



Osher Lifelong Learning Institute

OLLII

COURSE CATALOG

FALL 2024



Cal Poly
Humboldt.

Join a vibrant community of lifelong learners.

At the **Osher Lifelong Learning Institute at Cal Poly Humboldt**, everyone age 18 and up can join as a valued member, and take part in lifelong learning.

There are many benefits that come with your OLLI membership:

- Reduced class fees and priority registration
- Access to members-only events, classes, and special interest groups
- University library access (with some online access limitations)
- Receive the weekly emailed OLLI Newsletter
- Access to the university recreation center (for an additional fee)
- Shared opportunities with other OLLI programs nationwide (when available)

Members enjoy diverse year-round programs, and...

- join a thriving community of lifelong learners,
- explore opportunities to learn and connect with friends,
- discover new topics in classes designed for those 50 and better,
- and enjoy dynamic and engaging instructors in a relaxed and friendly environment.

Your membership helps sustain this vibrant lifelong learning program.

Join today and become a part of the Cal Poly Humboldt community.

OLLI 2024-2025 Membership: Only \$35


Valid through June 30, 2025. Memberships are non-refundable.

humboldt.edu/olli/join

Open House
SAT., SEPT. 7
See back cover

JOIN **OLLI**





OSHER
LIFELONG
LEARNING
INSTITUTE



Be one in a thousand.

For all of us, learning never ends. Designed for people over 50, but open to everyone in the community, OLLI at Cal Poly Humboldt supports your lifelong learning with programming, classes, presentations, and group meetings.

Through these opportunities, OLLI members create connections and have built a curious and vibrant community.

OLLI at Humboldt is able to offer these experiences via memberships. We have a goal: 1,000 memberships for the 2024-25 membership year. Please help us get there!

If you haven't joined yet, now is a great time. If you haven't renewed for awhile, OLLI would love to have you back.

If you are already a member, you can help grow OLLI membership by sharing your OLLI experiences with your circle of friends, family, and colleagues.

Join OLLI today and enjoy the gift of lifelong learning with excellent faculty and an engaged OLLI community. Thank you for being one in a thousand!

OLLI ^{Cal Poly} Humboldt.

We acknowledge that Cal Poly Humboldt is located on the unceded lands of the Wiyot people, where they have resided from time immemorial.

We encourage all to gain a deeper understanding of their history and thriving culture. As an expression of our gratitude, we are genuinely committed to developing trusting, reciprocal, and long-lasting partnerships with the Wiyot people, as well as all of our neighboring tribes.

Please consider contributing to the Wiyot Tribe at honortax.org and/or to the Cal Poly Humboldt Native American Food Sovereignty Lab at hsu.link/foodsovereigntylab.

Cal Poly Humboldt is an AA/EQ Employer.

Disability accommodation may be available.

Contact OLLI: (707) 826-5880

Photos in this catalog are regional historic images that were colorized by Jerry Rohde.

Front cover: Shively, on the Northwestern Pacific Railroad, 1910 (Humboldt County Historical Society)

Back cover: H St. on the Arcata Plaza (Ericson Collection, Cal Poly Humboldt Library)

These pages: Saunders Store, Redwood Highway (Don Tuttle Collection); Strong's Station, resort on Highway 36 (Cal Poly Humboldt Library)

More information about other photos is on the next page.

OLLI



FALL 2024



Classes for everyone!

Osher Lifelong Learning Institute at Cal Poly Humboldt

- Web:** humboldt.edu/olli
Facebook: @CalPolyHumboldtOLLI
Instagram: @calpolyhumboldtolli
YouTube.com/@ollihumboldt
- Location:** Cal Poly Humboldt Student & Business Services Building, Suite 211 (2nd floor)
1 Harpst St., Arcata, CA 95521-8299
- Hours:** Mon.-Thurs., 9 a.m.-4 p.m.,
Fri., 9 a.m.-3 p.m. (closed 12-1)
- Phone:** (707) 826-5880
- E-mail:** olli@humboldt.edu

OLLI Staff

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- Interim OLLI Program SpecialistErin Scofield
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Hennessy, Eli Maloney, Judy McIntyre, Whitney Vickers

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- Kathy Layton Janina Shayne
- Rollie Lamberson Linda West
- Maureen Murphy Jane Woodward

Photo this page: Myers Store, at Myers Flat (Humboldt County Historical Society)



Photos, pages 2 & 18: Pack train passing through Orleans (Cal Poly Humboldt Library); Karuk basket weaver Phoebe Maddux, Somes Bar, 1894 (Smithsonian Institution)

Registration closes for classes 3 BUSINESS DAYS before the class start date. (See page 18 for details.)

Before you register: Be sure to review the listings carefully for how the class will be delivered. After you register, watch your email for an enrollment confirmation with additional information about your class.

IN-PERSON: The class is held face-to-face in a university classroom or off-campus instructional space, or is a class that includes a field trip.

ONLINE: The class is delivered 100% online, in real time, via Zoom, a web-based video conferencing service. Recordings may be available, and may be viewed by registered students only. Classes are noted in this catalog as:

-  The class will be recorded.
-  No class recording will be available.

About class fees: Class fees in this catalog reflect the **OLLI member rate**. Non-members pay an additional \$25 per class. Classes are **open to anyone**, as space allows. For details, see "How to register for OLLI" on page 18.

