



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SUMMER 2024



Cal Poly
Humboldt.

OLLI



SUMMER 2024





Classes for everyone!

Registration closes for classes 3 BUSINESS DAYS before the class start date. (See page 9 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 9.

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.

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.-Fri., 9 a.m.-4 p.m. (closed 12-1)

Phone: (707) 826-5880

E-mail: olli@humboldt.edu

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Maureen Murphy	Linda West
	Jane Woodward

It's time! Join a vibrant community of lifelong learners

**Open
House**
SAT., JUNE 8
See back cover

Now is the best time to renew or join! The OLLI membership year starts July 1!

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)
- 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 July 1, 2024 - June 30, 2025. Memberships are non-refundable.

humboldt.edu/olli/join

JOIN OLLI



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/EEO Employer.

Disability accommodation may be available.

Contact OLLI: (707) 826-5880

PHOTO CREDITS

Front cover: Ma-le'l Dunes by Kellie Jo Brown, photographer, Cal Poly Humboldt

Marketing & Communications

Back cover: OLLI Open House by Sarah Feldhut

Facing page/page 13: Manila dunes by Kellie Jo Brown

**COLLEGE OF
Extended Education & Global Engagement**

OLLI CLASSES: SUMMER 2024

Date	Class Title	Mode	Page
June 18	Becoming a Zoom Wiz	In Person	5
June 20	Sculpted Splendor: Clay Bead Creation & Jewelry Making	In Person	5
June 23-July 28	Beginning Pickleball: Skills & Drills	In Person	5
June 25	What If Rodin Used 21st Century Computer-Aided Tools?	Online	7
June 26	Andy Goldsworthy: Sculpting Nature	Online	7
June 27	Tour of the Blue Ox Historic Millworks	Field Trip	3
June 29	Adventures with Noni & Tule	Field Trip	3
July 2	Lawrence of Arabia & the Making of the Middle East	Online	7
July 3	Art for the Millions	Online	8
July 10 & 17	Seeking Balance With Biomechanics	In Person	6
July 11	The Nimble-Fingered Gentry	In Person	6
July 12	Hike & Sketch: Trinidad	Field Trip	3
July 13	Atmospheric Watercolors	Field Trip	4
July 16	Ethics of Care at the End of Life	In Person	6
July 18	Neurographic Art	In Person	6
July 20	Bird Walk: The Ma-le'l Dunes	Field Trip	4
July 23	Becoming a Zoom Wiz: Option 2	In Person	5
July 25	Live & Local Classical Music Preview: The 2024-25 Season	Online	8
July 26	Celebrating 25 Years at the Headwaters Forest Reserve	Field Trip	4
July 27	Full Color Humboldt History!	Online	8

Meet the OLLI staff:

What are your favorite summer activities?



DESERIE DONAE

Director of OLLI Program/Director of Enrollment (CEEGE)

My favorite summer activities are everything outdoors that surrounds Humboldt's beautiful

waterways – kayaking, camping, nature hikes, birding, sketching, art journaling, and basking in the sounds of nature. Each summer, I take myself on a personal retreat for renewal.



ERIN SCOFIELD

OLLI Program Specialist

My favorite summer activities are swimming in the river at my farm in Hoopa and going backpacking. My favorite spots

to backpack are the Trinity Alps and Emigrant Wilderness. I also relax with friends and family, camp, garden, walk my beautiful dogs, and soak up as much vitamin D as I can.



DANE OPPENBORN

Program Support Coordinator

My favorite summer activities are mixing music and hiking on the beach. I enjoy spending time with the people I've

become close with up here in Humboldt County, and having group dinners and barbecues with them.



ANNALISA RUSH

Administrative Support Coordinator

My favorite summer activities are surfing, surfing, and...surfing. I love to explore. I have a big garden,

too. I paddle and swim in rivers and lagoons, and love long walks on beaches with friends. Sunsets, nature, and waves are my photography favorites.

FIELD TRIP CLASSES

Tour of the Blue Ox Historic Millworks

Eric Hollenbeck, Instructor

Tour the Blue Ox Millworks and Historic Village, lead by Eric Hollenbeck. 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. Register by June 24.

