If you are 50 or older, with a curious mind and an interest in learning just for the joy of it, you are invited to join more than 1,700 like-minded older learners who are members of the Osher Lifelong Learning Institute (OLLI) on the Portland campus of the University of Southern Maine. OLLI at USM is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

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

OLLI at USM is one of 17 Senior Colleges throughout Maine and participates in the Maine Senior College Network (www.maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (www.usher.net) is located at Northwestern University in Chicago. Currently, there are 119 OLLIs throughout the country.

MEMBERSHIP
OLLI at USM is a self-sustaining, self-governing organization supported through an annual membership fee of $25. The membership fee covers the fiscal year July 1 to June 30. Your annual membership allows you to participate in all OLLI at USM courses and Special Interest Groups OLLI. You’ll also get Internet access and notification when the OLLI Newsletter is available online.

SPECIAL ACCOMMODATIONS
If you need special accommodations to participate in OLLI at USM because of a disability, please call the USM Office of Support for Students with Disabilities at 780-4706 as soon as you register but at least two weeks before classes begin. OLLI at USM has purchased a portable assistive-listening device that can be used in any Wishcamper classroom. Students using the device will be able to hear the instructor. Any OLLI at USM student with hearing difficulties may request the use of this system. Contact the OLLI at USM office at 780-4406 as soon as you register for class.

SCHOLARSHIPS
Full and partial scholarships are available through a simple, friendly, confidential process. Because of the overwhelming response, scholarships are limited to $50 per person per term, applicable to one course, the SAGE program, or workshops. Scholarships do not apply to OLLI at USM membership, trips, or special events. Scholarship applications are available in the OLLI at USM office. **These must be completed, signed, and turned in with each of your course registrations.** Call 780-4406 for more information.

CLASS LOCATIONS
All classes, except where noted, are held in the Wishcamper Center at 44 Bedford Street on the USM Portland campus. See map on page 4.

NON-DISCRIMINATION NOTICE
The University of Southern Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veterans status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equity and Compliance, 209 Deering Avenue, Portland campus, 780-5510.

CAMPUS SAFETY
The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act of 1998 requires universities to disclose three years of statistics regarding campus crime, including crime at off-campus buildings the University owns and on public property adjacent to campuses in Portland, Gorham, and Lewiston. The USM Safety and Security Information Report also includes policies concerning campus security, including alcohol and drug use, crime prevention, the reporting of crimes and sexual assaults, and other related matters. A copy may be obtained online at [www.usm.maine.edu/police/safetyreport.htm](http://www.usm.maine.edu/police/safetyreport.htm) or by calling the Office of Community Standards at 780-5242.

TOBACCO POLICY
The University of Southern Maine is a tobacco-free campus. This policy applies to faculty, staff, students, contractors, vendors, and visitors. The use of tobacco and all smoking products is not permitted on any university-owned property, which includes but is not limited to buildings, university grounds, parking areas, campus walkways, recreational and sporting facilities, and university- or personally-owned, rented, or leased vehicles. Tobacco use by definition includes the possession of any lighted tobacco products or the use of any type of smokeless tobacco, including but not limited to chew, snuff, snus, electronic cigarettes, and all other nicotine-delivery devices that are non-FDA approved as cessation products.
Easy online registration allows you to sign up for classes in real time. To begin the process, visit the OLLI website at: www.usm.maine.edu/olli

There you will find step-by-step instructions and a link to the registration website. Once you have perused the catalog and chosen which classes you wish to “purchase,” you are ready to go “shopping” on the registration website. You’ll be able to tell how many spaces are still available in your chosen class and can add your name to a wait list if a class is full. Once you pay for your classes, you’ll receive an e-mail confirmation of your registration within minutes. It's fast, easy, and secure.

Please note: Credit card is the only form of payment you can use for online registration. If you must use another payment form (check, cash, scholarship, gift certificate), you’ll need to mail or hand deliver your registration with payment attached.

If you’ve shopped online, you should find online OLLI registration a snap. But if you’re not comfortable doing your own online registration at home, the OLLI staff is standing by to help you. We’re offering onsite instruction in the Wishcamper Computer Lab (see timetable) and will have one computer in the OLLI office dedicated to online registration. Anyone may use this computer to register online, but you must use a credit card for payment.

OLLI FALL REGISTRATION TIMELINE

Aug. 4 Online registration for OLLI fall courses begins at 10 a.m.

Aug. 4-5 If you need help navigating the online process, onsite help setting up student accounts and registering for classes will be available in the Wishcamper Computer Lab (Room 128 from 10 a.m. to noon and 1 to 3 p.m.

Aug. 11 OLLI staff will begin processing mail-in registrations and accepting phone registrations

To ensure a smooth transition to online registration, OLLI staff will be occupied assisting students who register on our website during the first week. Starting Aug. 11, mail-in, drop-off, and phone registration will be processed Monday through Friday from 9 a.m. to noon.

OLLI STAFF
Susan Morrow, Assistant Director for Program:
228-8181; smorrow@usm.maine.edu

Rob Hyssong, OLLI Program Coordinator:
228-8336; rhyssong@usm.maine.edu

Linda Skinner, Administrative Assistant:
228-8225; lskinner@usm.maine.edu

OLLI ADVISORY BOARD 2015-16
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FOR MORE INFORMATION
Call: 780-4406 or 1-800-800-4876
E-mail: olli@usm.maine.edu
Visit: www.usm.maine.edu/olli to register for OLLI courses online
The Osher Lifelong Learning Institute at USM is based in the Wishcamper Center at 44 Bedford St. on the Portland Campus.

- OLLI classrooms are on the 1st and 2nd floors
- The OLLI office is on the 2nd floor in Room 210
- The elevator is off the lobby

PARKING AT OLLI

Parking in surface lots on campus may earn you a parking ticket. OLLI pays for our students to park in the USM garage on Bedford St. Simply push the button at the entrance to gain access to the garage. The exit gates will open automatically as you leave.

To park in a handicapped space anywhere on campus, you must have a State of Maine handicapped placard or license plate. There are 20 handicapped spaces in the parking garage and eight in the parking lot directly behind the Wishcamper Center.
Special Interest Groups at OLLI

OLLI at USM offers many diverse activities beyond the classroom. To participate in any Special Interest Group, you must be a current OLLI member. **NOTE: Special Interest Groups are not intended as instructional events.**

- **American Foreign Policy:** This group meets on the fourth Wednesday of every month from 3:15 to 4:45 p.m. to discuss issues selected by members. Discussions will be led on a rotational basis. All OLLI members with an interest in American foreign policy are invited to join, discuss, and learn. Contact Betsy Mayberry at betsy.c.mayberry@gmail.com for more information.

- **Bicycle and Nosh:** If you like to bike, how about joining a group of OLLI members for a ride every couple of weeks, with a delicious treat along the way? Contact Shoshana Hoose at shoshanahoose@gmail.com for more information.

- **Book Club:** Members meet the third Thursday of each month from 3:15 to 5:15 p.m. to discuss readings from a variety of genres, including contemporary novels, classics, biographies, memoirs, short stories, etc. Contact Elsa van Bergen at evanbergen@maine.rr.com for more information.

- **Bridge Club:** Those who enjoy playing bridge for fun are welcome to join this group every Wednesday from 3:15 to 5:15 p.m. Contact Dottie Clark at dclark50@maine.rr.com for more information.

- **Elders for Future Generations:** This is an ongoing, peer-facilitated exploration of the advocacy role seniors can play in shaping policy to promote the well-being of future generations. Contact Fred Brancato at opus3@twc.com for more information.

- **History Book Club:** Members read and discuss one work of history on the second Wednesday of each month from 3:15 to 5:15 p.m. Works include social, political, economic and foreign-policy history as well as biography, autobiography, memoir, and historical fiction. Contact Sue Gesing at susansgesing@gmail.com for more information.

- **Mah Jongg:** Join players every Friday from 3:15 to 6 p.m. in Room 103 at Wishcamper. National Mah Jongg rules and cards are used. Contact Terry Garrett at terrya@maine.rr.com for more information.

- **OLLI Night Out:** Come enjoy good food and good company with fellow OLLI gourmands who meet periodically at local restaurants. Watch the OLLI Newsletter for upcoming dates and locations.

- **OLLI Singers:** This group, co-directed by experienced leaders and supported by a skilled accompanist, meets every Thursday at 3:15 p.m. to have fun with vocal music and prepare for several performances each year. All are welcome. Contact Chuck Hornberger at okhornberger@gmail.com for more information.

- **Outdoor/Walking Club:** Outdoor enthusiasts gather twice a month for invigorating walks in interesting places. They meet at the Back Cove parking lot and carpool. Walking schedules for the year can be found in the OLLI office and in literature racks in Wishcamper. Contact Rae Garcelon at raegallan@aol.com for more information.

- **Photography Club:** Shutterbugs at OLLI at USM meet and learn from each other while sharing their love of photography. Contact Sharon Hickey at sharonlh@gwi.net for more information.

- **Recorder Ensemble:** In addition to having fun making music together, the Recorder Ensemble also may perform at OLLI at USM events and venues. Contact Barbara Doughty at Babsy1000@yahoo.com or Karen Luse at luse.karen@gmail.com for more information.

- **Science Reading Club:** This group is for those interested in exploring science through readings based on members’ interests and recommendations. It meets at 3:15 on the third Tuesday of each month. Contact Elizabeth Housewright at ehousewright@gmail.com for more information.

- **Senior Players:** Thespians perform staged readings twice a year at USM and off campus on several occasions. Senior Players is open to all OLLI at USM members. Contact Allan Mills at aljeevbr@gmail.com for more information.

- **Ski Club:** A seasonal outlet for downhill and cross-country skiing enthusiasts, the club welcomes new and returning members. Check the OLLI Newsletter in season for schedules. For downhill skiing, contact Lois Winter at lwinter@maine.rr.com for more information. For cross-country, call Deb Blair (799-5043), Valerie Wisch (650-2061), or Susanne Maarten (650-8433, texts preferred).
### MONDAY MORNING 9:30-11:30

**see pages 8-9**

- **Science and Serendipity**
  - Richard Budd
  - Code: BUDD_SCIENDIPITY

- **Putting Art into Your Digital Photography**
  - Tim Byrne
  - Code: BYRNE_ARTPHOTO

- **Domestic Policy Issues: Health Care, Drugs, Inequality**
  - Bob Goettel
  - Code: GOETTEL_DOMPOLRX

- **Thoreau: Dreams, Poetry, Meditation, and Philosophy around Walden Pond**
  - Edward Mooney
  - Code: MOONEY_THOREAU

- **Joseph Campbell Redux: All About Shiva, Jesus, Allah, and Buddha**
  - David Morton
  - Code: MORTON_JCAMPBELL

- **Yoga Philosophy and Practice**
  - Christina Sillari
  - Code: SILLARI_YOGA

- **Women and Aging: Old Age Isn’t For Sissies**
  - Pat Taub
  - Code: TAUB_AGINGWOMEN

**MONDAY ALL DAY**

**see page 11**

- **Opera on Film for Both Beginners to Opera and Experienced Opera Fans**
  - Carl Smith
  - Code: SMITH_OPERAFILM

**TUESDAY MORNING 9:30-11:30**

**see page 12**

- **SAGE Lecture Series**

**TUESDAY AFTERNOON 12:45-2:45**

**see pages 12-13**

- **A Trip around the World: Six Movies, Six Countries, Part 2**
  - Stephen Gleit
  - Code: GLEIT_6X6_PT2

