New Growth...
at Osher Lifelong Learning Institute

Spring 2013
Class Schedule
March 18 ~ May 10
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 1,400 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 is committed to providing its members with a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

As an OLLI member, 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 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 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.osopher.net) is located at USM. Currently, there are more than 117 OLLIs throughout the country.

Membership
OLLI 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 entry to all OLLI courses and Special Interest Groups. You'll also get the OLLI Newsletter and Internet access.

Special Accommodations
If you need special accommodations to participate in OLLI 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 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 student with hearing difficulties may request the use of this system. Contact the OLLI 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 membership, trips, or special events. Scholarship applications are available in the OLLI office. These must be completed, signed, and turned in with your course registration. 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.

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 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.
Happy Anniversary, OLLI!

Fall of 2012 marked the 15th year of classes for seniors on the University of Southern Maine’s Portland campus. The evolution from Senior College in Payson Smith to Osher Lifelong Learning Institute in the state-of-the-art Wishcamper Center has been one of remarkable growth, as illustrated in the timeline below.

A Brief History of OLLI at USM...

1997
- After almost two years of planning, six fall classes were introduced at Senior College at USM. Classes were held on Fridays only.
- Bernard Osher contacted President Richard Pattenaude to discuss funding for a Lifelong Learning Institute. A major endowment made USM Senior College at USM the first Osher Lifelong Learning Institute.

2000
- During the spring term, membership in OLLI at USM hit 1,000 for the first time.

2007
- OLLI moved into its new home in the Wishcamper Center at USM that summer, allowing the program to expand to five days a week.

2008
- OLLI began offering evening and weekend classes and workshops to accommodate members who were still working.

2010
- OLLI offered a total of 163 courses and workshops, 18 SAGE lectures, a three-day seminar, three ongoing writers’ workshops, eight special interest groups, two class performance days, an art show/collectors’ day, a variety show, and several excursions.

For more information
Call: 780-4406 or 1-800-800-4876 • E-mail: olli@usm.maine.edu
Visit: www.usm.maine.edu/olli
### Spring 2013 Schedule-at-a-Glance
March 18 - May 10

#### MONDAY MORNING
9:30-11:30

<table>
<thead>
<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>9:30-11:30</td>
<td>Introduction to African Politics</td>
<td>Crispin Bolese</td>
<td>13941</td>
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<td></td>
<td>Putting Art into Your Digital Photography</td>
<td>Tim Byrne</td>
<td>13942</td>
</tr>
<tr>
<td>9:30-11:30</td>
<td>Art, Music, and Poetry: The Origins of Creative Experience</td>
<td>Elizabeth Chapman</td>
<td>13943</td>
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<td></td>
<td>Reimagining War: Four 21st-Century War Novels</td>
<td>Sarah Franklin &amp; Betsy Wiley</td>
<td>13944</td>
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<td>Domestic Policy Issues: What's Next for Both National and State Governments</td>
<td>Bob Goettel</td>
<td>13945</td>
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#### MONDAY AFTERNOON
12:45-2:45

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<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>12:45-2:45</td>
<td>French Conversation through Film</td>
<td>Jacqueline Bucar</td>
<td>13946</td>
</tr>
<tr>
<td>12:45-2:45</td>
<td>A History of Rock 'n' Roll</td>
<td>Mark Filler</td>
<td>13947</td>
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<tr>
<td>12:45-2:45</td>
<td>Onward with Marcel Proust</td>
<td>Janet Gunn</td>
<td>13948</td>
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<tr>
<td>12:45-2:45</td>
<td>Enhance Relationships by Building Your Communication and Assertiveness Skills</td>
<td>Ellen Richards</td>
<td>13949</td>
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<td></td>
<td>I Feel a Poem Coming On... Now What?</td>
<td>Eleanor Steele</td>
<td>13950</td>
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#### TUESDAY MORNING
9:30-11:30

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<tr>
<th>Time</th>
<th>Course Title</th>
<th>Instructor</th>
<th>Code</th>
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<tbody>
<tr>
<td>9:30-11:30</td>
<td>The Courage to Create</td>
<td>Paul Kiley</td>
<td>13955</td>
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<tr>
<td>9:30-11:30</td>
<td>The Beat Generation: Jack Kerouac's <em>On the Road</em></td>
<td>Ed Schwartz</td>
<td>13956</td>
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<tr>
<td>9:30-11:30</td>
<td>Current Events Collaborative</td>
<td>Val Hart</td>
<td>13957</td>
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<tr>
<td>9:30-11:30</td>
<td>From Eve to Eve: Women in History</td>
<td>Mel Howards</td>
<td>13958</td>
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<tr>
<td>9:30-11:30</td>
<td>Improv for Everybody</td>
<td>David LaGraffe</td>
<td>13960</td>
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<tr>
<td>9:30-11:30</td>
<td>Women in History 2 (since 1877)</td>
<td>John Sutherland</td>
<td>13961</td>
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<tr>
<td>9:30-11:30</td>
<td>The Art and Craft of Writing 2</td>
<td>Ruth Townsend Story</td>
<td>13963</td>
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<td>9:30-11:30</td>
<td>Critical Thinking = Effective Writing</td>
<td>Norman Abelson</td>
<td>13964</td>
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<td>9:30-11:30</td>
<td>Analyzing Psychotherapy: Challenges and Choices</td>
<td>Bob Bahm</td>
<td>13965</td>
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<td>9:30-11:30</td>
<td>Reread the Greeks: The Tragedies</td>
<td>Sandra Compher</td>
<td>13966</td>
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<tr>
<td>9:30-11:30</td>
<td>Gospel Music Comes Alive</td>
<td>Terry Foster</td>
<td>13967</td>
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<td>9:30-11:30</td>
<td>End of Life Choices and Decision Making</td>
<td>Bill Jose</td>
<td>13968</td>
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<tr>
<td>9:30-11:30</td>
<td>Readers’ Theater Performance</td>
<td>Jeffrey Roberts</td>
<td>13969</td>
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#### THURSDAY MORNING
9:30-11:30

<table>
<thead>
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<th>Time</th>
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<tbody>
<tr>
<td>9:30-11:30</td>
<td>Human Modern Biology, Cognitive and Biologic Behaviors; Reflections on Plato, Aristotle, and Cicero</td>
<td>Ronald Carroll</td>
<td>13970</td>
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<tr>
<td>9:30-11:30</td>
<td>Metaphysics: Anthropogenic Imaginings, Ozymoron, Vestigial?</td>
<td>Steven Kurtz</td>
<td>13971</td>
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<td>9:30-11:30</td>
<td>Henri Matisse and the School of Paris</td>
<td>Nathaniel Larrabee</td>
<td>13972</td>
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<tr>
<td>9:30-11:30</td>
<td>Irish Films: Great Hunger, Great Hope</td>
<td>Robert Lyons</td>
<td>13973</td>
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<tr>
<td>9:30-11:30</td>
<td>Human Nature: How Human Biology and Human Culture Go Together</td>
<td>Steven Piker</td>
<td>13974</td>
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<tr>
<td>9:30-11:30</td>
<td>Shakespeare’s Henry VI: The Madness of the British Kings</td>
<td>Chris Queally</td>
<td>13975</td>
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<tr>
<td>9:30-11:30</td>
<td>Veiled or Not: Revolutionary Women in the Arab Spring</td>
<td>Kathleen Sutherland</td>
<td>13976</td>
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<tr>
<td>9:30-11:30</td>
<td>American Mah Jongg: Advanced Beginner</td>
<td>Sharon Ash Tancredi and Hiromi Dolliver</td>
<td>13978</td>
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#### THURSDAY AFTERNOON
12:45-2:45

