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 2,000-plus 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 a 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.mainseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (www.usher.net) is located at Northwestern University in Chicago. Currently, there are 121 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 at OLLI. You’ll also get Internet access and notification when the OLLI Newsletter is available online.

**SPECIAL ACCOMMODATIONS**

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.

If you need other special accommodations to participate in OLLI at USM because of 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.

**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 registration form.

**NOTE:** It is not possible to register for courses online with a scholarship. Please mail or bring your registration form and scholarship to the OLLI office BEFORE registration day to ensure timely enrollment in your class.

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 7.

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**OLLI STAFF**

Rob Hyssong, OLLI Program Coordinator  
228-8336; robert.hyssong@maine.edu

Linda Skinner, Administrative Specialist 1  
228-8225; linda.skinner@maine.edu

Sue Schier; Administrative Specialist 2  
228-8482; sue.schier@maine.edu

**FOR MORE INFORMATION**

Call: 780-4406 or 1-800-800-4876  
E-mail: olliatusm@maine.edu  
Visit: www.usm.maine.edu/olli to register for OLLI courses online

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**OLLI ADVISORY BOARD 2018-19**

Janet Stebbins, Chair
Steve Schiffman, Vice Chair
Dick Leslie, Secretary
Walter Allan and Betsy Wiley, Education Co-Chairs
Paul Doherty, SAGE Chair
Gael McKibben and Rae Garcelon, Community Co-Chairs
Susan Jennings, Communications Chair
Georgia Koch, Nominating Chair
Peter Curry
Karen Day
John Dyhrberg
Matt Goldfarb
Elizabeth Housewright
Star Pelsue
Steve Piker
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 a link to the registration website on the home page and step-by-step instructions under “Resources” on the left. 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.

After you pay for your classes, you’ll receive e-mail confirmation of your registration. 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 offer onsite instruction in the Wishcamper Computer Lab (see timeline) and 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.

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**Important Spring Term Dates**

**OLLI Spring REGISTRATION TIMELINE**

Feb. 6  Online registration for OLLI spring courses begins. *The registration system will automatically turn on at 12:01 a.m. Wednesday.*

Students with scholarships, gift certificates, free memberships, or other waivers must get registrations to the OLLI office before this deadline so staff can process promptly. Since your registration will be competing with online enrollments, we can’t guarantee your first-choice class, but you will be our top priority the morning after registration goes “live.”

Feb. 6  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) starting at 8 a.m.

Feb. 12  OLLI staff will start processing mail-in, drop-off, and phone registrations.

Feb. 18  OLLI and USM closed for Presidents Day

March 18  OLLI spring term classes start

March 29  Deadline to receive refund on dropped classes

April 15  OLLI and USM OPEN on Patriots Day

May 10  OLLI spring term ends

May 13-17  OLLI spring term make-up week

WHERE’S MY CLASS??

All classes are in Wishcamper unless otherwise noted.

Individual classes and their locations are posted at all entrances and on the electronic bulletin board in the OLLI lobby.

CLASS CANCELLATIONS:

For weather closings, call the USM storm line at 780-4800. **If USM is closed, OLLI will be closed.**
Courses Schedule-at-a-Glance

MONDAY MORNING
9:30-11:30
See page 8

Modern Science Fiction
Richard Budd

Photographic Storytelling
Tim Byrne

Continuing Conversations about American Democracy
Bob Goettel

Four Prize Winners
Betsy Wiley

MONDAY AFTERNOON
12:45-2:45
See pages 9-10

Le Français Intermédiaire
Jacqueline Bucar

Perception and Creativity through the Lens of Sensory Neuroscience
Elizabeth Chapman

Transformative Communication: Skills for Crucial Conversations
Jani Darak-Druck

Astronomy/Cosmology
Robert Ashton

Quantum Leap: Embrace Aging
Joan Chadbourne

Consciousness with Some Implications
David Morton

The Art of Writing
Ruth Story

Iran: Shahs and Mullahs at Work in Empire Building in the Middle East
Kathleen Sutherland

Maine Poets Revisited
John Sutton

MONDAY MORNING
9:30-11:30
See page 8

The Art of Living Well: A Peace Education Program
Rita Rubin-Long, Terry Landry

Chinese Language and Culture
Yan Wang

TUESDAY AFTERNOON
12:45-2:45
See pages 11-12

Exploring the Teachings of a Prophetic Visionary: Rudolf Steiner and World Karma
Joan Aldrich, Cordelia Lane

From Christ to Creed: A History of Early Christianity
Mark Gallup

Cakes for the Queen of Heaven
Mary Gelfand

Women in Art History: Viewer and Viewed
Nathaniel and Joy Larrabee

Leaders, Government, Greed, Corruption, or Luck: What Makes Nations Fail or Flourish?
Mike Lynch

Lost Civilizations
Fred Kilfoil, Ed Solano

WEDNESDAY MORNING
9:30-11:30
See pages 12-13

Drawing and Painting, Watercolors and/or Pastels
Vicki Fox

The Bull, the Bear, and You
David Chute

Creating a Photograph
Eric Edmonds

The 1950s:
The Popular Music and Culture of the Decade
Terry Foster

Reader’s Theater (RT) Performance
Paula Johnson, Barbara Bardack

Remember the ’60s
Alan Mills

Elizabeth Taylor Retrospective
Pat Reef

Explore Portland’s Historic Neighborhoods on Foot
Bruce Wood

WEDNESDAY AFTERNOON
12:45-2:45
See pages 14-15

Experiencing Mozart’s Piano Concertos
Carl Smith

Dystopia 101: A Comparative Study in Angst
Matthew Goldfarb

Classical Music on Video:
Bach and Handel to Verdi and Brahms
Carolyn Paulin

THURSDAY MORNING
9:30-11:30
See page 16

Chinese Painting: Birds
Sabine de Canisy

Dystopia 101: A Comparative Study in Angst
Matthew Goldfarb

Classical Music on Video:
Bach and Handel to Verdi and Brahms
Carolyn Paulin
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<td>Wed, PM</td>
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<td>Solano, Ed.</td>
<td>Lost Civilizations</td>
<td>Wed, AM</td>
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<td>Story, Ruth</td>
<td>The Art and Craft of Writing</td>
<td>Tues, PM</td>
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<tr>
<td>Sutherland, John</td>
<td>Ill-behaved Women: Americans Who Made a Difference, Part 2 (since 1877)</td>
<td>Thurs, AM</td>
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<td>Sutherland, Kathleen</td>
<td>Iran: Shahs and Mullahs at Work in Empire Building in the Middle East</td>
<td>Tues, PM</td>
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<td>Sutton, John</td>
<td>Maine Poets Revisited</td>
<td>Tues, PM</td>
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<td>Tomazin, Nick</td>
<td>History of Maine: Prehistory to Present Day, Part 1</td>
<td>Thurs, PM</td>
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<td>Wang, Yan</td>
<td>Chinese Language and Culture</td>
<td>Mon, PM</td>
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<td>Wiley, Betsy</td>
<td>Four Prize Winners</td>
<td>Mon, AM</td>
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<tr>
<td>Wood, Bruce</td>
<td>Explore Portland’s Historic Neighborhoods on Foot</td>
<td>Wed, PM</td>
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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. USM is looking into updating its parking systems, but for now, OLLI pays for our students to park in the USM garage on Bedford St. Until further notice, 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 handicapped placard issued by the Maine Bureau of Motor Vehicles or a handicapped license plate. There are 20 handicapped spaces in the parking garage and eight in the parking lot directly behind the Wishcamper Center.
Modern Science Fiction
Richard Budd

Science fiction has evolved from pure space opera into a style and content comparable to current fiction. We will read at home selections from an anthology of recent works and then discuss them in class. Occasionally we will read a shorter story in class and then discuss it. We will also occasionally read a story from long ago on a topic similar to one we have read from our selection, and compare the two for quality and style. The amount of reading will be decided by class consensus. **Required book:** *The Year’s Best Science Fiction, 35th Annual Edition*, Gardner Dozois, ISBN 9781250164636, USM price $23.99.