- **Oliver Sacks: A Life Lived**
  - Janet Gunn
  - Code: GUNN_SACKSLIFE

- **Drawing for Beginners**
  - Steve Hrehovcik
  - Code: HREHOVCIK_DRAW

- **Reader’s Theater (RT) Performance**
  - Paula Johnson, Barbara Bardack
  - Code: JOHNSON_RT

### TUESDAY MORNING 9:30-11:30

**see page 12**

- **The History of Maps and Map-Making in the Western Tradition**
  - Ian Fowler
  - Code: FOWLER_WESTMAPS

- **The Physical Universe**
  - Jim Janak
  - Code: JANAK_UNIVERSE

- **Love and War in the Works of Hemingway**
  - James Prevet
  - Code: PREVET_HEMINGWAY

- **International Auteur Cinema 11**
  - Juris Ubans
  - Code: UBANS_AUTEUR11

- **Hamlet and Writing: Shakespeare as a Guide**
  - Steve Urkowitz
  - Code: URKOWITZ_HAMLET

### TUESDAY AFTERNOON 12:45-2:45

**see pages 15-17**

- **Psychology Looks at the News**
  - Mike Berkowitz
  - Code: BERKOWITZ_PSYNEW

- **Music and Life in the 1950s**
  - Terry Foster
  - Code: FOSTER_1950S

- **Antisemitism 2015: Current and Historical Arc of 2500 Years**
  - Matt Goldfarb
  - Code: GOLDFARB_ANTISEM

- **Does Drinking Red Wine Cause or Prevent Cancer?**
  - Joel Kallich
  - Code: KALLICH_HEALTH

- **Atisha’s Seven Points of Mind Training, Lao Tsu, and Buddha**
  - John McLaughlin
  - Code: MCLAUGHLIN_ATISH

### WEDNESDAY MORNING 9:30-11:30

**see pages 14-15**

- **Psychology Looks at the News**
  - Mike Berkowitz
  - Code: BERKOWITZ_PSYNEW

- **Music and Life in the 1950s**
  - Terry Foster
  - Code: FOSTER_1950S

- **Antisemitism 2015: Current and Historical Arc of 2500 Years**
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  - Code: KALLICH_HEALTH

- **Atisha’s Seven Points of Mind Training, Lao Tsu, and Buddha**
  - John McLaughlin
  - Code: MCLAUGHLIN_ATISH

### WEDNESDAY AFTERNOON 12:45-2:45

**see pages 15-17**

- **Keeping Memory Alive: Honing Memoir Writing Skills**
  - Norm Abelson
  - Code: ABELSON_MEMSKILL

- **Ukulele 101: Finding Joy with Four Strings on a Shoestring**
  - Lynn Gammon, Darrell Morrow
  - Code: GAMMON_UKE

- **The Courage to Create**
  - Paul Kiley
  - Code: KILEY_CREATE

### THURSDAY MORNING 9:30-11:30

**see pages 18-20**

- **Tai Chi Practice and Related Philosophies**
  - Fred Brancato
  - Code: BRANCATO_TAICHI

### OTHER EVENTS

- **Honoring the Art and Craft of Writing, Continued**
  - Ruth Story
  - Code: STORY_HONE&WRITE

- **Japan: A Personal Introduction**
  - Richard and Patricia Parker
  - Code: PARKERS_JAPAN

- **Explore Portland’s Historic Neighborhoods – On Foot**
  - Bruce Wood
  - Code: WOOD_PTLD_ONFOOT

- **Revisit the Classics**
  - Pat Davidson Reef
  - Code: REEF_CLASSICFILM

- **How Stephen Sondheim Revolutionized the American Musical**
  - Richard Pollak
  - Code: POLLAK_SONDHEIM

- **Women at the Margins: Four 21st-Century Portraits**
  - Sarah Franklin, Betsy Wiley
  - Code: FRANKLIN_WOMEN
Casco Bay: Maine’s Valuable Natural Resource
Susan Gilpin, Kathleen Sutherland
Code: GILPIN_CASCOBAY

Bebop and Beyond
Martin Margulis
Code: MARGULIS_BEBOP

Theodore and Edith Roosevelt and Their America
John Sutherland
Code: SUTHERLAND_ROOS

American Mah Jongg: Advanced Beginner
Sharon Ash Tancredi, Hiromi Dolliver
Code: TANCREDI_MAHJONG

The Chekhovian Sense of Life: Selected Stories and Plays by Anton Chekhov
George Young
Code: YOUNG_CHEKHOV

THURSDAY AFTERNOON
12:45-2:45
see pages 20-21
Unconventional: A Film/Discussion Course on Loving Beyond the Boundaries
Joan Aldrich
Code: ALDRICH_FILMOLOVE

FRIDAY AFTERNOON
12:45-2:45
see pages 22-23
Books that Changed America
Sherrie Chapman
Code: CHAPMAN_BOOKS

Exploring Watercolor Techniques
Lorraine Christensen
Code: CHRISTENSEN_WCT

Homer’s Odyssey, with Some Special Attention to the Female
Evy Newlyn
Code: NEWLYN_HOMERFEM

FRIDAY MORNING
9:30-11:30
see page 21-22
Understanding Medical Risk and the Math of Screening
Walter Allan, Jeri Erickson
Code: ALLAN_MEDRISK

Benjamin Franklin: America’s Man for All Seasons
Draper Hunt
Code: HUNT_BENFRANKLIN

Exploring the Modern Short Story
Sue Jennings, Beth Snyder
Code: JENNINGS_STORIES

Art Studio
Donna Sherburne
Code: SHERBURNE_STUDIO

Great Decisions
Mike Wygant
Code: WYGANT_DECISIONS_F15_1

FRIDAY MORNING
9:30-11:30
Managing Your Final Affair
Chuck Lakin
Code: LAKIN_DEATHPREP

Edge Zone No. 1: Old and New in Post-Soviet Georgia
Carla Mortensen
Code: MORTENSEN_EDGE1

SATURDAY, OCT. 3
9:30-11:30 AM
Yoga: Free Your Hips and Shoulders
Jennifer Cooper
Code: COOPER_YOGAHIIPS

Mainers in the California Gold Rush 2: Journeys West
Jan Eakins
Code: EAKINS_MEGOLD2

Depiction of Jews in Medieval Art
Alicia Harding
Code: HARDING_JEWART

SUNDAY, OCT. 3, 17 & 24
9:30-11:30 AM
Know Thyself: The Sexual Ethics of the Schools of Athens
Ron Carroll
Code: CARROLL_SEXETHIC

Curbing Corporate Power
Marianne Hill
Code: HILL_CORPCURB

Writers’ Workshops
WEDNESDAY AFTERNOON
see page 18

Writers’ Workshop: The Shiny Day Poets
Denney Morton
Code: MORTON_WWPOETRY

Writers’ Workshop: Memoir
Ruth Story
Code: STORY_WWMEMOIR

Writers’ Workshop: Fiction
Nancy Bills, Joan Kotz
Code: BILLS_WWFICTION

Tools for Successful Aging: Law, Money, Health, Home, Community and Wellbeing
Timothy Vogel and Members of the Maine Senior Resource Alliance
Code: VOGEL_AGING/LAW

A History of Maine
Rick Tomazin
Code: TOMAZIN_MAINEHIS

HALF-DAY = $15
SATURDAY, OCT. 3
9:30-11:30 AM
Managing Your Final Affair
Chuck Lakin
Code: LAKIN_DEATHPREP

Edge Zone No. 1: Old and New in Post-Soviet Georgia
Carla Mortensen
Code: MORTENSEN_EDGE1

SATURDAY, OCT. 17
9:30-11:30 AM
Yoga: Free Your Hips and Shoulders
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Ron Carroll
Code: CARROLL_SEXETHIC

Curbing Corporate Power
Marianne Hill
Code: HILL_CORPCURB

Writers’ Workshops
SATURDAY, OCT. 24
9:30-11:30 AM
Never a Dull Moment: Knives and Knife Sharpening
Tim Baehr
Code: BAEHR_SHARPKNIFE

Common Estate Planning Mistakes
Richard Cline
Code: CLINE_ESTATEPLAN

Immigration to the U.S.: Voluntary and Involuntary
John and Kathleen Sutherland
Code: SUTHERLAND_IMMIG

Great Decisions
Mike Wygant
Code: WYGANT_DECISIONS_F15_2

SUNDAY, OCT. 24
9:30 AM-3:30 PM
Writing from Our Mystic Self
David Weiss
Code: WEISS_MYSTICSELF
Science and Serendipity
Richard Budd
Course Code: BUDD_SCIENDIPITY

We will discuss the origins of scientific method and how it led to the great scientific advances. We will also discuss how totally unrelated improvements in seemingly irrelevant technologies made the advances possible. As an example, we will discuss the relation between improvements in the manufacture of silk thread and the discovery of Coulomb’s Law for the force between electrical charges. No class Oct. 12.

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 has taught science fiction, bridge, “Westerns as an Art Form,” “Great Ideas in Science,” and military history at OLLI.

Putting Art into Your Digital Photography
Tim Byrne
Course Code: BYRNE_ARTPHOTO

Let’s explore the elements of design and composition, applying them to your photographs (and mine), discovering the different things that make a photograph “work.” Plan to create images each week and bring them to class for “show and tell.” Yes, there is homework, which you will enjoy and which will help boost creativity in your photography. Designed for students who are comfortable with the mechanics of their digital camera, this class is also open to newcomers. To maximize your learning, you should be able to create a digital photograph and bring it to class on a CD or some form of memory card. Required book: The Photographer’s Eye, Michael Freeman, ISBN 9780240809342, USM price $29.95. This is a repeat course; no class Oct. 12.

Tim Byrne is an award-winning commercial photographer based in Scarborough. He exhibits his work frequently and has been published in numerous books and periodicals.

Domestic Policy Issues:
Health Care, Drugs, Inequality
Bob Goettel
Course Code: GOETTEL_DOMPOLRX

Health care reform, especially the Affordable Care Act, will continue to be a contentious topic, despite the Supreme Court’s ruling. With guest speakers from the healthcare/policy field and USM, we will learn how hospitals, provider organizations (including Accountable Care Organizations), Maine’s Healthcare Management Coalition, Maine’s State Innovation Model initiative, and insurance carriers are responding in this politically charged environment. We also will explore expansion issues, such as Maine’s Medicaid program and treatment versus incarceration for drug abuse. Relevant articles/reports will be available for each session. See www.rjgusmolli.com for a schedule and speakers. The course runs eight weeks, but there will be no class Sept. 21 or Oct. 12; the last class will be Nov. 16.

Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated this class at OLLI each spring and fall for the past seven years. He led university-based and for-profit policy-research organizations and directed numerous federal and state policy and evaluation studies.

Thoreau: Dreams, Poetry, Meditation, and Philosophy around Walden Pond
Edward Mooney
Course Code: MOONEY_THOREAU

Everyone knows something about Henry David Thoreau – his cabin by the pond, climbing Mt. Katahdin, civil disobedience. But very few know him as a fabulous writer of fables, reveries, and poetic flights of fancy meant to be read slowly, the way you would lyrics of your favorite songs or fairy tales. We’ll read passages from Walden (and some other works) carefully to catch their intellectual drift but also their music and sensuous beauty. We’ll project selected sentences visually one at a time to share and discuss. Suggested book: Walden, Henry David Thoreau, any version. No class Oct. 12.