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<tr>
<td>12:45-2:45</td>
<td>Psychology Looks at the Movies</td>
<td>Mike Berkowitz</td>
<td>13979</td>
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<td>12:45-2:45</td>
<td>The Earth’s Climate</td>
<td>Jim Janak</td>
<td>13980</td>
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<td>12:45-2:45</td>
<td>More Not Your Mother’s Line Dancing</td>
<td>Jack Lynch</td>
<td>13981</td>
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<td>12:45-2:45</td>
<td>This Class is Not about Bob Dylan: History of American Folk Music</td>
<td>Rich Machlin</td>
<td>13982</td>
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<tr>
<td>12:45-2:45</td>
<td>Hawaiian Applique: Quilting in Paradise</td>
<td>Martha Marques</td>
<td>13983</td>
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<tr>
<td>12:45-2:45</td>
<td>Public Morality, Justice: What’s the Right Thing to Do?</td>
<td>David Ruffner</td>
<td>13984</td>
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#### FRIDAY MORNING
9:30-11:30

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<tbody>
<tr>
<td>9:30-11:30</td>
<td>Luck and Advances in Scientific Theory</td>
<td>Richard Budd</td>
<td>13985</td>
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<td>9:30-11:30</td>
<td>Estate Planning</td>
<td>Jim Houle</td>
<td>13986</td>
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<tr>
<td>9:30-11:30</td>
<td>George Washington: First in War, First in Peace</td>
<td>Draper Hunt</td>
<td>13987</td>
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<td>9:30-11:30</td>
<td>Who’s Afraid of Virginia Woolf?</td>
<td>Claire Knox</td>
<td>13988</td>
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<td>9:30-11:30</td>
<td>One Culture: Science and the Humanities</td>
<td>Gale Rhodes</td>
<td>13989</td>
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<td>9:30-11:30</td>
<td>Art Studio</td>
<td>Dona Sherburne</td>
<td>13990</td>
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<td>9:30-11:30</td>
<td>Great Decisions 2013</td>
<td>Mike Wygant</td>
<td>13992</td>
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<tr>
<td>12:45-2:45</td>
<td>Exploring Painting Materials and Techniques</td>
<td>Lorraine Christensen</td>
<td>13993</td>
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<td>12:45-2:45</td>
<td>Practical Mysticism</td>
<td>John McLaughlin</td>
<td>13994</td>
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<td>12:45-2:45</td>
<td>Arthurian Literature 2: Romance</td>
<td>Evy Newlyn</td>
<td>13995</td>
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<td>12:45-2:45</td>
<td>Chess for Seniors: Didactic and Performance</td>
<td>Jonathan Malev &amp; Frank Smith</td>
<td>13996</td>
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<tr>
<td>12:45-2:45</td>
<td>Singing: A Performance Class</td>
<td>Faith Varney &amp; Terry Foster</td>
<td>13997</td>
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<tr>
<td>12:45-2:45</td>
<td>Europe at the Turn of the Century</td>
<td>Fiorello Ventresco</td>
<td>13998</td>
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#### WORKSHOP SCHEDULE
see pages 18-19

#### COURSE REG FORM & INFO
see pages 20-21

#### WORKSHOP REG FORM & INFO
see page 22
This repeat lecture course aims to introduce students to basic concepts that will help them understand contemporary African politics. It also will include other non-political variables that will help explain African politics. In addition, students will be introduced to case studies illustrating the political struggles in some African countries. Excerpts from the required book for this course, An Introduction to African Politics, Alex Thomson, ISBN 9780415482875, will be on e-reserve at the USM library.

Crispin Bolese is from the Democratic Republic of the Congo. He has a master's in Public Policy and Management from the Muskie School of Public Services. He has lectured on political sciences at the University of Kisangani (Democratic Republic of the Congo) and Independent University of Kigali. He is interested in ethnicity studies and the epistemology of social science.

Putting Art into Your Digital Photography

Tim Byrne  
Course Number: 13942

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.

Tim Byrne is a working commercial photographer based in Scarborough. He exhibits his work frequently and has been published in numerous books and periodicals. Tim is a long-time faculty member at OLLI.

Art, Music, and Poetry: The Origins of Creative Experience

Elizabeth Chapman  
Course Number: 13943

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 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

Important OLLI Spring Term Dates

- Feb. 7 – Deadline for mailing or dropping off class registration forms to the OLLI office to participate in the class lottery. No phone registry until after the lottery!
- Feb. 11 – OLLI members’ spring class lottery
- Feb. 13 – Open registration for OLLI spring courses begins by phone, mail, and drop-in
- Feb. 18 – OLLI and USM closed for observation of Presidents’ Day
- March 18 – OLLI spring term classes start
- March 29 – Deadline for dropping classes to receive a full refund
- May 10 – OLLI spring term classes end
- May 13-17 – OLLI spring term makeup week

CLASS CANCELLATIONS: For weather closings, call the USM storm line at 780-4800. If USM is closed, OLLI will be closed.
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.” This repeat course will run for six weeks.

Elizabeth Chapman has a Master’s in Architecture from MIT and a Bachelor’s in Architecture 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.

Reimagining War: Four 21st-Century War Novels
Sarah Franklin and Betsy Wiley  Course Number: 13944


Sarah Franklin (BA, Bates, MAT, Harvard), taught high school English in both public and private schools, here and abroad. Currently exploring retirement, she dabbles in research, writing, and taking courses.

In 1997, Betsy Wiley left teaching to get her PhD in American Studies from George Washington University. She loves reading more than almost anything else in her life.

Domestic Policy Issues: What’s Next for Both National and State Governments?
Bob Goettel  Course Number: 13945

President Obama was reelected in 2012, but the likelihood of continued partisan gridlock remained. We will explore and discuss the ideas and potential compromises under consideration for dealing with the national debt, tax reform, entitlement-program reforms, defense spending, infrastructure deficits, and government regulation of financial markets. We may also explore how policy analysts use statistical models to estimate the possible impacts of policy choices. USM faculty and other guests will make presentations and lead discussions. Articles from relevant reports and publications will provide background information for each session.

Bob Goettel has taught this continuing OLLI class each spring and fall for several years. He is a retired Muskie School Professor and Administrator at USM. Before joining USM, Bob conducted policy and evaluation studies for federal agencies and state governments while working for university-based, non-profit, and for-profit research organizations.

Monday Afternoon  12:45-2:45

French Conversation through Film
Jacqueline Bucar  Course Number: 13946

In each class, we’ll watch a French movie and then discuss the film in French. The films will have subtitles, but participants should have some knowledge of French, as the discussion will be entirely in French. This will be a six-week course; dates will be determined by the class.

Jacqueline Bucar is a former high school French teacher. She taught all levels of French in Connecticut schools for 16 years before leaving to pursue 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. She is currently an immigration attorney in New Haven, Conn. Despite her career change, she is a true Francophile and spends as much time as possible in her adopted country of France.

A History of Rock ‘n’ Roll
Mark Filler  Course Number: 13947

Up until 1949, Billboard Magazine categorized all records by black musicians and singers as “race” records. Starting in 1949, after Billboard reporter Jerry Wexler coined the phrase in 1948, “rhythm & blues” had its own category among black music on the Billboard charts. In 1951 Allen Freed popularized the term “rock ‘n’ roll” among white teenagers, and by 1956 Billboard had desegregated its charts and featured black artists on the Hit Parade. How did this happen? Join us to find out as we trace the history of rock, rhythm, and jazz.

