Fresh offerings . . .
at Osher Lifelong Learning Institute

Spring 2012
Class Schedule
March 19 ~ May 11
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 on the Portland campus of the University of Southern Maine.

As a member of the Osher Lifelong Learning Institute, known as OLLI, you’ll choose from an extensive array of courses in the liberal arts and sciences. The courses are peer taught; 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 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 one of 17 Senior Colleges throughout Maine, OLLI participates in the Maine Senior College Network (www.maineseniorcollege.org). The National Resource Center for all Osher Lifelong Learning Institutes (www.osher.net) is located at USM. Currently, there are more than 117 OLLIs located 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 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, SAGE, or workshops. Scholarships do not apply to OLLI membership, trips, or special events. Call 780-4406 for more information.

Class Locations

All classes, except where noted, are held in the Wishcamper Center, located at 44 Bedford Street on the USM Portland campus.

For more information

Call: 780-4406 or 1-800-800-4876; E-mail: olli@usm.maine.edu; or Visit: www.usm.maine.edu/olli

A Discrimination-free Campus

The University of Southern Maine is a member of the University of Maine System. USM does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status or gender expression, national origin or citizenship status, age, disability, or veteran’s status in employment, education, and all other areas of the university. The university provides reasonable accommodations to qualified individuals with disabilities upon request. Questions and complaints about discrimination in any area of the university should be directed to the Executive Director, Office of Campus Diversity and Equity, 780-5094; TTY 780-5646.

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.
OLLI expanded its course schedule in fall 2010 to include Thursday evening classes and Saturday workshops. During fall and spring terms, Thursday evening courses run from 6:45-8:45. Saturday offerings range from single half-day or full-day workshops to three-session mini-courses. These options make it possible for older students in the workforce to take advantage of OLLI learning opportunities. We also offer other events throughout the week. Come join us for our many classes, lectures, educational trips, Special-Interest Groups, and other events. OLLI is learning made fun!
MONDAY MORNING  
9:30-11:30, see page 5
The birth of art, music, and poetry: A neurological view of creativity
Elizabeth Chapman 14058
Revisit the “lost generation” in The Great Gatsby and The Sun Also Rises
Sandra Compher 14059
Domestic policy issues and decisions: America’s challenges, political gridlock, and future
Bob Goettel 14060
Global Climate Change
Jim Janak 14061

MONDAY AFTERNOON  
12:45-2:45, see page 6
French conversation
Jacqueline Bucar 14062
Connoisseurs of the ordinary
Janet Gunn 14063
SoulCircling: In search of our spiritual meaning
Ken Hamilton 14064
Our transformative experience within the arts
Paul Kiley 14065
Knitting — with extras
Martha Marques 14066

TUESDAY MORNING  
9:30-11:30, see page 7
SAGE lecture series

TUESDAY AFTERNOON  
12:45-2:45, see page 8-9
Keeping memory alive: Family memoir
Norman Abelson 14072
A simple look at the sciences
Mike Berkowitz 14073
Reading plays: A potpourri of genres
Mel Howards 14074
Why we cooperate
Jack Lynch 14075
Healthcare reform: Incremental or comprehensive?
David Ruffner & Cathy Gavin 14076
American Mah Jongg
Sharon Ash Tancredi 14077

WEDNESDAY MORNING  
9:30-11:30, see pages 8-9
Humor and creativity: Examining the relationship
Ron Hager 14069
The new ethical will: An updated version of an ancient tradition
Jean Sheridan 14070
Survey of the New Testament
Donald Smith 14071

WEDNESDAY AFTERNOON  
12:45-2:45, see page 10
Psychology looks at society and the individual
Mike Berkowitz 14078
American folk music
Jack Lynch 14080
Making tracks: A guide for women exploring new terrain
Martha Manning 14081
The art and craft of writing
Ruth Townsend Story 14082

THURSDAY MORNING  
9:30-11:30, see page 11
God Is at Eye Level
Bill Gregory & Tim Byrne 14084
Henri Matisse and the School of Paris
Nathaniel Larrabee 14085
Irish film classics (9-11:30)
Bob Lyons 14086
Seniors surviving Spanish
Elba Parr 14087
Ill-behaved women in American history, part 2: 1865-present
John Sutherland 14088

THURSDAY AFTERNOON  
12:45-2:45, see page 12
Origins
Bob Bahm 14089
The bull, bear, and you
David Chute 14090
Our inner resources
Willow Femmefield 14091
American Pop
Mark Filler 14092
Quick and quirky: 21st-century novels with voice
Sarah Franklin & Betsy Wiley 14093

THURSDAY EVENING  
6:45-8:45, see page 13
Embracing the dragons of change, loss, and death
Fred Brancato 14094
Taking care of your old stuff and prized possessions
Sherrie Chapman 14095
Introduction to ancient Greek
Sarah Harrell 14096

FRIDAY MORNING  
9:30-11:30, see pages 14-15
Managing photos with Picasa
Anne Cardale 14098
Estate planning
Jim Houle 14099
Abraham Lincoln and the Civil War
Draper Hunt 14100
Great tales of terror by great authors
Claire Knox 14101
Film classics, revisited
Pat Davidson Reef 14102
Art studio
Dona Sherburne 14103
Great Decisions 2012
Mike Wygant 14104

FRIDAY AFTERNOON  
12:45-2:45, see page 16
Clip, click, swipe, and save: The world of couponing
Linda Bidler 14105
Chess for seniors: Didactic and performance
Jonathan Malev & Frank Smith 14106
Homer’s Odyssey, a Classical epic
Evy Newlyn 14107
OLLI Singers: A performance class
Stewart Shuster & Marian Rich 14108
Fascist Italy
Fiorello Ventresco 14109
WORKSHOPS  
see pages 18-19
REGISTRATION FORMS  
see pages 20-23
**The birth of art, music, and poetry: A neurological view of creativity**
Elizabeth Chapman  
Course number: 14058

Do you wonder how art, poetry, and music can be so deeply moving? The senses of touch, hearing, and sight became interconnected in human pre-history, enabling the neural distillations we call abstractions. We will discuss that fortunate cross-wiring and its role in our ability to recognize the essences of experience. This course will be in lecture/discussion format with slides, music, poetry, and readings on art and neurology. **Materials will be available on loan from the OLLI office. This is a repeat course from winter 2010 and will run for four weeks only.**

Elizabeth Chapman practices architecture and is a painter. She teaches in Maine and at Lafayette College in Pennsylvania. She has a M. Arch. from MIT and did undergraduate work at Cornell University.