Ed Mooney grew up near Concord, Mass, worked summers in Maine, and has taught university-level religion, literature, and philosophy classes in California; Syracuse, N.Y.; and Tel Aviv. He is the author of books on Kierkegaard and on American thought, including Excursions with Thoreau: Philosophy, Poetry, Religion, out this fall.

Joseph Campbell Redux: All About Shiva, Jesus, Allah, and Buddha
David Morton
Course Code: MORTON_JCAMPBELL

“When immortality is misunderstood as … everlasting, it turns into a clown act, really.” “There is an image in the Upanishads of the original, concentrated energy which was the big bang of creation…consigning all things to the fragmentation of time.” “The Mayan Indians had a kind of basketball game in which, at the end, the captain of the winning team was sacrificed on the field by the captain of
the losing team. His head was cut off. Going to your sacrifice as the winning stroke of your life is the essence of the early sacrificial idea. “The idea of the supernatural as being something over and above the natural is a killing idea.”


David Morton is a graduate of Penn’s Wharton School and former Presbyterian clergyman. No longer an orthodox religionist, he retains a passion for philosophy and theology, myth, comparative religion, and the perennial philosophy.

**Yoga Philosophy and Practice**

Christina Sillari  
Course Code: SILLARI_YOGA

Yoga is about union of body, mind, and spirit. This *nine-week class* will explore the history of yoga through the philosophy of the Vedanta and Samkhya, on which the earliest expositions of yoga are based. We will study the required text and practice simple and easy yoga techniques of posture, breathing, and meditation. We will also explore the chakra system of the energy body through sound, movement, and personal discussions. No experience necessary. All abilities welcome. **Required book:** *The Yoga Sutras of Patanjali*, translated and introduced by Alistair Shearer, ISBN 9780609609590; USM price $15.95. *No class Oct. 12.*

Christina Sillari has studied yoga for 30 years. As a yoga teacher and therapist she worked with children, seniors, cardiac patients, veterans, and yoga teachers at universities, hospitals, senior centers, corporations, and yoga centers. Christina holds a Master’s of Psychology of Yoga and Mind/Body Health and also studied Ayurvedic Medicine, Sanskrit, and Vedic Literature at the International Institute of Vedic Science.

**Women and Aging: Old Age Isn’t For Sissies**

*Pat Taub*  
Course Code:TAUB_AGINGWOMEN

To paraphrase Bette Davis’ immortal words, being an older woman in America’s youth-obsessed culture can feel like an act of fortitude. We face significant challenges, but we also have new advantages. On the one hand, we grapple with aging bodies and sketchy memories, the loss of close family members and friends, limited finances, and finding a sense of purpose in our lives. On the plus side, we have more freedom than our mothers and grandmothers to make choices and to pursue previously untapped talents and interests. **This repeat course** will center on readings and shared experiences while offering practical, psychological, and spiritual resources for positive aging. **No class Oct. 12.**

*Pat Taub* has a BA from Dickinson College, a MSW from Catholic University and post-graduate work toward a PhD in Women’s Spirituality from The Institute of Integral Studies, San Francisco. She is the author of The Mother of My Invention.

**Monday Afternoon 12:45-2:45**

**Le Français Intermédiaire**

Jacqueline Bucar  
Course Code: BUCAR_INTFRENCH

A continuation of French-language study, with emphasis on expanding vocabulary and listening and speaking ability. This course assumes only a basic knowledge of French but is conducted largely in French to encourage participation in simple discussions. In addition to the text we will continue reading and discussing short stories in the *Nicolas et les Copains* reader from last semester. **Required books:** *Façon de Parler 2 Coursebook, Fifth Edition*, Angela Aries and Dominique Debney, ISBN 9781444181227, USM price $29.95; *Le Petit Nicolas et les Copains*, Goscinny Sempe and J. Sempe, ISBN 9782070612772, USM price $14.95. **This class will run for 6 weeks. No class Oct. 12.**

Jacqueline Bucar taught high school French in Connecticut for 16 years before pursuing a career in law. She graduated from the University of Connecticut with a BS, from Wesleyan University with a Master’s of Liberal Studies, majoring in Literature and History, and from the University of Connecticut School of Law with a JD. A retired immigration attorney, she is a true Francophile.

*More MONDAY AFTERNOON courses on next page*

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**REFUND POLICY**

You will receive a **100 percent refund if you cancel by the END OF YOUR SECOND WEEK OF CLASS.** No refund after that point. No refunds are given for OLLI at USM annual membership fees. To transfer from one course to another, or to drop a course, call the OLLI office at 780-4406.
Art, Music, and Poetry: The Origins of Creative Experience
Elizabeth Chapman
Course Code: CHAPMAN_CREATIVE
How can a painting or a poem give rise to a tactile sensation? How can music summon spatial imagery? Human experience is a creative act. In this slide/lecture/discussion repeat course, we’ll read from philosophers, neuroscientists, musicians, and poets and look at paintings from Lascaux to Expressionism as we attempt to answer these questions. There will be simple, optional homework. Required reading (on e-reserve in the library): A Brief Tour of Human Consciousness, V.S. Ramachandran, Chapter 4 — “Purple Numbers and Sharp Cheese”; The Body Has a Mind of Its Own, Sandra Blakeslee, Chapter 1 — “The Body Mandala”; Music and Gesture, Anthony Gritten and Elaine King, Chapter 3 — “Hearing, Feeling, Grasping, Gestures.” No class Oct. 12.

Elizabeth Chapman has a MArch from MIT and BArch from Cornell. She has taught courses on Perception, Creativity, and Neuroscience at OLLI and Lafayette College. She is a practicing architect and paints in a Portland studio.

Current Economic Events
David Chute
Course Code: CHUTE_ECONOMY
This repeat course will review major U.S. and world current economic events. Students can determine how each topic will affect them and their family. Topics will include lingering effects of recession and future world economic growth. How do we make effective reforms to the U.S. budget, taxes, medical care, Social Security, and education? There is no textbook assigned. Handouts for each class will be the basis for discussing each topic. Students will have input into which topics will be reviewed. No class Oct. 12.

David Chute retired from Chittenden Corporation, where he was Senior Vice President, Chief Investment Strategist. He has a BS in Math and Science from the University of Maine. David received Certified Financial Planner designation 1988 and was elected to the University of Southern Maine Bailey Hall Wall of Achievement in 2006. He taught courses at Northern New England Center for Financial Training for over 30 years.

The History of Maps and Map-Making in the Western Tradition
Ian Fowler
Course Code: FOWLER_WESTMAPS
Explore the history of Western maps and map-making from the 15th to 21st century. We will discuss why maps were made, how they were produced, and what information they reveal to us, from the geographic to the allegorical and the political. Each lecture and discussion will involve hands-on interaction with maps and artifacts from the Osher Map Library and Smith Center for Cartographic Education. The instructor will provide readings in the form of hand-outs or online access, depending on student preference. Class will be held at the Osher Map Library. No class Oct. 12.

Ian Fowler joined the Osher Map Library as Cartographic Reference and Digital Projects Librarian in May 2014 and is now Acting Director. He worked in the Geography and Map Division at the Library of Congress for five years doing reference and cataloging. Ian has a BA in Education with a minor in Geography from Ohio State University and a Master’s in Library and Information Science from Dominican University.

The Physical Universe
Jim Janak
Course Code: JANAK_UNIVERSE
Using spectacular photographs from telescopes on earth and in space and images from NASA spacecraft missions, we look at our universe from the earth out, starting with the solar system: the earth, the moon, and the planets, including a close look at Pluto from the New Horizons July 2015 flyby. We’ll see how the sun and other stars work, and how stars cluster into galaxies, galactic clusters, and superclusters. Finally we look at modern cosmology — the evolution of the universe, starting from the big bang, and measurements that suggest dark matter and dark energy. This is a repeat course. No class Oct. 12.

James Janak has a BS, MS, and ScD in Electrical Engineering from MIT. He was a Research Staff Member at IBM and an Adjunct Professor of Physics at Pace University. He is the author or coauthor of several books on electronic properties of solids, and of over 50 scientific papers on a wide range of topics.

Love and War in the Works of Hemingway
James Prevet
Course Code: PREVET_HEMINGWAY
You will see Hemingway in a new light as we probe love (and the death of love) in time of war, prose style as a moral imperative, and the bullfight as a metaphor for a code of behavior. Forget the clichés: Hemingway is a sensitive and subtle writer, more complex than his pugilistic popular image suggests. His spare style has a wonderful immediacy and universality. Required books by Ernest Hemingway: A Farewell to Arms, ISBN 9781476764528, USM price $17; The Sun Also Rises, ISBN 9781476739953, USM price $26; The Complete Short Stories of Ernest Hemingway, ISBN 9780684843322, USM price $22. No class Oct. 12.

James Prevet received an AB in Philosophy from Assumption College, a MA in Philosophy from St. John’s University, a MA in English from the University of South Florida, and completed all PhD requirements at Boston University except the dissertation. He has taught in both Philosophy and English departments at several colleges and universities.

OLLI:
Intellectual Fun for People over 50
**International Auteur Cinema 11**  
Juris Ubans  
Course Code: UBANS_AUTEUR11

This course will examine the important works of recognized international film directors from an aesthetic point of view. The primary focus will be on the films, with some lecture and discussion of related material. We will try to cover the important international directors, starting with the silent film and coming close to the present. **An optional, extended time period, from 2:45 to 3:15 p.m., will be set aside for discussion for those who want to participate.**

**Suggested book:** *A Short History of the Movies*, Gerald Mast, ISBN 9780205755578 (a copy of an early edition available in the OLLI library). **This course will run seven weeks, ending Nov. 2. No class Oct. 12.**

Professor Juris Ubans is a recent retiree from the USM Art Department. He is a lifelong practitioner of Studio Art as disciplinary immersion and also has been an influential voice in elevating film and photography to the status of Fine Art.

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**Opera on Film for Both Beginners to Opera and Experienced Opera Fans**  
Carl Smith  
Course Code: SMITH_OPERAFILM

This course is both an introduction to opera for beginners and an opportunity for long-time opera fans to revisit some of their favorite operas and experience others for the first time. About half will be from productions that proved popular in earlier versions of the course, such as Mozart’s *The Marriage of Figaro* and Verdi’s *La Traviata*. The other half will be new to the course, such as Puccini’s *Madame Butterfly* and Smetana’s *The Bartered Bride*. Links to a synopsis of each opera and information about the performance will be emailed prior to each class. **The course will run from 9:30 a.m. to 2:45 p.m. with an hour for lunch and two 10-minute breaks. The time of the lunch hour and breaks will depend on breaks in the opera being shown. Students should be sure that they feel comfortable with this all day format before enrolling in the course. No class Oct. 12.**

Carl Smith has been teaching music appreciation courses at OLLI for eight years. This will be his fourth opera course. He combines his love of music with a passion for high-quality audio and video reproduction to provide students with something approaching a live music experience.

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**BOOKS AND CLASS MATERIALS**

- Acquiring books and materials is the student’s responsibility.
- Books and materials will be listed at the end of each course description as **Required** (the class – i.e., a literature course – cannot function without the book) or **Suggested** (it would enhance the class but is not necessary).
- **For your convenience, all required books and a limited number of copies of suggested books will be carried in a special OLLI-designated section at the USM Bookstore on the USM Portland campus. However, students also are welcome to procure books from other sources, including online vendors, local libraries, and friends.**
- Book prices are listed only for required books and reflect USM Bookstore prices. If no books or materials are listed in a course description, none are needed.

