  **Viewing Art 2024: A Series of Guided Visits to Museums** (p. 19)
NATHANIEL LARRABEE

-  **You Should Care About Africa — Here's Why** (p. 31)
MICHAEL LYNCH


-  **Intuition & the Wise Elder Woman** (p. 39)
LUCILLE MELTZ


-  **From the Old Country, Part 1: Colonial Times Through World War II** (p. 27)
JOHN SUTHERLAND


MORNINGS • 9:00 A.M. – 12:00 P.M.


-  **Drawing & Painting Fresh Flowers** (p. 19)
VICKI FOX


AFTERNOONS • 12:45 – 2:45 P.M.


-  **YouTube: The Ultimate Jukebox, and it's All Free!** (p. 29)
SCOTT ANDREWS

-  **Sit Down and Shut Up: Third-Grade Teacher as Zen Master?** (p. 35)
TIM BAEHR

-  **Making Connections** (p. 38)
JOAN CHADBOURNE

-  **The Battle of Gettysburg: A Novel Approach** (p. 25)
JIM MENTZER

-  **Great Courtroom Dialogue Movies** (p. 24)
EDWARD SOLANO


-  **Explore Portland's Historic Neighborhoods — On Foot** (p. 26)
ALESSA WYLIE


AFTERNOONS • 3:15 – 5:15 P.M.


-  **The Staff Room: OLLI 2024 Teacher Forum** (p. 18)
OLLI TEACHING & LEARNING COMMITTEE


THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

-  **Writing & Sharing Life Stories** (p. 41)
JOAN CHADBOURNE

-  **In & Out of the Box: Creative Spirituality in Practice** (p. 19)
JENNIFER DONALDSON


-  **Getting Along with the Visual Arts** (p. 21)
MAGGIE FEHR & DAVID HINGSTON


-  **Science for Non-Majors** (p. 37)
HAL SCHIENTAUB


AFTERNOONS • 12:30 – 3:30 P.M.


-  **Luminous Waters: A Film/Discussion Course Exploring Fate, Trust, & Life Transitions** (p. 21)
JOAN ALDRICH


AFTERNOONS • 12:45 – 2:45 P.M.

-  **What Prompted You to Do THAT??** (p. 41)
TIM BAEHR

-  **Tibetan Book of Living and Dying** (p. 36)
JOAN ELIZABETH & DEB KINTON

-  **A Century on the Move: The Victorian Period Through the Lens of Victoria Mansion** (p. 25)
STACI HANSCOM & VICTORIA MANSION STAFF


-  **Civic Virtue: Can We Save Democracy?** (p. 32)
ROBERT LIBBY

-  **Science, Mysticism, Religion, & Us** (p. 35)
ZAID SMITH

FRIDAYS

MORNINGS • 9:30 – 11:30 A.M.

 **Great Decisions 2024 with the World Affairs Council of Maine** (p. 31)
ANDREA HESTER &
ALLISON HODGKINS

 **Decoding Jung's Metaphysics, Part 3** (p. 34)
STEPHEN KERCEL

 **Art Studio** (p. 20)
PAULA STEFFEN






 **Return of the Misfit Poets** (p. 28)
MARY TRACY & CRAIG SIPE

Workshops by schedule

Workshops run on Saturdays as noted throughout the Spring session with three exceptions. Full workshop descriptions, costs, and materials can be found on the page listed next to each course title.

4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:

-  IN-PERSON
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(BOTH IN-PERSON & REMOTE CONCURRENTLY)
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+ (SOME CLASSES IN-PERSON,
 SOME CLASSES REMOTE)

Want to search for programs by topic?
See [page 18](#) for our full index.

Want to find a program by instructor?
See [page 14](#) for our instructor index.

WEDNESDAY

4 SESSIONS:
3/13 – 4/3 • 9:30 – 11:00 A.M.

 **Danger, Suspense, & Deception: The Best of Alfred Hitchcock** (p. 23)
JAY SHERWIN

THURSDAY

4 SESSIONS:
3/14 – 4/4 • 9:30 – 11:30 A.M.

 **Four More Select Topics in History** (p. 25)
ALICIA HARDING

1 SESSION: 5/30 • 6:30 – 8:30 P.M.

 **Voice Overs ... Now is Your Time** (p. 23)
WILL KAMP

FRIDAY

2 SESSIONS:
4/19 & 4/26 • 1:00 – 3:00 P.M.

 **Fa, Sol, La — Singing the Shapes** (p. 30)
LOUSIE SULLIVAN

SATURDAY

1 SESSION: 4/6 • 9:30 – 11:30 A.M.

 **A Spring Bouquet of '50s & '60s Film Music** (p. 30)
LORRAINE MASURE

 **Design With Nature: Two Scotsmen Show Us How** (p. 20)
DAVID VON SEGGERN

 **Interested in Changing How You Think or Feel?** (p. 40)
ELLEN ZIMMERMAN
& NORA MORSE


1 SESSION: 4/6 • 9:30 A.M. – 12:00 P.M.

 **Sherlock Holmes: The Sign of Four** (p. 23)
DEWAYN MARZAGALLI

1 SESSION: 4/6 • 9:30 A.M. – 12:30 P.M.

 **Should We Have Hate Speech Laws?** (p. 26)
DONI TAMBLYN

2 SESSIONS:
4/6 & 4/13 • 9:30 – 11:30 A.M.


 **John Ford Festival Top Film with Discussion & A Full Sound Healing Experience** (p. 22)
CALI ROSSEN

 **Mapping Memory** (p. 20)
JERI THERIAULT

2 SESSIONS:
4/6 & 4/13 • 9:00 A.M. – 1:00 P.M.

 **Intro to iPhone Photography** (p. 19)
WILLIAM CARITO

1 SESSION: 4/13 • 9:30 – 11:30 A.M.


 **Science of Happiness** (p. 40)
HEATHER EDGERLY

 **The Film Music of Maurice Jarre** (p. 30)
DEWAYN MARZAGALLI

1 SESSION: 4/13 • 9:30 A.M. – 3:30 P.M.

 **The Republic of Rum** (p. 25)
TOM LAFAVORE

1 SESSION:
4/20 • 9:30 – 11:30 A.M.


 **Understanding the Second Amendment Right to Bear Arms** (p. 24)
MARGARET GROBAN
& BILL HARWOOD

 **The Five Building Blocks of Medicare** (p. 40)
BARBARA HOPKINS


 **A History of Western Movies, Part 3 (The 60s)** (p. 23)
DEWAYN MARZAGALLI

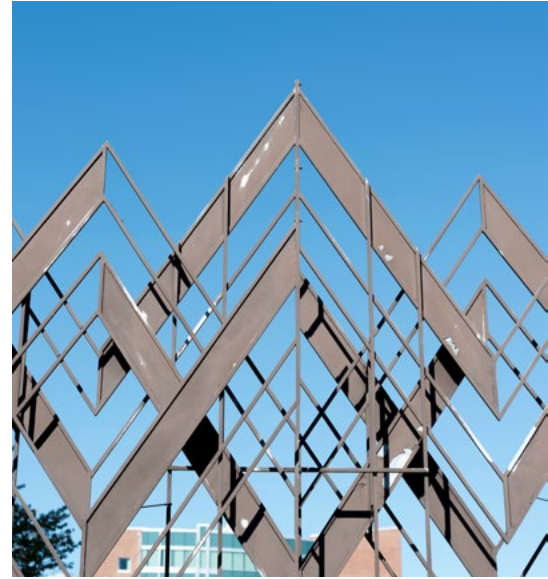
 **Hand-Making Books: A Sampler** (p. 20)
DIANNE SINCLAIR

1 SESSION:
4/20 • 10:00 A.M. – 12:00 P.M.

 **Camping in Maine (All My Secrets for Successful Camping)** (p. 21)
MARY ALTERNBERN

1 SESSION: 4/20 • 9:30 A.M. – 3:30 P.M.

 **Group Past Life Regression Experience** (p. 36)
PEGGY SCHICK



Courses & workshops by instructor

Instructors are listed here in alphabetical order for both courses and workshops. For full descriptions and presentation style (in-person, remote, or hybrid), please go to the page listed next to the course or workshop title.

Want to search for programs by topic?
See [page 18](#) for our full index.

Looking to fill a specific day or time?
See [page 10](#) for our schedule-at-a-glance.

A B C

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A Film/Discussion Course Exploring Fate, Trust, & Life Transitions 21

MARY ALTERNBERN
Camping in Maine (All My Secrets for Successful Camping)..... 21

CHERYL ANDERSON
Mindfulness Practice for Well-Being in the Midst of it All35

SCOTT ANDREWS
YouTube: The Ultimate Jukebox..... 29

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EXERCISE
is to the body.

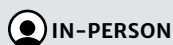
JOSEPH ADDISON

Full listing of courses & workshops

Courses and workshops are listed by subject. Details including books and materials are listed here.

4 PATHWAYS TO LEARNING

Refer to these icons to find the right program style for you:



IN-PERSON



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See [page 14](#) for our instructor index.

Looking to fill a specific day or time?

See [page 10](#) for our schedule-at-a-glance.

SPECIAL OFFERING

The Staff Room: OLLI 2024 Teacher Forum

OLLI TEACHING & LEARNING COMMITTEE

COURSE WED, 3/20 – 4/24 • 3:15 – 5:15 P.M. • FREE

This is an open invitation to all OLLI teachers, to members interested in teaching at OLLI, and to those members wondering whether they have what it takes to teach at OLLI. The 2024 Teacher Forum is a great opportunity to hone your skills, meet other teachers, and have your questions answered.

The free course is being offered by a team of OLLI teaching vets. This 6-week course begins with 5 weeks of presentations on specific topics, and concludes in week 6 with an open forum addressing participants' areas of interest.

Sign up for the 2024 Teacher Forum and discover that it's as much fun to teach an OLLI class as it is to take one. The 2024 Teacher Forum will demonstrate the hybrid class format: 6 participants may enroll for the in-person classroom in the Library at the Wishcamper Center and Zoom participation is unlimited. **Repeat hybrid course.** *Course format includes lecture and discussion.*

The Teacher Forum is organized by OLLI Teaching & Learning Committee. Presenters are selected from the OLLI teachers and facilitators.

ACTING, ART, & ART HISTORY

Intro to iPhone Photography

WILLIAM CARITO

WORKSHOP SAT, 4/13 & 4/20 • 9:00 A.M. – 1:00 P.M. • \$25

“The best camera is the one that’s with you.” — Chase Jarvis. For many of us, that camera is the iPhone we carry in our pocket every day. This course will cover setting up your iPhone for shooting better photos, focusing and composition techniques, editing photos on your iPhone (or iPad if you have fat fingers like me), and how to find your way to shooting in black & white on the streets of Maine. Join the international iPhone photography community. **Repeat in-person workshop.** *Format includes lecture, discussion, and hands-on practices.*

REQUIRED MATERIALS: Participants will need a relatively up-to-date iPhone (11 or above) and the Snapseed app (free in the App Store).

William Carito started taking iPhone photos in 2015 after a one-day workshop. Since then he absorbed as much as he can from additional workshops and online classes. His work has been selected for juried shows and achieved multiple honorable mentions in international photography contests. (billcaritophotography.com, @billcarito)

In & Out of the Box: Creative Spirituality in Practice

JENNIFER DONALDSON

COURSE THU, 3/14 – 5/2 • 9:30 – 11:30 A.M. • \$50

Art-making and spirituality come together to help us realize our beliefs and identity through symbol and metaphor. This is a reflective practicum. A concept or quote and a brief meditation will inspire a work period, followed by reflection. No art expertise is necessary; just a willingness to play with materials and a desire to discover and share more about you. **New in-person course.** *Format includes hands-on practices.*

REQUIRED MATERIALS: Sketchbook/journal, scissors, oil pastels, a watercolor set, and other art materials of your choice.

