

Celebrating
25+ YEARS
of Learning



1997-2023



Course Catalog

WINTER SESSION 2025
JANUARY 13 – FEBRUARY 20



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

SYDNEY J. HARRIS



CONTACT US

207-780-4406
olliatusm@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



Combat your wintertime blues!

“In the depth of winter I finally learned that there was in me an invincible summer.” – ALBERT CAMUS

For the first time in five years OLLI will be offering winter session classes in person! Many members prefer the intimacy and convenience of Zoom, and there are plenty of choices in this format. But a strong contingent of instructors wants to be face-to-face this winter.

Please note that for in-person offerings, we can plan for only ONE make-up class. Should the weather require the cancellation of more than one class, we will not be able to schedule additional in-person sessions, and we will not offer refunds for classes cut short due to weather events. So let's hope for some of those warm and bright winter days when we can be out and on campus.

Here are a few highlights for this winter:

Curl up with some of your favorite novels in “A Visit with Jane Austen,” facilitated by Susan Carter and Karen Winslow ([page 20](#)).

Prepare for the Camden Conference by taking Kathleen Sutherland's “Challenges to Democracy” course ([page 22](#)).

Curious about the Dungeons & Dragons phenomenon? Take Stephen Dorneman's workshop ([page 17](#)).

Gail Worster challenges norms in her film course “Against the Grain: Unconventional Women in Film” ([page 18](#)).

This is our biggest winter session in years and I'm sure you'll find just the offering to chase away the winter blues.

Sincerely,

Donna Anderson
Director

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of Learning



1997-2023

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Learning for the love of it!

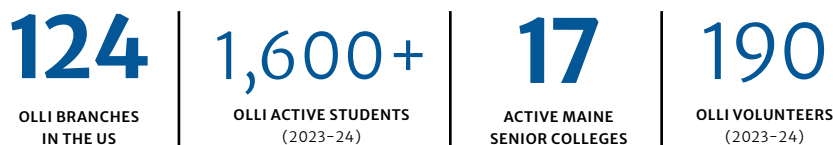
If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, we invite you to join 1,600-plus like-minded learners who are members of the Osher Lifelong Learning Institute (OLLI).

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 124 OLLIs throughout the country.

OLLI: BY THE NUMBERS



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 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 \$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/. **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.*



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 winter 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 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

Winter classes are held once a week, **remotely** on Zoom and **in-person**, Tuesday – Thursday. The term runs for six weeks, from January 13 – February 20, 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, **remotely** on Zoom or **in-person** (see [page 12](#)).

LOCATIONS

OLLI Winter 2025 courses and workshops will be held both remotely and in-person:

Remote

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

In-person

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 Abromson Center will require a virtual permit. See [page 8](#) for more details.

REFUND POLICY

Please note that for in-person offerings, we can plan for only ONE make-up class. Should the weather require the cancellation of more than one class, we will not be able to schedule additional in-person sessions, and we will not offer refunds for classes cut short due to weather events.

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 the end of the second week of classes. **No refunds will be made after that point. Please note that for in-person offerings, we can plan for only ONE make-up class. Should the weather require the cancellation of more than one class, we will not be able to schedule additional in-person sessions, and we will not offer refunds for classes cut short due to weather events.**

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.

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).

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 classes, lectures, workshops, seminars, and activities accessible for all members. Please notify OLLI staff as soon as you register at 207-780-4406 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 sign 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.

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

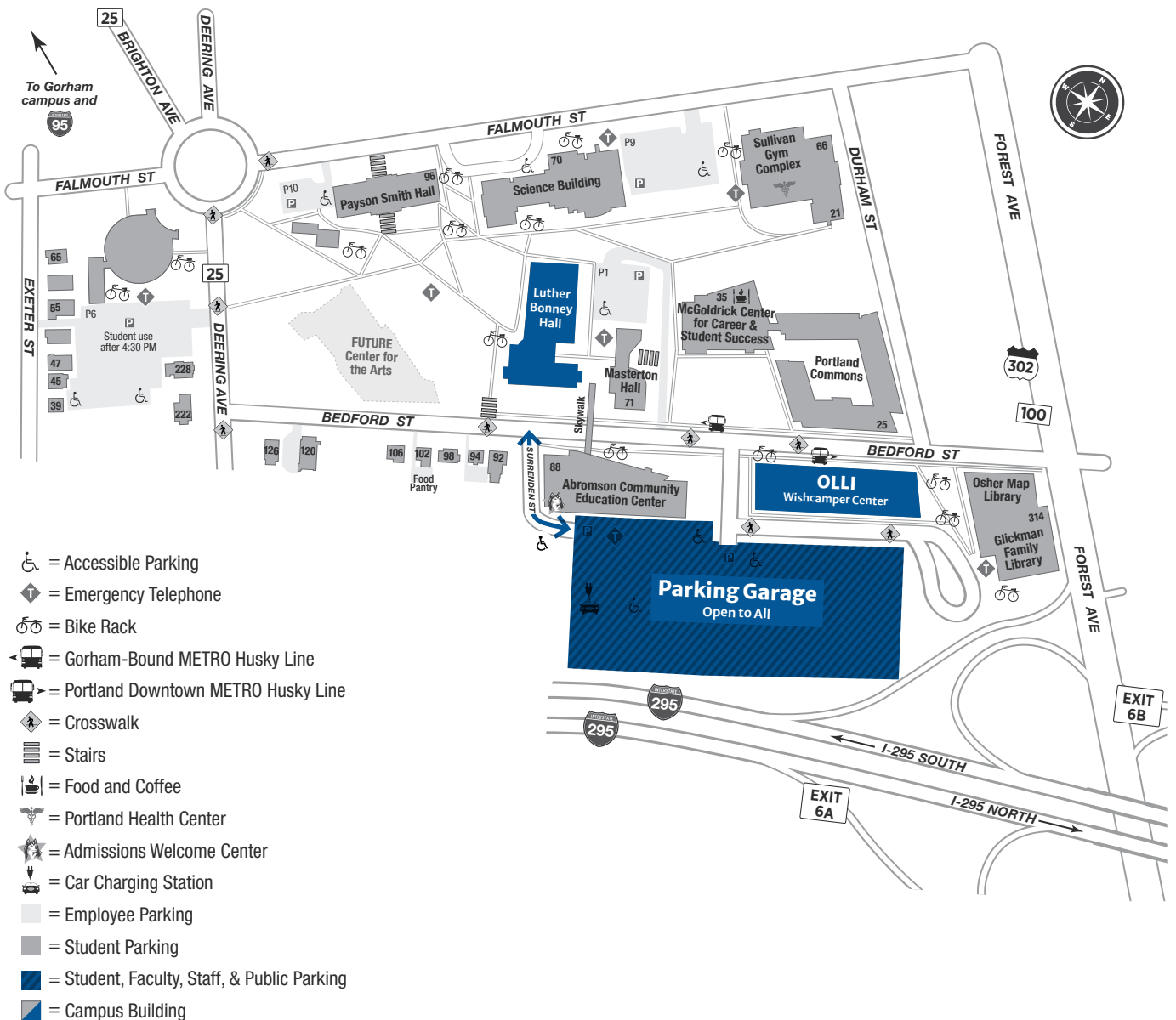
OLLI Students must park in the USM garage attached to the Abromson Community Education Center, located on Bedford Street. **There are 27 handicapped spaces available between the two parking garages.**

Parking in the USM garage will require a virtual parking permit. Visit usm.maine.edu/osher-lifelong-learning-institute/location-parking/ 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 WINTER 2025

The winter session will run from January 13 – February 20.
Mark your calendar for these other important dates.