Register Online at www.usm.maine.edu/olli
Register Online at www.usm.maine.edu/olli

Tuesday Morning 9:30-11:30

Fall 2015
SAGE Lecture Series

Each fall and spring, SAGE provides eight Tuesday-morning lectures. Topics include history, culture, the arts, geography, and science. Drawing on community resources, SAGE offers attendees the opportunity to hear interesting speakers and to learn more about a wide array of interesting subjects. OLLI is excited to offer such an outstanding lecture program at the price of $50 for the entire series.

Further details on the SAGE lineup — along with a registration form — can be found in the SAGE brochure you'll receive in August. The brochure will also be available on the OLLI website.

A Trip around the World: Six Movies, Six Countries, Part 2
Stephen Gleit
Course Code: GLEIT_6X6_PT2

Join me on a visual trip around the world through the prism of six international movies made by native filmmakers in their language. All non-English movies are subtitled. Mature content advisory: Expect limited nudity and some sexual themes (rated R and PG-13 only). NOTE: This is not a repeat of last fall's class; all new movies, all new countries!

Stephen Gleit lives and practices immigration law in Portland, where he lives with his wife, Dana, and Dash the cat. He finds movies a way to visually escape and explore the world. He loves minimalist films that tell a powerful story and have character development.

Oliver Sacks: A Life Lived
Janet Gunn
Course Code: GUNN_SACKSLIFE

Some of us are already devoted to the writing of Oliver Sacks. He was recently diagnosed with terminal cancer, but there's still time to catch up with him in his newly published memoir. We will combine that final publication with an earlier piece of autobiographical writing. The combination will illumine the life he lived and then put to such stunning use in his more clinical writing about the neuro-psychological experiences of others along the arc of the eight decades of his life. We'll also view the film Awakenings, with Robin Williams and Robert de Niro.


Tuesday Afternoon 12:45-2:45

Janet Gunn has been learning about life and life-writing from neuro-psychologist Oliver Sacks for most of her academic career in the field of autobiography studies.

Drawing for Beginners
Steve Hrehovcik
Course Code: HREHOVCIK_DRAW

Start or reenergize your art skill. Learn to use lines, shapes, shading, composition, and perspective to create figure drawings, scenic views, architectural structures, and still-life compositions. You’ll discover your personal artistic style and develop ways to draw “what you see, not what you think you see.” You’ll have fun drawing as you experiment with the rules of art and how and when to break them—imagine that! Required materials: Drawing pad (10 x 14 or bigger, spiral bound is best); pencils, soft and hard lead; “improvers” (aka erasers); ruler; your favorite drawing-instruction book.

Mostly self-taught, Steve Hrehovcik looks for creative ways to express the amusing, dramatic, and beautiful vistas he sees around him. In addition to cartooning and caricature drawing, his subjects include homes, buildings, portraits, equestrian art, pets, and scenic views. A major art influence is the Broadway caricatures of Al Hirschfeld. Website: www.KennebunkArtStudio.com.

Reader’s Theater (RT) Performance
Paula Johnson, Barbara Bardack
Course Code: JOHNSON_RT

RT Performance, an ongoing course, provides the opportunity to learn and practice basic acting techniques. While sharing constructive critiques, class members will be cast in various roles and rehearse short plays during the term, followed by a ninth-week performance. No memorization required. Due to the nature of the course and
performance at the end, all actors must be present each week. Please clear your calendars accordingly.

Paula Johnson holds a Master’s in Business Management from Husson University, and her professional life spans 40 years. She has pursued theater in all aspects, touring with Portland Children’s Theater in New England, acting in local theater groups, and working in many behind-the-scenes capacities.

Barbara Bardack, a retired public-school teacher, taught Reader’s Theater as an aid to reading instruction and appeared in school productions and Community Theater in New York, Ohio, and Freeport, Maine. Behind-the-scenes work includes a stint in Public Broadcasting and as props master with the Freeport Community Players.

The Great Directors Series: John Huston
DeWayn Marzagalli
Course Code: MARZAGALLI_HUSTN

We will discuss the cinematic genius of John Huston and enjoy watching and discussing several of his movies. In the lineup are Huston’s first film, The Maltese Falcon (1941); The Treasure of the Sierra Madre (1948); Key Largo (1948); The African Queen (1951); and his last film, The Dead (1987); plus excerpts from other great Huston movies. Suggested book: The Cinema of John Huston, Gerald Pratley, ISBN 0498014436; available on amazon.com. Instructor will provide a syllabus and other film and biographical material.

Born in New York City, DeWayn Marzagalli and his wife have lived in Maine since 1975. Since retiring from federal law enforcement, DeWayn spends much of his time doing volunteer work for his church and enjoying the opportunity to teach and take courses at OLLI.

Designing the Life You Want: Navigating Your Third Age
William Sadler
Course Code: SADLER_3RDAGE

This repeat course provides a new view of the Third Age (from 50 to 80), based on 25 years of Sadler’s research about people who are creatively redesigning their lives and redefining retirement. We shall explore principles for personal growth that can support a successful transition into a Third Age of fulfillment. Classes encourage participant interaction. In addition to reading and discussion, practical Third-Age life-planning exercises help students tap their creative potential to address the challenges and possibilities of this new stage in life. Required book: Changing Course: Navigating Life after 50, William Sadler and James Krefft, ISBN 9780979351051 (available from instructor for $20).

Bill Sadler (PhD, Harvard) has been a college teacher and administrator and is author of six books. A Professor of Sociology and Business at Holy Names University in Oakland, Calif., he lives in Bristol, Maine, with his wife. His last three books have focused on Third Age growth and renewal.

Becoming a Woman of Wisdom: The Crone Years
Dianne Sinclair, Sapphire Stretton, Diane Eiker, Delores Lanai
Course Code: SINCLAIR_CRONE

In ancient European tradition, the stages of women’s lives were symbolized by the archetypes of Maiden, Mother, and Crone, and each was respected. Our present society devalues older women, especially if they are poor, uneducated, and alone. Many women are reclaiming “Crone” as a positive image of the wise older woman that supports our courage, humor, and vitality. Four women from the 35-year-old Feminist Spiritual Community in Portland will lead an exploration of the joys and challenges of becoming a Crone. A Croning ceremony will be an option for the last class.

Sapphire Stretton and Diane Eiker were editors of Keep Simple Ceremonies (1993), a book of rituals celebrating milestones in women’s lives. Delores Lanai is a feminist pagan, and astrology is her craft. Dianne Sinclair enjoys bringing the arts to rituals. Together they’ve been at Feminist Spiritual Community for 95 years.

Hamlet and Writing: Shakespeare as a Guide
Steve Urkowitz
Course Code: URKOWITZ_HAMLET

We will study, discuss, read aloud, write about, and view a video of Shakespeare’s Hamlet, parts of it in the three different “original” versions from 1603, 1605, and 1623. The play’s excitement, its people, and the writer’s craft will prompt our own very brief in-class writings and longer pieces assembled from our own experiences and thoughts. Required book: Hamlet, Shakespeare, ISBN 9780486272788, USM price $3.50. Any Hamlet edition with act, scene, and line numbers will be fine. Instructor will provide copies if needed, as well as all early passages discussed.

Steve Urkowitz may have been born in a classroom. Since then he has taught merchant mariners and engineers to love Shakespeare, business students to love writing, professional singers to love stand-up, and actors to act. A doctorate from University of Chicago and a book published by Princeton still leaves him a kid from the Bronx, excited about teaching (and at OLLI since 2007).
Wednesday Morning 9:30-11:30

**Psychology Looks at the News**

Mike Berkowitz  
Course Code: BERKOWITZ_PSYNEW

It can’t get any more relevant! We will examine current events in terms of psychology theories and concepts. Psychology mini-lectures will help us analyze broad contemporary issues — the individual in society, the role of the media, social institutions, war and aggression, capitalism, etc. We will also discuss the news in light of psychology principles. **This is a repeat course.**

Michael Berkowitz received a BA from Brown and a MA from the University of Massachusetts. He has taught Psychology at Lyndon State College, Unity College, and UNE. He sees psychology as a fertile arena for examining human, exploring personal growth, and critiquing society.

**Music and Life in the 1950s**

Terry Foster  
Course Code: FOSTER_1950S

This course will explore the culture of the 1950s, primarily through popular music. You will encounter the singers/musicians and the songs they made popular. You will also learn about the everyday life and major events of the era, and if you’re old enough, you can reminisce. Through the use of lecture, videos, discussion, CDs, singing, and live piano music, you will explore what made the 1950s memorable, fun and engaging. We might even learn a dance. Anyone remember “The Stroll”? **Required book:** The 1950s: American Popular Culture Through History, William H. and Nancy K. Young, ISBN 9780313361609, USM price $28.

Terry Foster began his professional music career as a teenager in the 1950s, playing piano in a band and as accompanist for a ballroom dance studio. A retired USM administrator, he’s one of the founders of Senior College, OLLI’s predecessor. He holds two Master’s degrees. His doctorate is in Higher Education.

**Antisemitism 2015: Current and Historical Arc of 2500 Years**

Matt Goldfarb  
Course Code: GOLDFARB_ANTISEM

What is anti-Semitism? When and why did it begin, and why is it still prowling? Topics, along with those prompted by the class, will include the New Testament and church teachings. In this repeat class, we will also explore anti-Semitism geographically. England gives us Chaucer’s “The Prioress’s Tale,” Shakespeare’s *The Merchant of Venice*, and Dickens’s *Oliver Twist*. German anti-Semitism ranges from The Brothers Grimm to Hitler, while in Russia there are tsars and The Protocols of the Elders of Zion. France has its Dreyfus Affair. In America, we’ll look at New Amsterdam and Old World prejudices, Henry Ford’s Dearborn Independent, restrictive immigration and its consequences, and Father Charles Coughlin. **No class Sept. 24; class will end Nov. 12.**

Matthew Goldfarb is a retired attorney who has enjoyed three years of taking classes at OLLI. He is dedicated to peer teaching and learning from his students as they explore academic subjects together.

**Does Drinking Red Wine Cause or Prevent Cancer?**

Joel Kallich  
Course Code: KALLICH_HEALTH

This course will provide you with the tools to understand newspaper and Internet stories about health effects of food, drugs, and medical care. Using your critical thinking, you will examine the risks, benefits, and safety of red wine, coffee, GMOs, vaccines, and several drugs. How to research, critically read, and interpret the science of health will be covered in lectures, while discussions will focus on current controversies, such as GMOs, peer review, and drug-company sponsorship of research. **Suggested book:** Clinical Biostatistics and Epidemiology Made Ridiculously Simple, Ann Weaver, Stephen Goldberg, ISBN 9781935660026.

Joel Kallich is principal at Big Health Data and has a PhD in Medical Sociology from Boston University. He has worked at Amgen, the RAND Corporation, the Office of the Inspector General of the DHHS, and as an Adjunct Professor at UCLA and CSUN.