Mark G. Filler, CPA, practices in the areas of Business Valuation and Litigation Support. He first met jazz and the blues in 1954, when at the age of 12 he unwittingly mail-ordered Sidney Bechet’s version of “Jelly Roll Blues.” That first hearing of this strange and exotic, but quintessentially American, music made him aesthetically drunk. He has been intoxicated since.
Onward with Marcel Proust
Janet Gunn  
Course Number: 13948

Following winter’s exploration of Swann’s Way, this class will be based on Remembrance of Things Past: Within a Budding Grove. Much of this part of the novel is devoted to Gilberte and the author’s experiences of parting and forgetting. We will have our first stay at Balbec (by the sea) and a preliminary sketch of M. de Charlus. The volume ends with a first appearance of Albertine. You are welcome with or without having read Swann’s Way, the first volume in the series. **Required book:** Remembrance of Things Past, Volume One: Swann’s Way/Within a Budding Grove, Marcel Proust, ISBN 9780394711829, USM price $23.

Reading Proust was a turning point in Janet Gunn’s view of the world when she went back to school in 1976 as a non-traditional PhD student. The experience shaped her dissertation on autobiography theory and became the subject of her first book, Autobiography: Toward a Poetics of Experience, University of Pennsylvania Press.

Enhance Relationships by Building Your Communication and Assertiveness Skills
Ellen Richards  
Course Number: 13949

This lecture/discussion course will focus on communication and assertiveness skills, helping participants to better understand and identify the internal “energies” that impact their interactions with others. These “below the surface” impulses drive our mannerisms and styles in ways that may not be conscious to us. Is there such a thing as being too assertive? What is the difference between “assertive,” “aggressive,” and “passive-aggressive?” Using the transactional-analysis model of parent-adult-child and fostering other communication skills through informal, relaxed role-play and practice, we can become more confident and self-assured when dealing with everyday challenges and relationships of all types.

Ellen Richards is a retired Marriage and Family Therapist. She opened a counseling center in Atlanta, Ga., in 1980 and joined her husband’s private practice in Portland in 1992. Ellen offers OLLI students the opportunity to learn the practical communication/assertiveness skills she taught to her clients over her 40 years in the counseling profession.

I Feel a Poem Coming On … Now What?
Eleanor Steele  
Course Number: 13950

In each session of this **repeat class**, we’ll look at a different aspect of crafting the poem. Then we’ll put pen to paper in response to a provided prompt or one of your own. Once we’ve entered the poem, who knows where we’ll end up? As Robert Frost said, “Poetry begins with a lump in your throat.” As to where it ends: “No surprise for the writer, no surprise for the reader.” No previous experience necessary. This workshop is all about engaging with poetry and the surprises it brings. **Suggested book:** The Poetry Home Repair Manual, Ted Kooser, ISBN 9780803259782. **Bring a poem, pencil, and notebook to the first class.**

Eleanor Steele has been writing poems for 53 years. She holds a MFA in Creative Writing and is a certified Amherst Writers and Artists Workshop Leader. Her poems, essays, and plays have appeared in numerous regional and national publications.

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 annual membership fees. To transfer from one course to another, or to drop a course, contact the OLLI office to complete an add/drop form.

Books / 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).

- 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.

- For your convenience, all required books and a limited number of copies of suggested books will be carried in the USM Bookstore on the USM Portland campus. However, students are welcome to procure books from other sources, including online vendors, local libraries, and friends.
Books that Changed America
Sherrie Chapman  Course Number: 13951

Through readings, lectures, and discussions, this class 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 required text, students will be asked to research and present to the class an overview of a book they believe 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 and 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.

The Bull, the Bear, and You
David Chute  Course Number: 13952

This repeat course will review stock, bond, mutual fund, and ETF selection for individual investment portfolios. Whether you purchase your own securities or hire an investment manager, ultimately you must review the security selections that are made to assure that they meet your asset-allocation and risk needs. Several different methods will be reviewed so that you can effectively evaluate portfolios’ suitability for your needs and goals.

Each week the instructor will provide handouts on the subject being discussed for use in class work and for reference.

David Chute retired from Chittenden Corp. as Senior Vice President, Chief Investment Strategist. He received Certified Financial Planner designation in 1988 and taught at Northern New England Center for Financial Training for over 30 years. He was elected to the USM Bailey Hall Wall of Achievement in 2006.

Our Inner Resources
Willow Femmechild  Course Number: 13953

Many of us have helpful inner resources, or “voices,” but other voices — the Judge or the Critical Parent — get in our way. This repeat class focuses on discovering, learning to access, and creating a relationship with our inner resources. We may envision them as inner guides, our “team,” power animals, goddesses, wizards, or spiritual allies. We will use guided meditations, visualization exercises, “job interviews,” and writing exercises to invite in our inner helpers and see who appears. Bring your imagination, curiosity, a pen and notebook/journal, or drawing tools if you prefer, and any inner folks you already have!

Willow Femmechild, RN, MA, is a professional Life Coach and Holistic Health and Wellness Coach. She has worked as an RN for over 35 years and has been an Eastern Energy Medicine Practitioner since 1985. She has taught “Create a Life You Love!” since 2007 and is a spiritual adventurer.
Insight into Today in Yesterday’s Myths
Ron Hager
Course Number: 13954

This course is an open-ended journey into the intriguing world of ancient myths and folktales. We will explore, ponder, and discover how these stories relate to our troubled times. It will not be an endeavor to understand all that these myths offer, but more to see which story we are in. Further, we will discover more of what it means to be “meaning-seeking beings.” Come and participate in this challenging, entertaining adventure. Class will run for six sessions, with a possible seventh session.

This Ron Hager’s fourth offering at OLLI. Those who have joined one of his classes know there will be times of ambiguity, humor, and surprises, along with useful content. This class will be no different because Ron enjoys the challenges we face in a world of shifting paradigms.

The Courage to Create
Paul Kiley
Course Number: 13955

Imagining, remembering, sensing, and feeling are all gifts that we draw upon to varying degrees as we engage with everything in life — looking at beautiful works of art, enjoying the movements of a dancer, the wisp of the wind’s touch, or the line made by our own paintbrush. This repeat course is an invitation to join with others and give one another encouragement as we share in a journey of awakening. Students will try out techniques taught to actors and, hopefully, come away with greater courage to create.

Paul Kiley, MA, Ohio University, and BA, Boston College, 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.

The Beat Generation: Jack Kerouac’s On the Road
Ed Schwartz
Course Number: 13956

On the Road is a quintessential American novel about an individual journey, a love of place, and a search for ultimate meaning. It is a literary masterpiece. This class will examine the contrasting ideas of Beat (beat down, beatific) and the consideration of a specific group of people, the Beats, who never “fit” into society. In addition to the text, we will look at other Beat writers, artists, rebels, and spiritual seekers in this discussion-based class. Required book: On the Road, Jack Kerouac, ISBN 9780140283297, USM price $16.

Ed Schwartz is the author of Faithful Voices, Shakespeare Poem scripts, and Bringers of the Light. His texts have been used throughout the country.

Wednesday Morning 9:30-11:30

Current Events Collaborative
Val Hart
Course Number: 13957

This course is for people who want to dig deep into hot-button issues of the day. Examples could be: Obamacare, political gridlock, Iran, the Fiscal Cliff, electoral reform, and other topics “ripped from the headlines.” Students will collaboratively select the topics and take turns researching and facilitating discussion of issues of primary interest. Non-OLLI experts may occasionally join the class to present information and lead discussions.

Val Hart is a former ESL teacher/trainer, a writer and editor, and a chronic consumer of news.

From Eve to Eve: Women in History
Mel Howards
Course Number: 13958

This repeat course will look at women through history who were worshipped, who were tortured, who ruled their countries, and whose position in the world has changed drastically in many places and has not changed in many others. We will meet many of them and see where they and we are today and how they are affecting their societies. Required book: America’s Women: 400 Years of Dolls, Drudges, Helpmates, and Heroines, Gail Collins, ISBN 9780061227226, USM price $15.99.