Richard Budd, an avid sci-fi reader since 1944, is a retired physicist who studied Physics at NYU and Harvard, leading to a doctorate. He spent most of his career developing special-purpose scientific computer systems. He teaches at OLLI on a wide variety of subjects, including bridge, development of the physical sciences, movies, science fiction, and history.

Photographic Storytelling
Tim Byrne

This continuation of “Putting Art in Your Digital Photography” will take a fun, new approach. The class will explore how to build a story with photographs while observing the principles of writing – but using images instead of words. **Suggested book:** *The Photographer’s Story: The Art of Visual Narrative*, Michael Freeman, ISBN 9780240815190.

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.

Continuing Conversations about American Democracy
Bob Goettel

The fall elections demonstrated that we continue to be a deeply divided nation with very different worldviews about the meaning of American democracy. Might we see a more pragmatic approach to governance, or will a major crisis be necessary to do so? This class succeeds in exploring such questions because of the knowledge, experience, and engagement of both our academic and public guests and members of the class. Tentatively, our conversations may begin with Joseph Ellis’s *American Dialogue* and the provocative Hidden Tribes studies from *More in Common*. Readings will be distributed electronically throughout the semester. More detail about specific topics and guests can be seen at rjgusmolli.com.

Bob Goettel is a retired Muskie School faculty member and USM administrator who has coordinated this class at OLLI each spring and fall since 2008. He has led numerous national and state-level policy and evaluation studies and managed for-profit and nonprofit policy-research organizations.

Four Prize Winners
Betsy Wiley

Have you ever wondered what the fuss is about when a major literary award is announced? What do these prizes suggest about our contemporary culture? How does their success teach us about what we expect literature to do? Join us in reading four recent prize winners. **Required books:** *Sing, Unburied, Sing*, Jesmyn Ward, ISBN 9781501126079, USM price $17; *Lincoln in the Bardo*, George Saunders ISBN 9780812985405, USM price $17; *Less: A Novel*, Andrew Sean Greer, ISBN 9780316316132, USM price $ 15.99; *Improvement*, Joan Silber ISBN 9781640091139, USM price $16.95 (to be released in August). **Please read the first half of Sing, Unburied, Sing for the first class**.

Betsy Wiley taught English at Cape Elizabeth High School before leaving to get her PhD in American Studies at The George Washington University. She has taught over 10 courses at OLLI and loved every one.

**STUDENT PRIVILEGES**

Membership in OLLI at USM entitles you to:

- Parking in the USM garage, courtesy of OLLI at USM
- Access to the USM libraries, computer labs, bookstore, and fitness center
- Discounted membership to Sullivan Gym
- Guest access to USM’s on-campus wireless Internet
- Preferential mailing of OLLI course catalogs and SAGE brochures
- Free participation in any OLLI Special Interest Group
- A free OLLI-designated USM student photo ID good for some local discounts and special offers (details at [https://usm.maine.edu/usmcard/offcampus](https://usm.maine.edu/usmcard/offcampus)). Visit the OLLI office to complete an ID request.
Monday Afternoon 12:45-2:45

Le Français Intermédiaire
Jacqueline Bucar

A continuation of French language study, with emphasis on expanding vocabulary and listening and speaking ability as well as grammar. This course assumes a basic knowledge of French, as it is conducted largely in French. The instructor will email a book list prior to the start of class.

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. She is a retired immigration attorney.

Transformative Communication: Skills for Crucial Conversations
Jani Darak-Druck

Transformative communication turns difficult conversations into opportunities for healing, greater understanding, and finding solutions to seemingly irreconcilable differences. This repeat course will unpack a toolbox of techniques and skills that can be used in any setting, personal or professional. The format will be interactive, allowing the class to discuss challenging conversations and practice these techniques and skills. Required books: Crucial Conversations, Kerry Patterson, Joseph Grenny, Ron McMillan, Al Switzler, ISBN 9780071771320, USM price $20; The Thin Book of Appreciative Inquiry, 3rd Edition, Sue Annis Hammond, ISBN 9780988953802, USM price $12.40.

Jani Darak-Druck is an ordained pastor in the United Methodist Church. In addition to 18 years of pastoral ministry, she has worked in publishing, as a retreat leader, as Volunteer Manager and Trainer for the Cancer Community Center, and as an instructor at OLLI.

Perception and Creativity through the Lens of Sensory Neuroscience
Elizabeth Chapman

Great artists have discovered the neurological antecedents of our perception, each in a manner unique to their method. J.S. Sargent’s work seems to have great sensuality. Ellsworth Kelly’s work seems simple and intellectual. Grant Wood creates a meticulous sense of depth, while Rothko’s huge paintings evoke ethereal, universal space. Rembrandt’s portraits evoke psychological experience. Jackson Pollock makes physical sensation tangible, in paint. How does art cause us to have these experiences? This repeat course combines lectures, slides, readings, and discussions about ancient neurology to explore its role in creativity. Hands-on exercises will help us explore our own unique pathways and preferences of preference. Required book: A Brief Tour of Human Consciousness, V.S. Ramachandran, ISBN 9780131872783, USM price $17. Additional readings provided in class.

Elizabeth Chapman has a MArch from MIT and a BArch from Cornell. She is a practicing architect and painter and has taught at OLLI for nine years.

Africa Since Independence: Coup d’etats, Corruption, Challenges, and Courage
Mike Lynch

This class will view Sub-Saharan Africa since the first colony gained independence in 1957, focusing on Ghana, South Africa, and the DRC. We will analyze trends and discuss how the past 70 years impacted the continent. Although this was a tumultuous and brutal period, we will learn about nation-building concepts and the strength of human beings and gain an understanding of different cultures. Readings will be interspersed with video clips, lecture, and discussion. Each class will include a cultural exercise to help explain Western and African perspectives. This is a repeat (with updates) from spring 2018.

Mike Lynch has a MBA from UNH and had a career in hi-tech developing and managing multi-million-dollar businesses. In 2009, he became a Peace Corps volunteer, working in Bulgaria with the Roma Gypsies. He spent three years as a Peace Corps Director, managing Ghana PC operations. He has traveled extensively in Africa and “winters” in Cape Town South Africa.

Register Online at www.usm.maine.edu/olli
Did you study French many long years ago, or grow up in a Franco-American New England mill town? Do you have French-speaking family members? Here is your chance to step back into le bain de la langue. **This course is NOT for the complete beginner.** It offers a review of pronunciation, vocabulary, listening, and conversation basics designed to make you feel comfortable using your French again — whether for work, travel, or personal satisfaction. Each semester has a different theme, so veterans are welcome. **Class will start on March 18 and run seven weeks.**

Bobbie Muse taught French for over 25 years, mostly at Fryeburg Academy. Since retirement, she is keeping her beloved second language alive through travel, tutoring, translation, and teaching at OLLI.

**The Art of Living Well: A Peace Education Program**

Rita Rubin-Long and Terry Landry

“Personal peace” is a human necessity that begins with each of us. **This nine-week, repeat course** features insightful talks and meaningful interaction about your inner resources: peace, appreciation, inner strength, self-awareness, understanding, clarity, dignity, choice, hope, and contentment. We will have time for reflection and personal expression. This media-based peace education program was created by the The Prem Rawat Foundation. Materials fee: $20, due to instructors at first class for workbook and articles.