**Atisha’s Seven Points of Mind Training, Lao Tsu, and Buddha**

John McLaughlin  
Course Code: MCLAUGHLIN_ATISH

This fall’s course will explore the nature of the mind, its tricks and games that block us from discovering and resting in the silence within, with particular attention to Atisha’s teachings. Our course time will be spent primarily in deepening the practice of mindfulness, tonglen, and self-reflective understanding of our personal habits of
mind — beliefs, demands, expectations, assumptions.


Educated at Oberlin College, Harvard, and the University of Amsterdam, John McLaughlin has long been on a path of spiritual awareness. A member of the Findhorn Foundation in the late ’70s and mid ’90s, he has also made repeated trips to India. He taught Practical Mysticism at USM in the ’80s and at the College of Marin, 1999-2002.

**Elements of Religion**

**David Ruffner**

**Course Code:** RUFFNER_RELIGION

What are the necessary and sufficient elements any religion must contain? Must they include a personal, all-knowing, all-powerful god who may intervene in earthly matters? Empirical data shows that religious people are healthier, happier, and live longer than the non-religious. Can we reasonably pick out the beneficial elements, while discarding the unnecessary or harmful? This course will explore answers to these questions. **Suggested books:** Religion Without God, Ronald Dworkin, ISBN 9780674726826; The Age of Atheists, Peter Watson, ISBN 978-1-4767-5431-4 (long and dense, puts our quest in context).

David Ruffner is a retired psychiatrist, married for 39 years, father of five sons, and “gramps” to many grandchildren. He is a longtime owner and lover of Labrador retrievers. He dabbles in abstract art and is a regular auditor of courses at SMU and Bowdoin College. He has taught several courses in diverse topics at OLLI in past years.

**Honoring the Art and Craft of Writing, Continued**

**Ruth Story**

**Course Code:** STORY_HONE&WRITE

William Zinsser says that writing is “…mostly matters of craft: selection, organization, unity, voice, and tone. But also matters of attitude: enjoyment, curiosity, integrity, courage, and grace.” This writer-friendly, interactive course is designed for writers with some experience who want to hone their skills to become better writers. In the process we will explore ways to set a tone, engage the reader, create believable characters, master the convention of language, eliminate clutter, and other essential skills of the writing craft. Newcomers to the group welcome. **Suggested book:** On Writing Well, William Zinsser, ISBN 9780060891541.

Ruth Townsend Story, editor, writer, and award-winning teacher, has written five books and scripted eight computer-assisted programs for teaching composition and literature. She edits and writes feature stories for two publications as well as educational materials for Scholastic Publishing. She is also a frequent presenter at professional conferences.

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**Wednesday Afternoon 12:45-2:45**

**Keeping Memory Alive: Honing Memoir Writing Skills**

**Norm Abelson**

**Course Code:** ABELSON_MEMSKILL

This course will continue to deal with developing the concept of and performing hands-on exercises toward students’ memoirs. Added will be emphasis on the quality of writing — including editing, re-writing, upgrading early drafts, and shaping the final result. Carrying out writing exercises in class and at home, as well as class readings and discussions, are basic components. **Required book:** Right Time, Right Place, Norm Abelson; instructor will provide.

Norman Abelson has been writing for some 70 years as a journalist, op-ed columnist, political-speech writer, public radio commentator, public school and college level writing instructor. He is still working at getting it right.

**Ukulele 101: Finding Joy with Four Strings on a Shoestring**

**Lynn Gammon and Darrell Morrow**

**Course Code:** GAMMON_UKE

This is your opportunity to learn to play one of the easiest and happiest of instruments. In just a few short weeks you will learn the chords and strumming technique needed to play hundreds of songs. We will start with the basics and add new chords each week. We will practice those new skills by playing and singing old and new favorites. **Required:** Ukulele and enthusiasm (no need to read music). **Suggested:** Ukulele tuner or Tuner App on smart phone or other device.

Lynne Gammon has been happily strumming the ukulele for two years. She and her husband can’t believe the joy they’ve found singing and playing with friends.

Darrell Morrow is a retired music educator with an extensive musical background in piano performance. He plays a variety of string instruments.

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More WEDNESDAY AFTERNOON courses on next page
The Courage to Create
Paul Kiley
Course Code: KILEY_CREATE

Imagining, remembering, sensing, and feeling are gifts we draw upon to varying degrees as we engage with life — looking upon at beautiful works of art, enjoying the movements of a dancer, the wind’s touch, or the line made by our own paintbrush. This repeat course is an invitation to join in a shared journey of awakening. Garrison Keillor, Mary Oliver, Gordon Bok, and Stephen Sondheim help out. A Personal Creativity Confidence Profile will be taken. Students will try out techniques that will give them the courage to create. Suggested books: The Courage to Create, Rollo May, ISBN 9780393311068; The Winds of Creativity: Finding Fulfillment through the Creative Act, Richard Kimball, ISBN 9780944443071, available used at amazon.com.

Paul Kiley was a public relations consultant with Sacramento’s B-Street Theatre and Ballet Arts-MN. He has sung with the Sacramento Bach Festival Chorale and championed the work of individual visual artists and writers. Paul has directed or appeared in some 24 theatrical productions.

How Stephen Sondheim Revolutionized the American Musical
Richard Pollak
Course Code: POLLAK_SONDHEIM

At age 26, Stephen Sondheim wrote the lyrics for West Side Story. In the decades that followed, he repeatedly broke the mold of the American musical to become one of the most original creative artists of the 20th century, both as a lyricist and a composer. The course will explore Sondheim’s genius by watching and discussing, among other works, Sunday in the Park with George, Pacific Overtures, and Sweeney Todd, which is regarded by many as his masterpiece and has been performed in opera houses worldwide. Students are encouraged to research Sondheim via Google and YouTube.

Richard Pollak is author of several books, former literary editor and executive editor at The Nation, former associate editor at Newsweek, former teacher at Yale and NYU. More at www.richardpollak.com.

Japan: A Personal Introduction
Richard and Patricia Parker
Course Code: PARKERS_JAPAN

This six-week course will cover some geography, some history, some sociology, plus many things that are unique to Japan: Japanese gardens, shinto, gagaku, kagura, Noh, sumo, and the kimono. There will be one novel to read at home for discussion in class. Required book: The Doctor’s Wife, Sawako Ariyoshi, ISBN 9784770029744, USM price $16. This course will run from Sept. 16 to Oct. 21.

Patricia Lawson Parker, Professor Emerita from Salem State University in Massachusetts, taught American literature and English in Japan for more than nine years. She has a PhD in Early American Literature from New York University.

Richard Barron Parker, Professor Emeritus from Hiroshima Shudo University, taught American Law and Politics in Japan for more than 20 years. He has a PhD in philosophy from the University of Chicago and a JD from Harvard Law School.

Revisit the Classics
Pat Davidson Reef
Course Code: REEF_CLASSICFILM

Classics have timeless themes, universal emotions, believable characters, and stories worth telling. This course will explore some great classic films that became landmarks of excellence in the film industry, including Witness For the Prosecution, with Marlene Dietrich and Charles Laughton; Fountainhead, Gary Cooper and Patricia Neal; Rebecca, Joan Fontaine and Lawrence Olivier; Casablanca, Ingrid Bergman and Humphrey Bogart; and Now, Voyager, Bette Davis and Paul Henreid.

Pat Davidson Reef has taught at OLLI for 15 years. She has a Master’s in Education, is retired from McAuley High School, where she taught English and Humanities, and writes for the Lewiston Sun Journal on the Arts. She has written two children’s books, Dahlov Ipcar, Artist and Bernard Langlais, Sculptor. She lives in Falmouth with her yellow cat Winslow, named after Winslow Homer, and has two daughters and six grandchildren.

Fall classes are held once a week from Monday through Friday, except for Tuesday mornings, and run for eight weeks, from Sept. 14 to Nov. 6.

Morning classes run from 9:30 to 11:30; afternoon classes run from 12:45 to 2:45. Any exceptions to usual times are noted. There also are fall workshops on Saturdays (see page 24).

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

You must be an OLLI at USM member to enroll in classes and workshops. Membership costs $25 per fiscal year, July 1 to June 30.

In addition to classes, OLLI offers several Special Interest Groups. (See page 5 for a list). You must be a current OLLI member to participate in these. For updates on OLLI activities, visit Richard Pollak’s website www.richardpollak.com and check the OLLI at USM website www.usm.maine.edu/olli and check the literature racks in the main lobby and at the top of the stairs for news and updates.

Register Online at www.usm.maine.edu/olli
Explore Portland’s Historic Neighborhoods – On Foot
Bruce Wood
Course Code: WOOD_PTLD_ONFOOT

Enjoy six weekly, narrated walks through Portland’s historic neighborhoods exploring the city’s history, architecture, and people since Europeans arrived. View historic structures, learn about famous architects and their works, and discuss immigrant populations. The longest walk will be 2 miles in two hours. The greatest elevation change will be from the Longfellow House to the waterfront and back. All walks will be on pavement, with side trips into two grassy cemeteries. Rain or shine. Suggested book: Portland, A Short History by Allan Levinsky, ISBN 9781933212432, USM price $14.95. Instructor will contact students about the meeting place prior to each class. This is a repeat course.

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 now serves on Portland’s Historic Preservation Board. He leads tours of the Old Port for the Maine Historical Society, the Victoria Mansion, and the Observatory.

IMPORTANT OLLI AT USM FALL TERM DATES

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Aug. 4</td>
<td>Online registration for OLLI fall courses begins at 10 a.m.</td>
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<tr>
<td>Aug. 4-5</td>
<td>Onsite help setting up online student accounts and registering for classes available in the Computer Lab at Wishcamper from 10 a.m. to noon and 1 to 3 p.m.</td>
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<td>Aug. 11</td>
<td>Phone registration begins</td>
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<td>Sept. 7</td>
<td>OLLI and USM closed for Labor Day</td>
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<td>Sept. 14</td>
<td>OLLI fall term classes start</td>
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<td>Sept. 25</td>
<td>Deadline to receive refund on dropped classes</td>
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<tr>
<td>Oct. 12</td>
<td>OLLI and USM closed for Columbus Day</td>
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<tr>
<td>Nov. 6</td>
<td>OLLI fall term ends</td>
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<tr>
<td>Nov. 9-13</td>
<td>OLLI fall term makeup week</td>
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<td>Nov. 11</td>
<td>OLLI closed for Veterans Day</td>
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<tr>
<td>Nov. 26-27</td>
<td>OLLI closed for Thanksgiving</td>
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CLASS CANCELLATIONS: For weather closings, call the USM storm line at 780-4800. If USM is closed, OLLI will be closed.
Thursday Morning 9:30-11:30

Tai Chi Practice and Related Philosophies
Fred Brancato
Course Code: BRANCATO_TAICHI

This repeat class will consist of 40 minutes of soft Chinese exercises (called Qigong) to promote inner energy and health of mind and body, followed by 40 minutes of readings, mini lectures, and discussions about ways of living suggested by sages of diverse spiritual traditions. We’ll conclude with 40 minutes of Tai Chi, an ancient practice of movement, breath, and posture that strengthens the body and supports the immune system. Wear loose, comfortable clothing. Suggested book: Ancient Wisdom and the Measure of Our Days: The Spiritual Dimensions of Retirement, Aging and Loss, Fred Brancato, ISBN 9781606937020. Class will start Sept. 24 and run for eight weeks.

Fred Brancato has a Master's in Religious Studies from Fordham University and a PhD from New York University's Department of Culture and Communication. He has been practicing Tai Chi for 25 years, teaching it for 10, and studying the world’s diverse spiritual traditions for more than 50 years.