Mel Howards, an Emeritus Professor from Northeastern University, has been an OLLI instructor since 1999 and founded OLLI Senior Players. Courses he has taught include Hate, Belief, Reading Plays, Language as Technology, and Poetry, the Bronze Age. Mel directs plays, writes essays, and is beginning a memoir.

Adventuring Solo with Confidence
Paul Kiley
Course Number: 13959

It may be a book, a poem, a photo, a film, a traveler’s tale, or memory savored which sparks the dream of adventuring on your own. This repeat course can prepare you for the fresh discoveries of traveling solo. Rich and rewarding sights and sounds, food and drink, experiences and people await; why not just do it? Sharing adventures is welcome. Suggested books: Blue Highways, William Least Heat Moon, ISBN 978031652398; Translating LA, Peter Theroux, ISBN 9780393313949 (available through amazon.com); The Italians, Luigi Barzini, ISBN 9780684825007; The Last Supper: A Summer in Italy, Rachel Cusk, ISBN 9780312429652; and

Wednesday Morning classes continued on next page

An Irish citizen, Paul Kiley has enjoyed adventuring solo for 20 years in Malaysia, Indonesia, New Zealand, Ireland, Britain, Italy, France, Spain, Netherlands, Canada, and the USA. He has taught Communication Studies courses at area colleges in Los Angeles and Minneapolis for the past 12 years.

**Improv for Everybody**

David LaGraffe  
Course Number: 13960

What happens when the sentries at the gates of your imagination go off duty for a while? Inspiration! The richness of the present moment revealed! Speech comes alive! Action is a dance!There is no future to safeguard, no past to consult or conceal. Life becomes play again! This class is for everyone, with or without theater experience. Through a virtually endless array of improvisation games and exercises, you'll learn to stop judging, stop making sure, and stop being one step ahead of the game. No books, pencils, or paper needed. Just bring yourself and an irresponsible attitude.

David LaGraffe has over 20 years’ experience as an actor and teacher of improv and has led countless workshops for people of all ages. David teaches Lights Up Improv locally and is also the artistic director of Portland Playback Theatre, a troupe of talented “citizen actors” who improvisationally enact stories shared by individuals in the audience.

**Women in American History 2**  
(since 1877)  
John Sutherland  
Course Number: 13961

This course is a continuation from fall 2012 and was offered in spring 2012 as “Ill-behaved Women.” Topics will include industrialization, urbanization, immigrant women, laboring women, urban social reformers, the campaign for suffrage, women in the Depression, women at war, civil rights, and post-war feminism. **NOTE: The first semester is NOT a prerequisite. Suggested book: America’s Women, Gail Collins, ISBN 9780061227226.**

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. His publications include articles on female urban social reformers.

**Spring Art Studio 2**  
Kathleen Sutherland  
Course Number: 13962

This course is an opportunity to get out your painting gear of your choice (no oils, but water-based oil OK) and paint at OLLI. Individual enrollees may be invited to demonstrate their medium if they so desire. At the end of the session (11:10) am, we will share our work of the day. **This course complements the Art Studio facilitated by Dona Sherburne (see page 17).**

Kathleen Sutherland has been painting since 2000 and has taken many workshops in most media (pastel, watercolor, acrylic, drawing, oil). She has been a regular enrollee in the Art Studio courses at OLLI since 2005. She has shown her art in several shows in Bath and Damariscotta and at OLLI.

**The Art and Craft of Writing 2**  
Ruth Townsend Story  
Course Number: 13963

Did you know that we are all born story tellers? It is part of our human nature to express ourselves, record our feelings and beliefs and events in our lives. But sometimes we need some help honing our writing skills. In this continuing, writer-supportive seminar we will explore ways to free our creativity, inspire our imaginations, and help us overcome writer’s block. In the process we will discover new levels of understanding and confidence as writers in whatever genre we choose to express ourselves: essays, memoirs, fiction, histories, poems, reviews, letters, even reports. Newcomers welcome.

Ruth Story, writer, editor, 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, and is a frequent presenter at professional conferences.

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**Enrollment**

- All OLLI classes must have a minimum of eight registered students.

- Enrollments are determined two weeks prior to the first class. Under-enrolled classes will be cancelled. If classes are cancelled, all students will be notified of the cancellation and given the opportunity to register for an alternate class.

Register early to ensure adequate enrollment in your favorite class!

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**SAGE Lecture Series**

The SAGE program of the Osher Lifelong Learning Institute is a nine-week lecture series offered on Tuesday mornings during the fall and spring terms. Lecture brochures and registration forms are mailed the month before the program starts. Pre-registration is strongly suggested, due to the increasing popularity of the program and limited seating capacity of the lecture hall.

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OLLI / USM Student Privileges

Membership in OLLI entitles you to:

- Parking in the USM garage, courtesy of OLLI
- An OLLI-designated USM photo ID card
- Access to the USM library, Computer Lab, and Bookstore
- Access to wireless Internet on the USM campus with log-in and password setup via the USM Computer Lab in Luther Bonney
- Special USM discounts throughout Greater Portland (details at usm.maine.edu/olli/olliusm-student-privileges)

Critical Thinking = Effective Writing
Norman Abelson  Course Number: 13964

Mad as hell and don’t want to take it anymore? But do your efforts to write about it come out in spurts of rage and blathering? Do your online efforts disappear into the limitless abyss? When writing about your history, do you have trouble getting past old grudges, self-pity, and blind spots? Ernest Hemingway said, “Good writing is true writing.” This first-time course aims to take students past things that block “true” writing and make their words more resonant and effective. Writing exercises, class discussion, and critique will move toward that objective.

Norman Abelson has been an op/ed columnist, essayist, and public radio commentator. An OLLI writing instructor, he has written three books of memoir and is at work on a fourth.

Analyzing Psychotherapy: Challenges and Choices
Bob Bahm  Course Number: 13965

Ever wonder what goes on in psychotherapy from the perspective of the therapist? How do therapists choose what to say and what to respond to? How does a therapist cope with angry or demanding clients, or clients who evoke strong feelings? What happens when the therapist’s own problems get in the way? Our exploration will include discussions of the instructor’s experiences as a therapist, as well as analysis of therapy scenes from “The Sopranos,” “Good Will Hunting,” and “Ordinary People.” All curious people are welcome and will have ample opportunity to share their views and experience.

Bob Bahm is a retired Psychologist with over 35 years’ experience working with people. For many years he was a Chief Psychologist in a state clinic before turning to full-time private practice out of his home office. He has worked with individuals, couples, kids, and families.

Reread the Greeks: The Tragedies
Sandra Compher  Course Number: 13966

We will read the most famous of the tragedies, act out in class some of the choruses, perhaps make a mask, and reflect upon the influence of these giants on our art, literature, theatre, and culture into today. Required reading: 7 Famous Greek Plays, edited by Whitney J. Oates and Eugene O’Neill Jr., ISBN 9780394701257, USM price $15.

Sandy Compher has a MA in Social Work from Catholic University and was a Psychotherapist in private practice for 16 years. She has a MA and BA in American Literature and American Studies from American University and for 10 years taught Literature in a prep school in Washington, D.C.

Gospel Music Comes Alive!
Terry Foster  Course Number: 13967

This repeat class will explore the history of gospel music from the time of early gospel singers and quartets to the present. The course is given from the Christian perspective, since that religious tradition initiated the music genre. Attention will be given to old-time, modern, and black gospel music and singers. Recordings, videos, and live music will round out the course, along with the singing of gospel hymns. Some of the music will soothe your spirit, while other selections will make you want to toe-tap and clap. Suggested book: Close Harmony: A History of Southern Gospel, James R. Goff Jr., ISBN 9780807853467.