OLLI class scholarships may be available to members. See humboldt.edu/olli/scholarships.

Release of Liability forms are required to participate in both in-person and online OLLI classes.

JERRY ROHDE: *Teaching more than 100 OLLI classes over 19 years*

I've taught OLLI courses since OLLI at Humboldt began in 2005. Since I teach between six and eight classes a year, I'm now over the 100 mark.

I've focused on Humboldt County history and geography, including that of the local Indian tribes, and have also occasionally taught classes about Sea Level Rise and California plein-air painters.

Almost every semester I include a course in a series called "The Armchair Traveler," which I hope will stimulate people to go out and visit Humboldt County historic sites. Most of my programs feature 70 or more photos and maps.

For the last few years I've colorized hundreds of historic black and white photos for use in the programs. This past summer I offered a class that compared dozens of the original images with the colorized versions. Seeing the past in full color makes history come alive. (Several of these colorized photos are featured in this catalog.)

I grew up in the San Bernardino Mountains in Southern California, which was an outdoor paradise in the 1950s — before smog, overpopulation, and giant fires transformed the area. I met my wife Gisela there in 1972.

We moved to Eureka in 1979 and have remained in Humboldt County ever since. There is no place we'd rather be.

In the 1990s to early 2000s, Gisela and I co-authored four guidebooks to national and state parks in California and Washington. I covered the human history and Gisela did the natural history. We loved hiking miles and miles of trails and identifying hundreds of plants and historical features.

For several years we conducted curated tours for the first Elderhostel, and then for Road Scholar. We also led dozens of hikes for locals.

Between 1998-2000, HSU geography professor Ben Bennion and I created *Traveling the Trinity Highway*, a guidebook to Highway 299 that featured the writings of HSU students who had taken a geography class dedicated to the subject.

For over 15 years I was the historian and ethnogeographer for the HSU Cultural Resources Facility, and also served as a consultant for three local archaeologists.



Meanwhile, I'd been collecting lots of information and photos related to Humboldt County history, and in 2014 I published volume one of a seven-volume series, *The History of Humboldt County Peoples and Places*.

Volumes two through four were all published in 2022 — more than 900 pages of southern Humboldt history (that should be enough for just about anybody), and all three were published by The Press at Cal Poly Humboldt in both hardcover and (free) electronic versions.

As I write this, my office is littered with dozens of documents related to volume five, *Northern Humboldt Indians*, which I hope to finish later this year.

Much of the material in these books is also used in my OLLI courses. You can find four of my books online at the Cal Poly Humboldt Digital Commons, an uncommonly great resource.

All my OLLI classes are offered for the lowest possible course fee, and all are done online through Zoom, which allows you to participate in them while at home (no trying to park on campus!).

My online classes are also recorded, so you can see them again later, as participants receive a link to the class recording.

If you aren't interested in local history and geography, then take some other OLLI course — they've stimulated thousands of us over-50s for 19 years.

— Jerry Rohde

OLLI CLASSES: FALL 2024

Start Date	Class Title	Mode	Page
Sept. 9	Special Interest Group: Live & Local Concert Previews	Online	12
Sept. 11	Special Interest Group: Public Policy	Online	12
Sept. 16	Tour of the Historic Blue Ox Millworks (Option 1)	Field Trip	3
Sept. 17	Notan Japanese Art	In person	4
Sept. 17	How to Look at Art	In person	4
Sept. 18	Alexander von Humboldt: Explorer, Visionary Scientist, Humanist	Online	13
Sept. 18	Special Interest Group: Book Club	Online	12
Sept. 19	Memoir: Writing Your Life Story	In person	4
Sept. 21	How to Stay Optimistic in a Pessimistic World	In person	5
Sept. 21	Art of the Bee	Online	13
Sept. 22	Beginning Pickleball: Skills & Drills (Option 1)	In person	5
Sept. 23	Special Interest Group: Beyond the Checkered Board	In person	5
Sept. 26	Channeling Your Muse: Creating a Writing Practice	In person	6
Sept. 27	Chair Pilates	In person	6
Sept. 28	Backyard Birding	In person	6
Oct. 1	Seeking Balance	In person	7
Oct. 1	Botany for Gardeners	Online	13
Oct. 2	Yang Style Tai Chi Chuan	In person	7
Oct. 3	Torah, Talmud, & Kabbalah	Online	14
Oct. 5	A Walking Tour of Arcata	Field Trip	3
Oct. 7	Integrating Nutritional Solutions for Better Health	In person	7
Oct. 12	The Armchair Traveler Visits Klamath County	Online	14
Oct. 16	Tour of the Historic Blue Ox Millworks (Option 2)	Field Trip	3
Oct. 16	Aging With Your Pelvic Floor	In person	8
Oct. 21	Becoming a Zoom Wiz	In person	8
Oct. 23	Expanded Book Reports: Comanche of the Seventh & Waterlily	Online	14
Oct. 24	A Photographic Exploration of Yurok Coastal Waters	Online	15
Oct. 26	Sketch Your Window Views: No Hiking Needed	Online	15
Nov. 1	OLLI & the Chocolate Factory: The Art & Nuances of Craft Chocolate	Field Trip	3
Nov. 1	Body Wisdom Exercises	Online	15
Nov. 2	Italian for the Traveler	In person	8
Nov. 3	Beginning Pickleball: Skills & Drills (Option 2)	In person	5
Nov. 5	The Key to Writing Flash Fiction	Online	16
Nov. 6	Healthy Humboldt: Research Wellness Course	In person	9
Nov. 6	Voices of Conscience: Thich Nhat Hanh & 13 Indigenous Grandmothers	Online	16
Nov. 6	Flash Mob	In person	9
Nov. 7	All You Need is Creativity: The Beatles' Creative Process	In person	9
Nov. 7	Landscape Photography	Online	17
Nov. 9	Northern Humboldt Indians	Online	17
Nov. 20	Keeping It Fresh: Contemporary Art in the Traditional Museum	Online	17