**Revisit the “lost generation” in The Great Gatsby and The Sun Also Rises**
Sandra Compher  
Course number: 14059

These two American classics are as compelling today as they were when first published. We are deeply divided over our country’s direction, and we seem to have lost all ability to talk to each other. In terms of deeply held beliefs about money, religion, social issues, politics, and how we wish to be perceived in the rest of the world, we too, are a “lost generation.” We will discuss the ways these classics portray the issues and values we continue to live out today. **Required books:** The Great Gatsby, F. Scott Fitzgerald, ISBN 9780743273565, USM price $15; The Sun Also Rises, Ernest Hemingway, ISBN 9780743297332, USM price $15.

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

**Domestic policy issues and decisions: America’s challenges, political gridlock, and future**
Bob Goettel  
Course number: 14060

This discussion class is **NOT** about the critical policy issues facing our country addressed in previous semesters. Rather, we will explore our inability as a nation to fix problems or reinvest in our strengths—an ideological political environment many feel may be as bad as any in our history. USM faculty and other guests will address topics such as money in politics, redistricting, comparable historical periods, and alternative political movements. Articles from relevant reports and publications will provide background information for each session. **Suggested book:** That Used to be Us: How America Fell Behind in the World It Invented and How We Can Come Back, Thomas L. Friedman and Michael Mandelbaum, ISBN-13 9780374288907.

Bob Goettel retired from USM as a professor of Public Policy and Management in the Muskie School. He has conducted and supervised numerous research studies and evaluations for federal and state governments and national foundations. He has published books, articles, and research reports.

**Global Climate Change**
Jim Janak  
Course number: 14061

After four or five lectures on the basics of climate change, the class will read from various websites and discuss some of the issues involved. We'll explore what's established and what's difficult to quantify about climate change as well as causes. Questions to consider include: What will some of the effects be? What can be done for mitigation? What are the economics of climate change?

James F. Janak has a B.S, M.S., and Sc.D. in Electrical Engineering from MIT. He was a Research Staff Member at IBM and an Adjunct Professor of Physics at Pace University.

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**Important OLLI spring term dates**

- **February 6** – 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!**
- **February 8** – OLLI members’ class lottery
- **February 13** – Open registration for OLLI courses begins by phone, mail, and drop-in
- **February 20** – OLLI and USM closed for observation of Presidents’ Day
- **March 19** – OLLI Spring term classes start
- **March 30** – Deadline for dropping classes to receive full refund
- **May 11** – OLLI spring term classes end
**French conversation**
Jacqueline Bucar
Course number: 14062

Brush up on your high school French or learn everyday French for the first time. Classes will be conducted in French with considerable class participation. Classroom materials will be provided by the instructor. **This course will run for six weeks, starting March 19.** The schedule will be determined in class.

Jacqueline D. 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 B.S., from Wesleyan University with a M.A. in Liberal Studies, majoring in literature and history, and has a J.D. degree from the University of Connecticut School of Law. She is currently an immigration attorney in New Haven, Conn. Jacqueline is a true Francophile and spends as much time as possible in France.

**Connoisseurs of the ordinary**
Janet Gunn
Course number: 14063

Three American artists — short story writers Flannery O’Connor and Raymond Carver and photographer Diane Arbus — help us read the telling surfaces of the everyday, thereby highlighting what we might otherwise ignore or even scorn. “Short Cuts,” a 1993 Robert Altman film based on a loosely knit collection of Carver stories, will be shown. **Required reading:** A selection of O’Connor and Carver short stories will be placed on electronic reserve. Diane Arbus photographs will be supplied by the instructor and via Internet.

Janet Gunn has taught literature at home and abroad in a variety of departmental settings since the mid-60s. This is her third course at OLLI.

**SoulCircling: In search of our spiritual meaning**
Ken Hamilton
Course number: 14064

Today, we are painfully challenged to find our place in the universe. In this interactive class, we will explore the practical questions of who we are, why we are here, and how are we going to get what we came for. We will examine how these questions have evolved, from the building of the first walls of Jericho 11,000 years ago to Winter Solstice 2012, when the Mayan calendar resets to zero; how they relate to where we are today; and where we can go tomorrow — our soul’s journey. No required reading. **This is a repeat course.**

Ken Hamilton is a physician-surgeon with 45 years’ experience helping people find meaning, value, and purpose in their lives because they taught him the value of listening to their stories. He founded HOPE in 1987 to help his patients support each other and SoulCircling in 1996 to take the HOPE experience to the public in workshop form.

**Our transformative experience within the arts**
Paul Kiley
Course number: 14065

This exploration of the visual and performing arts is about believing in and trusting your dynamic, personal experiences with these art forms. Imagining, remembering, doing, sensing, and feeling are guides to engagement: The moment with the brush stroke, the musical chord, the actor’s smile, and the dancer’s turn — what lingers five years later? What prompts pursuit now? Why? This course may help inspire you and transform your experiences. Examining the process of acting and believing is the basis of this course; participation is essential to success. **No class on March 26; course will run for seven weeks.**

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

**Knitting — with extras**
Martha Marques
Course number: 14066

This class will meet to address whatever knitting-related questions, project challenges, or new techniques individual class members would like help with. The instructor has been knitting for most of her life and has created — and solved — every possible problem. And if she hasn’t, she would like a chance at it. Each session will begin with a half-hour academic component to discuss science (dyeing and fiber qualities), history (of Estonian lace, Selbuvottor mittens, Downeast compass mittens, Aran cable designs), or color theory. **Students need to provide their own yarn and knitting tools.** Some books/tools/yarns will be available for optional purchase.

Martha Marques has been knitting almost constantly for the last 52 years (she learned at age 4) and has been researching, reading, studying, and learning the whole time. She is obsessed with the fiber arts and would like to share her addiction — er, enthusiasm.
Tuesday Morning  9:30-11:30

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.