Rita Rubin-Long has a passion for peace. Her journey includes seeing the Beatles at Shea Stadium, attending the Woodstock Festival, witnessing the violence at Kent State University in 1970, and serving as an educator of young children and adult learners for 40 years.

Terry Landry retired from Colby College, where he incorporated his commitment to multicultural understanding into his role as manager of Foss Dining Hall. His listening skills and passion for cooking enabled him to develop a recognized vegan-vegetarian program.

**Chinese Language and Culture**

Yan Wang

**This repeat course** aims at providing a basic foundation in the combined skills of listening, speaking, and writing Chinese characters as well as a general picture of Chinese culture. Learners will start with the Mandarin phonetic system (Pinyin), pronunciation, stroke order, and basic Chinese characters. Students will be able to conduct conversations based on daily topics. As for Chinese culture, the instructor will provide some information about China’s history and geography, Chinese legends, Chinese philosophy, traditions and customs, Chinese tea, Chinese medicine, Chinese Kungfu, and other relevant topics.

Yan Wang is Deputy Dean of the School of International Business Communication at Dongbei University of Finance and Economics (DUFE) in Dalian, China. In fall 2018, he came to Maine to begin his term as Co-Director of the Confucius Institute at USM.

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**Tuesday Morning 9:30-11:30**

**Spring 2019 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 February. The brochure will also be available on the OLLI website.
Tuesday Afternoon 12:45-2:45

Exploring the Teachings of a Prophetic Visionary: Rudolf Steiner and World Karma  
Joan Aldrich and Cordelia Lane

Rudolf Steiner (1861-1925) made significant contributions across many disciplines: education, medicine, architecture, the arts, agriculture, and therapeutic disciplines. He was an esotericist, steeped in Goethe’s scientific writings and is remembered for formulating Waldorf School philosophy, concepts of biodynamic agriculture, and more. He brought reinvigoration and new meaning to many forms of art and culture, including expressive movement (eurythmy) and theater. Fascinating and controversial, Steiner left a wealth of ideas relevant to present times. He encouraged balance across three spheres of society (cultural, political, and economic), which he connected in turn to three aspects within every human: thinking, feeling, and willing (head, heart, and hands).


Cordelia Lane, former Waldorf teacher and biodynamic farmer, has studied Rudolf Steiner for 35 years.

Joan Aldrich has explored his teachings, on a more abstract level, since the 1990s.

Quantum Leap: Embrace Aging  
Joan Chadbourne

How do we hold physical decline and challenges in one hand and expanded consciousness and possibilities for joy, love, and peace in the other? By letting go, defining our essential core, exploring recent research and understanding of consciousness and perceptions of reality. We’ll reflect on a wide range of writings and examples of people who’ve achieved a state of contentment while aging and search for what might work for us. Suggested books: Living Future Pull: A Spiritual Memoir, Rosalie Deer Heart, ISBN 9780965157674; Walking Each Other Home: Conversations on Loving and Dying, Ram Dass and Mirabai Bush, ISBN 9781683642008.

Joan discovered love in her 70s, relocated, and accompanied her aunt and husband on death’s journey before happily returning to Maine. She was Professor of Counseling Psychology (UConn), consultant to organizations and individuals, and co-authored Healing Conversations Now: Enhancing Relationships with Elders and Dying Loved Ones. Now on to the next chapter.

Consciousness with Some Implications  
David Morton

“Consciousness,” mysterious and undefinable, is “that which cannot be denied,” according to René Descartes. Yet it can be explored in philosophy, theology, metaphysics, para-psychology, and even laboratory research using statistical methods. This repeat course will select material from a vast array of possibilities. Much of it ventures into the mysterious and anomalous — where most human knowledge, including our modern science, originates. The study of consciousness and its implications is in its infancy. Could it be that which opens a new future? Could it transcend our fears of invasive artificial intelligence? Could it open a new range of creativity?

David Morton is a graduate of the University of Pennsylvania’s Wharton School of Finance & Commerce and holds an MDiv from Pittsburgh Theological Seminary. He acknowledges a “checkered career,” having taught for over 15 years in cities around the world with the inter-denominational Ecumenical Institute: Chicago.

Astronomy/Cosmology  
Robert Ashton

This class is based on the PBS “Crash Course in Astronomy.” It consists of a series of short, online lectures by host Phil Plait detailing the nature and origins of astronomy. Each lasts 10 to 15 minutes, covering such topics as moon phases, the solar system, black holes, deep time, eclipses, everything you need to know. They will be divided into blocks for presentation over eight sessions, supplemented by other videos. The lectures can be stopped and replayed for discussion. The course assumes no pre-knowledge but goes into depth enough that everyone will get something out of it. For a preview, check out https://www.youtube.com/watch?v=0rHUDWjR5gg&list=PL8dPuualJxtPAJr1ysd5yGiyISFuhoimL.

Bob Ashton is a graduate of Cornell University in Mechanical Engineering. He has had a lifelong fascination with astronomy, cosmology, and other forms of the sciences. He was a docent at the Museum of Natural History in New York City for 10 years and has given courses at an organization in New York City similar to OLLI.
The Art and Craft of Writing
Ruth Story

Did you know we’re all born story tellers? It’s part of our human nature to express ourselves and record our feelings, beliefs, and events in our lives. But sometimes we need some help honing our writing skills. In this writer-supportive repeat course, we’ll explore ways to free our creativity, inspire our imaginations, and overcome writer’s block. In the process we’ll discover new levels of understanding and confidence as writers in whatever genre we choose to express ourselves: essays, memoirs, fiction, histories, poems, reviews, letters, and reports. Suggested book: On Writing Well, William Zinsser, ISBN 9780060891541.

Ruth Story, writer, editor, and award-winning teacher, has written five books, and scripted eight computer-assisted programs for teaching composition and literature. She has worked for Scholastic Publishing, written essays for high school and college teachers, and worked for the NY State Education Department.

Iran: Shahs and Mullahs at Work in Empire
Building in the Middle East
Kathleen Sutherland

This course seeks to provide an understanding of Iran, with its rich history as a major Middle Eastern empire and its 20th-century return as a major force on the global stage. Iran has developed nuclear capability and competes for hegemony in the Middle East with two other powers, Saudi Arabia and Turkey. A combination of lecture and audio/visual material will be used.


Kathleen Sutherland is Associate Professor Emerita at BGSU in Ohio. Her PhD from Indiana University is in Middle East Studies and Political Science. She is President of the World Affairs Council of Maine.

Maine Poets Revisited
John Sutton

This is a repeat from spring 2017, but with a different text. Participants will choose poems from each section of the text to read aloud and discuss. They will be encouraged to bring to class other Maine poems not in the text. We also will look at the poems printed in the Deep Water column in the Maine Sunday Telegraph each week. Required book: Take Heart, More Poems from Maine, Wesley McNair, editor, ISBN 9781608932986, USM price $18.95. Suggested book: The Maine Poets, Ed. Wesley McNair, ISBN 9780892727087. Prior to the first class, participants are asked to read the first section of the More Poems from Maine text. This is a six-week course running from March 19 through April 23.

John Sutton majored in English at Yale and taught in the Darien, Conn., school system for 35 years. Since retirement he has facilitated courses, mostly on literary topics, in Connecticut and at OLLI.

Wednesday Morning 9:30-11:30

Drawing and Painting,
Watercolors and/or Pastels
Vicki Fox

Beginning with a short and easy lesson on color theory, we will explore drawing and painting with watercolors and pastels, using one medium at a time and sometimes combining them. Each week there will be a still-life set-up and a discussion of selected well-known artists from whom to draw inspiration. Required materials: Basic watercolor set and brushes, basic pastel set, pad of paper appropriate for either medium, fixative. The instructor will email suggestions for materials before class.

