

Celebrating  
**25+ YEARS**  
of Learning



1997-2023



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# Course Catalog

SUMMER SESSION 2024

JUNE 17 – AUGUST 1



UNIVERSITY OF  
SOUTHERN MAINE





**CONTACT US**

207-780-4406  
olliatism@maine.edu

Portland Campus  
Wishcamper Center, Room 210  
44 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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**DIRECTOR'S MESSAGE**



# Summer in Vacationland

*“A breeze crosses the porch / Bicycle spokes spin ’round / Jacket’s on, I’m out the door / Tonight I’m gonna burn this town down.” – BRUCE SPRINGSTEEN, “GIRLS IN THEIR SUMMER CLOTHES”*

For Jersey girls (and guys) of a certain age, this Springsteen song captures the essence of summer days “down the shore.” For all of us, this season means enjoying the beautiful Maine summer weather and landscape *plus* making sure we feed our minds and souls by taking a class or workshop at OLLI. Here are some options to tempt you:

Mark Palmgren will teach “Swingin’ on the Screen: Jazz on Film” (page 17) for movie and music buffs.

Get out your dancing shoes for Larry Ricci’s “Ballroom Dancing for the Beginner” (page 17).

Darrek VanDyke will take you into the cockpit for his course “Doolittle Raiders of World War II” (page 20).

Bob Libby will inspire you with “Summer Celebration / Midsummer Maine Poetry Reading” (page 21).

Documentary filmmaker Gail Worster will offer a course about this special art form titled “The Documentary Gem” (page 18).

You will see that our fees have increased modestly: our annual membership will be \$35 and course fees are \$60. As always, scholarships are available for members — please call the office for more information.

Looking forward to “the cool of the evening light,”

Donna Anderson  
Director

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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 1,500-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](http://maineseniorcollege.org)). The National Resource Center for all Osher Lifelong Learning Institutes ([osher.net](http://osher.net)) is located at Northwestern University in Chicago. Currently, there are 125 OLLIs throughout the country.

### OLLI: BY THE NUMBERS

125

OLLI BRANCHES  
IN THE US

1,500+

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 \$35. 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 28](#) 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](http://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 \$60 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/](http://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](mailto:olliatusm@maine.edu) **before registration day** to ensure timely enrollment in your class. Scholarships, gift certificates, free memberships, or other waivers will be accepted after online registration opens. 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](mailto:olliatusm@maine.edu), and we will contact you as soon as we can.*



# 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 \$60 per course for regular OLLI at USM courses. Workshops cost \$20 for single sessions and \$30 for two or three sessions or a full day. Exceptions to the usual pricing structure are clearly noted.

**You must be an OLLI 2024–2025 member to enroll in summer courses and workshops.** Membership costs \$35 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 through USM's online bookstore by going to [usm.ecampus.com](https://usm.ecampus.com) and selecting OLLI as the term. Visit [usm.maine.edu/osher-lifelong-learning-institute/resources](https://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

Summer classes are held once a week, **remotely** on Zoom and **in-person**, Monday – Thursday. The term runs for six weeks, from June 17 – August 1, 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 Fridays both **remotely** on Zoom or **in-person** (see [page 12](#)).

## LOCATIONS

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

### Remote (Monday – Thursday).

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 – Thursday).

Courses and workshops take place in Wishcamper Center.

## 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](https://usm.maine.edu/olli)), or follow us on Facebook (@OsherLifelongLearningInstituteAtUSM).



## 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. Come into the OLLI office, Wishcamper 210, to check out an assisted listening device.

**Remote:** Zoom allows members to have complete control over the volume of your classroom. Additional auto-captioning services can be set up upon request.

### ACCESSIBLE PARKING

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

### WAIVERS

Students with scholarships, gift certificates, free memberships, or other waivers must email registrations to the OLLI office at [olliatusm@maine.edu](mailto: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 the end of the second week of summer 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](mailto: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 events 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](http://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](mailto:olliatusm@maine.edu).

**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**

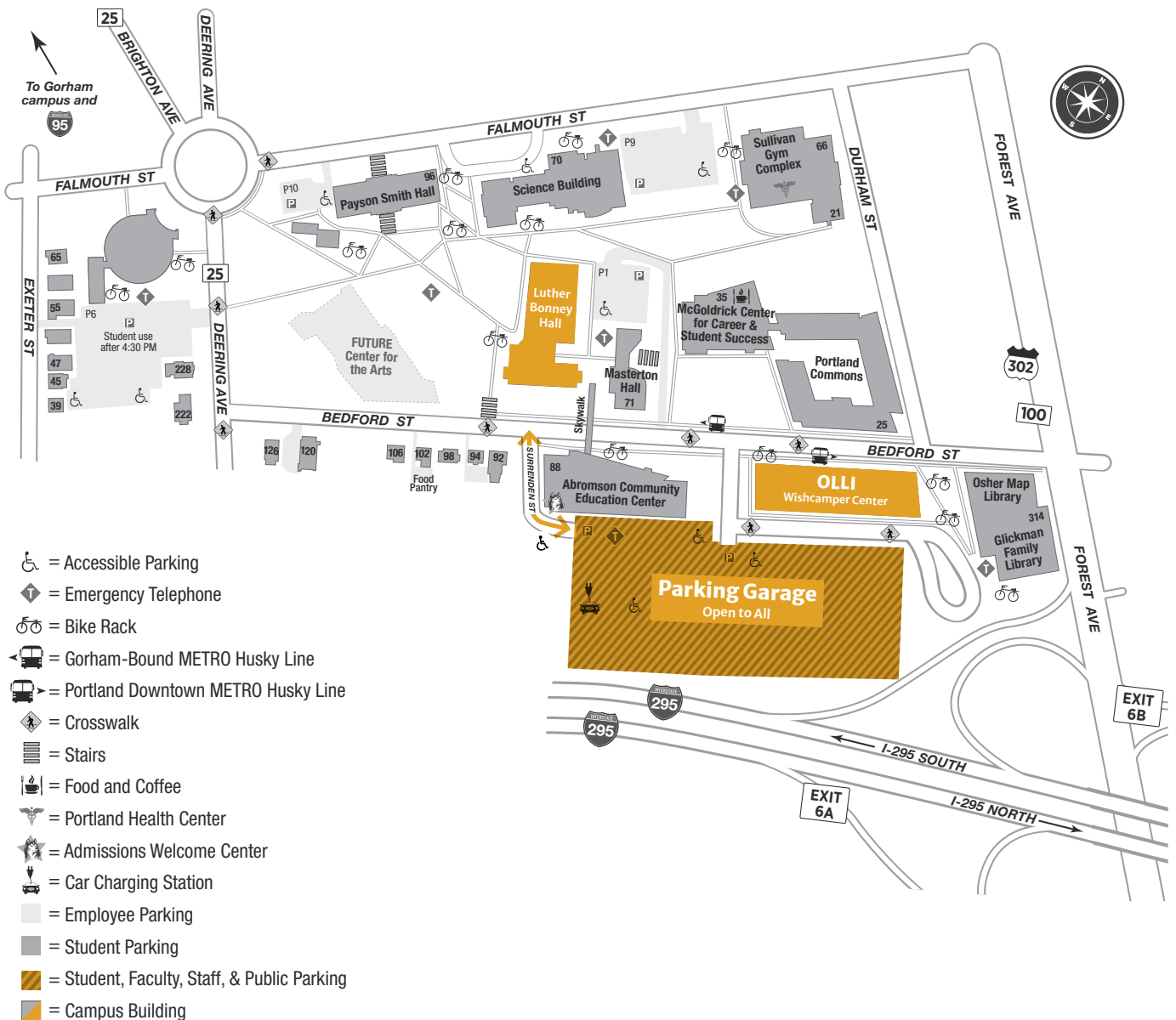
OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street. **There are 27 handicapped spaces available between the two parking garages.**

Parking in the USM garage will require a virtual parking permit. Visit [usm.maine.edu/osher-lifelong-learning-institute/location-parking/](http://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](http://usm.maine.edu/safezone)







# Important Dates

OLLI SUMMER 2024

Summer session will run from June 17 – August 1.  
Mark your calendar for these other important dates.