DEC 17

Online registration for OLLI winter courses begins.

The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu **before December 17**, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted **after December 17**, but some classes and workshops may be full, so please turn them in as soon as possible.

DEC 23

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

JAN 2

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.

JAN 13

OLLI winter session classes start

JAN 24

Deadline to receive a refund on dropped courses.

**JAN 24, 31,
FEB 6, 7**

OLLI winter workshops

FEB 20

OLLI winter session ends

FEB 25–27

OLLI winter session make-up week

The OLLI Staff is on holiday December 25, January 1, January 20, and February 17. 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







Call us:
207-780-4406

Courses by schedule

Courses run once a week, Monday – Thursday, starting the week of January 13 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.



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MONDAYS

AFTERNOONS • 12:45 – 2:45 P.M.

-  **Exploring Short Stories** (p. 20)
ANNE CASS


TUESDAYS


AFTERNOONS • 12:30 – 3:30 P.M.


-  **Against the Grain: Unconventional Women in Film** (p. 18)
GAIL WORSTER
-  AFTERNOONS • 12:45 – 2:45 P.M.
-  **The Movies of John Wayne** (p. 17)
RICHARD BUDD
-  **Braiding Sweetgrass: Considering a Personal Ecology** (p. 23)
RICHARD CASS
-  **Return of the Misfit Poets** (p. 27)
MARY TRACY & CRAIG SIPE
-  **Improving Beginner Bridge, III** (p. 18)
DON BOUWENS
-  **Cultivating Personal Growth** (p. 24)
CAROLE CENTER
-  **The Goodness Paradox** (p. 23)
STEVEN PIKER
-  **Challenges to Democracy: Do Elections Matter? Case Studies of Iran & Tunisia** (p. 22)
KATHLEEN SUTHERLAND


WEDNESDAYS


MORNINGS • 9:30 – 11:30 A.M.


- 
Decision-Making: Logic & Emotion (p. 21)
 LANDIS GABEL


- 
Viewing Art, 2025: Modern American Art Part II, 1890s–1945 (p. 16)
 NATHANIEL LARRABEE

- 
Hawking’s Final Theory: The Biofriendly Universe & Quantum Cosmology (p. 24)
 WALTER ALLEN


- 
JFK: Public Man Through His Public Statements (p. 19)
 BUCK BENEDICT


- 
The Mystery of Love (p. 24)
 JOAN CHADBOURNE


- 
Black History of Maine (p. 20)
 BOB GREENE


- 
Intentional Intuition for the Elder Wise Woman (p. 25)
 LUCILLE METZ

AFTERNOONS • 12:45 – 2:45 P.M.

- 
Current Antisemitism: From Biblical Texts & Blood Libel to Campus Conflict Today (p. 21)
 MATTHEW GOLDFARB


- 
Social Ballroom Dancing for Everyone (p. 17)
 LARRY RICCI


- 
All About Nuclear (p. 24)
 DAVID VON SEGGERN


- 
This Song’s for You: Song Lyrics As Writing Prompts (p. 27)
 TIM BAEHR

THURSDAYS


MORNINGS • 9:30 – 11:30 A.M.


- 
Cybernetics & Democracy (p. 22)
 LAURENCE RICHARDS & VALERIE LAMONT


- 
Civic Virtue: Can We Save (small d) democracy? (p. 22)
 ROBERT LIBBY


- 
A Visit with Jane Austen (p. 20)
 SUSAN CARTER & KAREN WINSLOW

AFTERNOONS • 12:45 – 2:45 P.M.


- 
Popular Music & Culture of the 1970s (p. 19)
 TERRY FOSTER

- 
Making Sense of Jung’s Answer to Job (p. 23)
 STEPHEN KERCEL

- 
Reform the Supreme Court (p. 22)
 ROBERT LIBBY

- 
British Noir Movies (p. 18)
 ED SOLANO

AFTERNOONS • 1:00 – 2:30 P.M.

- 
Contemporary Economic Policy Issues (p. 21)
 JON HAVEMAN & GEOFFREY WOGLOM








Workshops by schedule

Workshops mostly run on Fridays as noted throughout the winter 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
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-  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.


THURSDAY

1 SESSION:
2/6 • 6:30 – 8:30 P.M.

-  **Voice Overs ... Now Is Your Time!** (p. 16)
JUSTINE REISS

FRIDAY


2 SESSIONS:
1/24, 1/31 • 9:30 – 11:30 A.M.

-  **From Druids to Far-flung Missionaries: The Unique Culture of Early Celtic Christianity** (p. 19)
DONNA ANDERSON

1 SESSION:
1/24 • 9:30 – 11:30 A.M.


-  **Dungeons & Dragons 101** (p. 17)
STEPHEN DORNEMAN

1 SESSION:
1/24 • 9:30 – 11:30 A.M.

-  **Sherlock Holmes: “The Adventure of the Blue Carbuncle”** (p. 18)
DEWAYN MARZAGALLI

-  **Writing a Legacy Letter** (p. 27)
JAY SHERWIN


1 SESSION:
1/31 • 9:30 – 11:30 A.M.


-  **Outdoor Preparedness & Safety** (p. 25)
TERESE PAWLETKO
& DAVID VON SEGGERN

1 SESSION:
1/31 • 9:30 A.M. – 12:00 P.M.

-  **A History of Western Movies, Part 5 (the 1990s)** (p. 18)
DEWAYN MARZAGALLI

1 SESSION:
2/7 • 9:30 – 11:30 A.M.

-  **Practically Happy: Simple Habits for Boosting Well-Being** (p. 25)
HEATHER EDGERLY

-  **Medicare: The Five Building Blocks** (p. 25)
BARBARA HOPKINS

1 SESSION:
2/7 • 9:30 A.M. – 3:30 P.M.

-  **Winter Solstice Oral Poetry Workshop & Recital** (p. 20)
ROBERT LIBBY



QUESTIONS?


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olliatusm@maine.edu

Call us:

207-780-4406



The only dreams
IMPOSSIBLE
to reach are the ones you
NEVER PURSUE.