Vicki Fox has been an artist since she was 3. After graduating from Philadelphia College of Art, she went on to work in the publishing industry in NYC, later transitioning into landscape design, where she painted with flowers. She has shown her work in galleries and craft shows throughout Philadelphia, New Jersey, Downeast Maine and now Portland, where she currently lives.

From Christ to Creed:
A History of Early Christianity
Mark Gallup

How did the man Jesus become for Christians the Son of God? This course will examine the history of early Christianity from the 1st to the 5th century. Using historical documents, we will follow the evolution of Christian thought in this early period, including non-orthodox forms of Christianity. The course will focus upon the development of two key Christian doctrines: the trinity and Jesus as true God and true man. Suggested book: How Jesus Became God: The Exaltation of a Jewish Preacher from Galilee, Bart Ehrman, ISBN 9780061778193.
Mark Gallup is an interfaith minister with a varied religious background. He has always been deeply interested in Christian history and the evolution of Christian ideas and doctrines.

Cakes for the Queen of Heaven
Mary Gelfand

An introduction to the Great Goddess and feminist theology, “Cakes for the Queen of Heaven” invites us to explore religious myths and symbols of the ancient world, where female images and experiences were central, and to examine the psychological and social importance of reclaiming our female religious heritage. “Cakes” mines both ancient and Biblical imaging of women to begin shifting relationships with the Divine. This deeply personal experience involves ritual, sharing, story-telling, art, mythology and music. Join the thousands of women whose lives have been changed by “Cakes.” Required materials: A journal. There is a $7 fee for art supplies, payable to the instructor.

Dr. Mary Gelfand is a Unitarian Universalist, an interfaith minister, and a gifted teacher. She has read extensively in the area of feminist "thealogy" and loves sharing that learning with other women. Mary has facilitated "Cakes for the Queen of Heaven" many times and enjoys empowering other women through this program.

Women in Art History: Viewer and Viewed
Nathaniel and Joy Larrabee

Have you met the Venus of Willendorf? Do you know Artemisia Gentileschi and Judith Leyster? Can you imagine being a guest at Judy Chicago’s Dinner Party? Have you seen a Louise Bourgeoise installation? How has the rise of Feminism changed the role of women in art? What about contemporary art? This seven-week course, starting March 20, will introduce you to many of the women in art history and explore the issues that have affected their participation in visual and political culture across time. A repeat “shared inquiry” class, it features both lecture and facilitated discussion; there is no prerequisite, and all are welcome.

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

Joyce Larrabee has a BSN in Nursing and a MA in Women's Studies from the Ohio State University. She has taught at Ohio State, Otterbein College, and the University of New England.

Leaders, Government, Greed, Corruption, or Luck: What Makes Nations Fail or Flourish?
Mike Lynch

Ever wonder why Botswana, a small land-locked country in southern Africa, is so strong, while Chad, a large land-locked country in north-central Africa, is destitute? Why do some countries flourish while next-door neighbors flounder? What can we learn about the traits of successful countries to help predict what may happen to others? What can we learn about other countries to help understand what is occurring today in America? This revised and extended repeat course will review world history from a very different perspective to better understand Capitalism, Social Capitalism, and other trends in our world today.

Mike Lynch has a MBA from UNH and had a career in hi-tech developing and managing multi-million-dollar businesses. In 2009, he became a Peace Corps volunteer, working in Bulgaria with the Roma Gypsies. He spent three years as a Peace Corps Director, managing Ghana PC operations. He has traveled extensively in Africa and “winters” in Cape Town South Africa.

Lost Civilizations
Fred Kilfoil and Ed Solano

Ever wonder why civilizations vanish? Or why everyone’s heard of Stonehenge, but almost no one’s heard of the people who built 20 such monolithic stone circles 7000 years before? Or how an empire that once led the world in riches and learning can be unknown today to billions? Or whether it could be true that the Neolithic settlement that created organized art and sculpture chose later to bury it? Perhaps such mysteries identify the real “wonders of the world.” We cordially invite you to explore such enigmas via video and open discussion. Let’s take off on some adventures.

Fred Kilfoil taught courses in American and European History at the college level. Then, for 28 years he and his wife owned and operated a motel in Scarborough. This course is his brainchild.

Ed Solano is a former reporter, managing editor, marketing manager, and teacher of History, Government, Economics, and Psychology, with a Master’s plus 90 grad credits.
**Wednesday Afternoon 12:30-2:45**

**Experiencing Mozart’s Piano Concertos**  
*Carl Smith*

Mozart’s brilliance as a concert pianist meant that his piano concertos were especially important to him, and many are among his greatest works. This course will explore all of Mozart’s 20-plus piano concertos as performed on DVDs by outstanding pianists and orchestras. Multiple versions of performances of some of Mozart’s most popular concertos will allow us to compare different approaches to these great works. Excerpts from a filmed documentary of Mozart’s life narrated by pianist and conductor Andre Previn, interviews of outstanding pianists discussing Mozart’s concertos, and readings by an actor from some of Mozart’s fascinating letters will provide valuable musical insights and historical context.

*Carl Smith has taught more than 20 music appreciation courses at OLLI over the past 10 years. His passion for music is matched by a lifelong dedication to high-quality audio and video equipment capable of recreating a close approximation of live music performances in the classroom.*

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

**The Bull, the Bear, and You**  
*David Chute*

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.

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**Creating a Photograph**  
*Eric Edmonds*

A digital camera can function like a painter’s brush and palette; learn some of its creative possibilities. Our emphasis will be on how in-camera functions can aid the thoughtful photographer, while not ignoring what computer post-production can add (but do not expect discussion of Photo Shop). Substantial class time will be devoted to sharing photos, which will reflect suggested mini projects related to photo-taking tools such as cropping, depth-of-field, color space, bokeh, and more!

**Required:** A digital (DSLR) camera with manual control capability. A photography-based publication, such as the *Dummies* series, is recommended.

Eric Edmonds is retired from a public school career. As part of his afterlife, he decided to explore photography. He bought a DSLR camera in mid-2015 and has been obsessing since. He has displayed his work publicly on occasion, most recently on the OLLI Gallery Wall (Sept. 2018).

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**The 1950s: The Popular Music and Culture of the Decade**  
*Terry Foster*

This repeat course will explore the culture of the 1950s, primarily through its musical genre. Through the use of lecture, videos, discussion, CDs, tapes, piano, and maybe a little song and/or dance, we will explore the fads, movies, clothing, food, important persons, dances, games, current events, etc. of the decade. We might even learn a dance or two (anyone remember “The Stroll”?!). So put on your loafers and white socks and join in the fun!  


Terry Foster has been involved with music since he was 5. He has played piano in bands and “solo” in bars, restaurants, concert venues, and churches. He has accompanied countless singers. While directing education outreach programs at USM he co-founded OLLI’s predecessor and has participated in all of OLLI’s history. He studied music in college and holds a doctorate in education.
Register Online at www.usm.maine.edu/olli

Spring classes are held once a week, from Monday through Friday, except for Tuesday morning, and run for eight weeks, from March 18 through May 10.

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 spring workshops on Saturdays (see pages 22-23).

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 26 for a list.) You must be a current OLLI member to participate in these. For news and updates on OLLI activities, read your OLLI at USM Newsletter, go to 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.

Reader’s Theater (RT) Performance
Paula Johnson and Barbara Bardack

“RT Performance” provides an opportunity to learn and practice basic acting techniques using voice and facial expressions. The class will include pantomime and improvisation skills. While sharing constructive critiques, class members will be cast in various roles and will rehearse multiple short plays during the term, followed by a performance date TBD. No memorization is required. Due to the nature of the class, time commitment is eight weeks, plus a performance date.