Tuesday Afternoon  12:45-2:45

The U.S. economy and Federal Reserve — for non-economists
John Bay
Course number: 14067

In recent months, the Federal Reserve has been bashed by several presidential candidates. Would you like to know about the Federal Reserve's role in the economy? How it is structured? How it operates? How it compares with the European Central Bank? If so, you might find this lecture/discussion course interesting. First, we will briefly review U.S. economic performance since 1960. Then we will do an in-depth examination of the recent Great Recession and recovery. We will talk about the outlook for the economy and look at the European debt crisis and the euro.

John Bay retired from USM after 38 years as an administrator and faculty member. He has taught money and banking for almost 50 years. He has made presentations on the economy and the Federal Reserve to a variety of audiences.

Grace Kelly: A celebration in film
Richard Budd
Course number: 14068

Grace Kelly starred in 10 films — most of them memorable — during her brief five-year movie career. We will watch most of them and, in followup discussion, try to find how cast, script, and direction contributed to their value. Certain to be included are “High Noon,” “Dial M for Murder,” “Rear Window,” “The Country Girl,” and “To Catch a Thief.” To allow for discussion, we will sometimes run over the usual time. Class may run nine weeks if students wish.

Dick Budd is a retired physicist who spent most of his career developing special-purpose scientific computer systems. He frequently teaches at OLLI on a wide variety of subjects reflecting his interests, including bridge, development of the physical sciences, movies, science fiction, and history.

Humor and creativity: Examining the relationship
Ron Hager
Course number: 14069

In response to requests from the comical participants in last spring’s course (“Humor: A Lifejacket in a Sea of Change”) this class will continue to explore the magic of humor. If you missed the previous class, not to worry. In addition to humor, this session will examine creativity as another multifaceted human attribute. As in the first class, students will actively participate in discussions and exercises and practice outside of class. Please come prepared to add your unique talents, perspectives, and insights to the chuckle stew. Instructor will provide all necessary materials — handouts, Kleenex, stories, fans, crayons. Class will run for six sessions, with a possible seventh.

Regardless of how light and humorous Dr. Ron Hager’s teaching style is, he is heavy minded about his subjects. He makes people laugh so they take things seriously. He is an enjoyable conundrum worth encountering, so says his wife of 53 years. Ron has a Ph.D. in Education.

The new ethical will: An updated version of an ancient tradition
Jean Sheridan
Course number: 14070

Ethical wills, as opposed to material wills but often appended to them, were originally letters expressing the writer's ethics, values, and hopes for future generations. This is an updated and expanded version that incorporates elements of memoir and life-story writing. Material is generated in class using a variety of approaches, including drawing and creative journaling. Students will be given an outline and prompts for working on their own outside of class as well as suggestions on how to publish and preserve their completed documents. Expect to share in small groups. This is a repeat class.

Jean Sheridan has been with OLLI for more than 10 years. Previous courses include “Spiritual Passages: A Guide for the
Wednesday Morning 9:30-11:30

Keeping memory alive: Family memoir
Norman Abelson
Course number: 14072

This class is for writers of family memories, in whatever form. Beginners will be prompted with exercises; those who are more advanced may work solely on their memoirs. All students are expected to bring self-edited work from home and to write in class. Students will be edited and gently critiqued, both by the instructor and by fellow writers. Stronger critiques are available upon request. The object is to get students’ writing engines running so they will continue their work on their own. Required book: Right Place, Right Time, Norman Abelson, $16.95 (instructor will provide; if a hardship, speak to him).

The author of three volumes of memoir, Norm Abelson has taught this course at various venues, including the New Hampshire Historical Society, OLLI, and Brandeis University, where he originated “Keeping Memory Alive.” He has been an Associated Press writer/editor, editorial-page opinion columnist, U.S. Senate press secretary, speech writer, public speaker, and public-radio commentator.

A simple look at the sciences
Mike Berkowitiz
Course number: 14073

Come get an introduction to the sciences. We will start with such basic concepts as animals, the human body, ecology, and energy resources. The middle weeks will address geology, oceanography, and weather. The more technical topics of astronomy, chemistry, and physics will round out our course. Meetings will include illustrated lectures with some video clips and occasional demonstrations. Prerequisites: None. In fact, this course is designed for those with little or no background in the sciences. This eight-week course will start and end a week late: March 28-May 16.

Mike Berkowitiz received a B.A. from Brown and a M.A. from the University of Massachusetts. He has taught at Lyndon State College, Unity College, and UNE. He has loved teaching at OLLI — opening up its lively folks to new content, perspectives, and ideas.

Reading plays: A potpourri of genres
Mel Howards
Course number: 14074

We shall read and discuss each play (absurdist, realist, etc.) for enjoyment and for understanding. We also will read work from two local playwrights, who may join us to discuss their work — from writing to revision to production. Plays include “Becky Shaw” by Gina Gionfriddo, “No Exit” by Jean-Paul Sartre, “The Leader” by Eugène Ionesco, “Trifles” by Susan Glaspell, and “The Proposal,” Anton Chekhov. A collection of plays will be available from the instructor for about $15 each.

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. He is on the board of directors of Mad Horse Theatre Company.

Why we cooperate
Jack Lynch
Course number: 14075

Is the defining characteristic of our species our predilection to cooperate with others in our tribe? Our text describes clever experiments showing that the seeds of human cooperation are present in preverbal children in ways that they are not present in our primate cousins. It argues that even natural language evolved to facilitate human cooperation. Although news coverage often focuses on the competitiveness and hostility of families and nations, even a competitive football game requires considerable cooperation of all the players. The class will consist of intellectually challenging discussions of the required book: Why We Cooperate, Michael Tomasello, ISBN 9780262013598, USM price $14.95.
Jack Lynch is an electrical engineer with a B.S. from MIT and a Ph.D. from Stanford University. Since retiring from MIT Lincoln Laboratory in 1996, he has independently studied cognitive science, self-publishing three books on the subject. He is keenly interested in natural language, mind, cognitive science, developmental psychology, and what makes humans special.