Writers’ Workshops Wednesday Afternoons

Writers’ Workshop: The Shiny Day Poets
Denney Morton
Course Code: MORTON_WWPOETRY
12:45-2:45 p.m.

This ongoing poetry-writing workshop is limited to 12 members. Participants may be asked to prepare a short poetic presentation, referred to as a “Golden Nugget,” and to design a prompt for a poem for the next session. Everyone brings 12 hard copies of their drafts for the others, which are taken home, read, and returned with detailed suggestions given for the poet’s use. We participate in outside readings, go to lectures, and sometimes enter contests. In May, we’ll join the OLLI Writers Showcase. This workshop meets the first Wednesday of the month from October 2015 through May 2016.

Denney Morton has taught at the Waynflete School in Portland and has run writing workshops at OLLI for the last 10 years.

Writers’ Workshop: Memoir
Ruth Story
Course Code: STORY_WWMEMOIR
12:45-2:45 p.m.

This ongoing workshop is not a class but a supportive group of memoir writers who share and respond constructively to each other’s work. New members are welcome, to a limit of 12. The workshop meets on the second Wednesday of each month from October 2015 through May 2016.

Ruth Townsend Story, editor, writer, and award-winning teacher, has written five books and scripted eight computer-assisted programs for teaching composition and literature. Currently she edits and writes feature stories for two publications and educational materials for Scholastic Publishing. She also is a frequent presenter at professional conferences.

Writers’ Workshop: Fiction
Nancy Bills, Joan Kotz
Course Code: BILLS_WWFICTIION
12:45-3 p.m.

This ongoing workshop is a supportive peer group of serious writers. Emphasis will be on the opportunity for participants to read their work and receive constructive feedback from their fellow writers. The workshop, co-facilitated by two long-term members, will be democratic in process. It will evolve in response to the interests of its members. New members are welcome. This workshop meets on the third Wednesday of each month from September 2015 through May 2016.

Denney Morton has taught at the Waynflete School in Portland and has run writing workshops at OLLI for the last 10 years.

Nancy Freund Bills, MS, MSW, loves words; she loves reading and writing them. Her stories have been published in Reflections, the LLI Review, the Goose River Anthology, The Maine Review and in the 2014/83rd Annual Writers’ Digest Competition Collection.

Joan Kotz has taken numerous writing courses at OLLI and is a member of two writing workshops. Her work has appeared in Reflections and in regional anthologies.
**Women at the Margins:**
**Four 21st-Century Portraits**
Sarah Franklin, Betsy Wiley
Course Code: FRANKLIN_WOMEN

Four contemporary novelists — Lebanese, American, Italian, and Irish — provide in-depth portraits of women at the margins of their cultures. What does it mean to be a woman in the 21st century? Which privileges and limits seem to be “universal” for women, and which are specific to place? Please read the first half of An Unnecessary Woman for our first class. Required books: An Unnecessary Woman, Rabih Alameddine, ISBN 9780802122940, USM price $16; Lila, Marilyn Robinson, ISBN 9780374187613, USM price $26; My Brilliant Friend, Elena Ferrante Europa, ISBN 9781609450786, USM price $17; Nora Webster, Colm Toibin, ISBN 9781439170939, USM price $16.

Sarah Franklin (BA, Bates; MAT, Harvard) taught high school English in public and private schools, here and abroad. She enjoys giving and taking classes.

In 1997, Betsy Wiley left teaching to get her PhD in American Studies from George Washington University. She’s a writer, although she reads more than she writes.

**Casco Bay:**
**Maine’s Valuable Natural Resource**
Susan Gilpin and Kathleen Sutherland
Course Code: GILPIN_CASCOCBAY

What do we know about our Bay, and how can we preserve its value? In a series of presentations by different experts, this course explores the current state of the Bay and the challenges of keeping it a key resource for future generations and us. Topics addressed will include: the chemical state and cleanliness of the Bay, the ethics involved in decision making about its use, climate change’s impact on the Bay, and the environmental impact of lawn care on the Bay.

Susan Gilpin is a registered Maine Guide and a retired pastor with a special interest in environmental ethics. She is a volunteer water tester with Friends of Casco Bay and a member of the Falmouth Conservation Committee.

Kathleen Sutherland has taught at OLLI since fall 2005. She received her PhD at Indiana University and is Associate Professor Emerita at BGSU in Ohio. She specialized in Political Science, Middle Eastern Studies and Women’s Studies.

**Bebop and Beyond**
Martin Margulis
Course Code: MARGULIS_BEBOP

The birth of modern jazz took place in the early 1940s with the advent of bebop, which is still the franca lingua of contemporary jazz. After looking at the forerunners of the bebop movement, we will trace the evolution of styles that have developed into modern expression. The goal of this repeat course is to enhance our appreciation and understanding of what is involved in jazz improvisation while focusing on and listening to those who historically are considered to be the masters of this uniquely American art form, such as Miles Davis, John Coltrane, Thelonious Monk, and Billie Holiday. Suggested books: Visions of Jazz, Garry Giddins, ISBN 9780195132410; But Beautiful, Geoff Dyer, ISBN 9780312429478; A Handbook of Jazz, Barry Ulanov, ISBN 9780837176598.

Martin Margulis plays jazz tenor and soprano saxophone and was founder and leader for more than 20 years of the BeBop Jazz Ensemble, which performed at many venues in the Portland and the midcoast area.

**Theodore and Edith Roosevelt and Their America**
John Sutherland
Course Code: SUTHERLAND_ROOS

Through lecture, discussion, and film, we will explore one of America’s fascinating presidencies as well as one of its great presidential marriages. Moreover, we will explore the Roosevelts’ times, which produced the country’s evolution from a rural to an urban, industrial society, along with rapid-paced technological change and America’s rise as a world power. This course employs social history and family history as well as political history. Suggested books: Theodore Roosevelt, Lewis Gould, ISBN 9780199797011; Edith Kermit Roosevelt, Sylvia Jukes Morris, ISBN 9780375757686.

John Sutherland graduated from the University of Maine and received his PhD in History from Temple University. He is Professor of History Emeritus at Manchester (Conn.) Community College and is in his 13th year as an instructor at OLLI.

**American Mah Jongg: Advanced Beginner**
Sharon Ash Tancredi, Hiromi Dolliver
Course Code: TANCREDI_MAHJONG

This six-week repeat class is for everyone who knows the basics of American Mah Jongg and wants to advance their skills. If you’ve taken a class or are familiar with the basics of American Mah Jongg, we encourage you to join us. You will learn how to play strategically, change hands, and play faster. This class will advance your knowledge of the game, teach defensive and offensive strategies, and strengthen your ability to pick hands. Required: A 2015 Mah Jongg card, available from The National Mah Jongg League (www.nationalmahjonggleague.org) or amazon.com, and enthusiasm for the game. Brush up on your Mah Jongg skills, boost your Mah Jongg confidence, have fun and make a new friend or two.

Sharon Ash Tancredi is a Social Worker who has a private practice in Portland. She has been enthusiastically playing Mah Jongg for many years.

Hiromi Dolliver is a retired paralegal and an exceptional Mah Jongg player.

Register Online at www.usm.maine.edu/olli
The Chekhovian Sense of Life: Selected Stories and Plays by Anton Chekhov
George Young
Course Code: YOUNG_CHEKHOV

We will read and discuss selected works by Anton Chekhov, a supreme master of modern short fiction and drama. Selections include the stories “Lady with a Pet Dog,” “The Name-Day Party,” “Vanka,” “A Boring Story,” “Gooseberries,” and other classics, and the plays Three Sisters and The Cherry Orchard. Our focus will be on Chekhov’s artistry as narrator and dramatist, and on the sense of life that pervades all his major works. Required books: Selected Stories of Anton Chekhov, translated by Richard Pevear, ISBN 9780553381009, USM price $16; Chekhov Plays, translated by Peter Carson, ISBN 9780140447330, USM price $10.

George Young has a BA in English from Duke, a PhD in Slavic Languages and Literature from Yale. Besides teaching Russian and general Humanities at Grinnell, Dartmouth, and UNE, he, with his wife Pat, ran a fine arts auction business for many years. His recent book is The Russian Cosmists: The Esoteric Futurism of Nikolai Fedorov and his Followers.

Thursday Afternoon 12:45-2:45

Unconventional: A Film/Discussion Course on Loving Beyond the Boundaries
Joan Aldrich
Course Code: ALDRICH_FILMLOVE

Beautiful, full-length films provide insight into protagonists’ lives as they take unanticipated turns in response to soul-level yearnings: Normal (married, middle-aged Midwestern father Roy expresses transgender identity); Brokeback Mountain (1963 Wyoming: two young cowboys begin a lifelong love); Desert Hearts (1950s Nevada: straight, prim Professor Vivian Bell, in the midst of divorce, falls unexpectedly in love with youthful sculptor and self-assured lesbian Cay); As Good As It Gets (middle-aged, misanthropic, homophobic author Melvin learns to love); Juno (offbeat 16-year-old Minnesotan schoolgirl Juno gives her baby up for adoption); Moonstruck (reserved NYC accountant Loretta undergoes great transformation); and The Man in the Moon (1957 Louisiana: Liminality and coming-of-age story). Viewing films together will foster discussion about risk-taking beyond typical societal limits and expectations. Class will meet for seven weeks, from 12:45 until 3:15 p.m.

Joan Aldrich, MDiv, augments films with additional details that facilitate thoughtful, sensitive discussions. Quiet participants equally welcomed.

Line Dancing: A Cross-Cultural Perspective
Jack Lynch and Jennifer Frick
Course Code: LYNCH_LINEDANCE

This ongoing, participatory dance class draws from line dances from a variety of cultures, such as a Harlem jazz dance called the Shim Sham, a Greek line dance, a Brazilian Samba line dance, and a classic country-western line dance. Prior dance experience is not necessary, but ability to comfortably walk two miles at a decent pace is strongly recommended. This class includes a mix of new dances as well as dances taught in previous classes. Previously taught dances will be reviewed at each class. Jack and Jennifer will split the teaching about 50 percent each.

Jack Lynch has danced socially for 30 years. He taught swing dance once a week for six years at a bar in Massachusetts.

Jennifer Frick has danced informally her whole life and has been a student and an assistant in the line dance class for five sessions.

Broadway Musicals: The Longest-Running Shows Ever! (Original Run)
Lorraine Masure
Course Code: MASURE_BWAY_LONG

There’s a reason certain musicals survive the test of time — excellence! Whether you experience musicals on stage or via the movies, come and learn about or review and discuss seven of the most successful musicals ever: Chicago, A Chorus Line, Les Misérables, Phantom of the Opera, Beauty and the Beast, Mamma Mia, and Wicked. Topics will include storyline, composer(s), and music against the backdrop of time. Class time will also briefly include viewing some musical highlights of each production in order to burnish those cherished memories that are such an integral part of the Broadway adventure!

Lorraine Masure is a former University of Maine System administrator. Now retired, she is in her tenth semester leading Senior College courses, and she considers the journey delightful! Lorraine holds a BA in English and a MS in Adult Education.