Tour of the Historic Blue Ox Millworks

Eric Hollenbeck, Instructor

Tour the Blue Ox Millworks and Historic Village. The Blue Ox is one of the last working Victorian job shops. Gain an understanding and appreciation of antique woodworking. Learn about the world's largest functioning collection of human-powered equipment.

OPTION 1: Mon., Sept. 16 • 10 a.m.-12 p.m.

In person: Eureka

\$60 • Class #: 44108

OPTION 2: Wed., Oct. 16 • 10 a.m.-12 p.m.

\$60 • Class #: 44109



COURTESY OF BLUE OX MILLWORKS

A Walking Tour of Arcata

Bob Doran, Writer & Local Historian

Join this walking tour of Arcata, based in part on a tour originally created by the late local historian, Susie Van Kirk, with updates and further information. The tour begins at the Cal Poly Humboldt gateway and concludes at the Arcata Plaza, with stops along the way, touching on architecture and local politics.

Sat., Oct. 5 • 10 a.m.-1 p.m.

In person: Arcata

\$40 • Class #: 44110



COURTESY OF BOB DORAN

OLLI & the Chocolate Factory: The Art & Nuances of Craft Chocolate

Deanna Dick, Chocolate Enthusiast & Connoisseur

Have you ever wondered what lies behind the delicious chocolate you eat? This class will walk you through a brief history of where chocolate comes from and how it is made. You will participate in a guided tasting of chocolates from around the world, and a detailed chocolate factory tour at Dick Taylor Craft Chocolate in Eureka.

Fri., Nov. 1 & 8 • 10:30 a.m.-12 p.m.

In person: Eureka

\$65 • Class #: 44112



COURTESY OF DICK TAYLOR CHOCOLATE

Notan Japanese Art

**Louise Bacon-Ogden,
Creative Art Teacher**

Notan is the art of Japanese paper cutting. With black and white paper, you will create a beautiful design. It is thought of as “paper expansion.” From a design, we will then create a picture. The possibilities are endless. It is addictive and so much fun.

Tues., Sept. 17 • 1-3 p.m.

In person: Arcata

\$35 • Class #: 44113



COURTESY OF LOUISE BACON-OGDEN



ADOBESTOCK

How to Look at Art

Lindsay Kessner, Artist & Writer

Go beyond the descriptions on museum walls. By viewing and discussing powerful (and sometimes vexing) historical artworks, you will learn how to observe closely, ask productive questions, make connections, and have a profound personal experience with any artwork you're encountering for the first time.

Tues., Sept. 17 & 24 • 10 a.m.-12 p.m.

In person: Arcata

\$40 • Class #: 44114

Memoir: Writing Your Life Story

Sharon Ferrett, Ph.D., Dean Emeritus

Get help with writing your memoir. You will engage in a life review, reflection, and assessment through questions, writing exercises, and sharing. Word association, memory clusters, reflective questions, and class discussion will help you recall memories, and sort and organize essential information. Your story is a journey to wholeness, and a treasured gift to loved ones.

Thurs., Sept. 19 & 26 • 10 a.m.-12 p.m.

In person: Arcata

\$30 • Class #: 44141

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ADOBESTOCK

IN-PERSON CLASSES

How to Stay Optimistic in a Pessimistic World

Ruthie Davis, Writer & Coach

With all the news and tragedy surrounding us, it's easy to forget the simple joys in life. Engage in fun exercises and conversations that will help you remember what grounds you, what fills you up with feeling good, and how to enjoy and share more of this in your daily life.

Sat., Sept. 21 • 10 a.m.-12 p.m.

In person: Arcata

\$30 • Class #: 44118



Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

Learn to play pickleball — the most popular sport in the world. Through a variety of drills and instruction, you can acquire a good foundation for successful game play.

OPTION 1: Sun., Sept. 22-Oct. 27

**10 a.m.-12 p.m. • In person: On Campus
\$80 • Class #: 44111**

OPTION 2: Sun., Nov. 3-24

**10 a.m.-12 p.m. • In person: On Campus
\$65 • Class #: 44159**



SPECIAL INTEREST GROUP

Beyond the Checkered Board

Jerry Saner, Group Leader

This special interest group will introduce you to the world of board games that is beyond the mainstream games people typically know. Discover the various genres of board games — deck builders, chit and pull, hex and counter, tile layers, and others. Meets every other Monday evening.