Jennifer Donaldson is an interfaith minister and former art educator with a passion for creative spirituality. She journals, blogs, channels, and makes visionary art from a variety of media.

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Drawing & Painting Fresh Flowers

VICKI FOX

COURSE WED, 3/13 – 4/10 • 9:00 A.M. – 12:00 P.M. • \$50

We will attempt to create images of flowers which will be supplied fresh for each lesson. We will discuss the structure of the flower and its parts and work on drawing and painting the blooms. We will also explore the abstract aspects of these as well as work them into a composition of the subject. **Repeat in-person course.** *Format includes hands-on practices.*

MATERIALS NOTE: Participants will be required to pay the instructor directly for materials used in the class.

Vicki Fox has been drawing since she was three. She achieved a B.F.A. from Philadelphia College of Art and worked as an illustrator and graphic designer in Philadelphia and New York until she changed directions and became a landscape designer. She began painting with plants and subsequently started Green Team Gardeners to design, install, and maintain gardens on the east coast. She has taught at OLLI for several years and loves this population!

Viewing Art, 2024: A Series of Guided Visits to Museum Exhibitions

NATHANIEL LARRABEE

COURSE WED, 3/13 – 5/1 • 9:30 – 11:30 A.M. • \$50

Art history has traditionally been taught from an authoritative point of view at odds with the creative process in Fine Arts. This “facilitated” course replicates nonlinear procedures used in Fine Arts schools to bring students and the viewer of art into the imaginative space of creation. We will use the Socratic Method with a facilitator to guide dialogue posing questions and answers. Each session will be a “virtual visit” using PowerPoint to review artists or themes in a showing of 20 to 40 works. Only pertinent subjects will be presented so that the viewer isn’t overwhelmed by too much data. This seminar-like course is for all levels and backgrounds. **Repeat in-person course.** *Format includes lecture and discussion.*

Nathaniel Larrabee retired as a professor of Fine Arts at the Columbus College of Art and Design. He has also taught at Wellesley College, and Boston University, and has widely exhibited at regional, national, and international levels.


Find these icons to find the right style for you:



ACTING, ART & ART HISTORY • *continued from previous page*

Hand-Making Books: A Sampler

DIANNE SINCLAIR

 **WORKSHOP** SAT, 4/20 • 9:30 A.M. – 3:30 P.M. • \$25


In the morning, we will make an assortment of accordion books: basic, interlocking, in a slipcase, and with pockets. Later, using these models at home, you can create books of different sizes, with different papers and with your own content. In the afternoon, we will make tunnel books with a theme of your choosing. If you can cut, fold, and paste, you are qualified for this class! **Repeat in-person workshop.** *Format includes hands-on practices.*

REQUIRED MATERIALS: Scissors, metal ruler, craft knife with new blade, glue or paste, glue brush, pencil, eraser, and a bone folder

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

Art Studio

PAULA STEFFEN


 **COURSE** FRI, 3/15 – 5/3 • 9:30 – 11:30 A.M. • \$50

This is a hands-on art studio/class where great work space is offered and discussions provided when requested. **Repeat in-person course.** *Format includes hands-on practices.*

Paula Steffen earned a B.A. and an M.A. in Fine Art at the University of California at Santa Barbara and Berkeley. She has been a painter all of her life.

Design With Nature: Two Scotsmen Show Us How

DAVID VON SEGGERN


 **WORKSHOP** SAT, 4/6 • 9:30 – 11:30 A.M. • \$15

Two Scotsmen showed the world how to work with nature to bring intelligent and creative designs to fruition. The first was Ian McHarg (deceased 2001), a transplant from his native Scotland to the United States. His 1969 book *Design with Nature* went far beyond simple landscape architecture to comprise a treatise on geology, biology, anthropology, and the future of humankind and the planet. The second is Andy Goldsworthy (still alive in 2024), a native of England who has spent most of his life in Scotland. Winning international acclaim for his unique, ephemeral works of art that used natural components, he has more recently worked with natural materials to create permanent outdoor art across several continents, including here in Maine. After examining his contributions, we will attempt to see nature as a canvas/palette as he does. **New in-person workshop.** *Format includes lecture and discussion.*

David Von Seggern, Ph.D., enjoyed a career in seismology. After his retirement, Dr. Von Seggern pursued environmental and conservation interests. He most recently relocated to Portland, Maine, where he continues his outdoor activities and his interest in OLLI.

Mapping Memory

JERI THERIAULT

 **WORKSHOP** SAT, 4/6 & 4/13 • 9:30 – 11:30 A.M. • \$25

In the first session of this two-part workshop, we will explore place-memories by collaging a town or city (hometown or other important municipality) and drawing a home (or neighborhood). In session two, we will write into the spaces created by our visuals. **New in-person workshop.** *Format includes lecture, discussion, and film.*

REQUIRED MATERIALS: Papers for collaging, including photocopies or memorabilia, old maps, or any interesting papers; watercolor crayons, markers, and pencils are also good materials for this class, and a favorite glue stick

Jeri Theriault is a poet and collage artist whose recent honors include the 2023 Maine Arts Commission Literary Arts Fellowship and the 2023 Monson Arts Fellowship. Jeri’s most recent poetry collection is Self-Portrait as Homestead. (jeritheriault.com)

Find these icons to find the right style for you:



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Getting Along With the Visual Arts

MAGGIE FEHR & DAVID HINGSTON

 **COURSE** THU, 3/14 – 5/2 • 9:30 – 11:30 A.M. • \$50

Are you mystified in museums and art galleries? In this class, we'll have fun together viewing and discussing works in the visual arts. We'll talk about a few images in each class, recognizing that everyone "sees" differently and that each person's perceptions and interpretations are valid. Participants may submit pictures of works of art of their choosing — pieces that they like or dislike, are fascinated or confused by, or are otherwise interested in understanding better. We'll add more pieces, and select a few around a theme or idea for each class. We won't be judging your tastes or teaching you about "good" art — our goal is to help you experience whatever art you enjoy in a fuller, richer way. **Repeat remote course.** *Format includes film and discussion.*

Maggie Fehr is a lifelong artist with a major in ceramics and additional study at MECA&D and R&F Handmade Paints. Her practice has included realistic and abstract images in both two- and three-dimensions, in a variety of media. She is currently exploring nonfigurative forms in two- and three-dimensional mixed media.

David Hingston, in addition to his longtime architectural practice, has worked in a wide range of graphic arts, including silkscreen, cyanotype, letterpress, bookmaking, and photography.



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ENTERTAINMENT & FILM

Luminous Waters: A Film/Discussion Course Exploring Fate, Trust, & Life Transitions

JOAN ALDRICH


 **COURSE** THU, 3/14 – 4/18 • 12:30 – 3:30 P.M. • \$50

Films in this series were selected because they beautifully represent the water element. We'll meet protagonists who find themselves in seemingly fated circumstances, but who rise above these situations to achieve a kind of transcendency, and ultimately, their freedom. The sixth week will be a special double-feature day, and we'll watch a folk opera in week five. Films include: *Water* (Deepa Mehta); *Eve's Bayou* (Kasi Lemmons); *Mutluluk*; *The Secret of Roan Inish*; *Porgy & Bess* by San Francisco Opera Co., 2009; *An Occurrence at Owl Creek Bridge* (Ambrose Bierce); and *My Octopus Teacher*. Great discussions result! Quieter participants are equally welcomed. **New in-person course.** *Format includes discussion and film.*

Joan Aldrich brings an eclectic background and lively interest to many areas of study, with an M.Div. and an M.A. in Religious Studies, as well as an M.S. Counseling degree. She teaches across a broad spectrum of topics. She provides film reviews/commentaries/follow-up, and facilitates comprehensive discussion of each film.

Camping in Maine (All My Secrets for Successful Camping)

MARY ALTENBERN

 **WORKSHOP** SAT, 4/20 • 10:00 A.M. – 12:00 P.M. • \$15

This class is for the people that just want to get out there and simply camp for a few days. It will give you guidelines, tips, hints, and successful strategies for camping for five days or less. You will learn how to prepare for the trip with detailed organization and get a peek at how to pack for the trip, build a fire, plan meals, where to go, when to go, some old folklore that our forefathers so carefully lived by and ... oh, by the way, tons of camping recipes. **New in-person workshop.** *Format includes lecture and discussion.*

Mary Altenbern and her husband have been camping in Maine for over 30 years. This class will give you an inside scoop on how someone else organizes their camp trips to make a memorable experience.

ENTERTAINMENT & FILM • continued from previous page

Line Dancing

ANNE CASS & JOANNA KOHARIAN

COURSE MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

Line dancing is a collegial, fun, active opportunity to learn some steps and meet some people. Join us for eight weeks of mild exercise dancing to a range of tunes. We'll do some old favorites and some new dances — samba and cha cha come to mind — along with a variety of musical genres.

Repeat in-person course. *Format includes movement.*

Anne Cass is an avid OLLI volunteer who loves dancing and laughing.

Joanna Koharian started line dancing through the OLLI when she retired, and continued line dancing at other venues. She enjoyed teaching OLLI line dancing in the fall of 2023 and would like to help keep the class going.

Beginner Bridge

ANNE CASS & BARBARA FREEMAN

COURSE TUE, 3/12 – 4/30 • 12:45 – 2:45 P.M. • \$50

Beginner Bridge: If you've watched your parents or your college classmates' play and been intrigued, join us. If you've always wanted to learn but haven't had opportunity or time, join us. If you know some basics but don't feel ready to play, join us. If you have been playing and want to practice, please join the OLLI Bridge SIG or take a more advanced class when it is offered — this class is for enthusiastic and possibly leery neophytes. After these eight weeks you will be playing bridge! **New in-person course.** *Format includes lecture, discussion, and hands-on practices.*

SUGGESTED BOOK: *Audrey Grant Bridge at a Glance*, a 40-page pocket guide laying out basic bidding, Pub. Baron Barclay Bridge, ISBN 9781944201401

SUGGESTED WEBSITES: trickstercards.com/home/bridge, bridgebase.com, Bridge V+ app (found in App Store)?

Anne Cass learned to play bridge as a college student in self-defense when she didn't want to keep being assigned the beer run. She played a lot in college, some during her working career, and more now that she is ensconced in OLLI.

Barbara Freeman, the facilitator for OLLI's bridge Special Interest Group, often receives requests from members seeking beginning bridge skills. Having not played bridge for decades, she was grateful when OLLI offered a refresher class several years ago, which then led her to join the Bridge SIG, where she's been an enthusiastic participant ever since.