<b>MAY 22</b>	<b>Online registration for OLLI summer courses begins.</b> 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 <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> <b>before May 22</b> , 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 <b>after May 22</b> , but some classes and workshops may be full, so please turn them in as soon as possible.
<b>MAY 28</b>	<b>OLLI staff begins processing mail-in, drop-off, and taking phone registrations.</b>
<b>JUN 3</b>	<b>Course and workshop offerings open to the Maine Senior College Network.</b> Please contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
<b>JUN 17</b>	<b>OLLI summer session classes start</b>
<b>JUN 28</b>	<b>Deadline to receive a refund on dropped courses.</b>
<b>JUL 12, 19, 26</b>	<b>OLLI summer workshops</b>
<b>AUG 1</b>	<b>OLLI summer session ends</b>
<b>AUG 2–9</b>	<b>OLLI summer session make-up dates</b>

**The OLLI Staff will be on holiday May 27, June 19, and July 4.**

The OLLI office and USM will be closed on those dates. If you have an in-person class scheduled in Wishcamper on those dates, your class will not meet. If you have a remote class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.





  
**QUESTIONS?**  
We are here to help you!  
Email us:  
[olliatusm@maine.edu](mailto:olliatusm@maine.edu)  
Call us:  
207-780-4406

# Courses by schedule

Courses run once a week, Monday – Friday, starting the week of June 17 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 16](#) for our full index.



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

## MONDAYS

MORNINGS • 9:30 – 11:00 A.M.

-  **Remembering the '40s: A History Course Accompanied by Music** (p. 19, 23)  
LORRAINE MASURE

MORNINGS • 9:30 – 11:30 A.M.

-  **Exploring Short Stories** (p. 21)  
ANNE CASS
-  **Reclaiming Memories Using Photographs** (p. 26)  
ARIELA ZUCKER

AFTERNOONS • 12:30 – 3:30 P.M.

-  **The Documentary Gem** (p. 18)  
GAIL WORSTER

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Argue or Inform? Reading the Essay** (p. 21)  
RICHARD CASS

-  **Popular Music & Culture in the 1950s** (p. 23)  
TERRY FOSTER

## TUESDAYS

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Are Claims About “The Afterlife” Unscientific Poppycock?** (p. 25)  
STEPHEN KERCEL

WEDNESDAYS

MORNINGS • 9:00 – 11:00 A.M.

- 
**Exploring Portland's Historic Neighborhoods — on Foot (with Alessa Wylie) (p. 20)**  
 ALESSA WYLIE

MORNINGS • 9:30 – 11:30 A.M.

- 
**A Course on Bliss & Other Nonordinary States of Consciousness (p. 24)**  
 MONA LETOURNEAU

- 
**Civic Virtue: Can We Save Democracy? (p. 23)**  
 ROBERT LIBBY

- 
**Doolittle Raiders of WWII (p. 20)**  
 DARREL VAN DYKE

AFTERNOONS • 12:45 – 2:45 P.M.

- 
**The Shakers — Events That Changed the World (p. 18)**  
 ALICIA HARDING

- 
**Supreme Court Effects on American Society (p. 23)**  
 ROBERT LIBBY

- 
**Ballroom Dancing for the Beginner (p. 17)**  
 LARRY RICCI

THURSDAYS

MORNINGS • 9:30 – 11:30 A.M.

- 
**Conversations on the U.S. Constitution (p. 19)**  
 LAURENCE RICHARDS

- 
**Explore Portland's Historic Neighborhoods — on Foot (p. 20)**  
 BRUCE WOOD

AFTERNOONS • 12:45 – 2:45 P.M.

- 
**Rainer Maria Rilke: Cultivating the Inner World, Nurturing the Passionate Soul (p. 24)**  
 JOAN ALDRICH

- 
**Writing & Sharing Life Stories (p. 27)**  
 JOAN CHADBOURNE

- 
**Swingin' on the Screen: Jazz on Film (p. 17)**  
 MARK PALMGREN

- 
**Great Political / Government Movies (p. 17)**  
 EDWARD SOLANO








# Workshops by schedule

Workshops run on Fridays as noted throughout the Summer session. 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
-  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 16](#) for our full index.

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

## FRIDAYS

**1 SESSION:**  
6/21 • 9:30 A.M. – 3:30 P.M.

-  **Summer Celebration /  
Midsummer Maine Poetry  
Reading** (p. 21)  
ROBERT LIBBY

**1 SESSION:**  
7/12 • 9:30 – 11:30 A.M.

-  **Preserving & Protecting  
Maine's Wild & Scenic Places**  
(p. 25)  
SCOTT ANDREWS

-  **Empowering Your Life  
With Affirmations** (p. 26)  
LUCILLE MELTZ

-  **Tax Planning in Retirement**  
(p. 27)  
DEREK THARP


**2 SESSIONS:**  
7/12 & 7/19 • 9:30 – 11:30 A.M.

-  **200 Years of Iranian History  
from Qajar to Islamic Republic**  
(p. 19)  
NASSER ROHANI &  
PARIVASH ROHANI