Mon., Sept. 23, Oct. 14 & 28, Nov. 4 & 18

5-8 p.m. • In person: Arcata

\$35 • Class #: 44143

See page 12 for online Special Interest Groups.



Channeling Your Muse: Creating a Writing Practice

Bonnie Shand, Poet

SPONSORED BY



This beginning creative writing class offers an opportunity to dig deep and write about the things you want to express in prose or poetry. Learn to weave music into your use of language, to give it breath and a heartbeat. A safe environment is created for you to share your work and receive constructive feedback.

Thurs., Sept. 26-Oct. 17 • 2-4 p.m.

In person: Arcata

\$65 • Class #: 44125



ADOBE STOCK

Chair Pilates

Summer Turner, Pilates Teacher

Build core stability with low-impact and full body exercises that focus on strengthening muscles while improving flexibility, posture, mobility, and balance. By staying seated (or standing), modified Pilates movements and exercises are accessible to any body, at any age! A padded folding chair will be provided, and small Pilates props will be incorporated into each class.

Fri., Sept. 27-Oct. 11 • 9-10:15 a.m.

In person: Humboldt Pilates, Arcata

\$65 • Class #: 44119



ADOBE STOCK

Backyard Birding

Haven LeWinter, Ornithologist

Discover the joys of backyard birding! In this hands-on course you'll learn to use a field guide, identify local birds, understand their seasonal patterns, use bird feeders responsibly, and create a bird-friendly garden with plants that attract birds and other pollinators. Perfect for nature enthusiasts!

Sat., Sept. 28 • 10 a.m.-12 p.m.

In person: Arcata

\$40 • Class #: 44127



KELLIE JO BROWN

IN-PERSON CLASSES

Seeking Balance

Sarah Landis, Physical Therapist & Biomechanist & Justus Ortega, PhD, Cal Poly Humboldt Biomechanics Lab

Come ready to have your balance tested and learn about how your limits of stability can affect your fall risk. The Cal Poly Humboldt Biomechanics team will run you through a series of balance and stability tests on the first day, with results and discussion on the second day.

Tues., Oct. 1 & 8 • 1-3 p.m.

In person: On Campus

\$45 • Class #: 44123



Yang Style Tai Chi Chuan

Brett Boyer, Martial Artist

Tai Chi Chuan is a soft, internal martial art. It is known for slow, smooth, and fluid motions. You will learn an art form that can become a daily habit, that truly improves your life.

Wed., Oct. 2-23 • 5-6 p.m.

In person: Arcata

\$60 • Class #: 44120



Integrating Nutritional Solutions for Better Health

Mishka Straka, Integrated Nutritionist

Getting older is no joke. Why are some of us healthy and vigorous, while others struggle to get out of bed every day and constantly battle multiple health issues? Most ailments we face upon aging have a major dietary component to them. This class presents an integrated holistic overview of diet and lifestyle practices that contribute to health and longevity.

Mon., Oct. 7 & 14 • 6-7:30 p.m.

In person: Arcata

\$35 • Class #: 44121



FALL 2024 • IN-PERSON CLASSES

Aging With Your Pelvic Floor

**Sarah Landis, Physical Therapist
& Pelvic Floor Specialist**

You can always improve your health. Have you thought about improving your pelvic health? This course will offer a discussion on how your pelvic floor can most optimally function. We will look at how incontinence, prostate issues, erectile dysfunction, and prolapse can all effect quality of life, and what can be done to help.

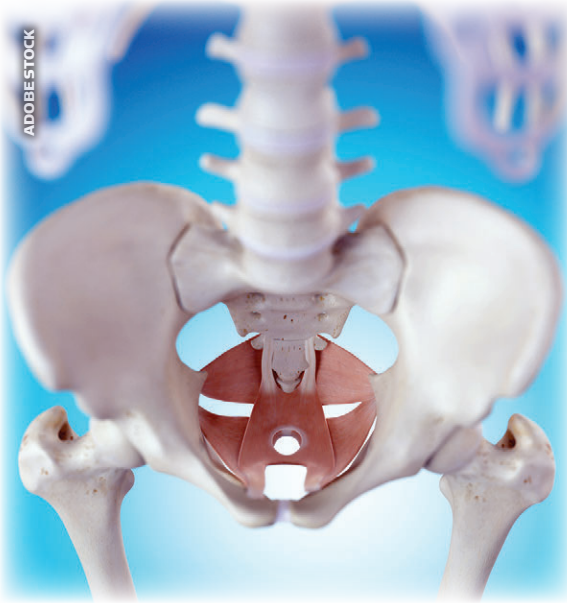
SPONSORED BY



Wed., Oct. 16 • 2-3:30 p.m.

In person: Arcata

\$35 • Class #: 44122



Becoming a Zoom Wiz

**Dane Oppenborn & Erin Scofield,
OLLI at Humboldt Staff**

Whether you're a novice or an expert, the OLLI staff will walk you through the world of Zoom. They will answer any questions you may have. This class is free and available to OLLI members only.



Mon., Oct. 21 • 3-5 p.m.

In person: Arcata

Free to OLLI members • Class #: 44132



Italian for the Traveler

**Margaret McDonough,
Italian Language Instructor**

The instructor brings over 40 years of experience in teaching languages and culturally relevant subjects, and she lived in various regions of Italy for more than 20 years. She offers a unique approach that focuses on interrogatives and essential verbs, as well as necessary verb tenses, and will provide guidance on personal, regional, and cultural itineraries to enhance your travel experience.