Terry Foster has played piano since age five and taught music since age 18. He has served as pianist/organist for churches, directed choirs, and given professional solo performances as well as in music groups. He studied music and religion in college and seminary and earned his doctorate in Education.
End of Life Choices and Decision Making
Bill Jose  Course Number: 13968

This course is about coming to terms with death. We’ll push the boundaries of thinking about the end of life and how to deal with it. Classroom discussion will be based on readings and videos. We will strive to visualize our own deaths, to imagine what a “good death” might mean, and discuss what we can do to increase the likelihood of having a “good death.” Required book: Hard Choices for Loving People, (www.hardchoices.com), Hank Dunn, ISBN 9781928560067, USM price $6.

Bill Jose holds a PhD in Social Psychology from Stanford University and a post-retirement BFA in Sculpture from the Massachusetts College of Art. He recently completed a Certificate in Clinical Ethics at the Center for Practical Bioethics. He volunteers at Maine Medical Center and is also a Hospice of Southern Maine volunteer. Even though he feels immortal, he knows intellectually that all living beings die. He’s hoping this course will help him cope.

Thursday Morning 9:30-11:30

Human Modern Biology, Cognitive and Biologic Behaviors; Reflections on Plato, Aristotle, and Cicero
Ronald Carroll  Course Number: 13970

This is a course for those who seek an understanding of themselves and the world in which they live. Biology entered a new era 60 years ago, and humans can be understood in fundamentally new ways. The line between Nature and Nurture can now be defined. Psychology is becoming understood in biologic terms. The human genome has not changed significantly since the beginning of human history, but human cultures have evolved rapidly. An original model of three human behaviors will be presented. The material will examine ancient teachings through the lens of modern biology. We will examine some teachings of Plato, Aristotle, and Cicero and suggest why they are still important.

Ronald Carroll is a retired medical oncologist who began studying molecular genetics as part of his professional life and continued studying after retirement. He has taught at OLLI for 13 years.

Readers’ Theater Performance
Jeffrey Roberts  Course Number: 13969

This repeat course provides students the opportunity to learn and practice basic acting techniques and then perform in one or two short dramatic sketches as part of a staged performance at the end of the semester. Class members select material for which they audition and then rehearse under the direction of the instructor during two-hour weekly meetings. No memorization required.

Jeffrey Roberts holds a doctorate in English with a specialty in Dramatic Literature from the University of Massachusetts and is Professor Emeritus of English from Worcester State University, where he taught courses in writing, literature, and film. Indulging his life-long passion for acting, Jeffrey was an active member of the Acorn Naked Shakespeare Ensemble and has appeared locally with several theater companies, including The Good Theater and the American Irish Repertory Ensemble (AIRE). He has also narrated with the Portland Symphony Orchestra.

Metaphysics: Anthropogenic Imaginings, Oxymoron, Vestigial?
Steven Kurtz  Course Number: 13971

Spirituality and mysticism were naturally selected traits in human evolution. Otherwise, they would not have survived. It may be that the environmental conditions favoring those traits changed sufficiently to de-select them. We will share personal reasons for leaps of faith, including the search for meaning external to human origins. Do large groups’ belief in non-evidenced sources of value lead to tension between communitarianism and tribalism? Do places like Maine, with stable populations, have better prospects for harmony? Does scientific progress help or hinder those prospects?

Steven B. Kurtz graduated from NYU with a degree in Philosophy and spent 23 years as a derivatives expert on Wall Street. Along the way he researched environmental issues and then turned to organic gardening. Ecological economics and sociocybernetics became additional interests. He lived in New Hampshire and Ottawa, Ontario, before settling in Maine.

Henri Matisse and the School of Paris
Nathaniel Larrabee  Course Number: 13972

Henri Matisse is one of the greatest and most beloved of 20th-century artists. His influence on modern art, both during his lifetime and today, is unmatched. He is for many the French painter par excellence. This course will explore his life, education, philosophy, and art. We will also address the work of related artists in the School of Paris from the latter part of the 19th century through 1950 as well as the New York School of artists of the post-war period. This repeat class will start on March 28 and meet seven times.

Nathaniel Larrabee retired as a Professor of Fine Arts at the Columbus College of Art and Design in Columbus, Ohio. He also taught at Wellesley College, Boston University, and Northeastern University. He has exhibited at the regional, national, and international levels and is represented in diverse public and private collections.
Irish Films: Great Hunger, Great Hope
Robert Lyons  
Course Number: 13973


Over the past 16 years, Bob Lyons has led OLLI courses at USM and Tufts University, as well as at Dartmouth’s ILEAD and while living in Ireland at University College Cork and the Briery Gap Arts Centre, Macroom. He spent four weeks in Ireland in October 2012.

Human Nature: How Human Biology and Human Culture Go Together
Steven Piker  
Course Number: 13974

As an evolved species, our biology is approximately uniform. Our culturally elaborated behaviors, however, are endlessly diverse. How can the relationship between these two circumstances sensibly be explored and understood? We will consider speech, art, religion, sociality, and mothering, all in cross-cultural perspective. We will be mindful that each of us embodies that which we are trying to understand and, as practicable, draw upon our own experiences as resources for learning. Suggested books: Art and Intimacy: How the Arts Began, Ellen Dissanayake, ISBN 9780295991962; Bastard Tongues, Derek Bickerton, ISBN 9780809028160; The Other Side of Eden: Hunter-Gatherers, Farmers, and the Shaping of the World, Hugh Brody, ISBN 9780571205028, available through amazon.com.

Steven Piker is an anthropologist who has done field work with popular Buddhism and child rearing in Thailand and religious conversion in the U.S. He taught for 44 years at Swarthmore College, for 17 years as director of the college’s foreign-study program.

Shakespeare’s Henry V: The Mirror of All Christian Kings
Chris Queally  
Course Number: 13975

England’s best king, Shakespeare’s best history play! We will briefly reconnoiter Shakespeare’s History Plays (all 11 of them) to see where Henry V fits in. Then we will read, study, and discuss the play and watch a bit of Laurence Olivier’s film version and the entirety of Kenneth Branagh’s 1989 film version. Prior experience is not necessary. Required book: Henry V, William Shakespeare, ISBN 9780812969269 (or any text of Shakespeare’s Henry V), USM price $8.

Chris Queally, retired Chair of the English Department at Thornton Academy, has a Master’s Degree in Shakespeare Studies from the Shakespeare Institute in Stratford-upon-Avon. Chris has taught Shakespeare for many years and has mounted numerous student productions. His students performed recently at Shakespeare’s birthplace.

Veiled or Not: Revolutionary Women in the Arab Spring
Kathleen Sutherland  
Course Number: 13976

“All of us were there … We did everything. There was no difference between men and women.” So said Asma Mahfuz, the Egyptian woman activist, a main figure in sparking the Jan. 25 Revolution that eventually toppled President Mubarak. Tawakul Karman, a Yemeni woman activist who was awarded the Nobel Peace Prize, was a leading figure in the pro-Democracy demonstrations in Yemen that toppled President Saleh. This course examines the role of the many Asmas and Tawakuls across the Arab world’s uprisings of 2011. Is their activism bringing fundamental political and social change? Suggested book: Women in the Middle East and North Africa: Change and Continuity, Elhum Haghighat-Sordellini, ISBN 9781137274106.

Kathleen Sutherland is Associate Professor Emerita of Political Science and Women’s Studies at Bowling Green State University in Ohio, specializing in Middle Eastern Studies. She spent half her life in Egypt and travelled through the Middle East and North Africa. She has taught at OLLI since 2005.