John Ford Festival Top Film with Discussion & A Full Sound Healing Experience

CALI ROSSEN

WORKSHOP SAT, 4/6 & 4/13 • 9:30 – 11:30 A.M. • \$25


Embark on a motion picture and sensory journey with this screening of one of the top short films, *Sound Healer's Serenade*, at our exclusive event. Immerse yourself in the transformative narrative exploring the profound connection between sound and the human spirit. Join the director, producer, and actress for an insightful discussion after the screening. Elevate the experience with a full sound healing adventure, promoting relaxation and rejuvenation. Please dress comfortably and bring a yoga mat to lie down, enhancing your immersion in this unique event. Two sessions are offered, providing an opportunity for a limited audience to indulge in this extraordinary fusion of movie and therapeutic sound. **New in-person workshop.** *Format includes discussion, film, and hands-on practices.*

Cali Rossen, a versatile artist celebrated for her roles on stage and screen, her creative prowess as a filmmaker, her experience as a four-time best-selling author, and her accreditation as a certified sound healer, is poised to captivate audiences with her groundbreaking TV show, Sacred Frequencies. Filmed in the ethereal Salt Vault of the Portland Salt Cellar, the show seamlessly blends sound healing with her visionary storytelling. As the founder of SacredFrequencies.org, Rossen is dedicated to promoting the therapeutic benefits of sound. Her debut TV program, airing every Sunday at 9:00 p.m. on Channel 5, invites viewers into a realm of relaxation and rejuvenation through carefully curated sonic experiences. (CaliRossen.com/links; SacredFrequencies.org)



Voice Overs ... Now Is Your Time!

WILL KAMP


 **WORKSHOP** THU, 5/30 • 6:30 – 8:30 P.M. • \$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 actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside-the-box way to break into this creative, fulfilling, and potentially lucrative industry. **Repeat remote workshop.** Format includes lecture and discussion.

Will Kamp combines his skills as a comedy improv performer, actor, musician, and voice-over artist to deliver a class that you won't forget. Born and raised in San Diego, CA, Will's journey has taken him on many exciting routes. He has been an on-air and on-camera talent for nationally recognized radio and TV stations. He has voiced live and recorded commercials for various businesses and corporations.

A History of Western Movies, Part 3 (The 60s)

DEWAYN MARZAGALLI


 **WORKSHOP** SAT, 4/20 • 9:30 – 11:30 A.M. • \$15

In this session we will watch clips of some of the best western movies made in the 1960s, such as *The Magnificent Seven*, *How the West Was Won*, *The Man Who Shot Liberty Valance* and *The Wild Bunch*. Warning: some of the scenes will show violence. **New remote workshop.** Format includes lecture and discussion.

DeWayn Marzagalli has been teaching at OLLI since 2011. He and his wife, Jean, came to Maine in 1975 and are both retired. DeWayn, a former Federal Agent, spends his time volunteering at OLLI and for his church.

Sherlock Holmes: The Sign of Four

DEWAYN MARZAGALLI


 **WORKSHOP** SAT, 4/6 • 9:30 A.M. – 12:00 P.M. • \$15

We will watch a two-hour version of *The Sign of Four* starring Jeremy Brett and then spend another hour discussing the novel/film of Arthur Conan Doyle's great hero Sherlock Holmes. **New remote workshop.** Format includes lecture and discussion.

DeWayn Marzagalli has been teaching at OLLI since 2011. He and his wife, Jean, came to Maine in 1975 and are both retired. DeWayn, a former Federal Agent, spends his time volunteering at OLLI and for his church.

Danger, Suspense, & Deception: The Best of Alfred Hitchcock

JAY SHERWIN

 **WORKSHOP** WED, 3/13, 3/20, 3/27 & 4/3
9:30 – 11:00 A.M. • \$25





In his legendary career as a director, Alfred Hitchcock created suspenseful films filled with flawed heroes, charming villains, and moral ambiguity. In this four-week online course, we'll consider some of Hitchcock's very best films, focusing on two films each week that share a common theme. Students should watch the films on their own; in class, we'll look at brief film clips and discuss key elements. Whether you've enjoyed Hitchcock films for many years or you're just discovering them, this is a chance to go deeper into the mind of a brilliant, complicated man and the world he created on film. **New remote workshop.** Format includes film and discussion.

Jay Sherwin is a writer and consultant who has been watching, studying, and enjoying Hitchcock films for decades. He created a walking tour of Alfred Hitchcock's San Francisco that attracts Hitchcock fans from around the world, and he loves to share his Hitchcock obsession with fellow film lovers everywhere.

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ENTERTAINMENT & FILM • continued from previous page

Great Courtroom Dialogue Movies

ED SOLANO

 **COURSE** WED, 3/13 – 5/1 • 12:45 – 2:45 P.M. • \$50


Hitchcock's famous for having us chase the "McGuffin." Murder mysteries pursue the "whodunit." Courtroom donnybrooks, however, often promise some last-minute arrow that pierces the heart of the opposing argument — and, hopefully, some smug attorney's ego. Each week we'll watch one of the following at home (via Netflix, Prime), and answer some plot-related questions I send out in advance, while focusing on having fun: *Witness for the Prosecution*; *The Judge* (Duvall, Downey); *The Verdict*; *Breaker Morant* (Australian); *Primal Fear*; *To Kill a Mockingbird*; *A Time to Kill*; *Anatomy of a Murder*. We'll share comments on issues raised, critics' reviews, and celebrity quotes. Promising? **Repeat remote course.** Format includes lecture, discussion, and film.

Ed Solano is a former reporter, editor, marketer, and high school history, English, and journalism teacher. It's possible, he thinks, to develop a wise and enjoyable life based on the lessons portrayed in movies and theater.

HISTORY & CULTURE

Understanding the Second Amendment Right to Bear Arms

MARGARET GROBAN & BILL HARWOOD

 **WORKSHOP** SAT, 4/20 • 9:30 – 11:30 A.M. • \$15

This workshop will discuss the history of the Second Amendment. In addition, we will discuss recent Supreme Court interpretations of the Second Amendment and the ongoing litigation to apply these interpretations to modern day gun regulations. The ability/inability of states to address gun violence based on recent judicial rulings will be a part of the workshop discussion. **New in-person workshop.** Format includes lecture and discussion.

Margaret Groban is the former national domestic violence coordinator for the Executive Office of U.S. Attorneys at the Department of Justice. In this role she was a critical resource in the Department of Justice's efforts to implement the criminal provisions of the Violence Against Women Act and to fight the constitutional and statutory challenges to these federal domestic violence/firearm crimes. She currently consults for domestic violence organizations. She co-teaches a course on the Second Amendment and the Regulation of Firearms at the University of Maine School of Law. She is a graduate of Barnard College and Fordham University School of Law.

William Harwood, after a 42-year career as a lawyer in private practice, was appointed Maine's Public Advocate, where he leads a team of advocates representing Maine ratepayers before state and federal regulatory agencies and the Maine Legislature. During the past 25 years, he has written and lectured extensively on issues related to gun violence and the Second Amendment. He has chaired the ABA's Special Committee on Gun Violence, the Brady Campaign to Prevent Gun Violence, and the Maine Gun Safety Coalition. He is an adjunct professor at the Maine Law School, where he and Margaret Groban teach a course on Regulation of Firearms.



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Century on the Move: The Victorian Period Through the Lens of Victoria Mansion

STACI HANSCOM &
MULTIPLE VICTORIA MANSION STAFF & DOCENTS


 **COURSE** THU, 3/14 – 5/2 • 12:45 – 2:45 P.M. • \$50

Join the staff of Victoria Mansion as we examine the 19th century through the stories of this historic landmark. Topics for discussion will include: spiritualism, temperance, immigration, technology, and many, many more. At least one visit to the mansion will be part of the course. Victoria Mansion is a much-loved Portland landmark, but its significance extends far beyond Maine. Distinguished for its architecture and its extraordinary original interiors, it is among the most important historic homes of the nineteenth century anywhere in the nation. As an organization, our mission is to conserve, maintain, and restore this one-of-a-kind property and share its history with the public. **Repeat in-person course.** *Format includes lecture and discussion.*

Staci Hanscom is the director of education & public programs at Victoria Mansion. She started as a volunteer at Victoria Mansion in 2012 and was hired as curriculum development specialist to develop the “A Century of Change” educational curriculum. She had previously served as the curator of education at the William Trent House in Trenton, NJ; coordinator of school programs, adult tours and family programs at the Albany Institute of History & Art in Albany, NY; and as an historic preservation specialist with New York State Office of Parks, Recreation, and Historic Preservation. A native of North Carolina and a graduate of Wake Forest University and the University of South Carolina, Staci moved up to Maine in 2011 and has enjoyed learning about her new home state.

Four More Select Topics in History

ALICIA HARDING


 **WORKSHOP** THU, 3/14 – 4/4 • 9:30 – 11:30 A.M. • \$25

We will continue to explore themes in history through four select topics. In this course we will consider globalization, migration and the movement of peoples, the industrial revolution and technological change, and ways of governance. **New in-person workshop.** *Format includes lecture.*

Alicia Harding is currently an instructor in World History at Southern Maine Community College. She retired from Deering High School in 2000. 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.

The Republic of Rum

TOM LAFAVORE


 **WORKSHOP** SAT, 4/13 • 9:30 A.M. – 3:30 P.M. • \$25

This workshop traces the history of rum from colonial days to Prohibition and post-Prohibition. Discussions will center on how rum was the drink of choice in colonial America and how its introduction into colonial life perpetuated the slave trade and slave labor. Rum also fueled revolutionary talk in taverns in colonial days, helping to instigate the American Revolution. As rum fell out of favor in post-Revolution days, it gained popularity once again during Prohibition and the Tiki craze of the 1970s. **Repeat in-person workshop.** *Format includes lecture and discussion.*

Tom Lafavore is the secretary of the OLLI Advisory Board. He was a public school teacher and administrator for over 30 years, and has a doctorate in Educational Leadership. He currently volunteers as docent at the Victoria Mansion where he is a member of the museum’s Education Committee and Advisory Board.

The Battle of Gettysburg: A Novel Approach

JIM MENTZER

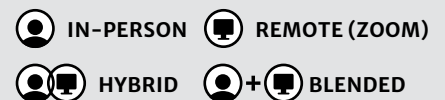
 **COURSE** WED, 3/13 – 4/17 • 12:45 – 2:45 P.M. • \$50

Ever suffer through a boring history class in high school? If so, come explore the Battle of Gettysburg, considered the pivotal encounter in the Civil War, through the unique lens of a novel — *The Killer Angels* by Michael Shaara. Over six weeks, we will explore the events leading up to the battle, meet the key people, and get a sense of what these four days felt like to the people involved. The course will conclude with a visit to the Joshua Chamberlain House and Museum in Brunswick (additional \$10 admission charge for this tour). **Repeat in-person course.** *Format includes lecture, discussion, and film.*

REQUIRED BOOK: *The Killer Angels*, Michael Shaara, ISBN 9780345407276

Jim Mentzer’s first passion is history, which explain his college degrees in American and Canadian history. Though his career path took him in a different direction, he visits battlefields whenever possible. Having a great-grandfather who survived the Civil War makes this period of American history very personal.


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HISTORY & CULTURE • *continued from previous page*

Should We Have Hate Speech Laws?

DONI TAMBLYN


 **WORKSHOP** SAT, 4/6 • 9:30 A.M. – 12:30 P.M. • \$15

In this award-winning documentary about hate-talk media, Jen Senko records her father's transformation from a "non-political Kennedy Democrat" in the 1960s to an enraged misanthropist in the 1980s after listening to a barrage of hate radio. Through research and personal anecdotes, Senko unveils the tactics employed by extreme-right media outlets to shape public opinion, sow discord, and distort reality, ultimately leading to the polarization and division currently plaguing our society. Is it time for us to consider the kinds of hate speech laws that other democracies already have in place? Does our Constitution really prohibit them? **New in-person workshop.** *Format includes discussion and film.*

Doni Tamblyn is a writer, speaker, and adult educator. She has taught internationally, and her books have been translated into several languages. She has led classes at OLLI for some years now.