**3 SESSIONS:**  
7/12, 7/19, & 7/26 • 9:30 – 11:30 A.M.

-  **The Electoral College /  
History & Biases** (p. 18)  
ORLANDO DELOGU

**1 SESSION:**  
7/12 • 9:30 A.M. – 12:30 P.M.

-  **Sherlock Holmes:  
A Scandal in Bohemia** (p. 16)  
DEWAYN MARZAGALLI


**1 SESSION:**  
7/19 • 9:30 A.M. – 11:30 A.M.

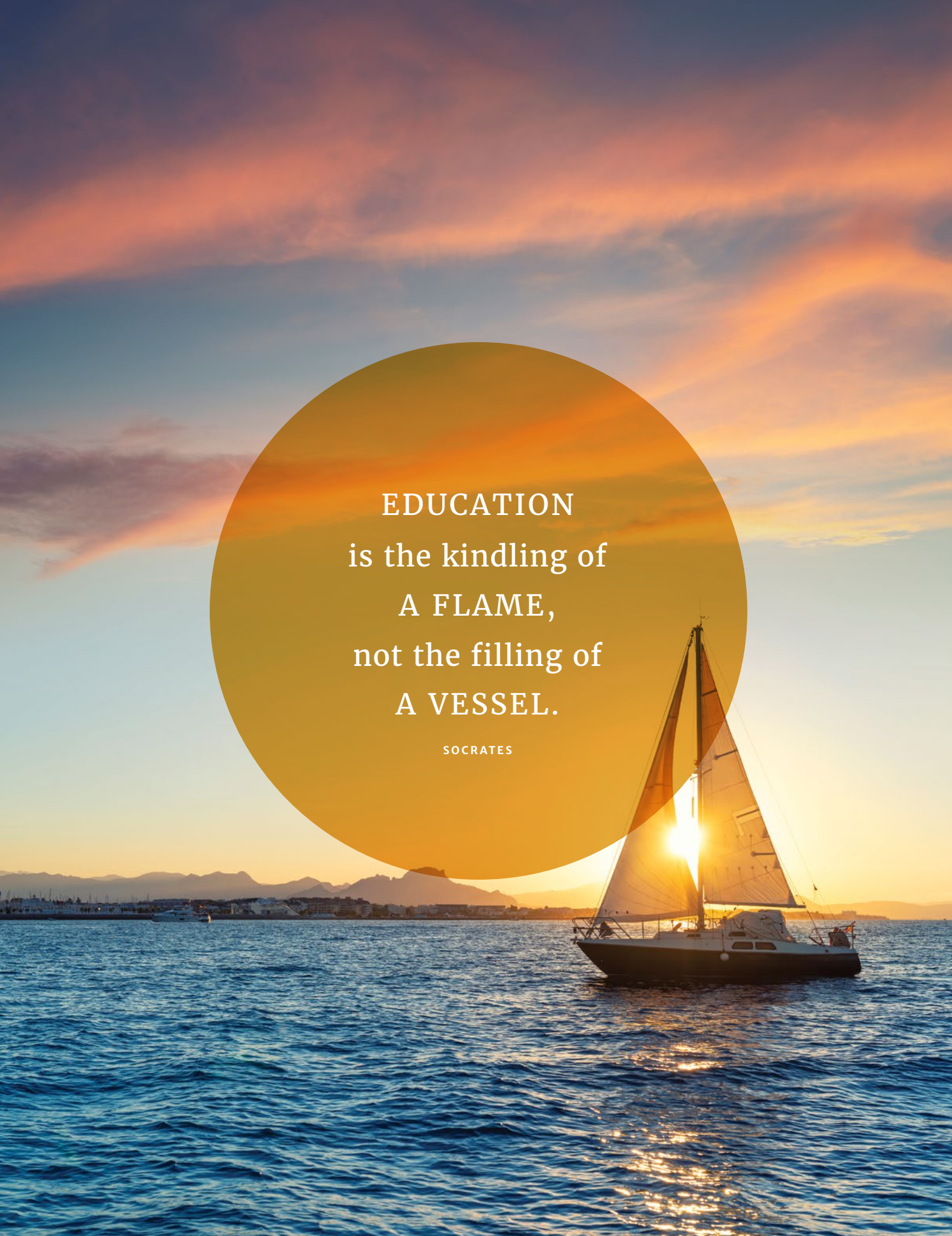
-  **Social Security Planning**  
(p. 26)  
DEREK THARP

**1 SESSION:**  
7/19 • 9:30 A.M. – 12:00 P.M.

-  **History of Great Western  
Movies: The 70s** (p. 16)  
DEWAYN MARZAGALLI

**1 SESSION:**  
7/26 • 9:30 A.M. – 11:30 A.M.

-  **Retirement Income Planning**  
(p. 26)  
DEREK THARP

A photograph of a sailboat on the water at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The sun is low on the horizon, creating a bright glow and reflecting on the water. A large, semi-transparent orange circle is overlaid on the image, containing the text. The sailboat is in the lower right foreground, with its sails partially visible. In the background, a coastline with buildings and mountains is visible under the sunset sky.

EDUCATION  
is the kindling of  
A FLAME,  
not the filling of  
A VESSEL.

SOCRATES

# 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 16 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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Rainer Maria Rilke: Cultivating the Inner World,  
Nurturing the Passionate Soul ..... 24

**SCOTT ANDREWS**  
Preserving & Protecting Maine's  
Wild & Scenic Places ..... 25

**ANNE CASS**  
Exploring Short Stories ..... 21

**RICHARD CASS**  
Argue or Inform? Reading the Essay ..... 21

**JOAN CHADBOURNE**  
Writing & Sharing Life Stories ..... 27

## D E F

**ORLANDO DELOGU**  
The Electoral College / History & Biases ..... 18

**TERRY FOSTER**  
Popular Music & Culture in the 1950s ..... 23

## G H I

**ALICIA HARDING**  
The Shakers — Events That Changed the World ..... 18

## J K L

**STEPHEN KERCEL**  
Are Claims About “The Afterlife” Unscientific  
Poppcock? ..... 25

**MONA LETOURNEAU**  
A Course on Bliss & Other Nonordinary States  
of Consciousness ..... 24

**ROBERT LIBBY**  
Civic Virtue: Can We Save Democracy? ..... 23  
Supreme Court Effects on American Society ..... 23  
Summer Celebration / Midsummer  
Maine Poetry Reading ..... 21

## M N O

**DEWAYN MARZAGALLI**

- History of Great Western Movies: The '70s .....16  
 Sherlock Holmes: *A Scandal in Bohemia* .....16

**LORRAINE MASURE**

- Remembering the '40s:  
 A History Course Accompanied by Music ..... 19, 23

**LUCILLE MELTZ**

- Empowering Your Life With Affirmations ..... 26

## P Q R S

**MARK PALMGREN**

- Swingin' on the Screen: Jazz on Film ..... 17

**LARRY RICCI**

- Ballroom Dancing for the Beginner ..... 17

**LAURENCE RICHARDS**

- Conversations on the U.S. Constitution .....19

**NASSER ROHANI**

- 200 Years of Iranian History from Qajar  
 to Islamic Republic.....19

**PARIVASH ROHANI**

- 200 Years of Iranian History from Qajar  
 to Islamic Republic.....19

**EDWARD SOLANO**

- Great Political / Government Movies ..... 17

## T U V

**DEREK THARP**

- Retirement Income Planning..... 26  
 Social Security Planning..... 26  
 Tax Planning in Retirement ..... 27

**DARREL VANDYKE**

- Doolittle Raiders of WWII ..... 20

## W X Y Z

**BRUCE WOOD**

- Explore Portland's Historic Neighborhoods –  
 on Foot..... 20

**GAIL WORSTER**

- The Documentary Gem ..... 18

**ALESSA WYLIE**

- Explore Portland's Historic Neighborhoods –  
 on Foot (with Alessa Wylie) ..... 20

**ARIELA ZUCKER**

- Reclaiming Memories Using Photographs ..... 26

**QUESTIONS?**

We are here to help you!