MICHAEL DECKMAN

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.



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A B C

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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 Acting, art, & art history
- 17 Dance & movement
- 17 Entertainment & film
- 19 History & culture
- 20 Literature
- 21 Politics & current events
- 23 Religion & philosophy
- 23 Science & natural history
- 24 Self-knowledge & enrichment
- 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.

ACTING, ART, & ART HISTORY

Viewing Art, 2025: Modern American Art Part II, 1890s–1945

NATHANIEL LARRABEE


 **COURSE** WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Starting with a brief review of mid-19th century American Art, this course will cover the start of modern art in America from the Columbian Exposition of 1893 to the end of World War II in 1945. We will use The Metropolitan Museum guided tour format for viewing thematic exhibitions with dialogue between a “facilitator” and participants. This course covers the major players in 20th-century America and abroad while exploring reactionary movements and attitudes. This is a “shared inquiry” course where knowledge of art history is not required. It is about viewing art and having a discussion. **Repeat in-person course.** *Format includes lecture and discussion.*

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

Voice Overs...Now Is Your Time!

JUSTINE REISS

 **WORKSHOP** THU, 2/06 • 6:30 – 8:30 P.M. • \$20

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.*

Justine Reiss’s voice can be heard in numerous commercials: Starbucks, Toshiba, and Mitsubishi and most recently on the Walgreens’ RED NOSE DAY special. She has worked as a voice-over casting director for more than 20 years.

Find these icons
to find the right
style for you:

 IN-PERSON  REMOTE (ZOOM)
 HYBRID  BLENDED

DANCE & MOVEMENT

Social Ballroom Dancing for Everyone

LARRY RICCI

COURSE WED, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

If you can walk you can dance! This workshop will teach social ballroom dancing suitable for weddings, social events, and even the ballroom. We will learn the basics of foxtrot, rumba, swing, maybe even mambo, cha cha, and tango. All these dances will be taught so that you can feel comfortable dancing at any event where people of all ages are dancing no matter the type of music. Singles and couples are welcome. Absolute beginners and more advanced dancers equally welcome! **Repeat in-person course.** Format includes movement.

Larry Ricci started ballroom dancing almost 30 years ago. He and his wife Laurel have competed throughout New England in International 10 dance (waltz, foxtrot, tango, Viennese waltz, quickstep, rumba, cha cha, samba, jive, and Paso doble). He has taught ballroom and club dancing for the past 20 years in many venues in New England. He loves to teach social ballroom dance to all levels of dancers.



ENTERTAINMENT & FILM

The Movies of John Wayne

RICHARD BUDD

COURSE TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

John Wayne was one of the icons of the American cinema for several generations. We will present six of his best works and have some discussion of the film afterward. Included will be *Red River*, *The Cowboys*, *The Quiet Man*, *True Grit*, and *The Shootist*. **New in-person course.** Format includes film.

Richard Budd is a retired physicist who studied Physics at NYU and Harvard, leading to a doctorate. He designed automation systems in fields as diverse as electronics production, chemical analysis, pharmaceutical manufacture, communications satellites, and oceanography. He teaches a wide variety of subjects at OLLI.

Dungeons & Dragon 101

STEPHEN DORNEMAN

WORKSHOP FRI, 1/24 • 9:30 – 11:30 A.M. • \$20

Sure, you've heard of Dungeons & Dragons (D&D). Maybe your children or grandchildren play it, or you saw the characters playing it in *Stranger Things* or *E.T. The Extra-Terrestrial*. Perhaps you heard celebrities including Stephen Colbert, Anderson Cooper, and Vin Diesel talk about playing it. But what really is D&D, how do you play it, and what makes it so appealing 50 years after it was first published? This two-hour workshop will answer those questions and more, and will also provide an opportunity to participate in a simplified play session. No experience necessary! **New in-person workshop.** Format includes lecture and hands-on learning.

Stephen Dorneman has been playing Dungeons & Dragons for over 40 years as both a player and a Dungeon Master. His articles about D&D have appeared in *Dragon* magazine, the *Judges Guild Journal*, and other publications. His first character was an elf wizard named Fabulon Frigidaire.


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ENTERTAINMENT & FILM • *continued from previous page*

Against the Grain: Unconventional Women in Film

GAIL WORSTER


 **COURSE** TUE, 1/14 – 2/18 • 12:30 – 3:30 P.M. • \$60

There are the usual suspects of conventional female roles in film: mother, wife/girlfriend, evil-doer, sex object. But let's take a look at the women who defy expectations — not only non-conventional, but who embody complex characters. These may include women who “are not going to take it anymore” as well as those who experience a “coming of age.” You may not always agree with the choices they make, but they evolve from well-written scripts that are as thought-provoking as they are a joy to watch. Note: This will be a 3-hour class. **New in-person course.** *Format includes discussion and film.*

Gail Worster is a retired video producer and writer — and a volunteer on OLLI's SAGE lecture services committee.

Improving Beginning Bridge III

DON BOUWENS

 **COURSE** TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60


This remote class offers beginning bridge players the chance to practice the basics which they bring from their own experience or from having taken one or more of my previous classes. The class assumes students have at least some familiarity with (a) hand evaluation, (b) basics of declarer play at both no-trump and suit contracts and (c) elementary bidding conventions including Stayman, Jacoby transfer bids, strong and weak two-bids and Blackwood. **New remote course.** *Format includes discussion and hands-on learning.*

REQUIRED WEBSITES: Students should be registered on [bridgebase.com](https://www.bridgebase.com) (free)

Don Bouwens moved to Maine in 1971 and lives with his wife Kristal in Portland's Woodfords Corner neighborhood. He learned the game from bridge-playing parents, played too much in college, dropped it for 43 years and discovered duplicate in 2014.

A History of Western Movies, Part 5 (the 1990s)

DEWAYN MARZAGALLI


 **WORKSHOP** FRI, 1/31 • 9:30 A.M. – 12:00 P.M. • \$20

We will continue to watch and discuss western movie clips from the 1990s thru 2000s including: *Dances with Wolves*, *Unforgiven*, *Tombstone*, *Lone Star*, *3:10 to Yuma*, and *The Magnificent Seven*, et al. This will be the last class for this series. **New remote workshop.** *Format includes lecture, discussion, and film.*

DeWayn C. 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 U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

Sherlock Holmes: The Adventure of the Blue Carbuncle

DEWAYN MARZAGALLI


 **WORKSHOP** FRI, 1/24 • 9:30 – 11:30 A.M. • \$20

We will watch a one-hour version of the short story starring Jeremy Brett as Holmes. A discussion of this story and of other Holmesian material will follow. **New remote workshop.** *Format includes lecture, discussion, and film.*

DeWayn C. 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 U.S. Navy and is a retired federal agent. He lives in Gorham with his wife of 58 years.