Explore Portland's Historic Neighborhoods — On Foot

ALESSA WYLIE


 **COURSE** WED, 3/13 – 5/1 • 12:45 – 2:45 P.M. • \$50

Enjoy six narrated walks through Portland's historic neighborhoods exploring the city's history, architecture, and people since Europeans arrived. Discuss historic structures, immigrant populations, and locally and regionally famous architects and view their works. All walks will be on pavement, with side trips to two grassy cemeteries. Rain or shine. Instructor will contact students about the meeting place prior to class. **Repeat in-person course.** *Format includes lecture and movement.*

Alessa Wylie is the manager of education programs for Greater Portland Landmarks. She previously served as director of Old Fort Johnson National Historic Landmark in the Mohawk Valley region of New York before moving back to Maine in 2014. She is also a confirmed taphophile and can often be found exploring old cemeteries.

The Fifties: A Surprisingly Dynamic Decade

BUCK BENEDICT


 **COURSE** MON, 3/11 – 4/29 • 9:30 – 11:30 A.M. • \$50

To me, the 1950s seemed a staid, peaceful, maybe even dull time. Certainly, compared to the sixties. But behind that blah facade was suffering, fear, and anxiety. The Korean War. The Cold War. CIA-led covert operations to replace regimes in Iran and Guatemala. The fear of Communist domination and threat of nuclear annihilation. There was also the beginning of the end of Jim Crow's hold on the South with the 1954 Supreme Court decision on segregated schools, the brutal murder of Emmett Till, and the courage of Rosa Parks. Finally, there was the emergence of television as the major source of entertainment and news, as well as the packaging and selling of presidential candidates. This course will dive beneath the placid surface, to give the decade the attention it deserves. **Repeat remote course.** *Format includes lecture, discussion, and film.*

Buck Benedict, has been teaching OLLI courses for almost four years. Prior to retiring to Peaks Island, he taught public speaking and speechwriting at the University of Pennsylvania.

The Untold Story of the Germans Who Fought Hitler

SANDY GARSON

 **COURSE** MON, 3/11 – 4/29 • 9:30 – 11:30 A.M. • \$50

Hitler and the Nazis actually waged war on two fronts: against Europe and on the home front against "the Other Germany" — those who opposed their regime, people for whom compassion and courage were treason, people risking their lives to save Germany or save people from Germany. Ordinary housewives, aristocrats, students, artists, a Russian princess, all launched a moral war against the horrors perpetrated in the name of their country, the same moral war we are fighting today. **Repeat remote course.** *Format includes lecture and discussion.*

Sandy Garson, as a journalist in 1983, discovered the buried story of "the Other Germany" and met survivors here and there as she researched what really happened inside the Third Reich. When nobody wanted to hear what she'd found, she buried the material until recent events made it very relevant.

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FACULTY SPOTLIGHT

Kathleen & John Sutherland

PORTLAND, MAINE

What is your history with OLLI?

We are both retired professors who have taught at OLLI for a combined total of 39 years. Kathleen is a political scientist in Middle East Studies, and John is an American historian in late 19th/early 20th century and social/cultural history.

Both have served on the Advisory Board and various committees.

Kathleen served as docent to two OLLI trips overseas to Egypt and Turkey. John has led OLLI trips to the Theodore Roosevelt and Franklin Roosevelt homes at Sagamore Hill on Long Island and Hyde Park in New York as well as the Adams historic site at Quincy, Massachusetts.

What is your favorite thing about teaching at OLLI?

Our favorite thing about teaching at OLLI is the enthusiasm and appreciation of OLLI students.


Describe your spring 2024 classes. John will be teaching “From the Old Country, Part 1: Immigration in American History 1, Colonial Times through World War II” (see description at right), and Kathleen will be teaching “Introduction to Islam” (see [page 35](#)).

“Our favorite thing about teaching at OLLI is the enthusiasm and appreciation of OLLI students.”

KATHLEEN & JOHN SUTHERLAND,
OLLI MEMBERS SINCE 2005 & 2003

From the Old Country, Part 1: Colonial Times through World War II

JOHN SUTHERLAND

 **COURSE** WED, 3/13 – 5/1 • 9:30 – 11:30 A.M. • \$50

A two-semester course which will be taught by John Sutherland in the spring and by Kathleen Sutherland in the fall. John will start from Colonial times up to World War II and Kathleen will cover the period from World War II to the present. We will examine the major waves of immigration, why peoples left their homelands, how they adapted to life in America, and how America adapted to them. **Repeat remote course.** *Format includes lecture, discussion, and film.*

John Sutherland is a University of Maine graduate who received his Ph.D. from Temple University. He is professor of history emeritus from Manchester (Ct.) Community College. John co-authored the book *From the Old Country: An Oral History of European Migration to America*.



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LANGUAGE

Intermediate French

JACQUELINE BUCAR

COURSE MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

Continuation of a conversation class conducted entirely in French. This course is intended for those who have a good command of the French language and will continue to emphasize increasing vocabulary and learning principles of grammar. Some reading of literary passages and writing will also be incorporated. **Repeat in-person course.**

Format includes discussion.

Jacqueline Bucar taught high school French in Connecticut for 16 years before pursuing a career in law. She is a retired employment and immigration attorney.

LITERATURE

Who Says I'm Creative?

RICHARD CASS

COURSE MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

Creativity is a fraught topic and one that invokes intense emotions. Too many people think creativity only abides in writers, painters, sculptors, and other artists, but it abounds in all sorts of activities — every day and extraordinary. This discussion course will focus on two books that discuss the elements of creativity *Art and Fear* and *The Creative Act*. We will also talk about people who have maintained creative lives deep into their eighties, nineties, and beyond, such as Georgia O'Keefe, Pablo Casals, and Norman Lear. Be prepared for wide-ranging discussions of the nature of creativity, encouragement from creative models, and exercises designed to inspire thinking about your own creative impulses. **New in-person course.**

Format includes discussion and hands-on practices.

REQUIRED BOOKS: *Art and Fear*, Bayles/Orland, ISBN 9780961454739; *The Creative Act*, Rick Rubin, ISBN 9780593652886

Richard Cass is the author of the Elder Darrow jazz mystery series and The Last Altruist. He holds a graduate degree in writing from the University of New Hampshire. He is deeply interested in how people maintain creative energy throughout their later years and how to demystify the process of creation, whatever form it takes.

Return of the Misfit Poets

MARY TRACY & CRAIG SIPE

COURSE FRI, 3/15 – 5/3 • 9:30 – 11:30 A.M. • \$50

This course is for everyone who wants to read, discuss, and write poetry, whether you've written before or not. Each class we will discuss a topic and sample poems from *The Practicing Poet*, write to a prompt, and workshop participant poems. We believe that writers learn best with both praise and friendly honesty in a nurturing setting of fellow learners. Requirements: An open mind, a sense of fun and discovery, and a readiness to read and write between classes. **Repeat in-person course.** *Format includes discussion and hands-on practices.*

REQUIRED BOOK: *The Practicing Poet: Writing Beyond the Basics*, Lockward, Diane, ISBN 13: 9781947896079

Mary Tracy lives and writes in Portland, Maine, at an ordinary kitchen table that looks out upon her ordinary street, and is inspired by writers who find depth, irony, and pleasure in ordinary things. She is a former educator.

Craig Sipe is the author of the poetry collection Lovely Dregs. His work has appeared in journals including The Maine Arts Journal, Right Hand Pointing, and Iconoclast. He is a poetry editor, and audio editor for the quarterly art and poetry journal The Café Review. He lives on Orr's Island.



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Thick & Thin: Four 21st Century Novels with Two Storytelling Styles

SUSAN POWELL

 **COURSE** MON, 3/11 – 4/29 • 9:30 – 11:30 A.M. • \$50

In a departure from our usual format, we will read two long works of fiction interspersed with two novellas. The longer novels, *Cloud Cuckoo Land* by acclaimed author Anthony Doerr, and *Trust*, a Pulitzer Prize winner by Hernan Diaz, will be read and discussed for three weeks each. In between these “thick” novels, the class will read two novellas, *Small Things Like These* by Irish author Claire Keegan, and *Visitation* by German writer Jenny Erpenbeck. The class is highly participatory with the discussion facilitated by two teams of three and two solo presenters. Please read the first third of *Cloud Cuckoo Land* for the first class. **New remote course.** *Format includes discussion.*

REQUIRED BOOKS: *Cloud Cuckoo Land*, Anthony Doerr, ISBN 9781982168445; *Small Things Like These*, Claire Keegan, ISBN 9780571368709; *Visitation*, Jenny Erpenbeck, ISBN 9780811218351; *Trust*, Hernan Diaz, ISBN 9780593420324

Susan Powell has immensely enjoyed the 21st Century literature classes at OLLI for more than thirteen years and will coordinate the class.

The discussion facilitators will be Susan Jennings, Anna Messmer, Robin Ratcliffe, Nancy Scheeler, Mary Schendel, Louise Sullivan, and Mark Sundermann. Using a collaborative model, we will take a deep dive into contemporary fiction.


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MUSIC

YouTube: The Ultimate Jukebox (& It's All Free!)

SCOTT ANDREWS


 **COURSE** WED, 3/13 – 5/1 • 12:45 – 2:45 P.M. • \$50

Fuggedabout the quarters. Ditch the dimes. The greatest jukebox on the planet is only a free mouse click away. The vast extent of popular music available on YouTube is truly awesome, and in this course we'll spend eight weeks exploring its offerings in considerable depth. Remember the Ed Sullivan Show, Perry Como Show, Dick Clark's American Bandstand, British Broadcasting System's Top 'o' the Pops, etc.? They're here. Big bands of the 1930s? Check. Crooners of the 1950s? Yessiree. Girl groups of the early 1960s? Yup. Late 1960s British Invasion? Got 'em, in the 1930s and ending with the 1980s. Special emphasis will be given to the 1960s, with its happy mashup of rock, folk, soul, gimmick songs, and many others. **New in-person course.** *Format includes lecture and discussion.*

Scott Andrews earned a B.A. in history from the University of Chicago, an M.B.A. from the Chicago Booth School of Business, and an M.Sc. from the London School of Economics. He is a longtime journalist specializing in lifestyle topics.

Popular Music of the 1940s

TERRY FOSTER

 **COURSE** TUE, 3/12 – 4/30 • 12:45 – 2:45 P.M. • \$50

This course explores the popular music of the 1940s, particularly songs that became “standards.” Through lecture, discussion, videos, live music, and a little singing we will recall what was popular for some of us and for our parents and grandparents. We'll discuss events when Roosevelt and Truman were presidents, but our main focus will be on music. You'll hear Crosby, Clooney, Fitzgerald, Sinatra, “Satchmo,” and others as well as country/western singers, plus Latin music from Cugat, etc. We'll discuss popular foods, toys, movies, radio, etc. We'll have fun and end with a party. **Repeat in-person course.** *Format includes lecture and discussion.*

Terry Foster started piano lessons in the mid-1940s. He has played in dance bands, folk groups, musical theater, and accompanied singers. He is a church musician and often plays in a New Orleans jazz band. A retired USM administrator, he co-founded USM's Senior College, OLLI's forerunner.