Choral Masterworks: From Bach to Britten
Carolyn Paulin
Course Code: PAULIN_CHORAL

A survey of six great choral/orchestral masterpieces, from the Baroque to the 20th Century: Bach’s St. Matthew Passion, Mozart’s Mass in C Minor, Beethoven’s Missa Solemnis, Brahms’s German Requiem, Verdi’s Requiem, and...
Britten’s War Requiem. Class members will hear significant portions of each work, and the instructor will share information on history, style, form, and importance of each work. There will be time for discussion in every class.

Carolyn Paulin earned her DMA in Choral Music from the University of Illinois at Urbana-Champaign. She had a 35-year career as a choral conductor and singer, as well as a continuing career as a classical music radio producer for the WFMT Radio Network in Chicago.

A Look at Shakespeare’s Feminine Side
John Sutton
Course Code: SUTTON_BARDFEM

We will read, read aloud, discuss, and watch videos of four of Shakespeare’s comedies, which represent four of the five stages of his works. We will focus on how the Bard’s view of women evolved, as indicated by the changing nature of his heroines. Participants should read at least Act 1 and Act 2 of The Taming of the Shrew before the first class. Required books by William Shakespeare: The Taming of the Shrew, ISBN 9780486297651, USM price $3; Much Ado about Nothing, ISBN 9780486282725, USM price $2.50; Twelfth Night, ISBN 9780486292908, USM price $2.50; The Winter’s Tale, ISBN 9780486411187, USM price $3. Highly recommended: Women of Will, Tina Packer, ISBN 9780307700391.

John Sutton, a Yale alumnus, taught English in the Darien, Conn., public schools for 35 years and courses in literature at the Lifetime Learners Institute in Norwalk, Conn., for 16 years. Since 2013 he has been teaching similar courses at OLLI.

A History of Maine
Rick Tomazin
Course Code: TOMAZIN_MAINEHIS

This two-semester course will cover Maine history from prehistoric times to the present. It will be presented by a collaboration of noted scholars of Maine History. Each semester will be independent, but each class will complement the other. Maine has played a significant role in the growth of this country and we will see how that impacted its internal growth as well. From Katahdin to the seashore ... Kittery to Fort Kent we will investigate the story of our beautiful state. Suggested book: Maine: The Pine Tree State from Prehistory to the Present, Richard W. Judd, Edwin A. Churchill, and Joel Eastman, ISBN 9780891010821.

Rick Tomazin organized this course and will facilitate both semesters. A Washington, Pa., native and a Mainer since June 1972, Rick has been a student at OLLI since 2006.

Tools for Successful Aging: Law, Money, Health, Home, Community and Wellbeing
Timothy Vogel and Members of the Maine Senior Resource Alliance
Course Code: VOGEL_AGING/LAW

Successful aging is possible for you, your spouse or partner, parent, or other loved one. The multi-generational approach of these classes offers insights into aging, its stages, issues, and changing relationships. This repeat course features discussions on law, money, home, health, community, and wellbeing with members from the Maine Senior Resource Alliance (www.maineseniors.org). This practical information will help you visualize successful aging. The presentations will be supplemented by handouts and answers to your questions.

Timothy M. Vogel, facilitator for the class discussions, is a lawyer with 30 years’ experience in Elder Law. Presenters include John LeMieux, Financial Planning, Anton & LeMieux Financial Group; Ann Quinlan, Private Duty Case Management; Linda Wyman, residential loan banker; Sue Durst, Portland’s Choice Realty; Bonnie Davis, Anton & LeMieux Financial Group, Long-term-care planning and financing; Deb Richard, The Personal Financial Assistant; Ryan Hutchins, A.T. Hutchins Funeral and Cremation Services; and Dick Emerson, Senior Property Management.

Friday Morning 9:30-11:30

Understanding Medical Risk and the Math of Screening
Walter Allan, Jeri Erickson
Course Code: ALLAN_MEDRISK

Numbers quoted for the risk of serious medical conditions vary widely. The need to understand these numbers is important as doctors ask consumers to participate in decisions about medical treatments and medical tests (“shared decision-making”). This course helps participants put risk in context and allows the hands-on exploration of the methods doctors use to evaluate the medical tests and treatments that can potentially reduce risk. Using video from the YouTube channel, Risk 101, and the ebook for iPad, A Question of Diagnosis, participants will explore and understand the math of medicine.

Walter Allan is a pediatric neurologist and medical director at the Foundation for Blood Research (FBR) in Scarborough, Maine.

Jeri Erickson is a genetic counselor and director of outreach education at FBR. Walt and Jeri provide outreach science education (digitally and traditionally) and teacher professional development through ScienceWorks for ME.

Register Online at www.usm.maine.edu/olli
**Benjamin Franklin:**
*Amercia’s Man for All Seasons*
Draper Hunt  
Course Code: HUNT_BENFRANKLIN

Printer, supreme aphorist, inventor, pioneer in both pure and applied science, founder of the University of Pennsylvania and a host of other innovations, Benjamin Franklin bestrides his 18th-century world like a colossus. On the eve of the American Revolution, he is the only American with a worldwide reputation. We will see him springing to the defense of American rights, helping write the Declaration of Independence, serving sensationally as American ambassador to France and as the oldest member of the 1787 Continental Convention. **This course is a repeat from fall 2009.**

Draper Hunt holds a BA from Harvard College, MA and PhD from Columbia University. Draper is a USM professor emeritus, having taught history at the University for 32 years (1965-97). Previously, he taught at Hunter College in the Bronx.

**Exploring the Modern Short Story**
*Sue Jennings, Beth Snyder*

Bret Anthony Johnston said that short story readers are “... among the best and brightest readers we have. They are willing to take risks, to invest their attentions and emotions.” We will invest our attention in the stories of two writers, Edith Pearlman and Bret Anthony Johnston. We’ll explore how gender, age (Pearlman is 79 and Johnston is 44), and background (Pearlman from New England and Johnston from Texas) play out in their stories. **Required books:**  

Sue Jennings (BA, Carleton College; MAEd, Washington University; MPH, Yale; PhD, Boston University) led a Brandeis Short Story group for five years and fell in love with the short story.

**Art Studio**
*Dona Sherburne*

Course Code: SHERBURNE_STUDIO

Escape from “busy” and give yourself a two-hour block of time to work on your art, at your own pace, in a relaxed environment. Fellow artists share ideas, encouragement, and support. Pack your materials and come paint! **NOTE: if you are using oils, please plan to use water-based paints only.**

Dona Sherburne has taught art, cooking, and theater classes over the years. Her artwork has been exhibited and sold in many venues.

**Great Decisions**
*Mike Wygant*

Course Code: WYGANT_DECISIONS_F15_1

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. **This session will repeat the eight topics covered in spring 2015:** Russia and the Near Abroad, Privacy in the Digital Age, Sectarianism in the Middle East, India Changes Course, U.S. Policy in Africa, Syria’s Refugee Crisis, Human Trafficking in the 21st Century, and Brazil’s Metamorphosis. Students will be mailed a class outline in advance and will be asked to purchase the Great Decisions booklet. Students are requested to read the relevant chapter before each class to facilitate active discussion. **Required book:** *Great Decisions 2015 Edition*, ISBN 9780871242471, USM price $22. This class is offered in both the morning and the afternoon.

Michael Wygant, course coordinator, is a retired U.S. Foreign Service officer with extensive overseas experience. He is ably complemented by well-experienced volunteers from the World Affairs Council of Maine, who will serve as discussion leaders for the various topics under review.

**Friday Afternoon 12:45-2:45**

**Books that Changed America**
*Sherrie Chapman*

Course Code: CHAPMAN_BOOKS

**This repeat class,** through readings, lectures, and discussions, will explore books that shaped the nation’s idea of itself or consolidated and defined a major trend. These are not the “greatest” American books, as many literary masterpieces document a culture or idea that has already changed. In addition to the core list of books included in the text, students will be asked to research and present to the class an overview of an assigned book that some think has changed America. Anyone who believes in the power of the written word will gain insight into the formation of America’s character through this class. **Required book:** *Promised Land: Thirteen Books that Changed America*, Jay Parini, ISBN 9780307386182, USM price $16.95.

Sherrie Chapman has a BA, MA in American History from the University of New Hampshire and three years of post-graduate study in American history as a Hagley Fellow at the University of Delaware.
Exploring Watercolor Techniques
Lorraine Christensen
Course Code: CHRISTENSEN_WCT

This repeat course takes a studio approach to basic painting techniques using watercolors. It includes instruction on basic materials and techniques and encourages the freedom to explore, removing judgment and fear from the creative process. **Required materials:** Brushes — #12 round, 1” flat, #4, #8, #10; eight sheets 9x12 paper, 140-lb. cold press; small, white, plastic pallet; paints — cadmium red, alizarin crimson, cadmium yellow, yellow ocher, raw umber, phthalo blue, ultramarine, viridian. Instructor will provide copies of paintings studied in class for a fee, TBA.

Lorraine Christensen, MS Ed, has taught Basic Art and Art Therapy in Adult Ed for 30 years, though not formally trained in art. She believes we all have a creative side that may become more vibrant when we make a conscious effort to provide nurturing. She studied at Kripalu with artist Ann Lindsay: Watercolor: A Holistic Approach.

Homer’s Odyssey, with Some Special Attention to the Female
Evy Newlyn
Course Code: NEWLYN_HOMERFEM

Some have said that the central figure in The Odyssey is not Odysseus but faithful Penelope. We’ll see what we think about that, and, as we join Odysseus during his years of travel from Troy to Ithaca, we’ll take particular notice of Homer’s other females as well, those human, such as Helen, Nausicaa, and Eurycleia, but also goddesses, nymphs, and other supernatural females he encounters on his journey. We’ll enrich our reading and discussion with relevant art. **Required book:** The Odyssey, translated by Barry B. Powell, ISBN 9780199925889, USM price $16.95.

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

Immigration to the U.S.: Voluntary and Involuntary
John and Kathleen Sutherland
Course Code: SUTHERLAND_IMMIG

We explore immigration to the United States from a historical and political perspective. What have been the major waves of immigration to the U.S.? To what extent has this immigration been a voluntary process of peoples choosing to leave their home country for a better life here in the U.S.? To what extent has it been involuntary immigration? And how have these processes manifested in Portland? **Suggested books:** Refugees in America in the 1990s, David Haines, ISBN 9780313293443; Asylum Denied: A Refugee's Struggle For Safety in America, David Ngaruri Kenney and Philip Schrag, ISBN 9780520261594; Buddha Is Hiding; Refugees, Citizenship, the New America, Aihwa Ong, ISBN 9780520238244.

John Sutherland graduated from the University of Maine and received his PhD from Temple. He is Professor of History Emeritus at Manchester (Conn.) Community College. He is co-author of the book From The Old Country.

Kathleen Sutherland received her PhD from Indiana University and is Associate Professor Emeritus of Political Science and Women’s Studies at BGSU. She has taught on the Middle East and Women’s Studies at OLLI since 2005.