British Noir Movies

ED SOLANO

 **COURSE** THU, 1/16 – 2/27 • 12:45 – 2:45 P.M. • \$60

American “Film Noir” claims the most recognized classics of the genre, but certainly not all. What compares to Carol Reid's direction of *The Third Man*, for example? (Do we dare imagine it without the unchained melody?) So let's watch movies at home, answer the questions I send about them (if you so choose), discuss the issues raised, and consider special behind-the-scenes moments, actors' quotes, and critics' reviews. Fun — not expertise — is the desired atmosphere. Choices include: *The Servant*; *Odd Man Out*; *Night & the City*; *The Victim*; *Dead of Night*; *Repulsion*; *Seance on a Wet Afternoon*; *Peeping Tom*, and other options if the group agrees. **New remote course.** *Format includes lecture, discussion, and film.*

Ed Solano is a former reporter, editor, marketer, high school teacher of history, English, and (college) journalism who believes movies teach life lessons, if we allow them to.

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IN-PERSON



REMOTE (ZOOM)



HYBRID




+ BLENDED

HISTORY & CULTURE

From Druids to Far-flung Missionaries: The Unique Culture of Early Celtic Christianity

DONNA ANDERSON

 **WORKSHOP** FRI, 1/24 – 1/31 • 9:30 – 11:30 A.M. • \$30

Thomas Cahill contends that the Irish saved civilization; in this two-part workshop we will explore the rescuer — Celtic Christianity. We'll trace its arrival, unique characteristics, expansion in and beyond Ireland, and its ultimate decline. Go back over 1,600 years to experience the vitality of this period as we explore architectural remnants in the landscape, standing crosses, exquisite manuscripts, and stunning metalwork. We'll consider life in scholarly monasteries, "mixed" communities, and hermits and aesthetics on sea-swept outposts. Time travel to early medieval Cashel, Kildare, Iona, Skellig Michael, Whitby, and Lindisfarne. See how one historian turned mystery writer makes this story come alive.

New hybrid workshop. *Format includes lecture, discussion, and film.*

SUGGESTED BOOKS: *How the Irish Saved Civilization*, Thomas Cahill, ISBN 0385418493; *Absolution by Murder*, Peter Tremayne, ISBN 9780451192998

Donna Anderson is the director of OLLI who has had a longtime fascination with medieval history, culture, and art. This workshop was inspired by the upcoming OLLI trip to Ireland in May 2025.



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Popular Music & Culture of the 1970s

TERRY FOSTER


 **COURSE** THU, 1/16 – 2/20 • 12:45 – 2:45 P.M. • \$60

Think "boogie shoes" and "disco" along with solo music from Streisand, Ronstadt, and Manilow and you'll get a glimpse of this course. The BeeGees, Led Zeppelin, K.C. and The Sunshine Band, and The Eagles represent groups to be heard. Disco stars like Donna Summer, Gloria Gaynor, and Michael Jackson will entertain. We'll pay homage to blues man B.B. King. Using videos, discussion, and live piano music we'll explore the hits and performers that made it to the top of the charts. This repeat course will also cover the news of the decade. No text is required. Can you dig it? **Repeat in-person course.** *Format includes lecture, discussion, and film.*

Terry Foster was classically trained but loves to play popular music. He's played in a dance band, a rock group, accompanied blues singers, taught music and performed solo. A retired USM administrator, he co-founded Senior College, OLLI's predecessor. He holds two masters degrees plus a doctorate in Higher Education Administration.

JFK: Public Man Through His Public Statements

BUCK BENEDICT

 **COURSE** WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

President Kennedy made some great speeches. But he wasn't always a great speaker. We'll examine press conferences, media interviews, and speeches to gain a better appreciation of his development as both a speaker and a leader — from his time in Congress until his untimely death. We will also examine the role speeches played in his leadership, review the speech-writing process, and talk about the special bond between a speechwriter and the person he/she writes for. The instructor will share links to speeches to watch. **Repeat remote course.** *Format includes lecture, discussion, and film.*

Buck Benedict taught public speaking and speechwriting at the University of Pennsylvania's Fels Institute of Government for 16 years. He is a former communications consultant and speechwriter who has been teaching OLLI courses on the 50s and the 60s.

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HISTORY & CULTURE • *continued from previous page*

Black History of Maine

BOB GREENE

COURSE WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Maine is called one of the whitest states in the nation, but Blacks have been here as long as Europeans. We will discuss *Maine's Visible Black History* by H.H. Price and Gerald E. Talbot (not required). This course is a repeat with new material. **Repeat remote course.** *Format includes lecture.*

SUGGESTED BOOKS: *Maine's Visible Black History*, H.H. Price & Gerald E. Talbot, ISBN 9780884482758

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

LITERATURE

Winter Solstice Oral Poetry Workshop & Recital

ROBERT LIBBY

WORKSHOP FRI, 2/7 • 9:30 A.M. – 3:30 P.M. • \$30

Enjoy Maine poets performing oral poetry classics and workshop entries. The course will include invited guests and Slam presentations. **New in-person workshop.** *Format includes lecture, discussion, and hands-on learning.*

Robert Libby has been writing and performing oral poetry for more than sixty years.



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Exploring Short Stories

ANNE CASS

COURSE MON, 1/13 – 2/17 • 12:45 – 2:45 P.M. • \$60

Short stories can be “read in one sitting” according to many descriptors. They can also be reread for further understanding or deeper enjoyment. In this class, we’ll explore the stories in an anthology of “best debut short stories,” so lots of “firsts” for authors. Conversational, collegial, and just plain fun. **New remote course.** *Format includes discussion.*

REQUIRED BOOK: *Best Debut Short Stories 2023: The PEN America Dau Prize*, ed. Summer Farah & Sarah Lyn Rogers, ISBN 9781646222018

Anne Cass has been teaching with OLLI since retirement, and finds herself engaged with the organization in various delightful ways.

A Visit with Jane Austen

SUSAN CARTER & KAREN WINSLOW

COURSE THU, 1/16 – 2/20 • 9:30 – 11:30 A.M. • \$60

Jane Austen is one of the most popular writers in the English language. Her novels have withstood the test of time due to their richness and universal themes: love, family, home and friendship. In this class we will talk with Jane through three of her works: *Sense and Sensibility*, *Mansfield Park*, and *Persuasion*. We will explore her world and its relationship to ours. So, pull up a chair, pour a cup of tea, and have a visit with our old friend, Jane. **New remote course.** *Format includes discussion.*

REQUIRED BOOKS: *Sense and Sensibility*, Jane Austen, ISBN 9780141439662; *Mansfield Park*, Jane Austen, ISBN 9780141439808; *Persuasion*, Jane Austen, ISBN 978014143968

Susan Carter, an avid tea drinker, enjoys literature about 18th-century lives and in particular, those characterizations found in Jane Austen novels. She looks forward to examining the grace and foibles of Austen’s characters with the class.