MUSIC • continued from previous page

Fa, Sol, La — Singing the Shapes

LOUISE SULLIVAN

WORKSHOP FRI, 4/19 & 4/26 • 1:00 – 3:00 P.M. • \$25

“Singing the Shapes” was a popular way to teach unaccompanied congregational singing in 18th-century New England where there were few instruments or singing books. This full-hearted, full-voiced four-part singing was the centerpiece of congregational worship, county fairs, and communal singing events. Shape note historian and singer, Elizabeth Stoddard, will lead two half-day workshops to learn the history and fundamentals of singing the shapes and invite participants to join the regular Sunday afternoon “Sing” at the Swedenborgian Church on Stevens Avenue. **New in-person workshop.** Format includes lecture, film, and hands-on practices.

Louise Sullivan has been an OLLI member for 10 years and helped facilitate a course for the last 5 years. Elizabeth Stoddard has been singing the shape for more than twenty years. Elizabeth and her husband Robert Stoddard are members of the Maine Sacred Harp assembly.



The Film Music of Maurice Jarre

DEWAYN MARZAGALLI

WORKSHOP SAT, 4/13 • 9:30 – 11:30 A.M. • \$25

We will watch movie clips and then the orchestral versions of the music composed by Maurice Jarre. They will include *The Bridge on the River Kwai*, *Lawrence of Arabia*, *Doctor Zhivago*, *Witness*, and *The Professionals*, et al. **New remote workshop.** Format includes lecture and discussion.

DeWayn Marzagalli has been teaching at OLLI since 2011. He and his wife, Jean, came to Maine in 1975 and are both retired. DeWayn, a former Federal Agent, spends his time volunteering at OLLI and for his church.

A Spring Bouquet of '50s & '60s Film Music

LORRAINE MASURE

WORKSHOP SAT, 4/6 • 9:30 – 11:30 A.M. • \$15

Long before computers, iPhones or the like, folks of a certain age had a favorite weekend destination to look forward to: the movie theater! Many of the films produced were musicals, and their sustained entertainment value can well be underscored to this day by the Broadway musicals some of them spawned. From the 1950s' *Doin' What Comes Natur'lly* all the way to 1969's *Hello Dolly*, our presentation will include a brief introduction to the music from selected films applauded by an Academy Award. Come to listen, to sing (privately on Zoom), and mostly to look back on the endearing memories of a simpler time in the music of your life! **New remote workshop.** Format includes lecture, discussion, and film.

Lorraine Dutille Masure has led senior college courses across four venues for over a decade of years. Emphasis has been on the remembrance of '40s, '50s, and '60s music as it relates to film and theater. Course content is presented historically with enhancement by course-related student – instructor discussions and serendipity.


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POLITICS & CURRENT EVENTS

You Should Care About Africa — Here's Why!

MIKE LYNCH


 COURSE WED, 3/13 – 5/1 • 9:30 – 11:30 A.M. • \$50

Africa is quickly becoming a key player in geopolitics and especially in the “Global South.” Coups in the Sahel impact France and therefore the European Union. What was/is Russia’s Wagner group of mercenaries doing in Africa? How does the unrest in Sudan and Ethiopia impact the global military powers? Does the U.S. African policy make any difference? How do climate change, population growth, and China fit into all of this? This new course will focus on a 10,000-foot view of the continent as well as on-the-ground specific-country perspectives. It will be a lecture, video, and discussion course which will require some class preparation. **New hybrid course.** *Format includes lecture and discussion.*

Mike Lynch has traveled to more than eight African countries, learning by talking with locals. He has taught several OLLI classes including one focusing on Ghana, DRC, and South Africa. He lived in Ghana for three years as a Peace Corps director and a member of the Embassy leadership Team. He and his wife spend winters in South Africa.

Great Decisions 2024 with the World Affairs Council of Maine

ANDREA HESTER & ALLISON HODGKINS

 COURSE FRI, 3/15 – 5/3 • 9:30 – 11:30 A.M. • \$50

Great Decisions is the largest and longest-running discussion program on foreign policy in the United States, organized locally by the World Affairs Council of Maine each year. The program invites Americans to hold candid conversations on eight critical global challenges facing the United States each year. This year’s topics include: Mideast realignment; climate technology and competition; science across borders; U.S.–China trade rivalry; NATO’s future; understanding Indonesia, High Seas Treaty; and pandemic preparedness. **Repeat in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Great Decisions 2024 Briefing Book*, fpa.org

Andrea Hester is past-president and Advisory Board member of the World Affairs Council of Maine. She is an instructor at OLLI as well as president of the Harvard Club in Maine. In her former life, she was an editor/writer for the president of Harvard University and administrator of the International Visitors Program in the Office of the University Marshal at Harvard. She has a bachelor’s degree in modern European history from Tufts University and a master’s degree in Government from the Harvard University Extension School. Andrea and her husband reside in North Yarmouth with their two daughters.

Allison Hodgkins is the executive director of the World Affairs Council of Maine, a nonprofit and nonpartisan educational organization. Their mission is to connect Maine and the world through discussion, dialogue, and public diplomacy.



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POLITICS & CURRENT EVENTS • continued from previous page

Understanding the Second Amendment Right to Bear Arms

MARGARET GROBAN & BILL HARWOOD

 **WORKSHOP** SAT, 4/20 • 9:30 – 11:30 A.M. • \$15

This workshop will discuss the history of the Second Amendment. In addition, we will discuss recent Supreme Court interpretations of the Second Amendment and the ongoing litigation to apply these interpretations to modern day gun regulations. The ability/inability of states to address gun violence based on recent judicial rulings will be a part of the workshop discussion. **New in-person workshop.** Format includes lecture and discussion.

Margaret Groban is the former National Domestic Violence Coordinator for the Executive Office of U.S. Attorneys at the Department of Justice. In this role she was a critical resource in the Department of Justice's efforts to implement the criminal provisions of the Violence Against Women Act and to fight the constitutional and statutory challenges to these federal domestic violence/firearm crimes. She currently consults for domestic violence organizations. She co-teaches a course on the Second Amendment and the Regulation of Firearms at the University of Maine School of Law. She is a graduate of Barnard College and Fordham University School of Law.

William Harwood, after a 42-year career as a lawyer in private practice, was appointed Maine's Public Advocate, where he leads a team of advocates representing Maine ratepayers before state and federal regulatory agencies and the Maine Legislature. During the past 25 years, he has written and lectured extensively on issues related to gun violence and the Second Amendment. He has chaired the ABA's Special Committee on Gun Violence, the Brady Campaign to Prevent Gun Violence, and the Maine Gun Safety Coalition. He is an adjunct professor at the Maine Law School, where he and Margaret Groban teach a course on Regulation of Firearms.

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Civic Virtue: Can We Save Democracy?

ROBERT LIBBY

 **COURSE** THU, 3/14 – 5/2 • 12:45 – 2:45 P.M. • \$50

This focus group discusses the current situation of participatory democracy in the current election cycle and explores the long history of democracy in the United States. **Repeat in-person course.** Format includes lecture and discussion.

Robert Libby has been teaching and designing curricular materials for civic education and study of the Constitution at every level of instruction for more than 50 years.



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Never
STOP LEARNING,
because life never
STOPS TEACHING.

LIN PERNILLE

PSYCHOLOGY

Can Psychiatrists Tell a Hawk from a Handsaw?

RICHARD WELSH & STEVE PIKER

COURSE MON, 3/11 – 4/29 • 9:30 – 11:30 A.M. • \$50

Over 50 years ago, a psychology professor falsely claimed to hear voices, and was quickly admitted to a mental hospital with the label “schizophrenia.” Immediately resuming his normal personality, he waited to see when he would be released. The shocking results, replicated with eight more “pseudo patients” and published in prestigious *Science* magazine, added hard data to growing popular belief: psychiatrists couldn’t distinguish the “sane” from the “insane,” and mental hospitals made sick people worse. The still-influential article rocked the profession, galvanizing a revolution in diagnosis of mental illnesses (itself deeply problematical); and it further justified the ongoing shutdown of mental hospitals — replaced with homelessness and prisons. But new evidence suggests that most of the study’s data (whatever the truth of the argument) was fraudulent. This course examines the tangled scientific, cultural, and social policy issues, as we follow the gripping detective work that discovered holes in the professor’s story. **New hybrid course.** Format includes lecture, discussion, and film.

REQUIRED MATERIALS: *The Great Pretender*, Susannah Cahalan, ISBN 9781538715284; *One Flew Over the Cuckoo’s Nest* (available on DVD and several streaming services)

Richard Welsh migrated from Biology through Psychology into Biological Anthropology before departing grad school for politics and journalism. His OLLI courses, usually featuring Shakespeare, examine the interplay of art, science, and cultural-political transformations.

Steve Piker is an anthropologist by career. He did field work in Thailand and the U.S., with culture and mental health a career-long interest. He taught 44 years at Swarthmore (where Rich was an early student), and 14 in retirement offering courses at four Maine senior colleges. Both knew the *Science* article’s author: Steve as a colleague, Rich as a thesis advisor.

Decoding Jung’s Metaphysics, Part 3

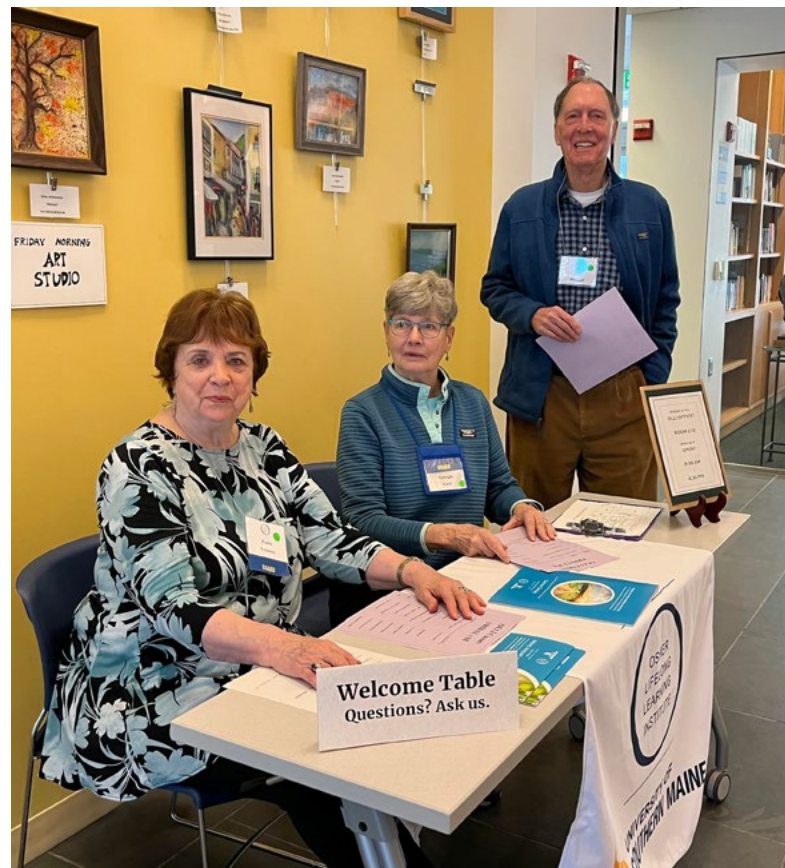
STEPHEN KERCEL

COURSE FRI, 3/15 – 5/3 • 9:30 – 11:30 A.M. • \$50

Why is Jung so despised in contemporary psychology? As noted in the promotional material of Kastrup’s *Decoding Jung’s Metaphysics*, “Jung was the twentieth century’s greatest articulator of the primacy of mind in nature, a view whose origins vanish behind the mists of time.” Parts 1 and 2 are not a specific prerequisite. **Repeat remote course.** Format includes lecture and discussion.