Great Decisions
Mike Wygant
Course Code: WYGANT_DECISIONS_F15_2

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. **This session will repeat the eight topics covered in spring 2015:** Russia and the Near Abroad, Privacy in the Digital Age, Sectarianism in the Middle East, India Changes Course, U.S. Policy in Africa, Syria's Refugee Crisis, Human Trafficking in the 21st Century, and Brazil's Metamorphosis. Students will be mailed a class outline in advance and will be asked to purchase the Great Decisions booklet. Students are requested to read the relevant chapter before each class to facilitate active discussion. **Required book:** Great Decisions 2015 Edition, ISBN 9780871242471, USM price $22. **This class is offered in both the morning and afternoon.**

Michael Wygant, course coordinator, is a retired U.S. Foreign Service officer with extensive overseas experience. He is ably complemented by well-experienced volunteers from the World Affairs Council of Maine, who will serve as discussion leaders for the various topics under review.
FALL Workshop Schedule

Saturday, Oct. 3, 9:30-11:30 am
Managing Your Final Affair
Chuck Lakin
Workshop Code: LAKIN_DEATHPREP

We'll start by talking about the legal documents everyone should have in place, then cover planning ahead, writing things down, and having a conversation with the family about those plans. That will lead into a Q&A guided by your questions. We can talk about funeral options, home funerals, green cemeteries, alkaline hydrolysis, family burying grounds, scattering ashes, the paperwork, whatever you want to know. We'll share stories. I'll bet that you'll even laugh sometimes. This is a repeat workshop.

Chuck Lakin is a woodworker and home funeral educator whose interest in this topic came from his experience at his father's death. He wanted to be part of what happened after the death but didn't know what to do, and missed out. Now he knows and wants to share that information.

Edge Zone No. 1:
Old and New in Post-Soviet Georgia
Carla Mortensen
Workshop Code: MORTENSEN_EDGE1

The distinguished cellist YoYo Ma describes “edge zones” as places where cultures and civilizations collide; think of the Balkans or Jerusalem. In this, the first of several workshops, we will discuss the fascinating and unusual world of Georgia, the post-Soviet country located geographically just north of Turkey, just south of Russia, and historically between the Greeks and the Persians, the Avars and the Turks. The facilitator spent nine months teaching in a small provincial city and will share her observations and insights, hopefully inspiring a collective discussion about other such areas in the world, or even the United States.

Carla Mortensen is a semi-retired ESL teacher and soon-to-be Maine writer. The basis for this class was her year serving as an English Language Fellow in 2012-13, courtesy of the U.S. Department of State. This past summer she taught at the International University of Japan.

Yoga: Free Your Hips and Shoulders
Jennifer Cooper
Workshop Code: COOPER_YOGAHIPS

Over time we develop patterns and habits of holding in our hips and shoulders. Often, as we age, these patterns start to feel “normal.” In this course, held at the Yoga Center, 449 Forest Ave. in Portland, we’ll explore gentle movement and yoga poses designed to unblock the restricted energy. Freeing up the hips and shoulders will contribute to more ease in walking, reaching, and moving as an integrated whole. Come rediscover the fluidity that is possible!

Jennifer Cooper began her journey with yoga in 1970. She has studied with many national teachers and traveled to India for meditation. Jennifer has been co-director of the Yoga Center in Portland for 35 years. She specializes in personalizing the yoga to fit the needs of the student.

Mainers in the California Gold Rush 2: Journeys West
Jan Eakins
Workshop Code: EAKINS_MEGOLD2

Thousands of Mainers headed for California gold from 1849 through 1855. We trace them as they traveled by way of Cape Horn, Panama, Nicaragua, Mexico, and overland through Missouri. Your story of a gold rush ancestor is encouraged. The instructor’s in-depth research for an upcoming book provides rich insights and engaging stories. New and returning students welcome.

Jan Eakins (MA Historic Preservation, Goucher College; MA Mass Communication, University of Wisconsin-Madison) is a cultural historian, writer, and trustee of Maine Historical Society. She led tours at Monticello, launched the World Heritage List nomination of Frank Lloyd Wright’s architecture, and recently taught five years at SUNY Plattsburgh.

Depiction of Jews in Medieval Art
Alicia Harding
Workshop Code: HARDING_JEWART

The Jews were marginalized, outcast, feared and loathed in medieval society. These attitudes were reflected in the artwork and also shaped the opinions and mindset of the viewer. By studying these images we gain a better understanding of the causes of anti-Semitism in the medieval world and in our own time.

Though retired, Alicia Harding teaches World History at Southern Maine Community College. Before retiring she taught History at Deering High School in Portland. She holds a Master’s Degree in European Intellectual History from California State University at Fullerton.
Saturday, Oct. 24, 9:30-11:30 am

Never a Dull Moment: Knives and Knife Sharpening
Tim Baehr
Workshop Code: BAEHR_SHARPKNIFE

Just in time for Thanksgiving! In this two-hour repeat workshop, we will learn about (mostly) kitchen knives — what they’re made of, how they’re made, how much to spend, how many to have, how to use them. And how to sharpen them by hand with a sharpening stone. Bring two knives to be sharpened, plus any sharpener(s) you’ve used. (It’s OK to bring a knife onto campus; art students do it all the time.)

Tim Baehr learned how to sharpen knives in Boy Scouts over 57 years ago.

Common Estate Planning Mistakes
Richard Cline
Workshop Code: CLINE_ESTATEPLAN

REST IN PEACE (or not). Why is the frozen head of Ted Williams not resting with his body? Why did it take 15 years for a court to finally allow the removal of the feeding tube from Terry Schaivo? (She died within three weeks of its removal). This course will explore some of 101 bad choices that could leave your estate in shambles, your heirs in turmoil, and you rolling or roiling in your grave.

Richard Cline is a retired Judge of the Superior Court of California. Previously he practiced law for 25 years. For 11 years he was the sole Probate Judge for a district with a population of 1.2 million people. He presided over the trials of hundreds of estate, trust, and related matters. Most of these contests could have been avoided if prudent decisions had been made at the outset. Judge Cline is not authorized to practice law in Maine and will not offer legal advice.

Curbing Corporate Power
Marianne Hill
Workshop Code: HILL_CORPCURB

Curbing corporate misbehavior is an urgent task of our democracy. How can public pressure be organized to address this issue? The 2008 financial crisis, the BP Gulf oil spill and many social ills are linked to how big businesses are run. Corporate influence has also corrupted our political process. We will look at corporate reform efforts, drawing upon international research, and will also consider newly emerging forms of business organizations, including benefit corporations. Can firms be swayed by shareholder and investor alliances formed to promote greater social responsibility? Would greater democratic control of large firms make a difference? Workshop participants will help her shape arguments for a new approach to power and the economy, to be included in her new book. Instructor will provide reading material.

Marianne Hill (PhD, Economics, Yale) recently published three articles on Taming the Corporate Beast. She has long worked with others to create an economy that serves us, not vice-versa.

Saturday, Oct. 24, 9:30 am-3:30 pm

Writing from Our Mystic Self
David Weiss
Workshop Code: WEISS_MYSTICSELF

Reflecting on the inspirational poetry of Eastern and Western mystics, e.g., Rumi, Hafiz, Eckhart, and Teresa of Avila, individuals will be invited to access and give expression to the mystical yearnings of their hearts through quiet mindfulness, guided imagery, and writing. This is an experiential workshop. Please bring writing materials as well as something to share during our lunch break.


David Weiss is a poet and author of A Heart on Fire, Poems from the Flames. He is inspired by Eastern and Western spirituality and taught poetry to Tibetan Buddhist monks in South India. David earned a Master’s degree in Theology and PhD in Pastoral Psychology from Boston University.

Ron Carroll practiced medical oncology in Portland for 35 years. He served as voluntary director of the Division of Medical Oncology at Maine Medical Center with responsibility for oncology education. After retirement he continued studies in molecular genetics and taught at OLLI, where he developed the material for the self-published monograph to be presented at this workshop.

Saturday, Oct. 3, 17 & 24, 9:30-11:30 am

Know Thyself: The Sexual Ethics of the Schools of Athens
Ron Carroll
Workshop Code: CARROLL_SEXETHIC

A biologic model defining the difference between material mankind and cognitive mankind will be presented. The model demonstrates the boundary between nature and nurture and examines the basis for three human behaviors: cognitive, reproductive, and sexual. With the understanding that the genetics of humans (material mankind) have not fundamentally changed since the beginning of Western civilization, some writings of the philosophers of the schools of Athens are examined through the lens of the model.

Suggested books: Know Thyself: The Sexual Ethics of the Schools of Athens, Ron Carroll (instructor will provide); Coming Apart, Charles Murray, ISBN 9780307453433.

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Read instructions on facing page before completing your registration.

**NOTE:** OLLI courses cost $50, unless otherwise noted. Workshops are individually priced. You can now pay for OLLI courses and workshops together.

Name (one person per form) ______________________________________________________________

☐ I need an OLLI name tag — Nickname for name tag ________________________________________

Mailing address ________________________________________________________________________

City __________________________________________ State ____________________ Zip _______________

Telephone _______________________________ E-mail address ______________________________________

Date of Birth __________________  Are any of these new? ☐ Address ☐ Phone ☐ E-mail

☐ Check here if you do NOT want your name to be publicly listed as a student of OLLI at USM.

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TOTAL COST FOR ALL ______ Total course and workshop fees

☐ Annual membership *(FREE if you’re 90 or older! Check ☐)*

$25, good from July 1, 2015 to June 30, 2016

☐ Your **Tax Deductible Contribution to OLLI** is welcomed

☐ Total amount (Please make check payable to OLLI)

Payment Method: ☐ Cash ☐ Check Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Credit Card No. ___________________________ Expiration Date ________________

3-digit code on back of card__________ Name on credit card ____________________________
Starting Aug. 4, you can register online at www.usm.maine.edu/olli

OLLI will still accept mail-in and walk-in registrations, but the immediacy of online registration clearly gives the advantage to students who sign up for classes on our website. Please consider giving online registration a try to ensure that you get into your chosen classes. *(Need computer assistance? See page 3 for onsite-help schedule.)*

*Class availability is first come, first served; with online registration, there is no longer a lottery.*

**INSTRUCTIONS FOR MAIL-IN REGISTRATION**

- Please use **ONE FORM** for each registrant.
- Fill out the top section of the registration form completely. Leaving sections blank can slow registration.
- Write the offering codes for your **top selections** for classes in the “1st Course,” “2nd Course,” “3rd Course,” and “4th Course” sections on the registration form. Note the price of each course in the “Cost” column.
- If you are concerned that your top choices will be filled, you may want to add alternate choices. Please write offering codes for your **alternate choices** in the “Alternate 1st Course,” “Alternate 2nd Course,” “Alternate 3rd Course,” and “Alternate 4th Course” sections on the form.
- You may sign up for OLLI workshops on the same form. Write the code for your chosen workshop(s) in the space provided, along with the price of the workshop.
- Add up the fees for your courses and workshops (and membership, if applicable) and note that amount in the space marked “Total Cost for All.”
- As soon as your payment is processed and you are enrolled in your class and/or workshop, you will receive an e-mail confirmation. If you do not have an e-mail account, we will mail you a confirmation.

**EXPENSES**

Unless otherwise noted, **OLLI at USM courses cost $50.** Workshops are priced based on the length of each session.

You must be an OLLI member to take courses or workshops. **Annual OLLI membership costs $25.**

If you have any questions about registration or membership, call OLLI at 780-4406.

**REFUNDS**

Full refund for classes dropped by **Sept. 25.** No refunds after that point.

**Contact Information**

**OLLI at USM Office**

- **Phone:** 780-4406
- **Location:**
  210 Wishcamper Center
  USM Portland Campus
- **Mailing Address:**
  Osher Lifelong Learning Institute
  USM
  PO. Box 9300
  Portland, ME 04104
Intellectual Fun for People over 50

OSHER LIFELONG LEARNING INSTITUTE

www.usm.maine.edu/olli