Thurs., June 27 • 10 a.m.-12 p.m.
In person: Blue Ox Millworks, Eureka
\$45 • Class #: 31229

COURTESY OF BLUE OX/ERIC HOLLENBECK



Adventures with Noni & Tule

Christine Noel, Instructor

Learn about Noni and Tule's life at the Sequoia Park Zoo — from training, husbandry, diet and enrichment. We will also discuss human-wildlife interactions and how we can help keep bears wild and safe. The program will be held in the Sequoia Park Zoo classroom and outdoors. Please come prepared for the weather! Register by June 26.

Sat., June 29 • 9 a.m.-12 p.m.
In person: Sequoia Park Zoo, Eureka
\$45 • Class #: 31230



COURTESY OF SEQUOIA PARK ZOO

Hike & Sketch: Trinidad Head Lighthouse

Margaret Kellermann, Artist

Beginning and experienced artists will love this dazzling route, with stops to rest and sketch Trinidad Bay, local flora, and other sights. BLM gives us special access to the original 1871 lighthouse. Learn fresh drawing techniques in a fun, non-judgmental setting. Afterwards, we'll debrief over a no-host brunch at a local café. Register by July 9.

Fri., July 12 • 9:30 a.m.-12:30 p.m.
In person: Trinidad Head Lighthouse, Trinidad
\$60 • Class #: 31231

COURTESY OF MARGARET KELLERMANN



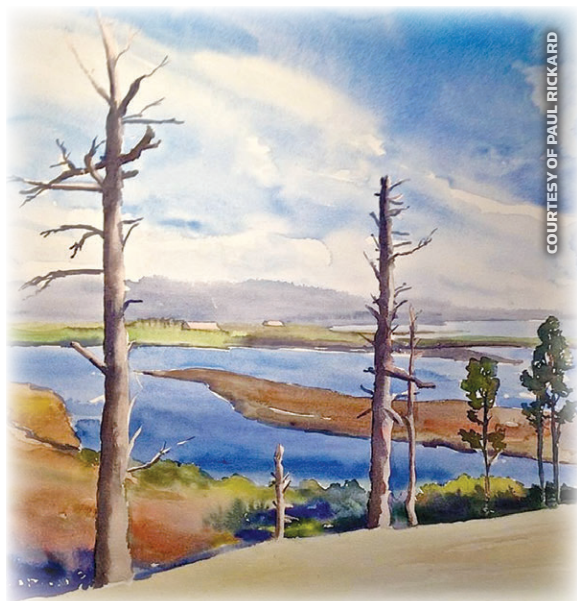
SUMMER 2024 • FIELD TRIP CLASSES

Atmospheric Watercolors

Paul Rickard, Artist

Get introduced to meditative art of landscape painting. We will discuss why we paint and what inspires us, while being immersed in nature. The instructor will demonstrate the stages of creating an atmospheric watercolor painting out on the landscape, with discussion of composition, value, and color harmony. You will then have the opportunity to create your own painting. Register by July 10.

Sat., July 13 • 10 a.m.-4 p.m.
In person: Ma-le'l Dunes, Manila
\$75 • Class #: 31232



Bird Walk: The Ma-le'l Dunes

Haven LeWinter, Ornithologist

Birding enthusiasts of all levels will explore the Ma-le'l Dunes, learning bird identification, behaviors, and habitat ecology. The course offers hands-on field experiences to deepen appreciation for diverse bird species. Register by July 17.

Sat., July 20 • 12-2 p.m.
In person: Ma-le'l Dunes, Manila
\$40 • Class #: 31233



Celebrating 25 Years at the Headwaters Forest Reserve

Anna Arsic, Park Ranger, BLM

In celebration of the 25th anniversary of the designation of the Headwaters Forest Reserve, join this ranger-led, one-mile walk along the paved Elk River Trail in the Reserve. Register by July 23.

Fri., July 26 • 10 a.m.-12 p.m.
In person: Headwaters Forest Reserve
\$25 • Class #: 31234



IN-PERSON CLASSES

Becoming a Zoom Wiz

Erin Scofield, OLLI 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.*



OPTION 1: Tues., June 18 • 3-5 p.m.
Class #: 31235 • Register by June 13.
OPTION 2: Tues., July 23 • 3-5 p.m.
Class #: 31250 • Register by July 18.
In person: Arcata • FREE to OLLI Members



ADOBESTOCK

Sculpted Splendor: Clay Bead Creation & Jewelry Making

Baili Farris, Instructor

Explore the versatile medium of clay, discovering techniques to shape, mold, and embellish beads of various shapes and sizes. From simple spheres to intricate designs, you'll master the fundamentals of clay sculpting, experimenting with textures, patterns, and colors to craft beads that reflect your unique style. Register by June 17.