REQUIRED BOOK: *Decoding Jung’s Metaphysics*, Bernardo Kastrup, ISBN 9781789045659

Steve Kercel has a Ph.D. in artificial intelligence and has published extensively on the distinction between computation and cognition. He taught numerous OLLI courses exploring many facets of cognition, including Kastrup’s *Idealist metaphysics*.




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RELIGION, PHILOSOPHY, & SPIRITUALITY

Introduction to Islam

KATHLEEN SUTHERLAND


 **COURSE** MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

Islam is one of the world's three monotheistic religions. We will address the origins of Islam, its spread across the world's continents, the growth of its diversity in understanding and practice, the evolution of the major schools of law, the response to contact with the West, and its major contemporary "faces." Visiting speakers and visual material, in addition to lecture and discussion, will seek to provide a deeper, sensitive understanding of this major contributor to the world's civilization. Issues of the role of gender, the meeting or clash of Islam with other religions, and the challenges within Islam over interpretation and action will be explored. **Repeat hybrid course.** *Format includes lecture, discussion, and film.*

Kathleen Sutherland is Associate Professor Emeritus of Political Science and Women's Studies at BGSU in Ohio. Her Ph.D. from Indiana University is in Middle East Studies and Political Science. She had a long period of residence in Egypt. Kathleen has published on the roles of Egyptian, Moroccan, and Afghan refugee women.

Mindfulness Practice for Well-Being in the Midst of It All

CHERYL ANDERSON


 **COURSE** WED, 3/13 – 5/1 • 9:30 – 11:30 A.M. • \$50

This class will teach mindfulness practices to help you cultivate a sense of well-being and even happiness in the midst of all the troubling personal, local, national, and world events. Every session will include a talk, discussion, a guided meditation, and additional mindfulness exercises to practice during the week. There is no required reading, but the class will be loosely based on the book *Awakening Joy* by James Baraz and Shoshona Alexander. **New in-person course.** *Format includes lecture, discussion, hands-on practices, and movement.*

Rev. Cheryl Anderson is a retired United Church of Christ pastor, as well as a certified Mindfulness Meditation teacher. She was trained and certified as a teacher of meditation by Jack Kornfield and Tara Brach. She served the First Congregational Church of Washington, CT for 22 years before retiring to Portland with her husband, Scott Tilden, in 2019. She is also a spinner and weaver, plays folk guitar, and loves to sail.

Sit Down and Shut Up: Third Grade Teacher as Zen Master?

TIM BAEHR

 **COURSE** WED, 3/27 – 5/1 • 12:45 – 2:45 P.M. • \$50


Dogen was a monk who brought Zen to Japan in the 13th century. We will read and discuss Brad Warner's book on Dogen, *Sit Down and Shut Up*. Warner, who went from being a punk rocker in Akron, Ohio, to becoming a Zen master in Japan, has a talent for making Zen concepts clear in an engaging (and sometimes very) informal manner. Each session will include a short period of meditation. **Repeat in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Sit Down and Shut Up: Punk Rock Commentaries on Buddha, God, Truth, Sex, Death & Dogen's Treasury of the Right Dharma Eye*, New World Library, ISBN 10: 1577315596 / ISBN 13: 9781577315599

Tim Baehr has studied and practiced Zen Buddhism for over 20 years and has taught a variety of courses on Zen Buddhism at OLLI.

Science, Mysticism, Religion, & Us

ZAID SMITH

 **COURSE** THU, 3/14 – 5/2 • 12:45 – 2:45 P.M. • \$50

The relationships among science, mysticism, and religion have ranged from harmonious unity to open warfare. Today in the West there is again a longing for reconciliation. Is that even possible? How might it be done? In this class we will try to come to a common ground of understanding — personal and societal — of the phenomena of science, mysticism, and religion. From there, we will look at each of these human endeavors from the point of view of the other two, within the Western framework. Finally, we will explore ways and incorporate each of these worldviews into our own lives. **New in-person course.** *Format includes lecture and discussion.*

Zaid Smith, Ph.D., has been a biomedical researcher and has collaborated with several Nobel Prize winners. He has also been a student of the mystical disciplines of Sufism and Buddhism for an embarrassing number of years and has had a lifelong interest in all religions.


 **DID YOU KNOW?**

You can order your books through the USM University Store at usm.ecampus.com.

RELIGION, PHILOSOPHY, & SPIRITUALITY • continued from previous page

Tibetan Book of Living and Dying

JOAN ELIZABETH & DEB KINTON

 **COURSE** THU, 3/14 – 5/9 • 12:45 – 2:45 P.M. • \$50

Sogyal Rinpoche's acclaimed spiritual classic, *The Tibetan Book of Living and Dying*, is widely regarded as one of the most complete and definitive presentations of the Tibetan Buddhist teachings ever written. We will explore the book's main themes of meditation, compassion, devotion, and the nature of mind, along with the practices associated with each topic. The course is open to anyone who wishes to learn about meditation and beyond in the broader context of Tibetan Buddhist teachings and those who seek to deepen their understanding of the teachings. **Repeat remote course.** Format includes lecture, discussion, and film, and hands-on work.

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 Trizin, Tsoknyi Rinpoche, Mingyur Rinpoche, and Sharon Salzberg. She has been authorized as an instructor of meditation since 1992 and recently entrusted as a Teacher for the Rigpa Sangha.

Deb Kinton was introduced to Tibetan Buddhism in 1979 in Galway, Ireland, and has been studying and practicing under the guidance of many authentic masters ever since. She has attended countless retreats and events, including a three year retreat in southern France 2006–2009. Her teachers have included heads of all the major schools including Kyabje Dudjom Rinpoche, Kyabje Dilgo Khyentse, HH Penor Rinpoche, HH the Dalai Lama, and HH Sakya Trizin, as well as, Nyoshul Khenpo, Khandro Tsering Chodron, Khenpo Namdrol, and many others. She was present at retreats where chapters of what was to become the TBLD were read aloud and refined, and was involved in the book tour following its release in 1993. Studying and reflecting on the TBLD has been a part of her practice and study ever since, and she has tried to take it's wisdom and compassion to heart in how she lives her life.



QUESTIONS?

We are here to help you!

Email us:


olliatusm@maine.edu

Call us:

207-780-4406

Journey of Souls

STEPHEN KERCEL

 **COURSE** TUE, 3/12 – 4/30 • 12:45 – 2:45 P.M. • \$50

We examine 29 case studies in hypnotherapy, performed by Michael Newton. 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 recount objectively “real” events. The cases are first-person accounts of “my experience of death.”


Repeat remote course. Format includes lecture and discussion.

REQUIRED BOOK: *Journey of Souls*, Michael Newton, ISBN 9781567184853

Stephen Kercel has a Ph.D. in artificial intelligence and has published extensively on the distinction between computation and cognition. He has taught numerous OLLI courses exploring many facets of cognition, including critical rational examination of the question of “the afterlife.” He is a Registered Professional Engineer in Maine.

Group Past Life Regression Experience

PEGGY SCHICK

 **WORKSHOP** SAT, 4/20 • 9:30 A.M. – 3:30 P.M. • \$25

Past Life Regression is a safe, sacred form of transpersonal journeying in a hypnotic state. This single workshop will include three parts, each about 90 minutes in length: instruction and setting of intentions; induction into hypnosis and the regression experience itself; review and integration with the current life. Induction into the hypnotic state involves breathing, relaxation, and guided imagery exercises. To experience a past life, participants must surrender to and trust the process, yet they will remain in control throughout. Hypnosis is a state that is half-awake, half-asleep: very, very relaxed. Participants must have earbuds with a microphone and a quiet home environment. **New remote workshop.** Format includes hands-on practices.

Peggy Schick is a certified and experienced past life regression hypnotherapist. She has a private practice in Topsham, Maine called Soulful Wellness through which she offers regression therapy, astrology readings, and Reiki treatments. Peggy has previously taught astrology classes through OLLI and looks forward to introducing regression to the OLLI community. (peggyschick.com)

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

SCIENCE & NATURAL HISTORY

Can We Stop Climate Change?

TED HALL

COURSE WED, 3/13 – 5/1 • 9:30 – 11:30 A.M. • \$50

Will we believe the science behind climate change? Equally important, will we act on the science? The course will progress through the following topics: the science behind climate change, the role that renewable energy sources can play, climate modeling to understand the impacts of various solutions, communication about climate change, and becoming more active in addressing climate change. The course is designed to reach those who are already concerned, want to learn more, and employ that learning to become more active in climate change at any level. Several guest experts on climate change will join us in the class. **Repeat in-person course.** *Format includes lecture and discussion.*

Ted Hall is a retired educator who taught environmental science early in his career, followed by seventeen years as a high school principal. He has remained engaged in learning about and acting on climate science. Since 2021, he has been working with several colleagues teaching about climate change. Ted taught the class for the first time for the USM OLLI program in the fall of 2023.

Origins of Human Evolution, Part 1

BILL PORTELA

COURSE MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

“Origins of Human Evolution” is a seminar-style course which tells the biological story of the creation of human life on Earth. The first semester of this two-semester course introduces the basic concepts of Darwin’s natural selection and sexual selection of species. We examine the nature of instinctual behaviors for applicability to our own culture. Overviews on the workings of geology and the formation of our solar system allow us to explore the creation of the first living molecules within Earth’s ancient oceans. We then explore how an extraordinary fusion between two biological kingdoms catapulted life onto the land. **New in-person course.** *Format includes lecture and discussion.*

Bill Portela has been a wildlife rehabilitator and breeder/trainer of workhorses for 30 years. He taught subjects, including biology, for over 40 years in high school, university, service, and private sector settings. As a systems engineer, he discusses how entangled organic interactions emerge, why they fail, and how they flourish.

Science for Non-Majors

HAL SCHEINTAUB

COURSE THU, 3/14 – 5/2 • 9:30 – 11:30 A.M. • \$50

If your last science class was a long, long time ago in a school far, far away, and you feel like, “A little modern science knowledge could help me understand things better,” then, this is the class for you. Hal Scheintaub, biophysicist and teacher of non-majors, has prepared this class for adult learners who might otherwise be reluctant to take a science class. Great books, hands-on experiences, games, simulations, and engaging discussions will help you contextualize and personalize big ideas. **Repeat in-person course.** *Format includes lecture, discussion, and hands-on practices.*


REQUIRED BOOKS: *Serengeti Rules*, Sean Carroll, ISBN 9780691167428, *Six Easy Pieces*, Richard Feynman, ISBN 9780465025275, *Your Inner Fish*, Neil Shubin, ISBN 9780307277453. Required books are available for free at your library or as PDFs.

Hal Scheintaub did research before devoting himself to teaching. He has taught science at all levels. He was a consultant for curriculum development at MIT. He has enjoyed teaching at OLLI for four years. He believes that good classes inform, empower, and connect.