Healthcare reform: Incremental or comprehensive?
David Ruffner and Cathy Gavin
Course number: 14076

This is a revised version of the fall course “Health and Healthcare: Background for the 2012 Presidential Election.” We will compare Canada’s, Great Britain’s, and Germany’s healthcare systems with America’s. We will look at forces opposing effective healthcare reform: Interests with large financial stakes, the health-insurance industry, pharmaceutical companies, and malpractice attorneys. Finally, we will compare and contrast incremental reform and comprehensive reform. We will have several guest lecturers. Required books: The Healing of America, T.R. Reid, ISBN 9780143118213, USM price $16; Healthcare Will Not Reform Itself, C. Halverson, ISBN 9781439816141, USM price $32.95.

David Ruffner, M.D., retired from psychiatric practice in 2009 after 36 years. He is married, the father of five boys and grandfather of 11.

Cathy Gavin earned a B.A. from USM and worked in Social Service. After receiving her M.B.A. from Boston University, she worked in the employee-benefits field, ultimately making her way to a non-profit focused on healthcare reform.

American Mah Jongg
Sharon Ash Tancredi
Course number: 14077

The American Mah Jongg game is gaining popularity in southern Maine. Introduced in the U.S. in 1920, Mah Jongg is embraced by game players. Played with tiles, racks, and a card, it’s a fun, social game that engages your mind. In 1937, a group of people met to standardize the rules to the game. In this class, you will learn how to play the American version of Mah Jongg, the product of that 1937 meeting. Required for the first class: a willingness to learn the rules of the game and the 2011 Mah Jongg card, available from the National Mah Jongg League (www.nationalmahjonggleague.org). Suggested book: Mah Jongg Made Easy, also available through the Mah Jongg League. This is a repeat class.

Sharon Ash Tancredi is a social worker with a private practice in Portland. She has been enthusiastically playing Mah Jongg for many years.

OLLI / USM Student Privileges

Membership in OLLI entitles you to:

- An OLLI-designated USM ID card
- Access to the USM library, Computer Lab, and Bookstore
- Access to wireless Internet 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/usmsm-student-privileges)
- Ability to add “Husky Bucks” to your ID card for tax-free use at any of the USM dining facilities and many vending machines on campus

Classes / Tuition

- Spring classes are held Monday through Friday and span eight weeks, from March 19 through May 11. Saturday workshops and mini-courses also are offered.

- Morning classes run from 9:30 to 11:30; all afternoon classes run from 12:45 to 2:45. Thursday evening classes are held from 6:45 to 8:45. Saturday workshop schedules are as noted.

- Tuition is $50 per course for regular OLLI classes. You must be an OLLI member to enroll in classes and workshops. Membership costs $25 per fiscal year, July 1 to June 30. Workshops are priced as noted.

- In addition to classes, OLLI offers several Special Interest Groups. Read your OLLI Newsletter, go to the OLLI website (www.usm.maine.edu/olli), and check the literature racks in the main lobby and at the top of the stairs for news and updates.
Psychology looks at society and the individual
Mike Berkowitz
Course number: 14078

How do societal institutions promote human development, and how do they hinder it? Psychology mini-lectures will set the stage for guided discussions on the following topics: How well do families promote child development? How well do schools promote education? How well does technology promote science? How well do religions promote spiritual growth? How well do businesses promote the economy? How well does politics promote government? How well do the media promote information? How well does society promote human development? Weekly, we will look at how well society serves the individual and how well it serves itself. This class will start and end a week late: March 28-May 16.

Mike Berkowitz received a B.A. from Brown and a M.A. 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.

American folk music
Jack Lynch
Course number: 14080

American folk music is a unique art form with roots in Irish and Scottish fiddling, English ballads, African-American spirituals, and American cowboy songs. In pre-television days, it provided simple homespun entertainment and fueled labor-union protest. The '60s saw folk music morph into mainstream entertainment, city-oriented political protest, and the college-oriented folk revival. Since the 1970s there has been an increasing emphasis on singer-songwriters and accomplished musicians. We will learn to appreciate this evolving art form by listening to acoustic folk music of these periods, with occasional discussion about the artists and the shifting times.

Jack Lynch loves folk music. He attends folk concerts, listens to folk Internet radio and his extensive vinyl, CD, and mp3 folk music collection, and sings folk music in the shower. Jack arrived in Cambridge, Mass., just as Joan Baez and Tom Rush were revolutionizing the famous Club 47. He played guitar and banjo in college.

Making tracks: A guide for women exploring new terrain
Martha Manning
Course number: 14081

This repeat course is intended as a turning point for women in transition, whether as grandparents, moving into or out of a career or a relationship, facing an illness, or any other major life change. Participants will explore the physical, mental, and spiritual aspects of the life changes they are making. The instructor will present material from her research, and new learnings will be integrated through conversation and journaling. Students will benefit from working directly with others who are negotiating important life passages.

Dr. Martha Manning’s focus is on helping maturing women be all they wish to be through learning. She practices what she preaches, having earned a Ph.D. in Human Development from The Fielding Graduate University at the age of 65. Martha has trained and consulted with groups in clinical and community settings on both U.S. coasts and in Europe. She is the author of Trackless Snow; One Woman’s Journey from Shame to Grace.

The art and craft of writing
Ruth Story
Course number: 14082

Did you know we’re all born story tellers? It’s part of 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, workshop-styled class, we’ll explore ways to free our creativity, inspire our imaginations, and help ourselves 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, even reports.

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

Arab Spring retrospective
Kathleen Howard Sutherland
Course number: 14083

We examine through lecture and film the 2011 popular overthrow and challenge to authoritarian regimes in the Middle East and North Africa. The focus will be the historical, political, social, and economic factors that contributed to the overthrow of these regimes and which continue to challenge the nation-states. The emphasis will be on Egypt, Tunisia, Yemen, Bahrain, Libya, and Syria. Suggested book: Rock the Casbah: Rage and Rebellion across the Islamic World, Robin Wright, ISBN 9781439103166.