Sat., Nov. 2-23 • 11 a.m.-12 p.m.

In person: Arcata

\$55 • Class #: 44133



HEALTHY HUMBOLDT: A Research-Centered Approach to Wellness Across the Lifespan

Presented by **Dustin Larrazolo, Cal Poly Humboldt Graduate Student**
& **Jane Woodward, OLLI Curriculum Committee Member**

OLLI members will have the opportunity to contribute to community health education research that supports positive lifestyles, through a variety of topics including groundbreaking research on Blue Zones and healthy advanced agers.

- Holistic Nutrition: Let Food Be Thy Medicine
- Staying Gold in Your Golden Years: Let's Talk About Sex and Fitness
- Medicine, Drugs, and Substances: OLLI Talks Polypharmacy

Wed., Nov. 6-20 • 1-3 p.m.

In person: Arcata

\$30 • Class #: 44162



Learn more and register:

humboldt.edu/olli/healthyhumboldt



Flash Mob

With **Cheryl Johnson, Life Coach**

Flash mobs are public bursts of joyful dancing that surprise and delight people. Learning dance patterns is great for brain plasticity, cardio, and balance. Even watching dance raises endorphin levels for participants and viewers. We will create a routine of easy, non-strenuous dance steps. We will then polish it, dress up, and perform for ourselves with laughter and gusto. Make your legacy include living, learning, loving, and laughing!

Wed., Nov. 6 & 13 • 1-3 p.m.

In person: On campus

\$45 • Class #: 44160

All You Need is Creativity: The Beatles' Creative Process

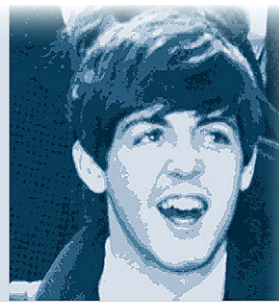
Blake Brown & Gary Glassman, Lecturers

Roll up for the Mystery Tour! Part one of a two-part series covers the history of the Beatles from their Liverpool childhood to their album *Rubber Soul*. Lectures will be accompanied by slideshows, live and pre-recorded music, film clips, and lyrics. Conversation and participation is encouraged. Part two will be offered in spring 2025 and will cover the timeline from albums *Revolver* to *Abbey Road*.

Thurs., Nov. 7-21 • 4-6 p.m.

In person: On campus

\$60 • Class #: 44136



WIKIMEDIA COMMONS

OLLI *Brown Bag Lunch*

SEPTEMBER 16

Emergency Preparedness

With Maggie Kraft & Judy Sears

With emergencies and disasters the new norm, we all know we need to be ready, but it can feel overwhelming. This session will help you focus on what is most important. We will provide tools to help you get more emergency ready.

SEPTEMBER 23

It Can Happen Here

With Kathy Lee

The November 2024 election will decide if the United States remains a representative democracy for all its people. What most people thought were hard and fast principles and rules for political conduct have been shown to be mere norms and expectations. Added by a complacent Congress and an enabling Supreme Court, the powers of the executive have been expanded beyond that which were already considerable. This presentation will explore these issues, as well as what can be done to push back against these trends.

SEPTEMBER 30

Updates on Alzheimer's

With Claire Day & Kim Coelho

Claire Day will give a research update, and talk about the highlights from the 2024 Alzheimer's Association International Conference.

OCTOBER 7

Iceland: Where Rift & Hot Spot Collide Spectacularly

With Lori Dengler

Iceland is home to the thickest oceanic crust anywhere on the planet. A new period of volcanic activity began in 2021 and nearly continuous eruptive activity has greeted visitors to the most populated part of the Island in 2024. This talk traces Iceland's origins and the dance between geologic processes and human ingenuity to live with and harness Iceland's volcanic powers.

OCTOBER 14

Pros & Cons of Statewide Ballot Measures in November

With the League of Women Voters of Humboldt County

The League of Women Voters of Humboldt County will present the "pros and cons" of the ballot measures on the Nov. 5 ballot.

OCTOBER 21

Cancer Care Resources in Humboldt County

With Dr. Ellen Mahoney & Priscilla Lynn

Dr. Mahoney will present a brief history of the cancer program at St. Joseph Hospital, and introduce you to the cancer care resources and treatments available via Providence St. Joseph Hospital in Humboldt County.

More presentation details and Zoom link:

humboldt.edu/olli/brownbag

These presentations are FREE and open to everyone, anywhere!

FREE ONLINE PRESENTATIONS

Mondays, noon-1:30 p.m. on Zoom

OCTOBER 28

A Mindful Approach to Stress

With Aiko Michot

Learn more about the science of stress and how to use mindfulness to reduce its grip on your life. You will learn how to discern between healthy and toxic stress, understand the physical mechanism of stress and how this can lead to disease, investigate what causes stress and how to create more supportive conditions to keep it from arising, and practice how to be with and attend to stress more mindfully when it does arise.