Find these icons to find the right style for you:

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SCIENCE & NATURAL HISTORY • *continued from previous page*

Your Inner Fish, Part 2

HAL SCHEINTAUB

 COURSE TUE, 3/12 – 4/30 • 12:45 – 2:45 P.M. • \$50

If you were hooked by your OLLI “inner fish” class, but felt that the end of the semester allowed some of the best stuff to get away, then you will want to sign up for “Your Inner Fish, Part 2.” Perspectives from your colleagues in the two “inner fish” classes will help reinforce your foundation in genetics, embryology, and evolution. Together we will leverage what we know to help you see how bodies get built. You will gain insight into the origins of your eyes, ears, and nose, and finally, we will reflect on the meaning of it all. **New in-person course.** *Format includes lecture and discussion.*

REQUIRED BOOKS: *Your Inner Fish*, Neil Shubin, ISBN 13: 9780274803927

Hal Scheintaub did research before devoting himself to teaching. He has taught science at all levels. He was a consultant for curriculum development at MIT. He has enjoyed teaching at OLLI for four years. He believes that good classes inform, empower, and connect.

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SELF-KNOWLEDGE & CARE

Making Important Decisions: Rationally or Irrationally

LANDIS GABEL & PAWEL GODULA

 +  COURSE MON, 3/11 – 4/29 • 9:30 – 11:30 A.M. • \$50


This course is about how we should — and how we actually do — make important decisions. It is based on two bodies of economic theory developed recently: game theory and behavioral economics. The former examines rational decision making, i.e., how we should do it. The latter examines our actual decision-making, our biases, and what we might do to mitigate them. With a mix of games, mini-lectures, videos, and examples, we will look at how to signal cooperation, how to threaten, how to bid at an auction, how to negotiate. As a blended class, five classes will be exclusively in-person and three will be remote only. **Repeat blended course.** *Format includes lecture, discussion, film, movement, and hands-on practices.*

Landis Gabel recently retired after 35 years as a Professor of Economics in France. He studied at LSE, received a Ph.D. from the University of Pennsylvania, and taught at the University of Virginia. He taught an OLLI course on climate change prior to the pandemic.

Pawel Godula is a researcher fascinated by machine learning and human learning. He is a director of research projects at the Centre for Decision Making and Risk Analysis at INSEAD and a founder of jobs-in-data.com. In his free time, Pawel is a competitive programmer in the area of artificial intelligence.

Making Connections

JOAN CHADBOURNE


 COURSE WED, 3/13 – 5/1 • 12:45 – 2:45 P.M. • \$50

In these times of separation and isolation, especially as we age, we can shift our perspectives, learn new ways of connecting while enhancing our lives and those of others. We will explore various kinds of connections, expand what we recognize as possibilities, and support each other to reach out. We will discover new ways of making contact and expanding our circle — sometimes beyond our usual boundaries. We’ll seek inspiration from Quantum Science, spirituality, and social sciences. Come for the adventure and fun. **New in-person course.** *Format includes lecture and discussion.*

Joan Chadbourne is discovering an expanded life while aging. She creatively approaches this stage of life with joy, adventure, and the delight of learning new perspectives and skills. She’s engaging with new people and ideas. As a former professor, published author, coach, and widow, she sees and seeks possibilities ahead.

Intuition & The Elder Wise Woman

LUCILLE MELTZ


 **COURSE** WED, 3/13 – 4/17 • 9:30 – 11:30 A.M. • \$50

Are you an elder woman intrigued by your inner voice? Yet also aware that the aging process affects your decisions, attitudes and choices? You have the potential to create greater daily wisdom and clearer direction through the powerful and subtle gift of your ever-growing intuition. In this reflective, interactive, and highly experiential class you will learn how the intuitive process works in your life, identify your intuitive style, and recognize and access how your intuition is unique to the life changes of elder women. Tap into this inner knowing to expand your wisdom and fulfillment at this unique stage of life. **Repeat remote course.** *Format includes lecture, discussion, and hands-on practices.*

Lucille Meltz M.A., MSED, is the author, intuitive life coach, and experienced instructor of multiple courses on personal growth, intuition, and elder wise women for over 20 years at senior colleges and community education programs in several states. (lucilleannmeltz.com)

The Art of Living Well: Peace Education Program

RITA RUBIN-LONG & TERRY LANDRY

 **COURSE** MON, 3/11 – 5/6 • 12:45 – 2:45 P.M. • \$50

How can we experience peace in such turbulent times? “Happiness is your own treasure because it lies within you.” — Prem Rawat. This eight-week course features a video-based peace education program created by international author and peace ambassador, Prem Rawat. You will have the opportunity to discover, focus, and reflect on your own humanity and inner resources such as choice, hope, and dignity. The facilitators will involve participants with video excerpts, activities, and meaningful interactions that explore the themes of personal peace and the art of living well. **Repeat in-person course.** *Format includes lecture, discussion, and film.*

SUGGESTED BOOK: *Hear Yourself: How to Find Peace in a Noisy World*, Prem Rawat, ISBN 9780063070745

Rita Rubin-Long taught children and adults for over 40 years in public schools and worked as an educational consultant at USM. Being an eyewitness to the violence at Kent State University in 1970 inspired her lifelong passion for peace.

Terry Landry's career is distinguished by a commitment to multi-cultural understanding. Terry retired from Colby College, where he created a much-lauded vegan-vegetarian program in his role as manager of Foss Dining Hall.

You're invited... to be a part of our team!

Teach at OLLI

OLLI is always looking for new course facilitators and SAGE presenters. If you (or someone you know) would enjoy sharing your knowledge and experience with our members through a course or SAGE lecture, please contact the OLLI office.

New teacher workshop: Each spring session, OLLI offers a Teacher Forum that is free and open to any member wishing to know more about teaching at OLLI. We will now offer a workshop for potential instructors prior to each session's proposal deadline, to help members develop their ideas and transform them into actual proposals.

Deadlines for course / workshop proposals: Proposals for the Fall session are due in early-May.

Orientation session: Prior to the beginning of each term, an orientation session is offered to all new and returning instructors to help them become better acquainted with OLLI and to learn the logistics of presenting a class both via Zoom and in person.

Questions? Contact Donna Anderson at donna.anderson@maine.edu.

Volunteer at OLLI


OLLI is more than just taking classes, listening to lectures, and participating in social events and activities. OLLI also provides opportunities for members to become active within the leadership of the organization. Volunteers play a vital role in helping shape and guide the various elements of OLLI through committee work, helping to welcome members, and making our office run smoothly. Volunteering is a great way to give back to an organization that is making a lasting impact on the lives of its members.

For more information: Please email olliatism@maine.edu to express your interest.

SELF-KNOWLEDGE & CARE • continued from previous page

Interested in Changing How You Think or Feel?

ELLEN ZIMMERMAN & NORA MORSE

 **WORKSHOP** SAT, 4/6 • 9:30 – 11:30 A.M. • \$15


This workshop is an introduction to noticing and exploring how you think and feel, and is one method used in Cognitive Behavioral Therapy (CBT). **New in-person workshop.** Format includes lecture, film, and hands-on practices.

Ellen Zimmerman, LCSW, is a mostly retired therapist who previously worked for Maine Medical Center and Spurwink Services.

Nora W. Morse, LCSW, is the Director of Best Practices at Spurwink Services.

Science of Happiness

HEATHER EDGERLY


 **WORKSHOP** SAT, 4/13 • 9:30 – 11:30 A.M. • \$15

In this 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 and overall well-being, including mindfulness, gratitude, and kindness. No materials are required for this workshop, but I will provide resources related to the topics and practices covered. **Repeat remote workshop.** Format includes lecture and discussion.

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.

The Five Building Blocks of Medicare

BARBARA HOPKINS

 **WORKSHOP** SAT, 4/20 • 9:30 – 11:30 A.M. • \$15

Medicare is confusing. This course helps students understand the basics so they can begin to build knowledge from which to move forward. Covered topics: history of Medicare; overview of the basics, Medicare A, hospitalization and B, office visits, and overview of the three add-on programs: supplement/Medigap products, Medicare Part C (a.k.a. Medicare Advantage), and Medicare part D (drug coverage). Also covered: enrollment guidelines, choosing coverage that works for your needs and budget, how to manage the mail/commercials/telemarketing, the value of independent insurance agents, and the Medicare.gov website. **Repeat remote workshop.** Format includes lecture.

Barbara Hopkins is founder of Medicare Knight School, a non-biased Medicare Education module developed from her 30 years' experience in the health insurance industry. Experienced in Health Care Provider and Hospital Health Insurance Plan contracting, she is an expert in promoting quality patient/health provider relationships. A Licensed Health Insurance Agent since 2004, she translates bureaucracy into understandable steps so consumers can feel confident in choosing coverage. She holds a master's degree in Communications Management from Univ. of So California and a Certificate in Instructional Design from the University of Southern Maine.

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WRITING

What Prompted You to Do THAT??

TIM BAEHR

COURSE THU, 3/28 – 5/2 • 12:45 – 2:45 P.M. • \$50

Writing from prompts is a way to get into a story. In this repeat course, we will explore some classic and off-beat prompts, writing about 500 words for each prompt.

The course sometimes leads to (good-natured) hilarity.

Repeat in-person course. *Format includes lecture, discussion, and hands-on practices.*

Tim Bæhr has taught at OLLI since 2009. Retiring after a career mostly in educational, business, and technical writing, he discovered fiction at OLLI.

Who Says I'm Creative?

RICHARD CASS

COURSE MON, 3/11 – 4/29 • 12:45 – 2:45 P.M. • \$50

Creativity is a fraught topic and one that invokes intense emotions. Too many people think creativity only abides in writers, painters, sculptors, and other artists, but it abounds in all sorts of activities — every day and extraordinary. This discussion course will focus on two books that discuss the elements of creativity, *Art and Fear* and *The Creative Act*. We will also talk about people who have maintained creative lives deep into their eighties, nineties, and beyond, such as Georgia O'Keefe, Pablo Casals, and Norman Lear. Be prepared for wide-ranging discussions of the nature of creativity, encouragement from creative models, and exercises designed to inspire thinking about your own creative impulses. **New in-person course.**

Format includes discussion and hands-on practices.

REQUIRED BOOKS: *Art and Fear*, Bayles/Orland, ISBN 9780961454739; *The Creative Act*, Rick Rubin, ISBN 9780593652886

Richard Cass is the author of the Elder Darrow jazz mystery series and The Last Altruist. He holds a graduate degree in writing from the University of New Hampshire. He is deeply interested in how people maintain creative energy throughout their later years and how to demystify the process of creation, whatever form it takes.

DID YOU KNOW?

You can order your books through the USM University Store at usm.ecampus.com.

Writing & Sharing Life Stories

JOAN CHADBOURNE

COURSE THU, 3/14 – 5/2 • 9:30 – 11:30 A.M. • \$50

Some believe our stories create who we are. We've heard stories about ourselves, family, and lives. Writing them explores their meaning and influence on who we've become. Telling them can be a way of finding new perspectives and appreciating who we are and may become.

What life experiences do you want to explore, preserve, and share? In this peer group, we will write those stories. We will give and receive supportive feedback. Sharing them brings them to life. Students appreciate the structure to finally get those stories in writing. **Repeat remote course.** *Format includes lecture and discussion.*

SUGGESTED BOOK: *How to Tell a Story: The Essential Guide to Memorable Storytelling from The Moth*, ISBN 9780593139004

Joan Chadbourne, as a college professor, published counseling psychology articles. She later published Healing Conversations Now, a book of stories about enhanced relationships with elders through storytelling and listening. Currently, she's writing about her atypical late-life marriage.



Spring SAGE Lecture Series

Join us as we explore new dimensions in life!

An eight-week lecture series presented by OLLI, SAGE offers a dynamic approach to learning in history, science, the arts, and current events.



THE BASICS

WHEN

Tuesday mornings,
March 12 – April 30, 2024
9:30 – 11:30 a.m.