Kathleen Howard Sutherland is Professor Emerita of Political Science from Bowling Green State University, specializing in Middle East Studies. She lived for many years in Egypt and has traveled extensively in Kenya, Ethiopia, South Africa, and Sudan.
God is at eye level
Bill Gregory and Tim Byrne
Course number: 14084

The three goals of this course are: develop an understanding of spirituality as a quality of a reverent and grateful relationship with the Creator, creation, neighbors, and self; develop an understanding and experience of seeing as a spiritual practice, both in the class and in photographic art; and develop photographic art in the practice of seeing and photographing what is seen. Required book: God Is at Eye Level: Photography as a Healing Art, Jan Phillips, ISBN 9780835607858, USM price $21.95. This is a repeat course.

Bill Gregory is a retired UCC pastor, author, group leader, and seeker in matters spiritual and is a regular contributor to the Religion and Values section of the Portland Press Herald.

Tim Byrne is a working commercial photographer based in Scarborough. He exhibits frequently and has been published in numerous books and periodicals. He and Bill are both frequent faculty members at OLLI.

Henri Matisse and the School of Paris
Nathaniel Larrabee
Course number: 14085

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 also will 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 artists of the post-war period. This course will run for seven weeks, ending May 3.

Nathaniel Larrabee retired as a Professor of Fine Arts at the Columbus College of Art and Design in Columbus, Ohio. He also has 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 film classics
Bob Lyons
Course number: 14086


For years Bob Lyons has led OLLI courses — “Irish Short Stories,” “Irish Film Classics,” “Irish Reader’s Theatre” — 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.

Seniors surviving Spanish
Elba Parr
Course number: 14087

Join this lively, interactive course dedicated to beginning-level conversational Spanish, with a goal of learning useful phrases that have practical application: i.e., “How much is a bus ticket to Reno?” Class members will learn how to introduce themselves and a friend in Spanish. Students will actively practice language usage, as there will be both presentations and utilization of Spanish. New themes will be identified each week, with regular reviews provided at each session. This is not a Spanish grammar course or Berlitz Technique; English WILL be spoken! The goal is to provide a fun, relaxed approach to learning basic Spanish phrases.

Elba Parr is a retired Spanish teacher who taught in NYC and in public-school systems in Maine. She was an instructor at USM for three years and taught medical Spanish at UNE.

Ill-behaved women in American history, part 2: 1865-present
John Sutherland
Course number: 14088

This is a continuation of last semester's course, though the first semester is not a prerequisite. Topics, covered in lecture, discussion, and film, 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, Gail Collins, ISBN 9780061227226.

John F. Sutherland graduated from the University of Maine and received his Ph.D. from Temple. He is Professor of History Emeritus at Manchester (Conn.) Community College. His publications include articles on female urban social reformers.
Origins
Bob Bahm
Course number: 14089

Wonder where the stars came from? How the Earth and planets formed? How we got all those chemicals in the Periodic Table? How the universe itself started? What it means that we are all stardust? This lecture course will cover everything from the Big Bang to the growth of the early universe to the birth and death of stars, galaxies, and planets. We’ll explore especially how mere human beings could actually figure it all out. Although we will cover some deep material, there will be no math, just plain English and simple, easy-to-follow explanations. Think “Nova,” not science class. Suggested book: Big Bang: Origin of the Universe, Simon Singh, ISBN 9780007162215.

Bob Bahm has been a practicing clinical psychologist for over 40 years but loves reading and learning about the cosmos. He wants to share the excitement of discovering the origins of the universe.

American Pop
Mark Filler
Course number: 14092

While nearly all of American popular music gets its most-distinctive characteristics from the impulses of African-American culture, there also are considerable influences from other cultures. We’ll explore the American vernacular music scene from the 1920s to the 1960s and attempt to trace the divergent musical streams that form the river of music known as American Pop. We’ll listen to recordings of jazz, the blues, hillbilly song, folk music, Tin Pan Alley tunes, sweet bands, Latin bands, and show music and discuss how they all fit into the mosaic of American Pop.

Mark G. Filler, CPA, practices 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.
Embracing the dragons of change, loss, and death
Fred Brancato
Course number: 14094

Change, loss, and death are inescapable experiences in life and often the most feared. This course will explore the spiritual significance of these realities and how to embrace them. The wisdom of sages, saints, mystics, and poets from the traditions of Taoism, Hinduism, Buddhism, North America’s indigenous peoples, Judaism, Christianity, and Islam will be points of departure for students to share their own experiences and insights. Focus will be on the connections between life and death in their many forms. Classes will involve review of handouts, mini lectures, and large- and small-group discussion. Suggested book: Ancient Wisdom and the Measure of Our Days, Fred Brancato, ISBN-10 1606937022.

Fred Brancato has a Ph.D. from the Department of Culture and Communication at New York University and a M.A. in Religious Education from Fordham University. He has been studying the world’s diverse spiritual traditions for over 50 years.

Taking care of your old stuff and prized possessions
Sherrie Chapman
Course number: 14095

Whether your old stuff is antique furniture, works of art, vintage textiles, or other collectibles, this course will help you evaluate it, document it, and preserve its value with museum-quality care. Tactics for collecting, “de-collecting,” and disaster planning also will be discussed. Students may request suggestions for the proper care of some items in their personal collections. Although monetary value of objects will be discussed, it is not the intention of this course to provide identification or appraisal of objects. Required book: Saving Stuff, Don Williams and Louisa Jagger, ISBN 9780743264167, USM price $23.95.

Sherrie Chapman has a M.A. in American History from the University of New Hampshire and received training in collections care from Strawbery Banke, the Hagley Museum (Del.), and the University of Delaware. Sherrie worked at several historic sites, including Gadsby’s Tavern Museum in Alexandria, Va., where she served as Curator of Collections. Sherrie collects Depression glass and vintage linens.

Introduction to ancient Greek
Sarah Harrell
Course number: 14096

Have you ever wanted to read original Homer but told yourself that ancient Greek is a secret code that you never could decipher? Here you’ll find that Greek isn’t intimidating but can be fun! We will discuss the basic concepts of the language, its alphabet, key vocabulary, and grammatical structures with the goal of reading excerpts from a range of texts in the original Greek, from the New Testament and Sophocles to Sappho. We also will discuss larger issues relating to the history of the language and its influence. Suggested book: Athenaze: Introduction to Ancient Greek, Book 1, M. Balme and G. Lawall, ISBN 9780195149562. Material also will be available through e-reserve.