Email us:

[olliatusm@maine.edu](mailto:olliatusm@maine.edu)

Call us:


207-780-4406


# 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

 REMOTE (ZOOM)

 HYBRID

 +  BLENDED

## PROGRAM TOPICS

- 16 Entertainment & film
- 18 History & culture
- 21 Literature
- 23 Music
- 23 Politics & current events
- 24 Religion, philosophy, & spirituality
- 25 Science & natural history
- 26 Self-knowledge & care
- 27 Writing

Want to find a program by instructor?

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


Looking to fill a specific day or time?

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

## ENTERTAINMENT & FILM

### History of Great Western Movies: The '70s

DEWAYN MARZAGALLI


 **WORKSHOP** FRI, 7/19 • 9:30 A.M. – 12:00 P.M. • \$20

We will continue to watch and discuss western movie clips from the 1970s including: *Chisum*, *A Man Called Horse*, *Lawman*, *The Cowboys*, *High Plains Drifter* and *The Outlaw Josey Wales*, et al. **New remote workshop.** Format includes lecture, discussion, and film.

*DeWayn Marzagalli* has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the US Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

### Sherlock Holmes: A Scandal in Bohemia

DEWAYN MARZAGALLI

 **WORKSHOP** FRI, 7/12 • 9:30 A.M. – 12:30 P.M. • \$20

We will watch a one-hour version of the movie starring Jeremy Brett as Holmes which will be followed by a discussion of this novel and of Holmesian material. **New remote workshop.** Format includes lecture, discussion, and film.

*DeWayn Marzagalli* has been an OLLI instructor since 2011 and really enjoys discussing many different genres of movies. Born and raised in New York City, he served in the US Navy and is a retired Federal Agent. He lives in Gorham with his wife of 56 years.

Find these icons to find the right style for you:

 IN-PERSON  REMOTE (ZOOM)  
 HYBRID  +  BLENDED



## Swingin' on the Screen: Jazz on Film

MARK PALMGREN

**COURSE** THU, 6/20 – 7/25 • 12:45 – 2:45 P.M. • \$60

Jazz, America's greatest art form, has had a vital, if sometimes vexed, relation with motion pictures since the 1930s. The history of jazz, its sounds, its cultural and social contexts, and some of its leading performers have been the subject and/or soundtrack of many feature, short, and documentary films. This course will present a selection of the most insightful and most delightful examples of each genre. Among those likely to be included are *Jammin' the Blues*, *Jazz on a Summer's Day*, *Elevator to the Gallows* and *Round Midnight*. Pre- and post-screening discussion will offer information on the musicians, jazz style, and details of the musical/historical period. Through these films, certain chapters of jazz's dynamic history will be introduced and highlighted. **New in-person course.** *Format includes discussion and film.*

**Mark Palmgren's** career was in visual arts administration and consultancy in Boston and New York City; listening to and learning about jazz has been a passion of his for many decades. He has pursued studies in jazz history and theory at the Juilliard School of Music, Swing University of Jazz at Lincoln Center, and countless nights at the Village Vanguard and other disreputable joints.

## Ballroom Dancing for the Beginner

LARRY RICCI

**COURSE** WED, 6/26 – 7/31 • 12:45 – 2:45 P.M. • \$60

This six-week course will introduce ballroom dancing to participants. Dances to be taught will include Foxtrot, Waltz, Swing, Rumba, and others depending on time. Participants at the end of the course should be able to feel comfortable dancing several figures in each dance. The course will also include didactic instruction on techniques to make ballroom dancing fun and easy. No previous ballroom experience necessary. **New in-person course.** *Format includes movement.*

**Larry Ricci** is a retired physician who has avidly danced ballroom for the past thirty years. He and his wife Laurel, who he met dancing ballroom, have competed throughout New England in international 10 dance (Waltz, Quickstep, Foxtrot, Tango, Viennese Waltz, Rumba, Cha Cha, Samba, Jive, and Paso Doble). For the past 15 years, Larry has taught ballroom at multiple studios and dance camps in New England.

### **DID YOU KNOW?**

You can order your books through the USM University Store at [usm.ecampus.com](http://usm.ecampus.com).

## Great Political / Government Movies

EDWARD SOLANO

**COURSE** THU, 6/20 – 7/25 • 12:45 – 2:45 P.M. • \$60

A great movie about government or politics should consciously reveal a fault in the system. Ideally, a great administration should not. For example, *7 Days in May* (1964) reveals a feasible military takeover. *Fail Safe* (1964) and *Dr. Strangelove* (1964): rogue nukes. *All the President's Men* (1976) and *The Post* (2017): government's First Amendment denial. *Miss Sloane* (2016): unbridled lobbyists. *The Last Hurrah* (1958) and *Wag the Dog* (1997): charming corruption? *Trial of the Chicago 7* (2020) and *Good Night and Good Luck* (2005): unbridled justice? Britain's *In the Loop* (2009): chaos. We watch at home, discuss these movies in class exploring the tragi-comedy we call government. Fun! **Repeat remote course.** *Format includes lecture, discussion, and film.*

**Edward Solano** used to teach government and history and write about both for newspapers. But he never imagined how much more he had to learn about the fragility of America's democracy until the experience of 2016 through 2020. Once again, the arts preview actual events. So he believes Hollywood may save America yet — even without Frank Capra.



ENTERTAINMENT & FILM • continued from previous page

## The Documentary Gem

GAIL WORSTER

**COURSE** MON, 6/17 – 7/22 • 12:30 – 3:30 P.M. • \$60

Watching a good documentary is like reading a non-fiction book that reads like fiction — it grabs your attention and keeps it. The best documentaries avoid the pitfalls of “Just the facts, Ma’am” (for those of you who remember Joe Friday). And this is because the filmmakers have the wherewithal to capture the unique character or circumstance without trying to manipulate. The result is a film that is compelling, exciting, and profound. *Note:* This is a 3-hour class with a break after the film — we’ll watch the film, then discuss the content, the characters, and the world they inhabit. Each week’s story will take you on a real-life adventure both visceral and palpable. We’ll also learn a little about the filmmakers behind the scenes. One film example: *Free Solo*. **New in-person course.** *Format includes discussion and film.*

*Gail Worster is a video producer, writer & consultant, and member of OLLI’s Teaching & Learning Committee. She also produced and directed the 2002 documentary Giant Horses exploring the working relationships between teamsters and their draft horses. The documentary aired multiple times on Maine PBS and was included in their 2020 bicentennial programming.*



## HISTORY & CULTURE

## The Electoral College / History & Biases

ORLANDO DELOGU

**WORKSHOP** FRI, 7/12, 7/19, & 7/26 • 9:30 – 11:30 A.M. • \$30

This workshop will utilize a number of excerpts from published pieces, extracts from the U.S. Constitution, census data, and the current distribution of Electors, current reform proposals to make the case that what may have seemed wise to our founding fathers has the ring of unfairness/bias in today’s world. At the same time reform is difficult at best — unlikely in today’s polarized world.