Paula Johnson holds a Master’s in Business Management from Husson. She has pursued theater in all its aspects, touring New England with Portland Children’s Theater, acting in local theater groups, and working behind the scenes as production and props manager, etc.

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

Remember the ’60s
Alan Mills

The 60s were a decade of change, revolution, happiness, and sadness. Let’s explore the years 1960-68 and look at the world politics, music, theater, fashion, toys, sports, etc. of each year. There’ll be lots of discussion, remembrances, and sharing.

Alan has a Master’s in Education. He enjoys folk music, theater, and film. He has taught several classes at OLLI.

Elizabeth Taylor Retrospective
Pat Reef

There are many definitions of beauty, but Elizabeth Taylor was one of the most beautiful women in the world. She had a special grace that captured the screen. She was not a great actress, yet she played great parts and made them memorable. Come see her in National Velvet, A Place in the Sun, Butterfield 8, Sandpiper, and Cat on a Hot Tin Roof. We will explore her magnetism and discuss the films in terms of themes, strengths, and weaknesses, quality of the script, acting, directing, photography, and music.

Pat Davidson Reef has a Master’s in Education and has taught at OLLI for 18 years. For many years, she taught English Literature and Art History at Catherine McAuley High School. She writes on the arts for the Journal Tribune of Biddeford. She wrote a children’s book titled Dahlov Ipcar, Artist, and is writing another children’s book, Bernard Langlais Revisited, which will be published this spring.

Explore Portland’s Historic Neighborhoods on Foot
Bruce Wood

Enjoy six narrated walks, rain or shine, through Portland’s historic neighborhoods, exploring the city’s history, architecture, and people since Europeans arrived. View historic structures, discuss locally and regionally famous architects and their works, and learn about immigrant populations. The longest walk will be two miles. The greatest elevation change will be from the Congress Street to the waterfront and back. All walks will be on pavement, with side trips into two grassy cemeteries. Suggested book: Portland, A Short History, Allan Levinsky, ISBN 9781933212432. Instructor will contact students about the meeting place prior to each class. This six-week class will start March 27.

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, of the Victoria Mansion, and of the Observatory.
Thursday Morning 9:30-11:30

**Chinese Painting: Birds**  
Sabine de Canisy

In this repeat class, we will review generalities on birds, perched alone or in groups, with the addition of birds in art from the 17th century until today. Participants will then choose a bird that they would like to paint alone or in a group. Color will be used. **Required materials:** Three or four brushes (small, medium, large); Chinese ink (solid or lamp black watercolor); Chinese ink stone or small pottery plates; three or four small containers for ink, color, and water; drawing paper and pencil; non-absorbent rice paper (instructor will have some on hand).

Painting has been a part of life for Sabine de Canisy from the age of 6. She studied Chinese painting while living in the Far East, first in Bangkok, then four years in Manila, followed by seven years in Taipei. Since coming to the US she has taught seascape painting in Oregon while continuing to paint for herself and her friends.

**Dystopia 101: A Comparative Study in Angst**  
Matthew Goldfarb

What do the following novels have in common: 1984, Fahrenheit 451, and The Plot Against America? What do these books and authors tell us about our own times? Do the novelistic echoes of the past resound today? In what ways, if at all, do these books illuminate our own times? Let’s romp through these dystopian fields together, if you dare! **Required books:** 1984, George Orwell, Erich Fromm, ISBN 9780451524935, USM price $9.99; The Plot Against America, Philip Roth, ISBN 9781400079490, USM price $16; Fahrenheit 451, Ray Bradbury, ISBN 9781451673319, USM price $15.99.

Matt Goldfarb is a retired lawyer who lives in Cumberland Foreside with his wife, Lynn. He has been in OLLI for six years, has served as chair of SAGE, and currently serves on the Advisory Board. He enjoys golf, reading, grandchildren (but not in this order), also an occasional good book.

**Classical Music on Video: Bach and Handel to Verdi and Brahms**  
Carolyn Paulin

In this course we will view great performances of great classical music in important and beautiful venues. The repertoire includes Handel’s Water Music, two piano concertos by Beethoven as well as his Missa Solemnis, and choral music by Bach, Mozart, Verdi, and Brahms. Complete works will be viewed. There will be extensive printed notes and time for lecture and discussion. Some material has been used in previous classes.

Carolyn Paulin earned her DMA in choral music at the University of Illinois at Urbana-Champaign. She has been a choral conductor for over 40 years and spent the last 13 years in Chicago as a producer and program host at classical radio station WFMT. She teaches occasional music history courses at USM School of Music and is a free-lance radio producer for Maine Public Classical. She also serves as President of the Portland String Quartet Society.

**The Life and Death of King John**  
Chris Queally

King John is the first of Shakespeare’s history plays listed in the Catalogue of the First Folio. He reigned from 1199 to 1216, 400 years before Shakespeare wrote his histories and 200 years before the murder of Richard II, which led ultimately to the Wars of the Roses. We don’t know when it was written and there is no record of performance during Shakespeare’s lifetime. It showcases Philip the Bastard — one of Shakespeare’s great characters — and the perennial problems of succession, France, and morality that occupied Shakespeare in the two tetralogies that we have investigated here. **Suggested book:** King John/Henry VIII, Signet Edition, Eds. William Matchett and Sylvan Barnet, ISBN ISBN 9780451529237 (any copy of the play will do).

Chris Queally recently finished teaching an eight-course tour de force of Shakespeare’s central history plays, stretching from the death of Richard II in 1399 to the death of Richard III in 1485.

**Ill-behaved Women: Americans Who Made a Difference, Part 2 (since 1877)**  
John Sutherland

This repeat course is a continuation from fall 2018. 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. **Suggested book:** America’s Women: 400 Years of Dolls, Drudges, Helpmates, and Heroines, Gail Collins, ISBN 9780061227226. **Note:** The first semester is not a prerequisite for this course.

John Sutherland graduated from the University of Maine and received his PhD in History from Temple University. A Professor of History Emeritus at Manchester (Conn) Community College, he has published articles on female urban social reformers.
Thursday Afternoon 12:30-3:00

Reaching For Our Dreams: Film Narratives That Inspire
Joan Aldrich

Three of the narratives in this film/discussion series date back to the 19th-century Victorian era; the remaining four are more contemporary. Four are based overseas (featuring gorgeous European/Australian scenery); the others are strikingly “American” (as in, “it could only happen here!”). They include Mrs. Brown (Queen Victoria’s close friendship with her late husband’s valet); My Brilliant Career (a headstrong young woman fights repressive Victorian expectations); The Man from Snowy River (a sweet “Down-Under” Western); Field of Dreams (the foundation for this series: “If you build it, they will come”); French Kiss (a zany romance); The Big Lebowski (remaining one’s self, i.e., being “The Dude”); and Little Miss Sunshine (a plump 7-year-old beauty contestant and her intriguingly goofy family embark on a meaning-filled journey). Several incredibly good soundtracks in this series! Class runs seven weeks, starting March 21.

Joan Aldrich, MDiv, facilitates peer discussions after each film, based on shared inquiry and respectful listening: quieter participants equally welcomed.

Thursday Afternoon 12:45-2:45

Writing a (Very) Short Story
Tim Baehr

This repeat course in flash fiction covers the basics of character, setting, plot, and resolution. During the course, participants will write a story of about 1,000 words. We will workshop our progress as we go, with a final workshop of completed stories. This is a fun, hands-on experience with almost no rules.