Sarah Harrell received her B.A. in Greek and Latin from Wellesley College and her Ph.D. in Classics from Princeton University. She has taught courses on ancient Greek language and culture, most recently at Trinity College in Hartford, Conn. She currently is completing a book on the Greeks in ancient Sicily.

Adventuring solo with confidence
Paul Kiley
Course number: 14097

It may be a book, a poem, a photo, a film, a traveler’s tale, or a savored memory which sparks the dream of adventuring on your own. This course can help you overcome the obstacles and prepare for the fresh discoveries of traveling solo. Sights and sounds, food and drink, rich and rewarding experiences and people await you. Sharing adventures in class is welcome. Suggested books: Blue Highways, William Least Heat Moon, ISBN 978031652398; The Italians, Luigi Barzini, ISBN 9780684825007; The Last Supper: A Summer in Italy, Rachel Cusk, ISBN 9780312429652; and Wherever You Go, There You Are, Jon Kabat-Zin, ISBN 9781401307783. This is a repeat course. It will start April 5 and run for six weeks.

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

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 be given the opportunity to register for an alternate class. Register early to ensure adequate enrollment in your favorite class!
Managing photos with Picasa
Anne Cardale
Course number: 14098

Picasa is a free Google application that organizes and gently edits your photographs. Learn how to install Picasa, download photographs from your camera to a computer, and organize your pictures into albums. We will also explore how to improve images, as well as share them online with chosen family and friends via Web albums, e-mails, or prints. **Required:** UBS stick and USM student photo ID. You are welcome to bring your own laptop. **This repeat course will run for six weeks.**

Anne Cardale is Director of Communication for the OLLI National Resource Center. She has a M.F.A. in Photography from the Royal College of Art in London. Anne worked as a self-employed photographer, specializing in photo reportage and landscape photography.

Great tales of terror by great authors
Claire Knox
Course number: 14101

This course will explore short stories and novels of horror written by famous authors, beginning with Bram Stoker and ending with Stephen King. Other authors included in the course will be Edgar Allan Poe, Henry James, Ambrose Bierce, and possibly others. We will discuss their works and also the psychology of horror writings. **Required books:** Dracula, Bram Stoker, ISBN 9780451530660, USM price $4.95; Carrie, Stephen King, ISBN 9780307743664, USM price $7.99.

Claire Knox has taught at OLLI for over 10 years. Some of her course topics include Jane Austen, Maine and Irish poetry, Mark Twain, and John Updike. She has degrees from Boston University and Northeastern University. She taught at both schools before moving to Maine in 1991.

Estate planning
Jim Houle
Course number: 14099

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 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.

Abraham Lincoln and the Civil War
Draper Hunt
Course number: 14100

**This repeat course** will study the life and times of Abraham Lincoln and will attempt to uncover the man beneath the myths and folklore that have obscured him over time. The travail, triumph, and final tragedy in the Civil War will receive special attention.

Draper Hunt holds a B.A. from Harvard College and a master’s and a Ph.D. from Columbia University. Draper is a USM Professor Emeritus, having taught history at USM for 32 years, from 1965-97. Previously, he taught at Hunter College in the Bronx.

Film classics, revisited
Pat Davidson Reef
Course number: 14102

This course will explore fascinating dramas with compelling stories, including “De-Lovely” (the life of Cole Porter) with Kevin Kline and Ashley Judd; “Beyond Reasonable Doubt,” with Dana Andrews and Joan Fontaine; “A Stolen Life,” Bette Davis and Glenn Ford; and “Lili,” Leslie Caron and Mel Ferrer. Short lectures will precede each film, and printouts will provide background on stars and period of the film. Class discussion of each film will focus on acting ability, directing pace, creative photography, music setting atmosphere, meaningful script, use of dialogue, and interaction of characters. We’ll look at strengths and weaknesses of each film.

Pat Davidson Reef has a Master’s in Education, taught English and Humanities at Catherine McAuley High School many years, has written two children’s books, Dahlov Ipcar, Artist and Bernard Langlais, Sculptor, and writes for the Lewiston Sun Journal on the arts. She learned to love theater and films at Emerson College in Boston.

Art studio
Dona Sherburne
Course number: 14103

This 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 2012
Mike Wygant
Course number: 14104

Great Decisions is a flagship program of the World Affairs Council of Maine. The course, facilitated by members of the Council, will discuss eight topics selected for 2012. Before classes begin, students will be mailed an outline and will be asked to purchase the Great Decisions booklet. They are requested to read the relevant chapter before each class to facilitate active discussion.


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

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.

- **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 details.

- **OLLI Night Out:** Come enjoy good food and good company with fellow OLLI gourmets who meet periodically at local restaurants. Check 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. Call the OLLI office at 780-4406 for a complete schedule for the year.

- **Photography Club:** Launched in fall 2011, this newest Special Interest Group at OLLI gives members an opportunity to meet and learn from each other while sharing their love of photography. Contact Sharon Hickey at 846-7974 or e-mail her at sharonh@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 details.

- **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 Paula Johnson at pjohnso1@maine.rr.com for more information.

- **Ski Club:** A seasonal outlet for downhill and cross-country skiing enthusiasts, the club welcomes new and returning members. Contact Steve Donahoe at stevedonahoe1@gmail.com for more information.
**Clip, click, swipe, and save: The world of couponing**
Linda Bidler
Course number: 14105

They’re not just in Sunday papers anymore! In today’s online and digital world, savings are found everywhere. In this interactive course, we’ll explore the history of couponing and use coupons, store circulars, store policies, loyalty programs, cell phones, and the Internet to find the best (and sometimes free) deals at Hannaford, Shaw’s, CVS, Rite-Aid, Walgreens, Wal-Mart, Target, and Family Dollar. This is not “extreme couponing.” This course is for anyone interested in learning to save by combining traditional couponing with new methods of saving. Access to a computer is strongly suggested. **Suggested book: The Coupon Mom’s Guide to Cutting Your Grocery Bills in Half, Stephanie Nelson, ISBN 9781583333686.**

Linda Bidler has been clipping, researching, surfing, and saving and is looking forward to sharing her secrets of the coupon world. She has saved hundreds of dollars, and her favorite word is “free.”