American Mah Jongg: Advanced Beginner
Sharon Ash Tancredi and Hiromi Dolliver  
Course Number: 13978

This course is for those who know the basics of American Mah Jongg and want to advance their skills. You will learn how to play strategically, change hands, and play faster. The class will advance your knowledge of the game, help you understand defensive and offensive strategies, and strengthen your ability to pick hands. Required: A 2013 Mah Jongg card, sold by The National Mah Jongg League (www.nationalmahjongglleague.org), and enthusiasm for the game. Brush up on your Mah Jongg skills, 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 exceptionally talented Mah Jongg player.
Psychology Looks at the Movies
Mike Berkowitz  Course Number: 13979

Let’s focus on films. In this ongoing course, we’ll use concepts and experiments from psychology to shed light on cinema scenes. Mini-lectures and eight-minute video clips will provide a background for examining about 20 movies. We’ll discuss the issues in the films and their applications to society at large. While some of the standard psychology concepts will be reintroduced, all movies will be different from the ones in previous sections of Psychology Looks at the Movies. (Warning: Spoiler alerts throughout.)

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 interactions exploring personal growth, and critiquing society.

The Earth’s Climate
Jim Janak  Course Number: 13980

This lecture/discussion course provides a layperson’s introduction to the many physical factors that influence the Earth’s climate. We will look at what the climate has been like in the past, and we will address the question of whether or not our planet is “warming” today. We will examine the evidence pointing to possible human causation and consider the potential consequences, if the climate is indeed warming. We will also consider what might be done now, or in the future, to mitigate or eliminate the effects of climate change. This is a repeat course.

James F. 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.

More Not Your Mother’s Line Dancing
Jack Lynch  Course Number: 13981

Line dancing is the best fun you’ll ever have with two feet on the floor. Music for line dancing has undergone a transition from country & western to a wider variety, including Latin, oldies, and top 40. This class is an outgrowth of Vernacular Jazz Dance and the fall 2012 line dance class but will mostly contain new material. Prior dance experience is not necessary, but ability to comfortably walk two miles at a decent pace is strongly recommended. New dances will be taught, and previously taught dances reviewed at each class. Dancing improves stamina and balance — mostly, it’s just fun.

Jack Lynch has danced socially for 30 years. He has extensive experience in various forms of swing dance, ballroom dance, English Country dancing, contra dancing, clogging, Cajun, Zydeco, solo jazz, and ethnic line dancing. He taught swing dance once a week for six years at a bar in Massachusetts.

This Class is Not about Bob Dylan:
History of American Folk Music
Rich Machlin  Course Number: 13982


Rich Machlin earned a degree in American Studies at Boston University. He is a retired restaurateur and acoustic-music club owner.

Hawaiian Applique:
Quilting in Paradise
Martha Marques  Course Number: 13983

This repeat course is both hands-on and lecture. The first class will focus on the history and culture of quilting in Hawaii. We will work up some Hawaiian designs and then begin on the actual setup and hand sewing in the classes that follow. Hand dyed and designed pillow-sized kits will be provided for you to purchase, or the instructor can help you work up your own design. Prerequisite is basic hand-sewing skills.

Martha Marques has been quilting since the age of 7 and doing Hawaiian Applique for over 20 years. She lived on the Big Island for 10 years. Her quilts are purchased by Hawaii’s Art in Public Places and on exhibit at the Governor’s Office on Oahu.
OLLI Special Interest Groups

OLLI offers many diverse activities beyond the classroom:

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

- **Elders for Future Generations**: 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 opus2@maine.rr.com for more information.

- **History Book Club**: Members read and discuss one work of history on the second Wednesday of each month from 3 to 5 p.m. Works include social, political, economic, and foreign-policy history, as well as biography, autobiography, memoir, and historical fiction. Contact John Sutherland at jfern2003@yahoo.com for more information.

- **Mah Jongg**: Join players every Monday and Friday from 3 to 6 p.m. in Room 103 at Wishcamper. National Mah Jongg rules and cards are used. Novices are welcome. Contact Domenica Cipollone at domenica@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.

- **Outdoor/Walking Club**: OLLI 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.

- **Photography Club**: Members of this group have an opportunity to 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 events and venues. Contact Domenica Cipollone at domenica@maine.rr.com for more information.

- **Senior Players**: These OLLI thespians perform staged readings twice a year at USM and off campus on several occasions. Senior Players is open to all OLLI members. Contact Cheryl Squiers at nenegirl@myfairpoint.net for more information. Watch the OLLI Newsletter for updates.

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**Public Morality, Justice: What’s the Right Thing to Do?**

David Ruffner  
Course Number: 13984


David Ruffner is a retired psychiatrist and grandfather of 10. He teaches at OLLI, takes courses at USM and Bowdoin, and dabbles in abstract painting and gardening.
**Luck and Advances in Scientific Theory**

**Richard Budd**  
**Course Number: 13985**

We will trace the development of some major scientific theories and their dependence on chance improvements in totally unrelated technology, thus making critical experiments possible. As examples, we will examine the connection between the invention of the wood lathe and improved metal casting to the discoveries of the laws of mechanics and the nature of the solar system. We will examine the connection between making high-quality thread and the nature of electric forces. In modern times, we will examine the connection between making thin metal foil and understanding atomic structure.

*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, history, film, science fiction, and bridge courses at OLLI.*

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**Estate Planning**

**Jim Houle**  
**Course Number: 13986**

This course is an overview of what estate planning is all about and how it applies to you. We’ll discuss family and tax issues that should be considered in formulating your estate plan to meet your objectives, including wills, trusts, powers of attorney, and “living wills.” We’ll discuss how to organize your financial and personal records to facilitate working with your advisor and minimize your cost. Reading materials will be provided. While primarily a lecture, there will be significant class discussion. This is a repeat course.

*James Houle, Esq., is a partner at the law firm of Bernstein, Shur. A graduate of the University of Maine School of Law, he received a post-doctoral degree in Tax Law at Boston University Law School. Jim is active in charity work and is on the board of directors of several community organizations.*

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**Who’s Afraid of Virginia Woolf?**

**Claire Knox**  
**Course Number: 13988**

To help us understand and appreciate Virginia Woolf’s work, we will have lectures on her life, read and discuss her assigned books, and see movies based on some of her works. You don’t have to have prior knowledge of Woolf’s life and writing, but you will need to read the books and take part in class discussions, so that we all will be better informed about this important 20th century novelist and essayist. **Required books** (both by Virginia Woolf): *To the Lighthouse*, ISBN 9780156030472, USM price $15; *Mrs. Dalloway*, ISBN 9781935554370, USM price $10.

*Claire Knox has taught literature and poetry courses and taken classes at OLLI for the past 13 years. Prior to moving to Maine in 1991, she taught at Boston University and Northeastern University. She enjoys teaching adults and being a docent at the Portland Museum of Art.*

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**One Culture:**  
**Science and the Humanities**

**Gale Rhodes**  
**Course Number: 13989**

One Culture introduces the molecules and chemical processes of life, with the goal of connecting science to literature, art, music, and religion. The life-science component includes recent findings of importance to medical patients, consumers, and anyone with a sense of wonder. Examples: What are enzymes, antibodies, and hormones — and how do they work? What are genes, and how do they influence our traits, including susceptibility to disease? What is cancer, and how do cancer treatments work? Literature and other creative works will initiate discussion of how science and the humanities make One Culture. **Required:** Students must be able to view readings online at http://oneculture-olli.blogspot.com/ and receive e-mail reliably from OneCulture@maine.rr.com

*Gale Rhodes earned a BS in Applied Mathematics and a PhD in Chemistry (UNC) and taught college Chemistry, Biochemistry, and interdisciplinary courses from 1971-2008. He has published papers in biochemical research, science education, interdisciplinary subjects, and bird watching, plus a textbook on X-ray crystallography.*
Art Studio
Dona Sherburne
Course Number: 13990

This repeat class provides the OLLI artist with a two-hour, unbroken session in a studio environment. Like-minded artists share ongoing visual arts and ideas. This is not a “how-to” class or a basic introduction to art. Come prepared to paint! If using oils, please bring water-based paints only.