Tim Baehr has been a writer of schoolbooks, dictionaries, essays, and technical documentation. He began writing fiction seriously after taking a writing course with longtime instructor Denney Morton. His fiction has appeared several times in Reflections, OLLI’s annual journal of art and literature, and in occasional literary journals.

Psychology Looks at the News
Mike Berkowitz

It can’t get any more relevant! We will examine current events in terms of psychology theories and concepts. Mini-lectures will help us analyze broad contemporary issues: healthcare, violence and war, immigration, the courts, capitalism, politics, the government, and the media. In this repeat format, we’ll again use the standard Psychology concepts, but we’ll use them to discuss the latest news. Optional readings from the internet on late-breaking stories will help keep us up-to-date. Come keep current.

Mike Berkowitz received a BA from Brown and an MA from the University of Massachusetts. He taught in daycare centers, elementary schools, and colleges before finding his niche at OLLI. He sees Psychology as a fertile arena for examining human interactions, exploring personal growth, and critiquing society.

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

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**BOOKS AND CLASS MATERIALS**

- Acquiring books and materials is the student’s responsibility.
- Books and materials will be listed in 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). If no books or materials are listed in a course description, none are needed.
- Prices are listed only for required books and reflect USM Bookstore prices.
- 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.

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more THURSDAY AFTERNOON courses on next page
End-of-Life Choices and Decision Making
Bill Jose

This repeat course is about coming to terms with death — your death. A good death. We’ll push buttons and comfort zones as we discuss the end of life and how each of us might want to approach it. Class discussion will be stimulated by readings and videos. We’ll strive to imagine what a “good death” might mean and discuss what we can do to increase the likelihood of experiencing a good death. Required book: Hard Choices for Loving People, Hank Dunn, ISBN ISBN 9780997261202, USM price $9.10.

Bill earned his PhD in Social Psychology from Stanford University and a post-retirement BFA from Massachusetts College of Art. He has a Certificate in Clinical Ethics, is a Certified Advance Care Planner, a trained hospice volunteer, and has volunteered at Maine Medical Center.

Line Dancing: A Cross-cultural Perspective
Jack Lynch

This ongoing, participatory dance class draws from the dances of many cultures — traditional American country-western using contemporary c/w and pop music, Greek circle dances, Brazilian samba, tango, rhumba, Spanish cha-cha, and the Shim Sham jazz line dance from Harlem. Not all of these are taught every semester. 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. Experienced dancers from previous classes will assist the instructor.

Jack Lynch has danced socially for 40 years. He has extensive experience in various forms of swing dance, ballroom dance, English Country dancing, contra dancing, clogging, Cajun, Zydeclo, solo jazz, and ethnic line dancing. He taught swing dance once a week for six years at a bar in Massachusetts.

Aaron Copland’s Little Book: What to Listen For in Music
Gale Rhodes

Do you — like me, a music lover but non-musician — believe that you would enjoy music even more if you knew more about what is going on? If so, Copland’s timeless book is for you. Read and discuss it with me. After discussing Copland’s crisp descriptions of elements and forms, hearing his simple examples and recommended music, we will see if we can hear and understand more, even in our own favorite classics, jazz, or pops. Let’s add understanding to our joy in music. No prior musical training necessary. Required book: What to Listen For in Music, Aaron Copland, ISBN 9780451531766, USM price $7.95.

Gale Rhodes finds that understanding enhances enjoyment of music. He has taught biochemistry, interdisciplinary courses, and OLLI courses. Publications include biochemical research, interdisciplinary education, natural history, and a book on determining molecular structures. His website, One Culture (http://oneculture-olli.blogspot.com), promotes science and connects it with other knowledge.

Let’s Sew Handmade Gifts
Barbara Rich

This course is a chance for you to use up your stash of fabric and notions by making gifts for family, friends, charities, or yourself. The instructor will provide patterns and instructions for oven mitts, potholders, gift bags for cookie mixes or soup, hand warmers, lavender sachets, hair scrunchies, and other items. Classes will consist of cutting out the patterns and going over the instructions, demonstrations, discussion of fabric choice and viewing of sample items, as well as a show and tell of the previous week’s creation. You will then use your sewing machine at home to create the gift. Materials list: fabric and sewing notions.

Barbara Rich, a retired professor from the School of Social Work at USM is a hand crafter with years of experience in a variety of different modalities. She dreams of being able to use up her stash of craft supplies before she dies.

History of Maine: Prehistory to Present Day, Part 1
Rick Tomazin

This two-semester course will cover Maine from prehistoric times to the recent past. Each semester is independent but will complement the other. Presenters are a collaboration of noted scholars of Maine history. Though this is a repeat of Part 1 from fall 2016, there will be some new topics and lecturers. Maine has played a significant role in the growth of this country, and we will see how that impacted the state. 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 has been an OLLI student since 2000 and a facilitator of this course for several years. A native of Washington, Pa., and a Mainer since June 1972, he is a graduate of Washington & Jefferson College, Washington, Pa., and a History major.
Friday Morning 9:30-11:30

The Life and Legacy of Frances Perkins
Chris Cash, Michael Chaney, Facilitators


What Can We Learn from Europe?
Marianne Hill

Let’s explore together what we can learn from Europe. We know a bit about the social benefits there — low-cost childcare and health care, mandatory paid vacations, tuition-free college — but there are also surprising developments in clean energy, business/government relations, and livable cities. What is the history behind the progress made? What programs can succeed here? What’s been your experience? There’s a lot to talk about. Guests will include persons from Sweden, the UK, and other countries. Readings will be from online sources or handouts. Michael Moore’s film What Can We Invade Next, available on YouTube, is recommended.

Great Decisions 2019 AM
Clifford Gilpin

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. The eight topics of discussion for 2019: Refugees and Global Migration; The Middle East: Regional Disorder; Nuclear Negotiations: Back to the Future?; The Rise of Populism in Europe; Decoding US-China Trade; Cyber Conflicts and Geopolitics; The United States and Mexico: Partnership Tested; State of the State Department and Diplomacy. Students will be mailed a class outline and are requested to read the relevant chapter in the text before each class. Required book: Great Decisions 2019 Edition, ISBN 9780871242648, USM price $32. This session is repeated in the afternoon.

Clifford Gilpin graduated from the London School of Oriental and African Studies. He taught in Nigeria and Kenya before enrolling in a doctoral program at Columbia University. He joined the World Bank as education specialist in 1974 and for 22 years advised African and Asian governments on education policy. He served as president of the World Affairs Council of Maine for four years.

Franklin and Eleanor Roosevelt:
The Partnership that Transformed America
Draper Hunt

This repeat course will bring to life Franklin and Eleanor Roosevelt, the most remarkable political couple in U.S. history. Their childhoods — his happy and secure, hers stressful and miserable — their nearly failed marriage, Franklin’s catastrophic bout with polio, the emergence of the powerful political partnership forged in the crisis of the Great Depression, the revolutionary New Deal, and the annealing fires of World War II — all will be explored as we see how the Roosevelts profoundly changed America. Required book: Franklin and Eleanor: An Extraordinary Marriage, Hazel Rowley, ISBN 9780312610630, USM price $20. Suggested book: No Ordinary Time, Doris Kearns Goodwin, ISBN 9780671642402.

H. Draper Hunt, Professor Emeritus of History, USM, received his A.B. degree from Harvard College (1957) and M.A. (1960) and Ph.D. (1968) from Columbia. He taught for three years (1962-65) at Hunter College of the City University of New York and from 1965-97 at USM. Draper has taught OLLI courses since 1998.

Register Online at www.usm.maine.edu/olli
**Friday Afternoon 12:45-2:45**

**Art Studio**  
*Donna Sherburne*

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.