**Chess for seniors: Didactic and performance**
Jonathan Malev and Frank Smith
Course number: 14106

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.**

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.

**Homer’s Odyssey, a Classical epic**
Evy Newlyn
Course number: 14107

Would you like to meet Polyphemus, Circe, Calypso, the Sirens, and Scylla and Charybdis? If so, join us as we travel with Odysseus while he struggles for 10 years to return home to Greece after the Trojan War. We will supplement our reading and discussion with relevant art. **Required book: The Odyssey of Homer, translated by Richmond Lattimore, ISBN 9780061244186, USM price $14.99.**

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, medieval literature, and cats.

**OLLI Singers: A performance class**
Stewart Shuster and Marian Rich
Course number: 14108

Singing reduces stress, increases lung capacity and immune functions, and it’s fun, too! In this course you will learn classical, folk, popular, and spiritual songs. Reading music is not required but you must be able to sing on pitch and “carry a tune.” The OLLI Singers give a concert at OLLI plus two or three concerts in Greater Portland each semester. **Required materials: Music will be provided for a modest fee ($5-$8).**

Stewart Shuster has taught at York County Senior College and as adjunct faculty at USM, St. Joseph’s, and Bates. He has served as Music Director at Ocean Park Chautauqua-By-the-Sea, Trinity Episcopal Church, Southern Maine Boys and Girls Chorales, the Boy Singers of Maine, and the Portland Community Chorus.

Marian Rich has sung in various choral groups and has served as organist and/or Choir Director at local churches. She has been accompanist for the Boy Singers of Maine, Southern Maine Boys and Girls Chorales, and, currently, the OLLI Singers and the Portland Community Chorus Outreach Program.

**Fascist Italy**
Fiorello Ventresco
Course number: 14109

Fascism represented the new menacing movement in post-World War I Europe that threatened the very foundations of democratic governments. Between the wars, many European countries descended from liberal institutions to dictatorships, with Italy leading the list. Why Italy? What forces made Mussolini’s fascismo possible, and why did an alarming number of people willingly surrender their freedom? We shall attempt to answer these questions and also examine fascism’s influence on Italian culture. **Required books: Mussolini, R.J.B. Bosworth, ISBN 9780340981733, USM price $23.95; Bread and Wine, Ignazio Silone, ISBN 9780451529787, USM price $7.95.**

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.
Meet us at the Fair for *A Wrinkle in Time*, a cultural event that explores the impact of specific cities and years on our lives today. We began our symposium series in 2007 with Vienna in the year 1888-1889. In 2009, we visited San Francisco’s 1967 Summer of Love. This year, for three days, our seminar will focus on Chicago’s World Fair of 1893 and the numerous people and events showcased at the Fair. Although few people recognize it as such, 1893 was a pivotal time in American history. The Fair highlighted the change in America from a rural to an urban society, from national concerns to international importance, from an agricultural to an industrial economy, and from gaslight to electricity. A series of speakers will highlight a variety of Fair-related topics, including Chicago in the 1890s, the art and architecture, the landscape, the role of women, the Midway and other amusements, music, and the State of Maine’s presence at the Fair. Presentations will be followed by guided sessions to allow exchange of ideas on the important influences of this era on our current lives. At issue will be the tension between traditional and modern culture.

The registration fee is $50 per person, which includes the program, lunch on Wednesday and Thursday, coffee breaks, and snacks. **Required book:** *The Devil in the White City*, Erik Larsen, ISBN 9780375725609, USM Bookstore price $15.95; all participants should read this text in advance. **Enrollment is limited, so register early.**

**OFFICE USE: Member ______ Access _____ TN ______ PS _____ CK# ______ CC _____**

**Registration Form — A Wrinkle in Time**

Name(s) ____________________________________________________________

Home Address ______________________________________________________________________

City ____________________________________________ State _____________ Zip _____________

Home Telephone ______________________ E-mail _______________________________________

**Number of registrants for A Wrinkle in Time:** ______ @ $50; **Total Fee:** ____________________

Please indicate payment method:

Enclosed is a check (payable to Osher Lifelong Learning Institute) for $ ____________________

Please charge my  □ Visa  □ MasterCard  □ Discover credit card $ ____________________

Credit Card Number ___________________________ Expiration Date __________________

VSE Code __________________ Name on Card __________________
Workshop Schedule
Saturday, April 14, Half Day: $15

9:30 a.m.-1:30 p.m.
Create a life you love!
Willow Femmechild
Workshop number: 1WSS12

This is an interactive group process that utilizes gentle movement, written and experiential exercises, some info on holistic-energy medicine principles, and application of 13 simple practices that can positively affect body, mind, emotions, and/or spirit. Group members are encouraged to share their own practices they find useful. Participants may bring up specific issues to explore how certain tools can help with feeling stuck, bored, or stressed/distressed. No reading required; a handout will be provided. Please wear comfortable clothing; bring a pen and a small notebook if you wish and a snack/beverage for yourself.

Willow Femmechild, R.N., B.S.N., has worked in nursing and behavioral health for 35 years and has a M.A. in Clinical Mental Health Counseling. She is a Reiki and Polarity Therapy practitioner and has been teaching “Create a Life You Love!” since 2007. She does professional co-active life coaching as well as holistic health and wellness coaching in southern Maine.

9:30-11:30 a.m.
Don’t get stiffed: Funeral alternatives
Chuck Lakin
Workshop number: 2WSS12

This workshop will combine lecture and discussion to examine home funerals, green cemeteries, natural burial, advance directives, scattering ashes, preplanning 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 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.

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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).

- All required books and a limited number of copies of suggested books will be carried in the USM Bookstore on the USM Portland campus.

- Book prices are listed only for required books and reflect USM Bookstore prices. Students are welcome to procure books from other sources, including online vendors, local libraries, and friends.