NOVEMBER 4

Tax Savings By Charitable Giving

With Patrick Cleary & Panelists

Patrick Cleary will explore ways of using donor advised funds, IRA distributions, gifts of appreciated assets, charitable remainder trusts, and other techniques to give to nonprofit organizations, while taking advantage of tax savings. Representatives of the Breast and GYN Health Project, We Are Up, and Life Plan Humboldt will share how donors support their missions.

SPONSORED BY

**Life Plan
HUMBOLDT**

AND


**Breast and GYN
Health Project**
A Cancer Resource Center
Information, Support, and Hope

Brown Bag Lunch presentations are sponsored by the Friends of OLLI, Life Plan Humboldt, and Breast & GYN Health Project.

NOVEMBER 18

Euthanasia in Thought & Practice

With Mary Bockover

Euthanasia means a “good” or “easy” death, which is counter to how we usually think about death. However, in some circumstances, death is not only accepted — it is welcomed. We will consider ethics, the relationship between life and death, and make sense of the concept of euthanasia. We will discuss the 2016 End of Life Option (EOLA) Act, and will look at some ethical implications of euthanasia, in light of some real-life cases, and ways to protect our choices when it comes to planning for our own death.

DECEMBER 2

We Are Up Community: An Update

With Mary Keehn & Tracey Barnes Priestley

We Are Up is building an inclusive, inter-generational community that will offer secure housing, income opportunities, and mutual support systems for adults with and without disabilities. Get the latest update with the organization’s founder.

DECEMBER 9

Arcata Fire District Looking to the Future

With Eric Loudenslager & Chris Emmons

Get updates on Arcata Fire Protection District strategic planning for population and housing growth.

Can't make it to a live presentation? Past presentation videos are available at
humboldt.edu/olli/brownbagarchive

Or subscribe to OLLI at Humboldt YouTube channel: **youtube.com/@ollihumboldt**

ONLINE SPECIAL INTEREST GROUPS

Live & Local Concert Previews

Elizabeth Morrison, Group Leader

Meets online on Mondays before live classical concerts to preview the music, composers, and musicians. See full concert and class schedule at humboldt.edu/olli/sig-concert



Mon., Sept. 9, 2024-May 27, 2025

6-7:30 p.m. • Online

Free to OLLI members • Class #: 44144

Free to OLLI members, thanks to a generous donation from the Eureka Symphony and the Eureka Chamber Music Series. ■■



Issues in Public Policy

Kathleen Lee, Group Leader

Explore current controversial issues in politics. For the fall term, we will explore topics in criminal justice in the U.S., with a brief review of the election results. In the spring term, we will focus on the aftermath of the assault on representative democracy and what of it remains intact after a crucial election.



Wed., Sept. 11, 2024-May 14, 2025

3-4:30 p.m. • Online

\$50 • Class # 44145 ■■

Book Club

Mike Zeppegno & Dan Chandler, Group Leaders

Meet online on the third Wednesday of the month to discuss books from various genres. All readers welcome. Monthly selections are listed at humboldt.edu/olli/bookclub.



Wed., Sept. 18, 2024-May 21, 2025

5-6:30 p.m. • Online

\$50 • Class #: 44160 

See in-person Special Interest Group on page 9.

Let's Connect!
FREE Online Conversations
FRIDAYS at 10-11 a.m. on Zoom

OLLI at Humboldt, in collaboration with **Tracey Barnes-Priestley**, facilitate this hour of conversation that focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter.

Let's Connect began early in the pandemic as a response to the isolation, and it has now become a regular gathering of friendly and interesting people. Please join us! Register once, and use the same Zoom link each week. See the topics and register on the website.

humboldt.edu/olli/letsconnect

Alexander von Humboldt: Explorer, Visionary Scientist, Humanist

Molly Cate, Humanitarian Educator

Intensely driven by wonder, Alexander Humboldt (1769-1859) measured, collected, and drew everything he saw. A man of great heart, he traveled thousands of miles out of his way to confront Thomas Jefferson on the evils of slavery. His vision of all life as being part of a unity prefigured our modern ecological movement.

Wed., Sept. 18-Oct. 2 • 10 a.m.-12 p.m.
Online • \$45 • Class #: 44137



WIKIMEDIA COMMONS

Art of the Bee

Brian Dykstra, Researcher

Artistic representations of bees around the world — from the past to the present — teach us much about our human story, our values, and our relationships with bees. From ancient petroglyphs to modern graffiti, from encaustic paintings to digital art, worlds of meanings are contained in the art of the bee. Explore famous paintings, religious and spiritual symbolism, environmental messaging, allegorical aspects, and much more related to bees and artistic traditions.

Sat., Sept. 21 • 2-4 p.m.
Online • \$35 • Class #: 44128



WIKIMEDIA COMMONS

Botany for Gardeners

**Elliott Parivar, Ph.D.,
Former Horticulture Professor**

Learn how garden plants thrive. Explore organic vs. inorganic gardening and fertilizers, soils and composting, common diseases and pests, adaptations and protection, special structures, and seed and fruit production. Delve into plant anatomy, physiology, chemistry, and nutrition, in an easy-to-understand language. After taking this class, you will never look at your salad or fruits the same way!