**New in-person workshop.** *Format includes lecture and discussion.*

*Orlando Delogu served as a full-time member of the University of Maine School of Law faculty for 40 years, 1966–2006, and as Emeritus Professor from 2006 to the present. He has remained active, publishing close to 50 op-eds/briefs since retiring.*

## The Shakers — Events that Changed the World

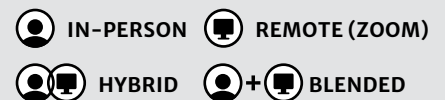
ALICIA HARDING

**COURSE** WED, 6/26 – 7/31 • 12:45 – 2:45 P.M. • \$60

Some events seemed to happen so quickly and had such a great impact we call them revolutions: industrial, scientific, agricultural. Other events took longer for the impact to be realized: the contraceptive pill, globalization, and the little black dress. We will look at selected historical events, some big and some as small as a one-minute commercial, but they changed the world. **New in-person course.** *Format includes lecture.*

*Alicia Harding is currently an instructor in World History and Historical Archaeology 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.*

Find these icons to find the right style for you:



## Remembering The '40s: A History Course Accompanied by Music

LORRAINE MASURE

**COURSE** MON, 6/17 – 8/5 • 9:30 – 11:00 A.M. • \$60

Against the backdrop of one of the most salient periods in the history of the United States and over fourscore years ago, a just war! PATRIOTISM in capital letters, the divergent contrasts of shifting times: air-raid shelters and emerging technology — and the birth of the Baby Boomers. A review of some of the decade's popular radio, film, and stage music that was the soothing salve across the emotional arc of those years. Always an intriguing culture with which most Americans identified. You Bet Your Life: the buck stopped there! **Repeat remote course.** *Format includes lecture, discussion, and film.*

*Lorraine Masure has led senior college courses across four venues for over a dozen years. Course content is presented historically with enhancement by music and course-related student-instructor discussions and serendipity.*

## 200 Years of Iranian History from Qajar to Islamic Republic

NASSER ROHANI & PARIVASH ROHANI

**WORKSHOP** FRI, 7/12 & 7/19 • 9:30 – 11:30 AM • \$30

A glimpse of modern Iranian history from Qajar to Pahlavi to Islamic Revolution. A quick review about the 200 years of Iranian history with concentration to Pahlavi dynasty and Islamic Republic. We will explore the role of the university, Bazaar, and Labor in toppling of the Shah's regime, foreign influence in Iranian politics, the current Iranian situation and hope for the future. **Repeat in-person Workshop.** *Format includes lecture.*

*Nasser Rohani was born in Iran. At 18 he went India and studied commerce and completed his Pre-Ph.D. studies in Village Cooperative Banking. In 1985 he immigrated to the United States. He continued studies in IT. He began his career initially in accounting and subsequently as a software engineer. After 32 years, he retired in 2018.*

*Parivash Rohani was born and raised in Iran. After the advent of the Islamic Revolution in 1979, she left Iran; after 6 years of living in India she, her husband and newly-born daughter emigrated to the United States. Currently she lives in Portland, and volunteers for multiple social justice organizations.*

## Conversations on the U.S. Constitution

LAURENCE RICHARDS

**COURSE** THU, 6/20 – 7/25 • 9:30 – 11:30 A.M. • \$60

An exploration of the U.S. Constitution through facilitated small-group conversations. Some questions to be addressed include: What does a constitution do in a democracy? What issues did the founders of the U.S. Constitution have to address? What issues remain today? What revisions, additions, or deletions would you consider? Sample constitutions will be distributed (available online). Three facilitators will be available to assist with the small-group conversations. **New in-person course.** *Format includes lecture and discussion.*

*Laurence Richards has a Ph.D. in operations research from the University of Pennsylvania and retired after 32 years in higher education administration. He has written about conversation, participation, technology, and society.*

*Valarie Lamont has a Ph.D. in political science from the University of Illinois and is co-founder of the Forum on Democracy.*

*John Bubar has an M.F.A. in creative writing from the University of New Hampshire and retired as the Commanding General of the Maine Air National Guard.*



### QUESTIONS?

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HISTORY & CULTURE • *continued from previous page*

## Doolittle Raiders of World War II

DARREL VANDYKE


 **COURSE** WED, 6/26 – 7/31 • 9:30 – 11:30 A.M. • \$60

From a personal interview with the co-pilot of plane 1 off the U.S.S. Hornet, this course follows the lives of 105 men who took the battle to Japan after their bombing of Pearl Harbor. You will get the feel of what it was like to fly in small bomber, bail out in the dark, be rescued, and then what happens next? **New remote course.** *Format includes lecture.*

*Darrel VanDyke holds a Ph.D. in computer science, and is an author of several books. He has taught OLLI courses in several topics: computer science, bit coin, and history.*

## Exploring Portland's Historic Neighborhoods — On Foot

ALESSA WYLIE


 **COURSE** WED, 6/26 – 7/31 • 9:00 – 11:00 A.M. • \$60

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 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.*

## Explore Portland's Historic Neighborhoods — On Foot

BRUCE WOOD

 **COURSE** THU, 6/20 – 7/25 • 9:30 – 11:30 A.M. • \$60

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. The longest walk will be two miles in two hours. The greatest elevation change will be between Congress Street and the waterfront. All walks will be on pavement, with side trips into two grassy cemeteries. Wheelchair accessible. Rain or Shine. Instructor will contact students about the meeting place prior to each class. **Repeat in-person course.** *Format includes movement.*

**SUGGESTED BOOK:** *Portland, A Short History*, Allan Levinsky, ISBN 9781933212432, (USM \$14.95)

*Bruce Wood moved to Portland after retiring as a computer programmer for Amtrak. He fell in love with the city's history and architecture and served on Portland's Historic Preservation Board. He has led tours for the Maine Historical Society, at the Observatory, and at the Victoria Mansion.*

### DID YOU KNOW?

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## LITERATURE

**Exploring Short Stories**

ANNE CASS

**COURSE** MON, 6/17 – 7/22 • 9:30 – 11:30 A.M. • \$60

Short stories are sometimes defined as being able to be read in one sitting. In this class, we will discuss a total of eleven stories over the six weeks. Past students have enjoyed the camaraderie of the group as well as the variety of topics addressed in an anthology of “BEST.” We will explore the text, getting to know the authors and their people. Join us! **New in-person course.**

*Format includes discussion.*

**REQUIRED BOOK:** *Best American Short Stories 2023*, Series Editor Heidi Pitlor, Story Selector Min Jin Lee; ISBN 9780063275904

*Anne Cass enjoys creating a classroom of comfort and enthusiasm, and looks forward each term to an interesting group of participants.*

**Argue or Inform? Reading the Essay**

RICHARD CASS

**COURSE** MON, 6/17 – 7/22 • 12:45 – 2:45 P.M. • \$60

The personal essay is a slippery form. It can argue a perspective, inform a reader, perform literary criticism, state a manifesto, or simply collect observations of daily life. In this course we will read and discuss 12 essays from the *Best American Essays of 2023* anthology. This is intended to be a reading-group course, where opinions are not only sought after, but required. Please plan on engaging in the pleasures of parsing the meanings and intentions of these various writers. **New in-person course.**

*Format includes discussion.*

**REQUIRED BOOK:** *Best American Essays 2023*, ISBN 9780063288843

*Richard Cass graduated from Colby College and has a graduate degree in writing from the University of New Hampshire. He is the author of the six-book Elder Darrow jazz mystery series, a standalone novel called The Last Altruist, and a book of short stories entitled Gleam of Bone.*