Dona Sherburne has taught for several years in many areas of the arts. She co-chaired the OLLI Art Show and has exhibited and sold her work in many venues.

Great Decisions 2013
Mike Wygant
Course Number: 13992

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council.

Friday Afternoon 12:45-2:45
Exploring Painting Materials and Techniques
Lorraine Christensen
Course Number: 13993

This repeat class will take a studio approach to basic painting techniques using water-soluble paints. The course includes instruction on basic materials and techniques while encouraging the freedom to explore, removing judgment and fear from the creative process. Required materials: Bring your own paintbrushes and paper.

Lorraine Christensen, MSEd, has taught adult education for the past 30 years, including basic art and art therapy. She studied at Kripalu with artist Ann Lindsay: Watercolor: A Holistic Approach.

Practical Mysticism
John McLaughlin
Course Number: 13994

This course will explore through selected readings, dialogue, and much lively discussion the writings and sayings of such great world teachers as Lao Tsu, Buddha, Kabir, Rumi, Jesus, Meister Eckhart, Krishnamurti, Queen Mira, and St. Theresa and how we may apply their teachings to our lives in a practical, realistic, and grounded way. Becoming aware of the habits of our minds, the social conditioning which we all carry, may allow us to discover a growing freedom of mind and spirit. Suggested books: Tao Te Ching, Lao Tsu, ISBN 9781585426188; The Kabir Book, Robert Bly, ISBN 9780807063804.

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.

Arthurian Literature 2: Romance
Evy Newlyn
Course Number: 13995

We will read and discuss some of the romance literature that developed in and from the full flowering of the Arthurian legend, beginning with some of the medieval lais of Marie de France and the comic romance “The Wedding of Sir Gawain and Dame Ragnell.” We will then study versions of medieval romances as later presented by Sir Thomas Malory (1469/70) and by John Steinbeck (1977). NOTE: It is not necessary to have taken Arthurian Literature I. Required books: Le Morte d’Arthur, Sir Thomas Malory, rendition by Keith Baines, ISBN 9780451531490, USM price $7.95; The Acts of King Arthur and his Noble Knights, John Steinbeck, ISBN 9780143105459, USM price $16.

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.

Chess for Seniors: Didactic and Performance
Jonathan Malev and Frank Smith
Course Number: 13996

We will describe all aspects of the game, trying to emphasize useful strategies and tactics. We expect to have
two tracks going on simultaneously, with true beginners being coached mainly by Frank Smith and more advanced players by Jon Malev. We welcome especially people who have never played chess, particularly if they are grandparents. Instructors will provide plenty of boards and sets for demos and play. Required book: *Play Winning Chess* by Yasser Seirawan, ISBN 978187443318, USM price $26.95. This is a repeat class.

Jon Malev was a psychiatrist for many years in Houston. He retired and moved to Maine in 2002. He has a life-long interest in chess and has been a tournament player of average strength, with a particular love for teaching.

Frank Smith is a retired school principal and a native Mainer. He came to chess teaching and mentoring as a way of helping kids and is widely known as a creative and innovative educator.

**Singing: A Performance Class**

**Faith Varney and Terry Foster**  
Course Number: 13997

Singing has physical, psychological, and emotional benefits. And it’s fun! For this ongoing course, you must be able to match a pitch, and you will be expected to attend rehearsals and sing in two community concerts, plus the OLLI concert we give each semester. Required: There will be an $8 music fee, with the music donated to the OLLI Library. Marian Rich, our exceptional accompanist, will be there, too. Questions or suggestions? E-mail Terry at tfoster@maine.edu or Faith at Fvarney@maine.rr.com.

**Europe at the Turn of the Century**

**Fiorello Ventresco**  
Course Number: 13998

Through lecture, films, and discussion, this course takes a searching look at Europe in the heady years before the outbreak of the Great War of 1914 (c.1870-1914). The major countries appeared solid, and the culture reflected what many referred to as la belle epoch. A more critical observer would have pointed to a disturbing undercurrent of unrest and defiance of established truths and art forms. Also, it was difficult to ignore the increasing rise of conflicts between the European countries. We shall evaluate and attempt to answer some difficult questions. This course is a repeat from spring 2008. Required books: *The Proud Tower*, Barbara Tuchman, ISBN 9780345405012, USM price $18; *A Nervous Splendor*, Frederic Morton, ISBN 97801400563679, USM price $16.

Fiorello B. Ventresco retired from the USM History Department, where he specialized in European history. He especially enjoyed teaching courses that dealt with broad issues and social change.

**Workshop Schedule**

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**Saturday, Half Day, $15**

March 23, 9:30-11:30 a.m.

**Six Feet Under: Funeral Choices**  
**Chuck Lakin**  
Workshop Number: 1 WSS13

This repeat workshop will combine lecture and discussion to examine home funerals, green cemeteries, natural burial, advance directives, scattering ashes, pre-planning and prepaying, the “Funeral Rule” (a federal law), different coffin styles (including plans for building your own), the dreaded paperwork, alkaline hydrolysis, family burying grounds, and anything else that comes up in the conversation.

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.

March 30, 9:30 a.m.-12:30 p.m.

**Your Body, Your Life, Your Choice — in Life and Death**  
**Jill Babcock**  
Workshop Number: 2WSS13

One day you are faced with distressing health news that can change your life for the short or long term. Advocating for your health then becomes more important than ever. How do you deal with this life-changing information, treatment, and outcome? Fear of the unknown, of asking too many questions and alienating your health-care team can be overwhelming. As the end of life looks us in the face, we need to prepare loved ones for difficult decisions: I have a choice, how do I want to die? We will discuss how to advocate for your health and care, myths and facts about hospice, and how to start the conversation on end-of-life
choices. This **repeat workshop** could change the way you manage your life.

**Jill L. Babcock** is a retired Registered Nurse with 20 years of clinical experience, including hospice and end-of-life issues. She practices and lectures as a patient advocate.

9:30-11:30 a.m.

**Second Generation/First Person: History, Memory, and Poetry (The Holocaust and Beyond)**  
Anna Bat-Chai Wrobel  Workshop Number: 3WSS13

This workshop includes an overview of interdisciplinary Holocaust Studies and universal applications of its lessons to events over time and place, including our own. Participants will be introduced to the subject through primary and secondary source excerpts; film and documentary excerpts; and original poetry merging second-generation experience with over 30 years of academic scholarship. Inquiry-based discussion will revolve around questions and comments arising from participant engagement with materials. The workshop represents a tiny glimpse into a monumental arena of scholarship. If interest exists, sequel workshops may be possible.

Anna Bat-Chai Wrobel is an American historian, teacher, poet, Holocaust Studies educator, and child of survivor/partisan refugees of the Nazi “Final Solution.” Co-curator of quality poetry reading series. Her “Marengo Street” poetry collection was published by Maine’s Moon Pie Press, and “Sparrow Feathers” is a collection-in-progress. Her poems are used in American, Polish, and Mid-east classrooms.

Saturday, All Day, $25

April 6, 9:30 a.m.-1:30 p.m.