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

**“Unwomanly” Behaviors: Anger and Ambition**  
*Carole Center*

Even in this cultural moment, in which women are publicly visible and vocal, many of us — men and women alike — remain uncomfortable with women speaking, women expressing anger, and women exercising power. This discomfort with “unwomanly” behavior acts as a barrier to women’s advancement. In this discussion-based course, we will read together Mary Beard’s and Rebecca Traister’s texts, along with excerpts from works on ambitious women and explorations of images of powerful women in art and popular culture. Together we will consider how we might change cultural templates that label women’s assertiveness as irrational and unacceptable.  
**Required books:** *Women and Power,* Mary Beard, ISBN 9781631494758, USM price $15.95; *Good and Mad,* Rebecca Traister, ISBN 9781501181795, USM price $27.

*Carole Center, PhD, is an English Adjunct Professor at the University of New England, specializing in composition and rhetoric. She lives in Portland.*

**Afternoon Art Studio**  
*Lorraine Christensen*

A two-hour workshop format to play with your art — bring your supplies and discover your own personal style: Explore your creative side. Enjoy the energy of working with your peers. Experience the satisfaction of perfecting your artistic ability. Award yourself: It’s time to paint!

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

**Great Decisions 2019 PM**  
*Clifford Gilpin*

Great Decisions is a flagship program of the World Affairs Council of Maine, facilitated by members of the Council. The eight topics of discussion for 2019: Refugees and Global Migration; The Middle East: Regional Disorder; Nuclear Negotiations: Back to the Future?; The Rise of Populism in Europe; Decoding U.S.-China Trade; Cyber Conflicts and Geopolitics; The United States and Mexico: Partnership Tested; State of the State Department and Diplomacy. Students will be mailed a class outline and are requested to read the relevant chapter in the text before each class.  
**Required book:** *Great Decisions 2018 Edition,* ISBN 9780871242617 USM price $32. **This is a repeat of the morning session.**

*Clifford Gilpin graduated from the London School of Oriental and African Studies. He taught in Nigeria and Kenya before enrolling in a doctoral program at Columbia University. He joined the World Bank as education specialist in 1974 and for 22 years advised African and Asian governments on education policy. He served as president of the World Affairs Council of Maine for four years.*

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**Stealing History**  
*Sherrie Chapman*

Museums appear to be tranquil places, but behind the scenes there are wars being waged to define the ownership of objects of cultural heritage. With readings, illustrated lectures, and discussions this class will examine the battles of museums, collectors, and grave robbers to determine who owns the past.  
**Required book:** *Stealing History,* Roger Atwood, ISBN 9780312324070, USM price $22.99. **This is a repeat course.**

*Sherrie Chapman has a Master’s degree in History from the University of New Hampshire and three years of post-graduate study in History and Museum Studies at the University of Delaware. She has worked in museums in New Hampshire, Vermont, Virginia, and the Smithsonian Institution.*
Beowulf Tells of Grendel; Grendel Tells of Beowulf
Evelyn Newlyn

After a brief introduction to Old English poetry and the Anglo-Saxon cultural context, we will read and discuss the ancient epic Beowulf, from as early as the mid-500s, and the hero’s conflict with the monster Grendel, who for twelve years has been entering Hrothgar’s hall and carrying off his warriors. We will then re-consider the story, told from the monster’s point of view, rewritten in our time in John Gardner’s novel Grendel.

We will also consider Anglo-Saxon art. **Required books:** Beowulf: A Prose Translation, Translator E. Talbot Donaldson, ISBN 9780393974065, USM price 18.75; Grendel, John Gardner, ISBN 9780679723110, USM price $13.95.

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

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SPRING WORKSHOPS

Saturday, March 30  9:30-11:30 A.M.  $15

**Yoga for Feeling at Ease**
Jennifer Cooper

Yoga is more than a physical activity — it can help you feel more comfortable and at ease in your body, emotions, and thinking. In this workshop we will do Hatha Yoga poses for the body but also breathing and meditation techniques to find more ease in our minds. **Class will be held at The Yoga Center, 449 Forest Ave. Plaza, Portland.**

Jennifer Cooper began her study of yoga in 1970. She has been co-director of The Yoga Center for 40 years. Jennifer studied with many nationally known teachers and traveled to India several times for meditation. She specializes in adapting classical Yoga to fit the needs of the individual, for their optimum benefit and enjoyment.

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**Voice-Overs: NOW is YOUR Time!**
Rich Henkels

In what could be one of the most enlightening two hours you’ve ever spent, **this repeat workshop** will show you how YOU could actually begin using your speaking voice for commercials, films, videos, and more! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! This exciting and fun class could be the game changer you’ve been looking for!

For 35-plus years, Rich Henkels’ distinctive sound and enthusiasm have become familiar in TV, radio, web-based, corporate, and industrial voice-over projects as well as live presentations. An Emmy Award winner, Rich knows the industry from both sides of the camera and microphone.

Register Online at www.usm.maine.edu/olli
Saturday, March 30  9:30-11:30 A.M.  $15

**Welcoming Immigrants to Maine: How You Can Make a Difference**
Lucky Hollander, Claudette Ndayininahaze, Nancy Markowitz, and Jill Epstein

Learn about various community programs that work with new Mainers. There will be an overview of local trends, particularly people seeking asylum; a description of local volunteer response programs; and a discussion of ways you, your faith community or others you know can help. Everyone can make a difference! While this is a repeat course, we will be discussing new and evolving changes in the political and programmatic landscape for immigrants on both the state and national levels.

Lucky Hollander spent her career in child and family services. In retirement, she has built a network of volunteers who host, mentor, and donate funds to meet the critical needs of unaccompanied minors.

Claudette Ndayininahaze arrived in Maine seven years ago from Burundi. She is Cultural Broker at The Opportunity Alliance and a founder of In Her Presence.

Nancy Markowitz was Director of Maine’s first Family Mediation program and trained mediators through USM and Volunteers of America for over 25 years. She helps coordinate Welcoming the Stranger.

Jill Epstein helped launch Welcoming the Stranger in 2016. A lifelong volunteer, she enjoys bringing people together and building community.

Saturday, April 6  9:30 A.M.-3:30 P.M.  $25

**Self-Reflection, Meditation, No-Thingness**
John McLaughlin

This day-long coming together to explore our most-persistent attachments and habits of mind, which create an endless cycle of repeating pleasures and pains, will focus on deep reflection and a loving embrace of ourselves. Dis-identification from who we think we are and an awakening to an alive consciousness within that has no content will be core to our day of exploration. No prior experience in meditation is necessary.

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.

Saturday, April 6  9:30-11:30 A.M.  $15

**Do I Need Long-Term-Care Insurance?**
Gregory Rogovin and Quang Nguyen

Long-term-care planning is an essential piece of one’s retirement and estate plan. This repeat workshop presents the topic in a clear and comprehensive manner. We will discuss, compare, and contrast different ways to relieve the burden on loved ones, age in place, and protect our assets as we get older. Participants will leave understanding the risks associated with long-term care and be confident in their ability to create a plan to mitigate some of the consequences that would affect the lives of their loved ones should a long-term-care event occur.

Quang Nguyen is originally from Vietnam. After 10 years here, he has learned English, established a successful Financial Advising Practice, and opened three businesses in Greater Portland.

Saturday, April 13  9:30-11:30 A.M.  $15

**Astronomy: Exploring the Celestial Wonders of the Sky**
Scott Negley

We will explore the constellations of the spring and summer skies and some of the deep-sky objects they contain. Learn the causes and appearance of events viewed with the unaided eye, including auroras, sundogs and halos, comets, meteors showers, and the lunar cycle of phases that causes lunar and solar eclipses. We will review what has been learned from the NASA probes that have explored the members of our solar system and how we have discovered other solar systems. This is a repeat workshop.