WHERE

In-person:
USM Portland Campus
102 Wishcamper Center

Remote:

Available online via Zoom
*Link will be emailed the Monday
before each lecture.*



**This will
be a hybrid
program!**

COST

INDIVIDUAL LECTURES

Members of the public may attend individual lectures for \$10 each.

OLLI MEMBERS ONLY

OLLI members can pre-register for the entire series for just \$50 each.
(That's eight lectures for the price of five!)

REGISTRATION

HOW TO REGISTER

There are three easy ways to register beginning February 14, 2024:

- **Register online.** Visit our website at usm.maine.edu/olli.
- **Register by phone.** Call the OLLI office at 207-780-4406.
- **Register by mail.** Complete the registration form located on [page 49](#) (also available online).

FOR MORE INFO

CONTACT

We are here to help you! Please contact the OLLI Office.
We are open Monday – Friday from 8:00 a.m. – 4:00 p.m.
Call 207-780-4406 or email olliatusm@maine.edu

MARCH 12

Becoming What We Watch: How Television Has Skewed Our Perception of Reality

GARY BERGQUIST

Author & MIT-trained Computer Consultant

Gary will shine a light on the unintended dysfunctional impact upon our society, culture and behavior by our embrace of this “ubiquitous box.”

MARCH 19

Dahlov Ipcar’s Century (1917–2017)

RACHEL WALLS

Principal, Rachel Walls Fine Arts

Rachel will share her knowledge of the life of Maine’s renowned artist Dahlov Ipcar and her beloved paintings and illustrations.

MARCH 26

The Challenges & Opportunities Facing the New Superintendent of Portland Public Schools

RYAN SCALLON

Superintendent, Portland Public Schools

Learn what Dr. Scallon sees as challenges as well as opportunities facing the largest and most diverse system in Maine with one third of its 6,500 students coming from multi-lingual homes.

APRIL 2

“We Demand”: The Story of an Epic Cross-Country Road Trip for Women’s Voting Rights

ANNE GASS

Maine Author & Independent Historian

Through historic slides and her historical novel, *We Demand: The Suffrage Road Trip*, Anne Gass will tell the true story of an epic cross-country road trip that took place in 1915.

THANK YOU TO THE PROGRAM PLANNING COMMITTEE:

Steve Abramson & Claire Smith (Co-Chairs); Lynda Allshouse, Eileen Griffin, John Sutherland, & Kathleen Sutherland.

APRIL 9

How Science Can Influence Policy: The Case of Bird-Building Collisions in Portland, Maine

CHRISTINE R. MAHER

Professor of Biology, University of Southern Maine

NICK LUND

Advocacy & Outreach Manager, Maine Audubon

Christine and Nick will present data documenting the extent of bird-building collisions in downtown Portland and tell of subsequent efforts to implement local policy changes.

APRIL 16

Art & the Community

DR. LAURA FREID

President, Maine College of Art & Design

Dr. Laura Freid will moderate a panel discussion on art and the community with Maine College of Art & Design’s staff and faculty.

APRIL 23

An Informed Conversation About the United States Healthcare System & Policy

JOHN GALE

Senior Resource Associate, Population Health & Health Policy Program, USM

John will provide an overview of the challenges facing our American healthcare system, compare our system with those in other countries, and tell what will be required to improve it.

APRIL 30

Helping Those in Need: The Wonderful Work Done by Preble Street

MARK “SWANNIE” SWANN

Executive Director of Preble Street

Learn how Preble Street “provides accessible, barrier-free services to empower people experiencing problems with housing, homelessness, hunger and poverty, and to advocate for solutions to these problems.”

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. Some groups meet in-person, some via Zoom, and some blended. Many programs run year-round, except for July and August.

ARTS & CRAFTS

Try your hand at a new skill on the third Tuesday 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.).

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 months.*

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: Karen Winslow at kpwinslow@yahoo.com, or Anna Messmer at aemessmer@maine.rr.com

BRIDGE CLUB

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

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 Dawn Leland at lelanddm@gmail.com

LET'S KNIT!

Are you a knitter in search of a knitting group? Here's an opportunity to meet and chat with fellow knitting enthusiasts every week in the Wishcamper Center during the USM OLLI Fall, Winter and Spring terms. This is not an instructional group; a basic level of knitting skill is desirable.

FMI: Contact Louise Sullivan at lrsullivan72@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 Vicki Swerdlow at vicki@maine.rr.com

OUTDOOR/WALKING CLUB

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

FMI: Contact Rae Garcelon at raegarcelon@gmail.com

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@gwi.net

“The beauty of the Virtual Book Exchange is that we don’t all read the same book — we each bring to the zoom meeting a book (or several!) we’ve read and enjoyed. We share our thoughts, and then members of the SIG receive a list of book titles and authors from which to choose another adventure. We are a small but enthusiastic group — and we all enjoy meeting new people!”

ANNE CASS, OLLI MEMBER SINCE 2017

PICTIONARY GAME NIGHT

Come join the fun! Stick figures are our specialty and sometimes they look like the word we are trying to draw. No art ability required. Meets twice monthly on Thursday afternoons via the easy-to-use Zoom whiteboard.

FMI: Contact Steve Dorneman at stephendorneman@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 olliusmsciencediscussion.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 Cheryl Squiers at nenegirl8th@gmail.com, or Sidney Lincoln at linck7s@maine.rr.com

TRAIL STEPPERS

This walking group strives to get OLLI members outdoors in the Portland area on easy to moderate walks that promote good health, social mixing, and understanding of our natural environment and our cultural heritage.

FMI: Contact David von Seggern at vonsegl1@sbcglobal.net

TRIVIA GAME NIGHT

Join us for some laughs and interesting questions that will have your brain scanning your mental files for what some may call trivial information. You are one click away from an evening of good company and laughter. Meets two Mondays a month on Zoom.

FMI: Contact Elizabeth Housewright at ehousewright@gmail.com, or Star Pelsue at srpelsue@gmail.com

VIRTUAL BOOK EXCHANGE

Bibliophile? Looking for the next book to read? Join in and share a title or two. Leave with the title of the next book to add to the stack! We meet on Zoom on the fourth Wednesday of each month from 7:00 – 8:00 p.m.

FMI: Contact Anne Cass at anne.cass@maine.edu

WINE-TASTING CLUB

On the third Monday of the month, at 6:00 p.m., the club meets at the Ridgewood Clubhouse in Falmouth to taste four wines paired with appetizers. Price ranges from \$30 – 35 per person. RSVP required.

FMI: Contact Joel Kallich at joelkallich@gmail.com if you’d like to join an email list for advance notice of the date, price, and venue.



QUESTIONS?

We are here to help you!

Email us:

olliatum@maine.edu

Call us:

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 familiar. But if you are not comfortable doing your online registration, we are here to help you. Please call the OLLI office at 207-780-4406. We 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 olliatusm@maine.edu.

For checks or cash payment, please use the manual registration form — see page 49. Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.



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1 GO TO THE OLLI WEBSITE at usm.maine.edu/olli. Click on **Registration Information**.

2 CHOOSE CUSTOMER TYPE by scrolling down and selecting appropriate button. Choose **Returning OLLI Customer** or **New OLLI Customer**.

3 SIGN IN OR CREATE AN ACCOUNT

- **Returning OLLI Customers** will be brought to a sign in page: **Sign in**.
- **New OLLI Customers** will 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.)

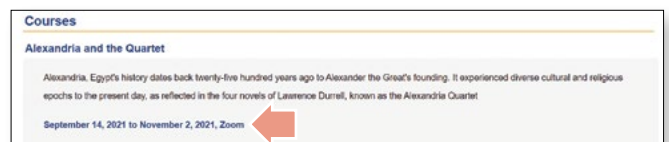
3 NAVIGATE TO OLLI PROGRAMS.

Select **Continue Shopping** to be directed to the main registration page. In the shaded dark 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 (from July 1 – June 30) yet, first select **Annual Membership** followed by **Add to Cart**. If you aren't registering for any additional programs, skip to step 8.

5 BROWSE PROGRAMS. Click the appropriate heading in the shaded dark 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.

- 6 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 Durrell, 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 Durrell 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 08/14/21 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 Peltus	

Facility Detail

Zoom
Your Street
Your Town, ME 00000

Add to Cart

- **Don't see *Add to cart* button?** If you see **Available Session** with a date below, click the date, then the **Add to Cart** button should appear at the bottom of the page.
- **To continue browsing**, hit the back browser button or navigate back to the shaded dark boxes at left.

- 7 COMPLETE YOUR ORDER.** Select **Checkout** to get started with the checkout process.

- **Add required information**, as follows:
 - Enter your date of birth (mm/dd/yyyy) for new memberships,
 - answer any required yes/no questions,
 - share how you heard about us, and
 - leave the Promotional Mailing Code field blank.
- Finally, 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:

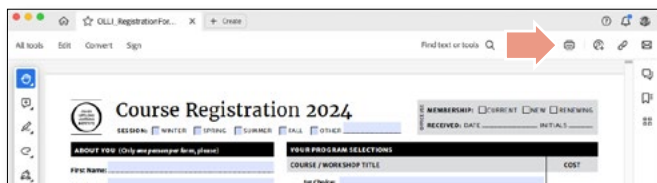
- **Log in early to test it out.**
Try logging into the online registration system a few business days *before* registration begins to be sure you can. Sign in with your email and password. If you run into a problem, email the OLLI Office at olliatism@maine.edu.
 - **Try OLLI123.**
If you cannot remember your password, please do not create a new account. Try OLLI123 or call the OLLI office at 207-780-4406.
 - **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 2023-2024 membership is needed to register for a course. Memberships may be purchased at any time. See [page 5](#) for more information about membership.
- Want more helpful tips?**
Visit [OLLI Online Registration Assistance online at: \[usm.maine.edu/osher-life-long-learning-institute/registration-guides-tips\]\(https://ollionline.registration.usm.maine.edu/osher-life-long-learning-institute/registration-guides-tips\)](https://ollionline.registration.usm.maine.edu/osher-life-long-learning-institute/registration-guides-tips).
- Still need assistance?**
Call the OLLI office at 207-780-4406, Monday – Friday, 8:00 a.m. – 4:30 p.m.

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 49](#).
- **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 on or after **December 20** if we have questions.

Tips for a smooth manual registration

Here are some tips to keep in mind to assure you 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 2024

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: _____

I grant photo permission. OLLI may reproduce my image for Yes
educational/promotional purposes if I appear in photos of programs. No

CHECK NO. _____ CC LAST 4 _____

CASH _____ MISC _____

ENROLL (Init) _____ DATE PROCESSED _____

OFFICE USE

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: _____

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 \$

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 SPRING 2024

Winter session will run from March 11 – May 3.
Mark your calendar for these other important dates.

FEB 14

Online registration for OLLI spring 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 February 14, 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 February 14, but some classes and workshops may be full, so please turn them in as soon as possible.

FEB 20

OLLI staff begins processing mail-in, drop-off, and taking phone registrations.

FEB 27

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.

MAR 11

OLLI spring session classes start

MAR 22

Deadline to receive a refund on dropped courses.

APR 6, 13, 20

OLLI spring workshops

MAY 30

OLLI spring workshops

MAY 3

OLLI spring session ends

MAY 6–10

OLLI spring session make-up dates



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Call us:
207-780-4406

The OLLI staff will be on holiday Feb. 19. The OLLI office and USM will be closed on this date. If you have a class scheduled on this date, please get in touch with your instructor to see if they plan to observe the holiday.

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1997-2023



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