Tues., Oct. 1-22 • 10:30 a.m.-12 p.m.
Online
\$60 • Class #: 44129



WIKIMEDIA COMMONS

Torah, Talmud, & Kabbalah

Phillip Lazzar, Enthusiast

Explore ancient teaching of the Torah, both written and oral, the mystical teaching of the Kabbalah, and Talmudic teachings that have practical relevance to everyday life.

Thurs., Oct. 3-17 • 11 a.m.-12 p.m.

Online

\$40 • Class #: 44134 



The Armchair Traveler Visits Klamath County

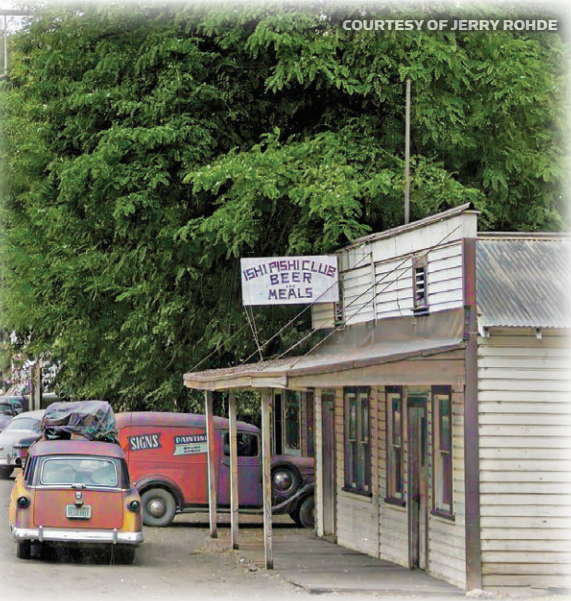
Jerry Rohde, Armchair Enthusiast

Klamath County once ran from School Road in McKinleyville to the Oregon border. It is the only county that was ever disbanded by the State of California. It was also one of the most scenic. We'll see what it looked like decades ago and more recently, from our OLLI armchairs.

Sat., Oct. 12 • 2-4 p.m.

Online

\$25 • Class #: 44142 



Expanded Book Reports: Comanche of the Seventh & Waterlily

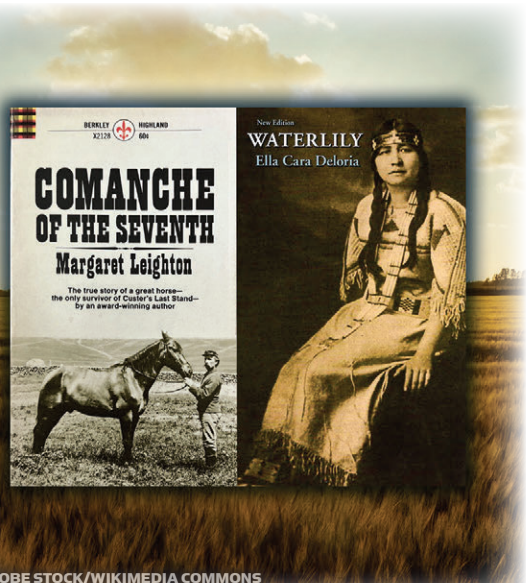
Molly Cate, Humanitarian Educator

Compare the 1957 novel *Comanche of the Seventh*, by Margaret Leighton, about a horse that survived the battle at Little Big Horn, with the 1988 novel, *Waterlily*, by Ella Cara Deloria (Yankton Dakota) that paints an Indigenous anthropologist's picture of the everyday and extraordinary events of a 19th-century Sioux woman's life.

Wed., Oct. 23 & 30 • 10 a.m.-12 p.m.

Online

\$35 • Class #: 44139 



A Photographic Exploration of Yurok Coastal Waters

Aldaron Laird, Photographer & Retired Environmental Planner

Explore the stories behind the photographs in the instructor's new book, *A Photographic Exploration of Yurok Coastal Waters*.

Thurs., Oct. 24 • 1-3 p.m.

Online

\$25 • Class #: 44138 



COURTESY OF ALDARON LAIRD

Sketch Your Window Views: No Hiking Needed

Margaret Kellermann, Artist

Want to join our Hike & Sketch workshops, but can't make the trip? In this online series, you'll become absorbed in the same intriguing sketch techniques. Great for people at all art levels and mobility abilities. Choose subjects to sketch — outside your window or around your kitchen — all in a non-judgmental environment.

Sat., Oct. 26 • 10-11:30 a.m.

Online

\$30 • Class #: 44115 



ADOBE STOCK

Body Wisdom Exercises

Suki Munsell, Movement Therapist

Have fun in this moderately-paced class as you explore (mostly) seated exercises to stretch and strengthen your body and your mind. Enhance your breathing and flexibility while you improve your posture and balance. Discover what can be reclaimed from pain and immobility, and cultivate dynamic vitality.

Fri., Nov. 1-22 • 9:30-10:30 a.m.

Online

\$40 • Class #: 44124 



COURTESY OF SUKI MUNSELL

The Key to Writing Flash Fiction

Margaret Kellermann, Instructor

Really short stories, called “flash fiction” or “microfiction,” can help us discover the world’s quirky layers. In this fun, non-competitive workshop, let’s discover how to make our own stories sing, by keeping them as short as a 21st-century attention span. You’ll get to write a complete piece in class and share it or not, as you like.

Tues., Nov. 5 • 1-2:30 p.m.