Scott Negley received Master’s degrees in Astronomy and Mechanical Engineering from the University of Pennsylvania and has been teaching Astronomy for more than 40 years in a variety of capacities: as university instructor, school district planetarium director, elder hostel teacher, and currently as the owner/operator of a portable planetarium company.
Saturday, April 13  9:30 A.M.-3:30 P.M.  $25

**Land Genealogy in Maine: Researching Ownership and Boundaries**

_Hugh Maynard_

People genealogy is the study of the origins and history of a family. Land genealogy is the study of the origins and history of a parcel of land and its boundaries. Many land owners in Maine are curious about the genealogy of family homes, camps, farms, and woods. Land titles in Maine are ancient and fascinating; boundaries are often vague and conflicting; and the land title system is antiquated and difficult to navigate. Some landowners go to the local Registry of Deeds and spend days finding and deciphering old deeds, maps, and surveys. They are entranced and excited by what they discover, but they are bewildered, discouraged, and frustrated by the process. This hand-on course will teach you how to do land genealogy research online in Cumberland County and in person in Sagadahoc County. This course is not a substitute for a professional title examination or a professional survey.

_Hugh Maynard_ is a retired commercial real estate attorney and title lawyer who practiced in Minnesota and Maine.

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Saturday, March 30, April 6 & 13  9:30-11:30 A.M.  $25

**Introduction to Buddhism and Meditation**

_Heather Edgerly_

This repeat _workshop_ will be an introduction to the family of religions we call Buddhism. We will begin by discussing the development of Buddhism in India by focusing on the life and teachings of its founder and will then briefly follow its spread across time and space through Asia and the West. Along the way, we will focus on enduring Buddhist ideas and practices and will end the course by exploring the theory and practice of meditation. In each class, we will engage in a brief guided meditation practice. **Suggested books:** _Buddhism: A Very Short Introduction_, Damien Keown, ISBN 9780199663835; _The Miracle of Mindfulness: An Introduction to the Practice of Meditation_, Thich Nhat Hanh, ISBN 0807012394.

_Heather Edgerly_ has been studying Eastern Religions since 2002 and holds degrees in Religion from the University of Hawaii and Harvard University. She has taught Buddhism and Eastern Religions at the University of North Carolina and currently leads classes in the theory and practice of meditation.

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Saturday, March 30, April 6 & 13  9:30-11:30 A.M.  $25

**The Memoirist’s Dilemma**

_Lee Heffner_

Every writer struggles with TRUTH. It is a particular battle for the memoir writer. The Memoirist’s Dilemma helps you navigate the sometimes murky waters of life to write your story. We pinpoint the relevant and relative scope, time frame, and truth of your work. Whose truth? Your truth! You’ve lived an interesting life; let’s get it on the page.

_Lee Heffner_ began working with creatives in 1995 and transitioned into writing in 1998. Author of _Write to Finish_, she also specializes in one-on-one coaching sessions to help individual writers overcome creative hurdles. Lee offers writing classes in Maine, Florida, and Georgia. She is an intentional Mainer.

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_Osher Lifelong Learning Institute_

Register Online at www.usm.maine.edu/olli
**Course Registration — Spring 2019**

If mailing, send to: OLLI at USM, P.O. Box 9300, Portland, ME 04104

NOTE: OLLI courses cost $50, unless otherwise noted. Workshops are individually priced.

Name (one person per form) ____________________________________________________

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Mailing address ________________________________________________________________

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- _______ Total course and workshop fees
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- _______ Your Tax Deductible Contribution to OLLI is welcome
- _______ 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 __________________________
OLLI Registration Information

Register online at www.usm.maine.edu/olli starting Feb. 6.
Registration will open at 12:01 a.m.
Class availability is first come, first served.
OLLI accepts 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 p. 3 for an onsite-help schedule.)

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 course names 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 course names for your alternate choices in the “Alternate 1st Course,” “Alternate 2nd Course,” “Alternate 3rd Course,” and “Alternate 4th Course” sections on the form.
● Sign up for OLLI workshops on the same form. Write the name of 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.
Questions about registration or membership? Call OLLI at 780-4406.

REFUNDS

Full refund for classes dropped by March 29. NO REFUNDS AFTER THAT POINT.
You will be refunded for any classes OLLI cancels.

Contact Information for OLLI at USM Office

● Phone: 780-4406
● Location: 44 Bedford St.
210 Wishcamper Center
USM Portland Campus
● Email: olliatusm@maine.edu
● Mailing Address: Osher Lifelong Learning Institute / USM
P.O. Box 9300
Portland, ME 04104
Special Interest Groups at OLLI

From September through June, 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.

- **Arts and Crafts:** Try your hand at a new skill on the first Thursday of each month at 3:15 p.m. A member of the group will demonstrate and lead an activity (fabric and paper crafts, jewelry making, book arts, knitting, crocheting, mixed-media collage, etc.). Contact Sue Jennings at jensusa10@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 Deidre St. Louis at deedee.st57@yahoo.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 Karen Day at kday0718@gmail.com or Karen Wilcock at wilcockke@gmail.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 Barbara Freeman at bhfreewoman@gmail.com for more information.

- **Downhill Ski Club:** A seasonal outlet for downhill skiing enthusiasts, the club welcomes new and returning members. Skiers plan trips to area mountains when snow conditions are good and driving conditions permit. Contact Lois Winter at loiswinter54@gmail.com for more information and to join our email list for notice of upcoming ski trips.

- **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 susangesing@gmail.com or Dawn Leland at lelanddm@gmail.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, directed by an experienced leader 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 ckhornberger@gmail.com for more information.

- **OLLI Ukes!** meets on the second and fourth Monday from 3:15 to 5:15 p.m. to share and have fun playing a wide variety of ukulele music. All levels welcome. Contact Cheryl Eling at cfeling@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 raegarcelon@gmail.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 Roberts 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 Karen Luse at luse.karen@gmail.com for more information.

- **Science Reading Club:** Each month this group reads and discusses articles from the latest issue of Scientific American. See the website at https://olliusmsciencediscussion.wordpress.com or 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.

- **Wine-Tasting Club:** An OLLI wine enthusiast helps educate your palate during featured wine-and-appetizer pairings at a local restaurant. The group meets at 5:30 p.m. every month or so. Novices and wine enthusiasts welcome. Contact Jack Lynch at JLynch001@maine.rr.com if you’d like to join an e-mail list for advance notice of date, price, and venue.
Mission

OLLI at USM is committed to providing, for its members, a wide variety of stimulating courses, lectures, workshops, and complementary activities in a creative and inclusive learning community.

Vision

OLLI will be driven by the creative and innovative spirit of its founding mission, will maintain its strong sense of community and inclusiveness, expand its abundant opportunities for members to exchange ideas and experiences, and maintain a standard of excellence.

Core Organizational Values

These are the fundamental beliefs of OLLI at USM that guide our planning and decision-making. These core values support our vision, shape our culture, and reflect what we value.

Joy of Learning — We believe that continuing to grow and learn new things is a deeply fulfilling lifelong priority.

Community — We recognize the importance of interaction with other members to share knowledge and experiences, to expand our perspectives, and to make new friends, in an atmosphere of inclusiveness, respect, and openness.

Accessibility — We strive to make classes, lectures, workshops, seminars, and activities affordable and accessible for all members.

Excellence — We strive for excellence by committing our intelligence, creativity, and energy to achieving quality in our curriculum, faculty, facilities, operations, and relationships within our community.

Volunteerism — We recognize the crucial importance of volunteers to the success of our programs.