Karen Winslow is a life-long lover of literature. She enjoys 18th-century British literature and particularly the works of Jane Austen. She loves tea, too!




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POLITICS & CURRENT EVENTS

Decision-Making: Logic & Emotion

LANDIS GABEL


 **COURSE** WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

In this course we will explore how individuals, businesses, and governments make strategic decisions. The course is based on the principles of economic game theory and behavioral economics which together delve into the logic and psychology of strategic thinking. With a mix of games, mini-lectures, videos, and historical case studies, participants will gain a better understanding of how logic, biases, and cognitive limits influence decisions in many domains: politics, national security, business negotiations, security threats and counter-threats, public policy. **Repeat hybrid course.** Format includes lecture, discussion, and film.

Landis Gabel is Professor Emeritus of Economics at INSEAD in Fontainebleau, France where he taught for 35 years. Prior to that he was on the faculty of the University of Virginia. He received his Ph.D. in economics from the University of Pennsylvania.

Current Antisemitism: From Biblical Texts & Blood Libel to Campus Conflict Today

MATTHEW GOLDFARB

 **COURSE** WED, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60


How have 3,000 years of Jewish history proven that everything old is new again? We will study the roots of antisemitism from Egyptian, Hellenistic, and Roman times through the Christian era using biblical texts and literature, then shift to modern times: nativism, Zionism, Palestinians, adherents and detractors, American college campuses, white supremacy and the fear of white extinction, the industry of revisionist history. Why has antisemitism grown in recent decades? Class discussion is encouraged. What questions would you like answered? **New hybrid course.** Format includes lecture, discussion, and film.

REQUIRED BOOKS: A booklist will be provided prior to the start of classes.

Matthew Goldfarb practiced law for 50 years. Now retired, he has been a member of OLLI for 14 years and has taught Huckleberry Finn and various aspects of antisemitism. He enjoys reading on current events and history, when he isn't playing golf or enjoying the company of his friends.

Contemporary Economic Policy Issues

JON HAVEMAN & GEOFFREY WOGLOM

 **COURSE** THU, 1/16 – 2/20 • 1:00 – 2:30 P.M. • \$30


Economics plays a central role in the functioning of every aspect of society. This course will address a set of prominent policy issues with economics at their core. We will explore their origins as policy matters, the underlying data and evidence, and what policy levers are available to deal with them. Lectures will be standalone, taught by a subject matter expert — all of whom have a Ph.D. in Economics. Potential topics include Climate Change, Healthcare Economics, Economic Inequality, and many more. The topics presented will be determined by what is most topical at the time of the course. **Repeat remote course.** Format will include lecture.

Jon Haveman is the Executive Director of the National Economic Education Delegation (NEED). Dr. Haveman is an expert on economic policy and holds a Ph.D. in Economics from the University of Michigan.

Geoffrey Woglom is Professor of Economics emeritus at Amherst College where he taught for over 40 years. While there, he taught primarily financial economics. During his career he has been a consultant at the Federal Reserve Board and the International Monetary Fund and held visiting positions at Harvard, Cambridge, L.S.E. and Nanjing universities.



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 IN-PERSON REMOTE (ZOOM) HYBRID BLENDED

POLITICS & CURRENT EVENTS • continued from previous page

Civic Virtue: Can We Save (small d) democracy?

ROBERT LIBBY

COURSE THU, 1/16 – 2/20 • 9:30 – 11:30 A.M. • \$60

We will explore the aftermath of the 2024 election. How should civilly virtuous citizens respond? Is government reform possible? How can it be accomplished? We will undertake a close analysis of the current state of U.S. and world governments. **Repeat remote course.** Format includes lecture and discussion.

Robert Libby has been leading seminars and developing civic education programs for more than 50 years.

Reform the Supreme Court

ROBERT LIBBY

COURSE THU, 1/16 – 2/20 • 12:45 – 2:45 P.M. • \$60

In-depth analysis of the U.S. Supreme Court in the 21st Century. Topics include: choosing justices; ethical standards; terms of service; various plans for reforms (pros and cons). **Repeat remote course.** Format includes lecture and discussion.

Robert Libby has been studying and leading seminars on Constitutional law for more than 50 years.

Challenges to Democracy: Do Elections Matter? Case Studies of Iran & Tunisia

KATHLEEN SUTHERLAND

COURSE TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

In preparation for the 2025 Camden Conference, this course examines elections and parliaments in Iran and Tunisia. Iran has been rocked recently by violent demonstrations against repressive government policies — but a newly elected President promises reform. The Arab Spring uprisings began in Tunisia with hopes of a democracy replacing a dictatorship. However, a recently popularly-elected president has moved in an anti-democratic direction. We will explore these two cases of elections and their effectiveness in realizing democracy. **New remote course.** Format will include lecture and discussion.

Kathleen Sutherland is Associate Professor of Political Science and Women's Studies Emerita at Bowling Green State University. She was born in and spent 35 years in Egypt researching and teaching at the American University at Cairo She has taught courses on the Middle East and Africa at OLLI since 2005.

Cybernetics & Democracy

LAURENCE RICHARDS & VALERIE LAMONT

COURSE THU, 1/16 – 2/20 • 9:30 – 11:30 A.M. • \$60

The word “cybernetics” is often associated with the technologies that its concepts have made possible: artificial intelligence, robotics, virtual reality, bionics, and large-scale communication networks. This course is not about these technologies but about the way of thinking that made them possible and its implications for society and democratic forms of governance. The course will be conducted seminar style and explore the history, language, and uses of cybernetic thinking. No particular background is expected; it is for those curious about the word “cybernetics” and interested in alternative ways of thinking. A course pack of reading materials is available for purchase. **New in-person course.** Format includes lecture and discussion.

Larry Richards is Professor Emeritus of Management and Informatics. He has a lifelong interest in the field of cybernetics and its application to decision making, organizational design, and forms of governance. He is a past president of the American Society for Cybernetics and a recipient of its Norbert Wiener Medal.


Valerie Lamont received her Ph.D. in Political Science for the University of Illinois Urbana-Champaign. She is a co-founder of the Forum on Democracy with a special interest in the application of systems thinking to a revitalization of the American experiment.