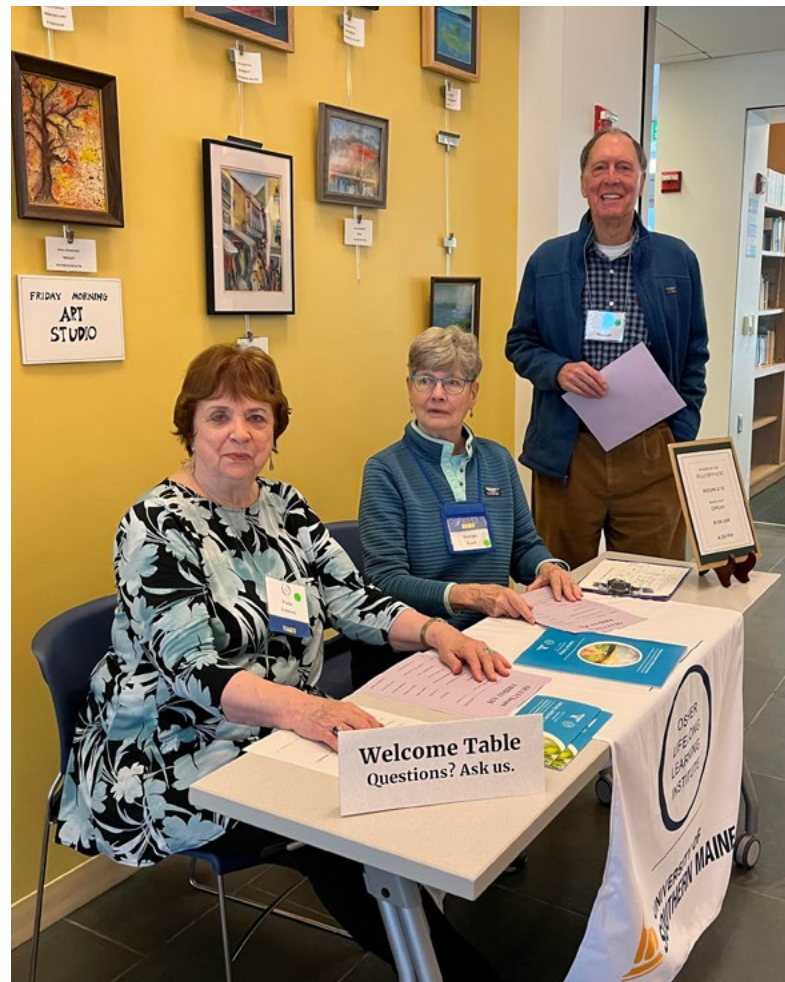
**Summer Celebration /  
Midsummer Maine Poetry Reading**

ROBERT LIBBY

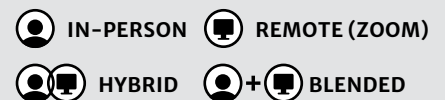
**WORKSHOP** FRI, 6/21 • 9:30 A.M. – 3:30 P.M. • \$30


A public reading of works by Maine Poets. Live readings and audio visual presentation of poets of Maine. Some time allotted for open mic. **New in-person workshop.** *Format includes lecture.*

*Robert Libby has been writing and publicly reading poetry for more than sixty years.*



Find these icons  
to find the right  
style for you:



A scenic view of a beach with a large circular overlay containing text. The background shows a sandy beach with scattered rocks and seaweed, leading to a blue ocean with white waves under a clear blue sky. The circular overlay is a golden-yellow color and contains the following text:

The whole purpose of  
EDUCATION  
is to turn mirrors into  
WINDOWS.

SYDNEY J. HARRIS

## MUSIC

**Popular Music & Culture in the 1950s**

TERRY FOSTER

**COURSE** MON, 6/17 – 7/22 • 12:45 – 2:45 PM • \$60

This course explores the popular music of the 1950s. Attention will also be paid to the performers of pop music and events of the decade including a look at fashion, fads, food, etc. Via lecture, discussion, lots of music videos, and some piano music we'll delve into this interesting period in American life. We'll end the course with a '50s party. **Repeat in-person course.** *Format includes lecture, discussion, and film.*

**SUGGESTED TEXT:** *The 1950s*, William H. Young with Nancy K. Young, Greenwood Press, & Connecticut. (You can buy this used for as little as about \$12.)

*Terry Foster played piano since age five. His teacher pushed "classical music," but Terry was bent on learning "pop." As a teenager he played '50s music. He holds two master's degrees and a doctorate in higher education. He co-founded "Senior College" OLLI's predecessor, and has taught OLLI courses for 27 years.*

**Remembering The '40s: A History Course Accompanied by Music**

LORRAINE MASURE

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*Lorraine Masure has led senior college courses across four venues for over a dozen years. Course content is presented historically with enhancement by music and course-related student – instructor discussions and serendipity.*

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## POLITICS &amp; CURRENT EVENTS

**Civic Virtue: Can We Save Democracy?**

ROBERT LIBBY

**COURSE** WED, 6/26 – 7/31 • 9:30 – 11:30 A.M. • \$60

This seminar examines the condition of democratic governance in the present United States. Close examination of anti-democratic forces and efforts to reform and improve democratic principles. **Repeat in-person course.** *Format includes lecture and discussion.*

*Robert Libby has designed and presented civic education and Constitutional law instruction for more than fifty years. He has designed instruction materials for every level of instruction.*

**Supreme Court Effect on American Society**

ROBERT LIBBY

**COURSE** WED, 6/26 – 7/31 • 12:45 – 2:45 P.M. • \$60

History and evolution of the Supreme Court examined through explanation of landmark cases, with emphasis on recent developments and understanding the current term. Explanations of judicial review, judicial activism, judicial restraint, originalism, textualism, Shadow Docket, close reading of majority decisions and key dissents, respect for precedents, common law. Logical development of key precedent principles and social effect. Discussion of current landmark cases and the current term. Close examination of the Presidential Commission's report on reform of the Supreme Court and the current act to reform Supreme Court ethics. **Repeat in-person course.** *Format includes lecture and discussion.*

*Robert Libby has been studying and designing courses in civics and Constitutional understanding for more than fifty years. There will be a well-developed reading list provided and a list of Supreme Court cases to be considered and available online.*

## RELIGION, PHILOSOPHY, &amp; SPIRITUALITY

## Rainer Maria Rilke: Cultivating the Inner World, Nurturing the Passionate Soul

JOAN ALDRICH

**COURSE** THU, 6/20 – 7/25 • 12:45 – 2:45 P.M. • \$60

This philosophical discussion class explores the rich inner world illuminated by Rilke's journals/letters/poetry/prose. He lived during times of rapid social and technological change (1875-1926). To him, the world seemed overly-embroiled in materialism; losing its soul. Introductory film-clips/lectures; then his writings will foster discussion on such topics as his idealized image of a soulmate, despite repeatedly choosing unavailable partners; his deeply treasured isolation despite unrelenting loneliness; and his mystical/metaphysical relationship to all living things. (W.H. Auden affectionately called him "the greatest lesbian poet since Sappho.") Primary works considered: Sonnets to Orpheus and Duino Elegies. "Not to be cut off, not through the slightest partition, from the law of the stars. The inner — what is it if not intensified sky, hurled through with birds; deep with winds of homecoming." Not a literary criticism course! **New in-person course.** *Format includes lecture, discussion, film, and hands-on practices.*

**Joan Aldrich, M.Div.**, trained as a Values Clarification/Great Books Discussion Facilitator, and celebrates this passionate, gentle poet; perfect for tumultuous times.