Online

\$30 • Class #: 44126 



Voices of Conscience: Thich Nhat Hanh & the 13 Indigenous Grandmothers

Molly Cate, Humanitarian Educator

Thich Nhat Hanh, a Zen Buddhist monk, promoted deep listening as a nonviolent solution to conflict, and sought to raise awareness of the interconnectedness of all beings. The Council of Thirteen Indigenous Grandmothers is an alliance of female elders from around the world, speaking out about environmental healing and human rights.

Wed., Nov. 6-13 • 10 a.m.-12 p.m.

Online

\$35 • Class #: 44135 



Volunteer for OLLI

Share your OLLI experience:

with friends, family, neighbors, coworkers, or organizations you belong to.

Teach an OLLI class: Share your passion and inspire others to learn, without grades or homework.

Use your skills: Do you have any specialized skills or connections that can support or contribute to OLLI?

Join the OLLI Curriculum Committee:

Are you passionate about lifelong learning? Enthusiastic members are needed to help shape OLLI educational offerings.

Join the OLLI Event Committee:

Do you enjoy bringing people together and creating memorable experiences? OLLI needs members for this new committee to help plan and organize community events.

Complete a volunteer application when you're ready:

humboldt.edu/olli/volunteer

Landscape Photography

Eli Vega, Photographer & Author

In this highly interactive course, you will learn about landscape photography composition, exposure, lenses, equipment and accessories, depth-of-field, lighting, timing, photographing different seasons, dealing with lens flare, shooting in snow, right brain landscapes, basic photo editing, and more.

Thurs., Nov. 7-21 • 10 a.m.-12 p.m.

Online

\$55 • Class #: 44116 ■



COURTESY OF ELI VEGA

Northern Humboldt Indians

Jerry Rohde, Historian & Ethnogeographer

Many of us know of four Northern Humboldt County Indian tribes — the Hupa, Yurok, Karuk, and Wiyot. But how many are aware of the Whilkut, Tsnungwe, and Mawenok? We'll consider all seven tribes, focusing on the years of conflict, 1850-1864. Most of the written history of Humboldt County tribes has been told by whites, and is often inaccurate. This course will use many sources — including testimony by early day Indians — to present a revised version of what happened during the late 19th century, this area's most difficult time period.

Sat., Nov. 9 • 2-4 p.m.

Online • \$25 • Class #: 44140 ■



COURTESY OF JERRY ROHDE

Keeping It Fresh: Contemporary Art in the Traditional Museum

Julie Alderson, Art Historian

Collecting contemporary art is challenging for traditional museums — it's often big, expensive, and in many ways still in process. We will look at a variety of innovative strategies these institutions are using to increase their engagement with contemporary art and art practices.

Wed., Nov. 20 • 10 a.m.-12 p.m.

Online

\$35 • Class #: 44117 ■



WIKIMEDIA COMMONS

How to register for **OLLI** classes

ONLINE: The easiest and preferred method to register is online:

humboldt.edu/olli/register

IN PERSON: The OLLI office is located on the 2nd floor of the Student Business Service Building, Cal Poly Humboldt campus, and is open Mon.-Thurs., 9 a.m.-4 p.m., and Fri., 9 a.m.-3 p.m. (closed 12-1 p.m.)

BY MAIL: Download and print the OLLI online registration form at humboldt.edu/olli/reg.pdf. Fill out the form on your computer or by hand.

**OLLI at Humboldt
College of Extended Education
& Global Engagement,
Cal Poly Humboldt
1 Harpst St., Arcata CA 95521**

Who may register?

Anyone age 18 or older may take an OLLI class. Non-members add \$25 per class to the listed class fee, and are limited to two classes

per term, or they can become a member for \$35. Memberships are non-refundable.

Registration deadlines

Enrollments close **three business days prior to the class start date.**

Early registration deadlines support the preparedness of OLLI instructors, staff, and volunteers. This ensures the highest quality of education and experiences for our community. Look for the registration deadline at the end of the description for each class in this catalog.

If you need to drop a class

Please complete a drop form for each class you want to drop. Note that field trip classes must be dropped at least three business days prior to the class start date to receive a full refund. After the registration deadline, there will be no refunds. Access the OLLI drop policy and form here: humboldt.edu/olli/drop

Enjoy your **OLLI** classes!



Friends of OLLI

OLLI at Humboldt was founded by the Bernard Osher Foundation.

Operating funds for OLLI come from interest on the Osher Foundation endowment, membership dues, and class fees. OLLI receives no direct funding from Cal Poly Humboldt.

When Friends who value lifelong learning give to OLLI, donations are used to provide scholarships, courtesy memberships, and to bring more benefits back to OLLI members.



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eureka chamber music series

Thank you to these Friends of OLLI who donated this year. We apologize if we inadvertently omitted anyone.

Join, renew, register today! humboldt.edu/olli

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If you want to be removed from the mailing list, go to humboldt.edu/extended/nomail

OLLI *Open House: Saturday, Sept. 7*

11 a.m.-1 p.m. D Street Neighborhood Center: 1301 D St., Arcata

- Explore classes and meet instructors.
- Join OLLI or renew your membership.
- Bring peanut butter or non-perishable food to support the student food cupboard.

See details: humboldt.edu/olli/openhouse