RELIGION & PHILOSOPHY

Making Sense of Jung's Answer to Job

STEPHEN KERCEL

 **COURSE** THU, 1/16 – 2/20 • 12:45 – 2:45 P.M. • \$60


Of all Jung's writings, *Answer to Job* (required) is the only book that he said he would leave unchanged if he had it to do again. It represents his most mature thinking on his concept of "Collective Unconscious" and how the world as we know it flows from that process. Most importantly, the book sheds original insight into the problem of why bad things happen to good people. **New remote course.** *Format includes lecture and discussion.*

REQUIRED BOOK: *Answer to Job*, Carl Jung, ISBN 9780691150475

Steve Kercel has taught many OLLI courses on the nature of consciousness, including a three-term sequence on Kastrup's *Decoding Jung's Metaphysics*. On December 15, 2024, he will teach a two-hour Zoom session through the Maine Jung Center (MJC) on preparation for reading *Answer to Job*. Students of the OLLI class would find the the MJC session to be useful preparation for the OLLI class.

The Goodness Paradox

STEVEN PIKER

 **COURSE** TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

Our species has a rare and perplexing combination of moral tendencies: We can be the nicest of species, and also the nastiest; we can present with both heartwarming generosity and unspeakable viciousness. How to understand this? Evolution science provides insight into this contrariness, as do many religions, especially Roman Catholicism and Theravada Buddhism. We will consider the big question: How might the balance be shifted away from nasty, in favor of nice? **New remote course.** *Format includes lecture and discussion.*

SUGGESTED BOOK: *The Goodness Paradox: The Strange Relationship Between Virtue and Violence in Human Evolution*, Richard Wrangham, ISBN 9781101870907

Steve Piker is an anthropologist who completed field work in Thailand and the U.S. His career was spent mainly at Swarthmore College and he now offers courses at 4 senior colleges including OLLI.


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SCIENCE & NATURAL HISTORY

Braiding Sweetgrass: Considering a Personal Ecology

RICHARD CASS

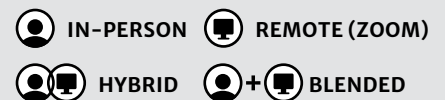
 **COURSE** TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

The essays in *Braiding Sweetgrass* combine the questions a scientist asks about the natural world with the Native American perspective that plants and animals have things to teach us. The combination of viewpoints posits a wider consciousness of the environment than one that places humans at the peak, and invites readers to consider their personal sense of ecology. In this course, we will read and discuss twelve of the essays in depth and use the discussions as a jumping-off point for written reflections on the stories that describe our own beliefs and desires about the environment. **New in-person course.** *Format includes discussion.*

REQUIRED BOOK: *Braiding Sweetgrass*, Robin Wall Kimmerer, ISBN 9781571313560

Richard Cass is a fisher, an outdoor person, and a writer of prizewinning crime fiction. He's also interested in the intersection of story, nature, and culture.


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SCIENCE & NATURAL HISTORY • continued from previous page

Hawking's Final Theory: The Biofriendly Universe & Quantum Cosmology

WALTER ALLAN

 **COURSE** WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

The class will read *On the Origin of Time* by Thomas Hertog. This book is part memoir but mostly an attempt to explain to us laypeople the history and final ideas of Stephen Hawking on Cosmology. It is not an easy read. As it is tied to Hawking's life, the first class will include 42 minutes of the movie *The Theory of Everything* with Eddie Redmayne and Felicity Jones. The remaining classes will follow Hertog's book, illustrated by videos explaining the important physics. This class has been a year in the making.


New remote course. Format includes lecture and discussion

REQUIRED BOOK: *On the Origin of Time*, Thomas Hertog, ISBN 9780593128442

Walter Allan has led several prior science-based OLLI classes featuring physics and biology topics

All About Nuclear

DAVID VON SEGGERN

 **COURSE** WED, 1/15 – 2/19 • 12:45 – 2:45, P.M. • \$60

This class will cover most aspects of nuclear energy, from good to bad. The splitting of the atom may mark a major break in civilization and has been associated with the start of the Anthropocene geologic age. We will discuss the physics of the atom and its energy release, the making of the nuclear weapons, nuclear medicine, nuclear power, and the waste generated by our usage of nuclear materials. Nuclear energy has been used to make the most destructive weapons but has also been used for beneficial purposes.


New remote course. Format includes lecture.

David Von Seggern, Ph.D., had a career in seismology which included analyzing underground nuclear explosions, exploring for oil and gas deposits, and managing the Yucca Mountain seismic network. Now in Maine, Dr. VonSeggern continues his outdoor activities, works on energy issues, and pursues his teaching interests.

SELF-KNOWLEDGE & ENRICHMENT

Cultivating Personal Growth

CAROLE CENTER

 **COURSE** TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

How can we change for the better as we face the challenges of retirement and aging? In this class we will discuss scientific research on attitudes and behaviors that promote or inhibit growth coupled with Julia Cameron's insights on life-long growth in her book *It's Never Too Late to Begin Again*. We will contrast a growth mindset that encourages practice and persistence to achieve change, and a fixed mindset that can block our motivation to grow. We will also take up a selection of Cameron's invitations for fostering curiosity, creativity, and change. We are not done yet!


Repeat remote course. Format includes discussion.

REQUIRED BOOK: *It's Never Too Late to Begin Again*, Julia Cameron, ISBN 9780399174216

Carole Center is a retired English professor and writing specialist. Her interest in cultivating growth mindsets comes from her years of teaching freshman English and her investment in her own personal growth.

The Mystery of Love

JOAN CHADBOURNE

 **COURSE** WED, 1/15 – 2/19 • 9:30 – 11:30 A.M. • \$60

Is love an emotion, an act, a state of being? How do you know you're loved? Lovable? Loving? We'll take a deep dive to explore these questions, and others, using our own experiences, literature, spirituality, metaphysics, quantum science. We'll explore where our curiosity points us so that we better understand and experience loving. Being loving and kind is especially important in this time of alienation, separation, and loneliness. The world needs us to love.

New remote course. Format lecture, discussion, and film.

Joan Chadbourne uses her experience as a professor, counselor, organization consultant and human to inquire into this mystery. Her late life love (70+) offered some clues. She's still trying to solve the mystery and would relish joining you in the search. She co-authored Healing Conversations Now.

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REMOTE (ZOOM)




HYBRID



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Practically Happy: Simple Habits for Boosting Well-Being

HEATHER EDGERLY


 **WORKSHOP** FRI, 2/7 • 9:30 – 11:30 A.M. • \$20

Happiness isn't something you chase — it's something you cultivate. Rooted in the science of happiness and positive psychology, you'll discover how simple practices like mindfulness, gratitude, and kindness can boost your resilience and help you find greater contentment in your daily life. **New remote workshop.** *Format includes lecture and discussion.*

Heather Edgerly is an integrative health coach, yoga instructor, and wellness educator with a passion for promoting habits that enhance both physical and mental well-being. Drawing on her expertise in holistic wellness, Heather empowers individuals to explore practical approaches to cultivating a balanced and joyful life.