**Create a Life You Love!**  
Willow Femmechild  Workshop Number: 4WSS13

Utilizing gentle movement and written and experiential exercises, this interactive group process provides info on holistic-energy medicine principles and on application of 13 simple practices that can positively affect your body, mind, emotions, and spirit. Group members are encouraged to share tools they currently use and to explore specific ways new tools can be helpful if you are feeling stuck, bored, stressed, or experiencing a lack of meaning in life these days. Handouts will be provided. Please wear comfortable clothing. Bring a pen and small notebook, and a snack/bag lunch and beverage for yourself. **This is a repeat workshop.**

Willow Femmechild, RN, MA, is a professional Life Coach and Holistic Health and Wellness Coach. She has worked as an RN for over 35 years, and has been an Eastern Energy Medicine practitioner since 1985. She has taught “Create a Life You Love!” since 2007 and is a Spiritual Adventurer.

April 6, 9:30 a.m.-3:30 p.m.

**Clip, Click, Swipe, and Save: Coupons and More**  
Linda Bidler  Workshop Number: 5WSS13

With today’s struggling economy, we need to find new ways to save. This all-day workshop will bring you into the world of Internet and traditional couponing. We’ll explore grocery, pharmacy, and big-box websites in addition to couponing websites. Unlike many couponing courses, this is an interactive workshop, and students are encouraged to bring their laptops as we explore a multitude of savings together.

Linda Bidler has saved hundreds of dollars through couponing, and her favorite word is “free.” She is eager to pass along her couponing tips.

Saturday, 3 Sessions, $25

March 23 & 30; April 6, 9:30-11:30 a.m.

**Paring Down and Moving On: Strategies for Success in Today's Real Estate Market**  
Deborah Barouch  Workshop Number: 6WSS13

This course will provide tips and strategies for preparing to place your home on the market. We will examine staging and removal of possessions and what to expect in the process of listing your home, including showings and open houses. You will learn about real estate contracts and the offer-and-counter-offer process; how to set the stage for successful outcomes to building inspections and appraisals; and how to choose your next home while marketing your current home and synchronize the two sales.

Deborah Barouch grew up in a Foreign-Service family and spent much of her childhood overseas. She completed a BA in Government and Politics at The University of Maryland. Past President of the World Affairs Council of Maine, she served on Portland’s Global City Task Force and graduated in the RHO Class of the Institute of Civic Leadership. Licensed as a realtor since 1985, she is a broker with Keller Williams Realty.
Course Registration Form for Spring 2013

Please read instructions on facing page before completing your registration form.

Name (one person per form) ____________________________________________________________

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

Street address _______________________________________________________________________

City __________________________________________ State ______________ Zip _________________

Telephone ___________________________ E-mail address ____________________________________

Date of Birth ________________ Are any of these are 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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<tr>
<th>COURSE #</th>
<th>COURSE NAME</th>
<th>DAY</th>
<th>AM/PM</th>
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<td>1st Course</td>
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<td>3rd Course</td>
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<tr>
<td>(Alternate 3rd course)</td>
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Number of course you are taking: ☐ One -$50 ☐ Two-$100 ☐ Three-$150 ☐ More

OFFICE USE ONLY

Check # ________________

CC (last 4 #s): ______________

Misc: ______________________

Date: ______________________

☐ Total course fees

☐ Annual membership (FREE if you’re 90 years old! Check here ☐)

$25/year (July 1, 2012-June 30, 2013)

☐ Your Tax Deductible Contribution to OLLI is welcomed

Want more information???

☐ 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 ________________________________
Course Registration Information

**IMPORTANT!! PLEASE USE ONE FORM FOR EACH REGISTRANT:**

- Please fill out the top section of the registration form **completely**. Leaving sections blank can slow the registration process.

- Your **top selections** for classes should be written in the “1st course,” “2nd course,” and “3rd course” sections on the form. These are the **non-shaded** areas.

- If you are concerned that your top choices will be filled, you may want to add alternate choices. Please write your **alternate choices** in the “alternate 1st choice,” “alternate 2nd choice,” and “alternate 3rd choice” sections on the form. These are the **shaded** areas.

- After you have listed the courses in which you hope to enroll, please check the appropriate box below the grid to indicate the total number of courses you plan to take each week (one course, $50; two courses, $100; etc.).

- Prior to the start of classes, you will receive confirmation of your course assignment(s) and other important details about procedures and policies at OLLI.

- **Expenses:** All OLLI courses cost $50. You must be an OLLI member to take courses. Annual OLLI membership costs $25; it does not span the calendar year but coincides with USM’s fiscal year of July 1 to June 30. If you have any questions about registration or membership, call 780-4406.

**LOTTERY REMINDER:** Mail or hand deliver your registration by **Feb. 7** if you want to make the spring lottery! It’s a good idea to put down a second choice as a backup course. *See page 23 for details.*

Your contribution will be devoted to OLLI Program Support, including, but not limited to, replacement of classroom computers to improve the audio/visual experience for teachers and students, and to scholarships. Need more information? Call the OLLI office (780-4406).

Contact Information

- OLLI office phone: 780-4406
- OLLI office location: 210 Wishcamper Center, USM Portland Campus
- OLLI mailing address: Osher Lifelong Learning Institute (OLLI), USM P.O. Box 9300 Portland, ME 04104
Workshop Registration Form for Spring 2013

NOTE: You must be a current OLLI member to take workshops.

Name ___________________________________________________________

Street Address ___________________________________________________

City __________________________ State ______ Zip ________________

Home Phone __________________ E-mail ___________________________

Please check the workshop(s) you wish to take in the appropriate column below:

<table>
<thead>
<tr>
<th>WORKSHOP NUMBER AND TITLE</th>
<th>DATES</th>
<th>COST</th>
<th>X</th>
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<tbody>
<tr>
<td>1WSS13: Six Feet Under: Funeral Choices</td>
<td>March 23</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>2WSS13: Your Body, Your Life, Your Choice</td>
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<td>April 6</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>6WSS13: Strategies for Success in Real Estate</td>
<td>March 23 &amp; 30; April 6</td>
<td>$25</td>
<td></td>
</tr>
</tbody>
</table>

Total Workshop Fees _______

Payment Method:  □ Cash  □ Check (payable to OLLI)

Credit Card:  □ Visa  □ Master Card  □ Discover

NOTE: Please pay for workshops and courses separately.

Credit Card Number_________________________________________Expiration Date_______

Security code ______ Name on Card (print _________________________________________

- Please note that there are two separate registration forms in this catalog. One is for regular OLLI courses, and the other is for the workshop program. Workshops are held on Saturdays during the Spring and Fall terms. You must be a current OLLI member to enroll in the workshops. You can renew your membership in the space provided on the form for regular OLLI courses.

- The workshop titles, dates, and cost are all noted on the workshop registration form. Put a check in the box in the far right-hand column for each course you wish to take.

- Many of these workshops feature hands-on or individualized instruction, which limits the number of students. Available spaces in these workshops will be filled on a first-come, first-served basis.

- There is no lottery for workshops, but only mail or drop-in registrations will be accepted through Feb. 13. After that date, phone registrations also will be taken.

- You will receive a confirmation letter prior to the start of workshops.

- If you have any questions about workshop registration or membership, call 780-4406.
OLLI Lottery for Class Placement

- Membership in the OLLI program ($25 annual fee) is required for placement in any OLLI classes.

- To ensure all class requests are handled equally, class placement is determined by a lottery drawing rather than on a first-come, first-served basis. If your first-choice course is full, you will be enrolled in your alternate choice.

- For you to be included in the **Feb. 11 lottery**, OLLI must receive your completed registration form and payment — by mail or dropped off — **by Feb. 7.**

**NO PHONE REGISTRATIONS WILL BE TAKEN FOR THE LOTTERY!**

- Starting Feb. 13, after OLLI members have had their chance to participate in the placement lottery, registration will be open to the public by phone, mail, and/or drop in.
Intellectual Fun for People over 50

OSHER LIFELONG LEARNING INSTITUTE

www.usm.maine.edu/olli