## A Course on Bliss & Other Nonordinary States of Consciousness

MONA LETORNEAU

**COURSE** WED, 6/26 – 7/31 • 9:30 – 11:30 A.M. • \$60

The subject of bliss, flow, and other peak states are common experiences, and yet we view them as rare and coming out of nowhere. Why? What conditions or triggers produce them? Is it possible to experience bliss more often? How are they like, or unlike, therapeutic psychedelic experiences? Is psychedelic therapy more beneficial than natural highs, or is that claim just hype or misinformation? What is a mystical experience? What is trance? Why is bliss a mostly nonverbal experience? And if that's the case, how is it that teachers and actors experience verbal states of bliss? This course presents essential but overlooked research on extreme positive states and theories from William James, Abraham Maslow, Mihalyi Csikszentmihalyi, Robin Carhart-Harris, Aldous Huxley, Alan Watts and others, as discussed in the instructor's forthcoming book, *The Mechanics of Bliss*. **New remote course.** *Format includes lecture and discussion.*


**Mona Letourneau**, a meditator for over fifty years, an international wellbeing scholar, lifelong learner, personality psychologist, teacher and researcher on consciousness, creativity, and the neurobiology of emotions. She is regarded as an expert on non-ordinary conscious states and wellbeing, and her presentations at consciousness research conferences are entertaining and well-attended.





## Are Claims About “The Afterlife” Unscientific Poppycock?

STEPHEN KERCEL

 **COURSE** TUE, 6/18 – 7/23 • 12:45 – 2:45 P.M. • \$60

The presumption pervading orthodox academic thinking is that strict materialism explains all. A corollary is that human cognition is nothing more than the cumulative effect of electrochemical processes in the body, and that consciousness vanishes at moment of bodily death. Therefore, reports of near-death experiences, reincarnation, and the like, must be “unscientific poppycock” and need not be admitted into rational inquiry. The most cogent explanation of the orthodox position is furnished by Sean Carroll in *The Big Picture*. The more popular, but intellectually weaker, defense of the orthodoxy is provided by the self-styled “Brights” also known as “The Four Horsemen of the New Atheism.” They claim to debunk the Abrahamic religions, and by induction all religions, and by more induction any idea outside the scope of materialism. How well do these claims hold up to critical scrutiny?


**Repeat remote course.** Format includes lecture and discussion.

**Stephen Kercel, Ph.D.** Electrical Engineering, University of Tennessee, was a Research Fellow with UNE’s New England Institute of Cognitive Science and Evolutionary Psychology. He co-founded the Endogenous Systems Research Group NEI, was a contract employee conducting research in artificial intelligence for the US Department of Energy, and Rapid Communications Editor for the *Journal of Integrative Neuroscience*.

## SCIENCE & NATURAL HISTORY

### Preserving & Protecting Maine’s Wild and Scenic Places

SCOTT ANDREWS

 **WORKSHOP** FRI, 7/12 • 9:30 – 11:30 A.M. • \$20

Maine’s top tourist attraction is Acadia National Park. The top-most point in Maine is in Baxter State Park. Canoeing the Allagash Wilderness Waterway and kayaking the Maine Island Trail are among our state’s signature outdoor adventure experiences. Maine boasts the second-longest mileage on the Appalachian Trail, as well as its two most difficult segments. Maine boasts two opportunities for multi-day hut-to-hut backcountry travel by cross-country skiers. These experiences take place on land that has been preserved for public use by a complex combination of public and private initiatives. This workshop traces this story, from the aspirational visions of Henry David Thoreau to today’s Katahdin Woods and Waters National Monument. We will also examine a number of more modest preservation achievements by local conservation organizations. This workshop will also feature a guest presentation by a leader of Maine’s vibrant conservation community. **New in-person workshop.** Format includes lecture and discussion.

**Scott Andrews** earned a B.A. in history and an M.B.A. from the University of Chicago and an M.Sc. from the London School of Economics. He is an award-winning writer who specializes in Maine leisure and lifestyle.

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## SELF-KNOWLEDGE &amp; CARE

## Reclaiming Memories Using Photographs

ARIELA ZUCKER


 **COURSE** MON, 6/17 – 8/5 • 9:30 – 11:30 A.M. • \$60

Throughout this lesson, the subject of whether or not images might evoke related memories from times when they were taken will be in the backdrop. Do these recollections only contain the facts of what happened, or do they also contain emotion, which is frequently a crucial element of strong imagery? Can a photo inspire a dialogue amongst the writer, the selected photo, and the memory? How can we, as writers, generate rich and meaningful writing by using this tool—photographs—to bring back faded or forgotten life events? **New in-person course.** *Format includes lecture and discussion.*

*Ariela Zucker was born in Jerusalem, Israel, and moved with her husband moved to the U.S. on September 10, 2001, followed by three daughters. For sixteen years, they lived in Ellsworth, Maine in the motel they owned and operated. Ariela writes mainly poetry and nonfiction, and has self-published four books; all of them can be found on Amazon. In the past she had facilitated in-person writing groups, as well as offering online and Zoom writing classes.*

## Empowering Your Life With Affirmations

LUCILLE MELTZ


 **WORKSHOP** FRI, 7/12 • 9:30 – 11:30 A.M. • \$20

Is it possible to achieve intentions and improve your state of mind with personal affirmations? How do affirmations best work and how do you create them and implement them in your life? The concept of using affirmations to manifest a more fulfilled life is ages old, but the techniques involved are often misunderstood and poorly applied, overlooking our individual innate blocks to their success. Learn how to create and use effective affirmations to enhance your life! **New remote workshop.** *Format includes lecture and discussion.*

*Lucille Meltz, M.S.E.D., M.A., author, life coach, and experienced instructor of multiple courses on personal growth for over 30 years. Lucille continually uses affirmations effectively in all aspects of her life and teaches others to do the same. ([lil-light.com](http://lil-light.com))*

## Retirement Income Planning

DEREK THARP


 **WORKSHOP** FRI, 7/26 • 9:30 – 11:30 A.M. • \$20

This workshop will explore how individuals and couples can plan for a sustainable income in retirement. We will examine how households can coordinate income from different sources, including pensions, Social Security, and retirement savings to develop a plan for navigating retirement. We'll look at academic concepts in a practical manner and work through a case study that ties it all together. **Repeat remote workshop.** *Format includes lecture.*

*Derek Tharp, Ph.D., C.F.P.,<sup>®</sup> C.L.U.,<sup>®</sup> R.I.C.P.<sup>®</sup> is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs at the Wall Street Journal's Experts Blog and has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.*

## Social Security Planning

DEREK THARP

 **WORKSHOP** FRI, 7/19 • 9:30 – 11:30 AM • \$20

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

*Derek Tharp, Ph.D., C.F.P.,<sup>®</sup> C.L.U.,<sup>®</sup> R.I.C.P.<sup>®</sup> is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs at the Wall Street Journal's Experts Blog and has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.*

Find these icons to find the right style for you:



IN-PERSON



REMOTE (ZOOM)



HYBRID



BLENDED

## Tax Planning in Retirement

DEREK THARP

**WORKSHOP** FRI, 7/12 • 9:30 – 11:30 AM • \$20

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

**Derek Tharp, Ph.D., C.F.P., C.L.U., R.I.C.P.** is a finance professor at USM. Derek has 12 years of experience as a financial advisor. He blogs at the Wall Street Journal's Experts Blog and has been quoted in publications such as the New York Times, Wall Street Journal, and Washington Post.