Medicare: The Five Building Blocks

BARBARA HOPKINS


 **WORKSHOP** FRI, 2/7 • 9:30 – 11:30 A.M. • \$20

Medicare, the health insurance program for individuals aged 65 and older as well as disabled individuals, remains confusing for most. This class will demystify and clarify. Topics include: Enrollment Guidelines, How Medicare Covers Health Needs, Medicare Part D – Drug Coverage and the difference between a Supplement/Medigap Plan and a Medicare Advantage Plan. The course encourages audience participation while encouraging folks to sit back, breathe easy and look forward to conquering their Medicare anxiety. **New remote workshop.** *Format includes lecture and discussion.*

Barbara Hopkins is a 38-year veteran of the health insurance industry and has been licensed to sell Medicare products since 2006. She combines formal education training in curriculum design with her love for explaining “complicated things to normal people,” and creates safe and positive learning environments where adult learners can enjoy learning. She currently owns and operates Medicare Knight School, an online, live, Medicare education business that helps people “Conquer” their “Medicare Anxiety.”

Intentional Intuition for the Elder Wise Woman

LUCILLE MELTZ


 **COURSE** WED, 1/15 – 2/12 • 9:30 – 11:30 A.M. • \$60

Learn how to have greater access to the world of elder woman's wisdom and conscious ageing through the practice of intentional intuition. Instead of simply acknowledging and recognizing the presence of your intuition, you can activate and expand its power and positive influence in your life. In this highly interactive class, we will review the basic principles of intuitive skills and process while creating an intention to manifest your life needs. **Repeat remote course.** *Format includes lecture, discussion, and hands-on learning.*

Lucille Meltz, M.A., M.S.E.D., is a life coach, author and hand analyst. She has taught intuition at senior colleges, OLLI, and community education programs for decades in several states. Lucille is the originator of the concept of intentional intuition. (lucilleannmeltz.com)

Outdoor Preparedness & Safety

TERESE PAWLETKO & DAVID VON SEGGERN

 **WORKSHOP** FRI, 1/31 • 9:30 – 11:30 A.M. • \$20

We are fortunate to live in a beautiful part of the country where we can get out into nature easily — be it walks on the beach, walks in conservation areas, or more rigorous mountain hikes. It is easy to assume that “all will be well” — that the walk or hike will go smoothly, that we will conclude it without any glitches or incidents. But should we make those assumptions at our ages and stages, or any age or stage for that matter? This session will focus on outdoor preparedness and safety and conclude with a “real life” mountain rescue experienced by one of presenters. **New in-person workshop.** *Format includes lecture and discussion.*

Terese Pawletko, Ph.D. is a pediatric psychologist who has worked with children with chronic illness, children with visual impairments, children with autism and those with other developmental disabilities. She will retire soon, and enjoys spending time outdoors (hiking, kayaking, camping), and traveling among other things.

David Von Seggern, Ph.D., enjoyed a career in seismology. After his retirement, Dr. Von Seggern continued his seismological studies as emeritus at the Nevada Seismological Laboratory and then pursued environmental and conservation interests. He most recently relocated to Westbrook, Maine where he continues his outdoor activities and his interest in OLLI.

DID YOU KNOW?

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



THE EXPERT
in anything was once
A BEGINNER.

HELEN HAYES

WRITING

Return of the Misfit Poets

CRAIG SIPE & MARY TRACY

COURSE TUE, 1/14 – 2/18 • 12:45 – 2:45 P.M. • \$60

This course is for everyone who wants to read, discuss, and write poetry, whether you've written before, or not. Each class will be divided among workshopping participant poems, discussing the topic of the week from *The Poetry Home Repair Manual*, and examples of poetry. Writing prompts will be offered for in-class writing and optional sharing. We believe that writers learn best with both praise and friendly honesty in a nurturing setting of fellow learners. Bring an open mind, a sense of fun, discovery, and readiness to read and write during the classes and at home. **New in-person course.** *Format includes discussion.*

REQUIRED BOOK: *The Poetry Home Repair Manual*, Ted Kooser, ISBN 0803259786

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 Cafe Review*. He lives on Orr's Island.

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 was a teacher and school administrator who loved getting to know her students through their writing. Her work has been published in *Balancing Act 2* (Littoral Books), *Frost Meadow Review*, *Poems from Here*, and *Reflections*.

This Song's for You: Song Lyrics As Writing Prompts

TIM BAEHR

COURSE WED, 1/15 – 2/19 • 12:45 – 2:45 P.M. • \$60

A sentence ... a phrase ... a single word ... a melody. Let's explore how songs can provide prompts for writing — and fun. Each week we'll listen to a song or two and read the lyrics. Then we'll write a 500-word piece to share, in the following week, with the rest of the class. **Repeat remote course.** *Format includes lecture, discussion, and hands-on learning.*

Tim Baehr has written or edited elementary school books, dictionaries, technical documentation, essays, and fiction. He has taught many flash fiction courses at OLLI. His classes are informal and casual.

DID YOU KNOW?

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

Writing a Legacy Letter

JAY SHERWIN

WORKSHOP FRI, 1/24 • 9:30 – 11:30 A.M. • \$20

A *legacy letter* is a written document that allows you to share your life lessons, express your values and transmit your blessings to future generations. A legacy letter is shorter than a memoir, typically just a few pages. Writing one is a rewarding experience that creates an enduring gift for family and friends. This workshop includes discussion and brief writing exercises to help you examine your life history and explore your values. It offers advice, encouragement and a model structure to help you draft and complete your own legacy letter. **Repeat remote workshop.** *Format includes lecture and discussion.*

Jay Sherwin has practiced law, given away money for charitable foundations and served as a hospital chaplain. He created the "Life Reflections Project" to educate people about legacy letters and he has taught this workshop for adult learning programs nationwide.

**QUESTIONS?**

We are here to help you!

Email us:

olliatism@maine.edu

Call us:

207-780-4406

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 Pat Jones at pjone1943@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: Contact 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.

FMI: Contact Barbara Freeman at bhfreewoman@gmail.com

CIVIL WAR ROUNDTABLE

This group is intended for participants who are interested in hearing about and discussing the period 1861–65 during the time of the American Civil War. For some meetings, there will be speakers, and/or discussion and/or films. The meetings will be planned through suggestions by the roundtable members. There is possibility of field trips to various historic locations related to the American Civil War.

FMI: Contact Dee Dee Wacksman at dswacks@hotmail.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.

ECELCCTIC 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, or Star Pelsue at srpelsue@gmail.com

HISTORY BOOK CLUB

We will read and discuss one work of history each month, September – June. Topics include social, political, economic, and foreign policy as well as biography. The 2024–2025 season begins with titles *Democracy Awakening*; *The Last Days of the Ottoman Empire*; and *An Edible History of Humanity*.

FMI: Contact Dawn Leland at lelanddm@gmail.com or Karen Day at kday0718@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 Linda Cuning at
cunninglk@gmail.com

NEW! MINDFULNESS MEDITATION

We meet for guided and/or silent meditation, some learning and discussion. All levels of experience are welcome.