- If no books or materials are listed in a course description, none are needed.
Saturday, April 14, Full Day: $25

9:30 a.m.-3:30 p.m.
Building relationships, one conversation at a time
Joan Chadbourne
Workshop Number: 3WSS12

Do you want to connect and be heard, or do you want to engage in a match of wills? Do you want to be right, or have meaningful relationships? When we hear others’ point of view, when they know they’re understood, they’ll listen to us. We can truly communicate. In this all-day workshop we’ll learn to communicate, connect, and appreciate each other using material from the instructor’s book and from non-violent communication. You’ll learn skills that allow you to engage in more meaningful ways with people like and dissimilar to you – family, acquaintances, and friends. Copies of the instructor’s book will be available for purchase.

Joan Chadbourne, Ed.D., is the author of Healing Conversations Now: Enhance Relationships with Elders and Dying Loved Ones, a culmination of her years as professor, coach, and organization consultant combined with personal experience. Joan facilitates connections among people and within the self.

Saturday, April 28, Half Day: $15

9:30 a.m.-noon
Advocating for your health: Your body, your life, your choice
Jill Babcock
Workshop Number: 4WSS12

One day you may be 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 you in the face, you need to prepare to make difficult decisions: You have choices here. 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 workshop could change the way you manage your life.

Jill L. Babcock, R.N., 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.
New life, new love after 60
Joan Chadbourne and Ron Oplinus
Workshop Number: 5WSS12

Are you ready for an intimate relationship? What would it take? What do you really want? What holds you back? Are you willing to be creative? In this workshop you will hear a story from two who have risked loving again. They’ll share benefits of relationships reported in the research as well as share skills and attitudes that enhance any relationship – intimate or not. They’ll discuss preparing, initiating, searching, risking, and engaging in the cyber age. You will leave with something to consider. Copies of Healing Conversations Now and handouts will be available. One handout will be a bibliography of material on relationships in mature years.

Joan Chadbourne is an author of Healing Conversations Now and coaches people in relationships of all kinds. Ron Oplinus is a retired electrical engineer and manager. Both were single for a very long time and are committed to the growth, openness, creativity, and conversations required to be in fulfilling relationships.

9:30-11:30 a.m.
Facebook: The sequel
Rob Hyssong and Jordanne Cyr
Workshop Number: 6WSS12

So, you now have an account. You have friends on Facebook, you can see their updates, and you post status updates yourself. What else can you do on Facebook? We’ll show you a few more advanced and detailed features, including adding photos and albums, managing subscriptions and lists, “liking”/creating pages, creating and/or joining groups, utilizing events, understanding the “ticker,” chatting and messaging, and managing apps. Although there is not a prerequisite for this workshop, it will not cover account setup; you will be expected to have a basic working knowledge of Facebook and a Facebook account. This will be a demonstration accompanied by handouts, but it won’t be “hands-on.”

Rob Hyssong, Program Coordinator for OLLI, has worked with computers for over 20 years. Jordanne Cyr is an OLLI office work-study student and a junior here at USM. She is probably the age of many of your grandkids — enough said!
Registration Form ~ Spring 2012

Please read instructions on next page before completing this form.

Name ____________________________________________________________________________

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

Address __________________________________________________________________________

City________________________________________________State__________ Zip_____________

Telephone _________________________E-mail address___________________________________

Date of Birth ____________  Please check if 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

Number of courses you are taking: ☐ One $50 ☐ Two $100 ☐ Three $150 ☐ More

________ Total Course Fees

________ Annual Membership Fee: $25/year (July 1, 2011, to June 30, 2012)

________ Tax Deductible Contribution for OLLI

________ Total Amount: Please make check payable to OLLI

The OLLI Newsletter is now available online.

☐ Check here if you still wish to receive a copy by mail.

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 read.

- Your personal information is at the top of the registration form, just as before. Please fill out this section 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.

- Refund Policy: 100 percent refund if you cancel by the end of your second class. NO REFUND AFTER THAT POINT. No refunds are given for OLLI annual membership fees.

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. 8 lottery, OLLI must receive your completed registration form and payment – by mail or dropped off – by Feb. 6. NO PHONE REGISTRATIONS WILL BE TAKEN FOR THE LOTTERY!

- On 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.

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 ~ Spring 2012

To expedite registration, please pay for courses and workshops separately. To sign up for regular OLLI courses see course registration form on page 20.

Name ____________________________________________________________
Street Address ______________________________________________________
City __________________________ State ______ Zip ________________
Home Phone __________________ E-mail __________________________________

Please check the workshop you wish to take in the appropriate box below:

<table>
<thead>
<tr>
<th>WORKSHOP NUMBER AND TITLE</th>
<th>DATES</th>
<th>COST</th>
<th>X</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Create a life you love!</td>
<td>April 14</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>2. Don’t get stiffed: Funeral alternatives</td>
<td>April 14</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>3. Building relationships, one conversation at a time</td>
<td>April 14 (full day)</td>
<td>$25</td>
<td></td>
</tr>
<tr>
<td>4. Advocating for your health</td>
<td>April 28</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>5. New life, new love after 60</td>
<td>April 28</td>
<td>$15</td>
<td></td>
</tr>
<tr>
<td>6. Facebook: The sequel</td>
<td>April 28</td>
<td>$15</td>
<td></td>
</tr>
</tbody>
</table>

____ Total Workshop Fees

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

NOTE: You must be a current OLLI member to take workshops. Please use the course registration form on page 20 if you need to update your membership.

For office use only
Check # ________________
CC (last 4#) ____________
Misc: _________________
Date: _______________

Credit Card Number ________________________________________________
Expiration Date _______ Security code _______
Name on Card (print) _______________________________________________
Workshop Registration Information

IMPORTANT: Please read.

- Please note that there are two separate registration forms in this catalog. One is for regular OLLI courses, and the other is for our new 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.

- If paying by check, please use separate checks for workshop registration and class registration. This will help expedite registration.

- 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. 8. After that date, phone registrations also will be taken.

- Your personal information is at the top of the workshop registration form. Please fill out this section completely. Leaving sections blank can slow the registration process.

- 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.
Intellectual Fun for People over 50

www.usm.maine.edu/olli