## WRITING

### Writing & Sharing Life Stories

JOAN CHADBOURNE

**COURSE** THU, 6/20 – 7/25 • 12:45 – 2:45 PM • \$60

Some believe our stories create who we are. We've heard stories about ourselves, family and lives. Writing them is an exploration of 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 hands-on practices.*

**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.



# 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 and register online. 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 the OLLI office at [olliatism@maine.edu](mailto:olliatism@maine.edu)

## 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](mailto:kpwinslow@yahoo.com), or Anna Messmer at [aemessmer@maine.rr.com](mailto:aemessmer@maine.rr.com)

## BRIDGE CLUB

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

**FMI:** Contact Barbara Freeman at [bhfreewoman@gmail.com](mailto:bhfreewoman@gmail.com)

## ECELC TIC DIALOGUE JUNCTION: A TAPESTRY OF CONVERSATIONS

Embark on a stimulating journey of diverse discussions with our special interest group. Join us for engaging conversations sparked by thought-provoking articles, intriguing podcasts, or captivating topics that resonate with the curious mind. Each month will be a different topic: attend those that interest you. Once a month via Zoom.

**FMI:** Contact Elizabeth Housewright at [ehousewright@gmail.com](mailto:ehousewright@gmail.com), or Star Pelsue at [srpelsue@gmail.com](mailto:srpelsue@gmail.com)

## 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](mailto: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](mailto: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](mailto:vicki@maine.rr.com)

## OLLI WOMEN'S LUNCH GATHERING

Informal weekly lunch gathering for OLLI women interested in making new friends and discussing cultural and political topics. The group will meet at noon in the student union where participants can buy lunch or bring their own. Each gathering will have a topic ranging from popular fiction and films to discussion of life style concerns of older women along with current political topics like global warming. Participants' feedback will be instrumental in selecting discussion topics. In-person but off-site.

**FMI:** Contact Pat Taub at [pparee2011@gmail.com](mailto:pparee2011@gmail.com)

## OUTDOOR/WALKING CLUB

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

**FMI:** Contact Rae Garcelon at [raegarcelon@gmail.com](mailto: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](mailto:sharonlh@gwi.net)

### 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](mailto: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](mailto:ehousewright@gmail.com) or visit [olliusmsciencediscussion.wordpress.com](http://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](mailto:nenegirl8th@gmail.com), or Sidney Lincoln at [linck7s@maine.rr.com](mailto: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 [vonsegl@sbcglobal.net](mailto:vonsegl@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](mailto:ehousewright@gmail.com), or Star Pelsue at [srpelsue@gmail.com](mailto: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 [annebcass@gmail.com](mailto:annebcass@gmail.com)

### WINE-TASTING CLUB

On the second Wednesday 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:** Lynn Underwood at [luwood@gmail.com](mailto:luwood@gmail.com)

# 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](mailto:olliatusm@maine.edu).*


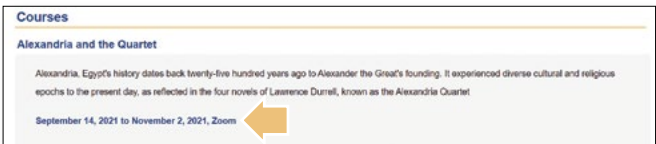
*For checks or cash payment, please use the manual registration form — see page 32. Please note: We cannot guarantee your class will be available when we register you after online registration opens. Manual registrations will be processed in the order in which they are received.*



**QUESTIONS?**  
We are here to help you!

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

Call us:  
207-780-4406

- 1 **GO TO THE OLLI WEBSITE** at [usm.maine.edu/olli](http://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.
 
  - **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

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**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

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**Instructors**

Name	Additional Resources
Kathleen Sutherland	
Star Peltue	

---

**Facility Detail**

Zoom  
 Your Street  
 Your Town, ME 00000

**Add to Cart** ←

- **To continue browsing**, hit the back browser button or navigate back to the shaded 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:

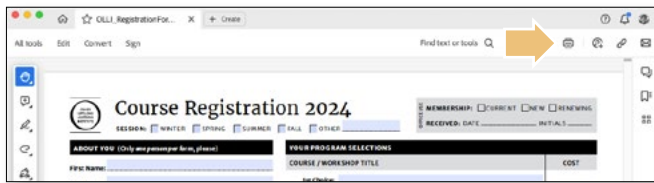
- **Log in early to test it out.**  
Try logging into the online registration system a few business days *before* registration begins to be sure you can. Sign in with your email and password. If you run into a problem, email the OLLI Office at [olliatism@maine.edu](mailto:olliatism@maine.edu).
  - **Try 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 2024-2025 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](http://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 33](#).
- **To find the form online**, go to [usm.maine.edu/olli/olli-courses-and-lectures](https://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](https://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](mailto: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](mailto: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 May 28 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](mailto: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 SUMMER 2024

Summer session will run from June 17 – August 1.  
Mark your calendar for these other important dates.

<b>MAY 22</b>	<b>Online registration for OLLI summer courses begins.</b> 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 <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> <b>before May 22</b> , 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 <b>after May 22</b> , but some classes and workshops may be full, so please turn them in as soon as possible.
<b>MAY 28</b>	<b>OLLI staff begins processing mail-in, drop-off, and taking phone registrations.</b>
<b>JUN 3</b>	<b>Course and workshop offerings open to the Maine Senior College Network.</b> Please contact us at <a href="mailto:olliatusm@maine.edu">olliatusm@maine.edu</a> and leave your name and phone number plus the course you are interested in. We will contact you to enroll.
<b>JUN 17</b>	<b>OLLI summer session classes start</b>
<b>JUN 28</b>	<b>Deadline to receive a refund on dropped courses.</b>
<b>JUL 12, 19, 26</b>	<b>OLLI summer workshops</b>
<b>AUG 1</b>	<b>OLLI summer session ends</b>
<b>AUG 2–9</b>	<b>OLLI summer session make-up dates</b>

**The OLLI Staff will be on holiday May 27, June 19, and July 4.**

The OLLI office and USM will be closed on those dates. If you have an in-person class scheduled in Wishcamper on those dates, your class will not meet. If you have a remote class scheduled on those dates, please get in touch with your instructor to see if they plan to observe the holiday.

  
**QUESTIONS?**  
We are here to help you!  
Email us:  
[olliatusm@maine.edu](mailto:olliatusm@maine.edu)  
Call us:  
207-780-4406

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