FMI: Contact Cheryl Anderson at
pastor.cheryl0319@gmail.com or
Richard Welsh at
rewelsh@verizon.net

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

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.

FMI: Contact Pat Taub at
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

PHOTOGRAPHY CLUB

We get together to share our knowledge of photography and our work. We meet monthly either in person or on Zoom. From time to time we go on group photo shoots or other field trips of interest to the group.

FMI: Contact Sharon Roberts at
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

SCIENCE READING CLUB

Every month, we will meet via Zoom to discuss *Scientific American*, a source covering a vast range of science topics. I will send some questions to think about before the meeting. Please read whatever appeals to you, so we can discuss things that might have puzzled, excited, or interested you.

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

TRAIL STEPPERS

Weekly, we walk the paths and trails in and around Portland. We aim to choose beginner-friendly paths and trails, and we walk about 2-3 miles at a moderate pace for one to two hours. Occasionally we enlist experts to talk about natural or historical matters relating to particular locations. Carpooling is encouraged.

FMI: Contact David von Seggern at
vonse1@sbcglobal.net

TRIVIA GAME NIGHT

Use those fun facts you have stored in your gray matter. Join us for some laughs and interesting questions. You provide your own snacks and beverages. We provide the questions! All sessions will be on Monday evenings at 7:00 p.m. when announced.

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

VIRTUAL BOOK EXCHANGE

Join us on Zoom on the fourth Wednesday of each month from 7:00 – 8:00 p.m. Bring a book (or books) you've read to share what you liked (or didn't) about the book(s). You'll get a list of titles and authors after the meeting, so you needn't take any notes.

FMI: Contact Anne Cass at
annebcass@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.

Online registration

Online registration is a fast, convenient way to sign up for OLLI courses. We encourage all members to give it a try!

BENEFITS

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.

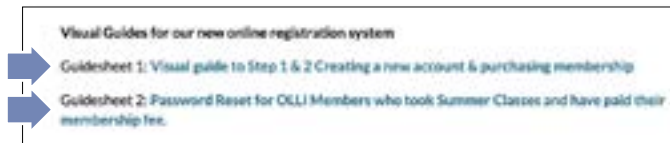
PAYMENT OPTIONS

Credit and debit cards are the only forms of payment you can use for online registration. For other payment forms (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 33](#). *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.*

VISUAL INSTRUCTIONS

Would you rather have visual step-by-step instructions? Visual instruction guides are available at usm.maine.edu/osher-lifelong-learning-institute/registration/. Simply click on the Guidesheet 1 or Guidesheet 2 links, shown below.



Tips for making online registration in the new system 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.**

We strongly recommend that everyone create their account and verify information *prior* to class registration day. We will share directions and be available for questions. If you run into a problem, email the OLLI Office at olliatusm@maine.edu.

- **Sign in first, then browse.**

When you are ready to register (at 10:00 a.m. Tuesday 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-lifelong-learning-institute/registration.

Still need assistance?

Call the OLLI office at 207-780-4406, Monday – Friday, 8:30 a.m. – 4:30 p.m.

HOW TO REGISTER ONLINE

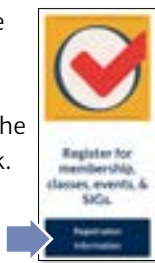
OLLI is using a new registration system as of August 2024!

You may need to create a brand new account *even if you were a previous OLLI member*. See the steps, below.

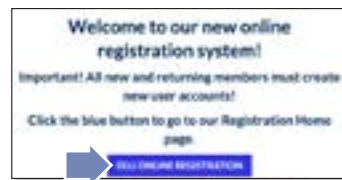
Visual instruction guides for all steps are available at usm.maine.edu/osher-lifelong-learning-institute/registration. Still need assistance? Call the OLLI office at 207-780-4406!

- 1 START REGISTRATION** Go to the OLLI website at usm.maine.edu/olli, then follow the three steps shown below:

First, select the **Registration Information** button below the red check mark.



Then, click the blue **OLLI Online Registration** button.



Finally, proceed to the **Sign In or Create Account** button.



- 2 SIGN IN (2a) OR CREATE YOUR ACCOUNT (2b)**

2a. If you enrolled in a fall 2024 OLLI offering, sign in and proceed to **STEP 4**



2b. If you didn't enroll in a fall 2024 OLLI offering, complete the **Create New Account** section.



TIP! We strongly recommend that everyone create their account and verify information **prior to registration day**.

- 3 IMPORTANT! ADD ANNUAL MEMBERSHIP TO YOUR CART** before registering for classes. Once the annual membership is in your shopping cart, you can continue to the registration homepage or check out.

- 4 BROWSE OLLI OFFERINGS** in the **Courses & Workshops** area organized by topic/subject areas, day of the week/ time of day, and instructor.



- 5 SELECT DESIRED OFFERING(S)** by clicking the **Add to Cart** button.

Don't see an Add to Cart button when browsing the catalog? This could mean registration is not open yet, you are not signed in, or you need to renew or add your annual membership to your shopping cart.

- 6 COMPLETE ORDER** by selecting the **Check Out** button.

- **Verify or add required information** in required fields as indicated by an asterisk (*), and select **Next**.
- **Verify billing information** then select **Next**.
- **Continue at check out** by selecting **Purchase**.
- **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**.

- 7 THAT'S IT!** A **Thank You** message means your order has been completed! Look in your email for a registration receipt.

Manual registration

While we recommend all students register online, we also offer a traditional registration form — see below!

HOW TO REGISTER MANUALLY

1 LOCATE THE REGISTRATION FORM.

- **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/osher-lifelong-learning-institute/classes-programs/. 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. To complete the form digitally, see instructions below.



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 23 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 2025

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

EMERGENCY CONTACT

Name _____

Phone _____

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: _____

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 \$

OFFICE USE

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

Important Dates

OLLI WINTER 2025

The winter session will run from January 13 – February 20.
Mark your calendar for these other important dates.

DEC 17

Online registration for OLLI winter courses begins.

The registration system will automatically turn on at 10:00 a.m. Students with scholarships, gift certificates, free memberships, or other waivers must contact us at olliatusm@maine.edu **before December 17**, so staff can process them promptly. We cannot guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.” Scholarships, gift certificates, free memberships, or other waivers will be accepted **after December 17**, but some classes and workshops may be full, so please turn them in as soon as possible.

DEC 23

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

JAN 2

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.

JAN 13

OLLI winter session classes start

JAN 24

Deadline to receive a refund on dropped courses.

**JAN 24, 31,
FEB 6, 7**

OLLI winter workshops

FEB 20

OLLI winter session ends

FEB 25–27

OLLI winter session make-up week

The OLLI Staff is on holiday December 25, January 1, January 20, and February 17. 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

Call us:
207-780-4406

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