Thurs., June 20 • 1-4 p.m.
In person: Arcata
\$40 • Class #: 31236



ADOBESTOCK

Beginning Pickleball: Skills & Drills

Jerry Saner, Instructor

Pickleball is a low-impact sport that can be played indoors or outside (usually on tennis courts). Learn how to play pickleball in a safe, non-judgmental, and friendly group environment. All participants will be considered "beginners," regardless of experience. The class will cover the basic skills needed to play — shots, serves, scoring, game tactics, and strategies. Register by June 19.

Sun., June 23-July 28 • 10 a.m.-12 p.m.
In person: Arcata
\$80 • Class #: 31237



Seeking Balance with Biomechanics

Sarah Landis, Instructor

Get your balance tested, and learn about how limits of stability can affect your fall risk. The Cal Poly Humboldt Biomechanics Lab team will run you through a series of balance and stability tests, provide you with results, and a discussion will follow at the second class meeting. Register by July 05.

Wed., July 10 & 17 • 10 a.m.-12 p.m.

In person: Arcata

\$40 • Class #: 31238



The Nimble-Fingered Gentry

Lynette Mullen, Historian

The nimble-fingered gentry traveled the world and lived a life unique to pickpockets, with their own language, methods, and community. Learn about those who started in Northern California — how they lived, the techniques they used to separate marks from their money, and how the public and police tried to stop them. Register by July 08.

Thurs., July 11 • 10 a.m.-12 p.m.

In person: Arcata

\$35 • Class #: 31239

Ethics of Care at the End of Life

Mary Bockover, Instructor

This class will address how we might ethically provide care for the dying. What are the underlying principles and values for providing such care? What does it mean to really care for those who are dying? How are our actions an extension of this care? Register by July 11.

Tues., July 16 • 10 a.m.-12:30 p.m.

In person: Arcata

\$35 • Class #: 31240

Neurographic Art

Louise Bacon-Ogden, Artist

Lower your stress level by creating art. With a few simple lines — even with your eyes closed — you will have the structure to create a relaxing and beautiful design. Using almost any medium (no oil or acrylic), let your imagination soar. Examples will be presented. Register by July 15.

Thurs., July 18 • 10 a.m.-12 p.m.

In person: Arcata

\$35 • Class #: 31241



What If Rodin Used 21st Century Computer-Aided Tools?

Tom Boyer, Artist

See examples of 21st-century design and manufacturing tools, and discuss how these have changed fabrication and deployment of artists' projects. How would Rodin have designed his sculptures today? Would his sculptures be received differently? Would Rodin have been the same artist? Register by June 20.

Tues., June 25 • 1-3 p.m. • Online
\$30 • Class #: 31243 ■◀



ADOBESTOCK

Andy Goldsworthy: Sculpting Nature

Molly Cate, Humanitarian Educator

Celebrate the vision and dogged determination of Andy Goldsworthy, a master of environmental art. In his hands, ordinary natural objects such as leaves, ice, and rock are displayed in their original surroundings, and become artistic masterpieces. Register by June 21.

Wed., June 26 • 10 a.m.-12 p.m.
Online
\$30 • Class #: 31244 ■◀



WIKIMEDIA COMMONS

Lawrence of Arabia & the Making of the Middle East

Molly Cate, Humanitarian Educator

Many of the conflicts that still pervade the Middle East have their origins in the history of the Middle Eastern theatre in World War I. We'll explore the roles played by T.E. Lawrence and several European nations during and after the war. Register by June 27.

Tues., July 2 • 10 a.m.-12 p.m.
Online
\$30 • Class #: 31245 ■◀



ADOBESTOCK

Art for the Millions

Julie Alderson, Art Professor

Based on the recent New York Metropolitan Museum of Art exhibition “Art For the Millions: American Culture and Politics in the 1930s,” this course will explore one of the most important eras in American art, as well as the many connections between the 1930s and present day America. Register by June 28.

Wed., July 3 • 10 a.m.-12 p.m.

Online

\$30 • Class #: 31246 ■◀



Full Color Humboldt History!

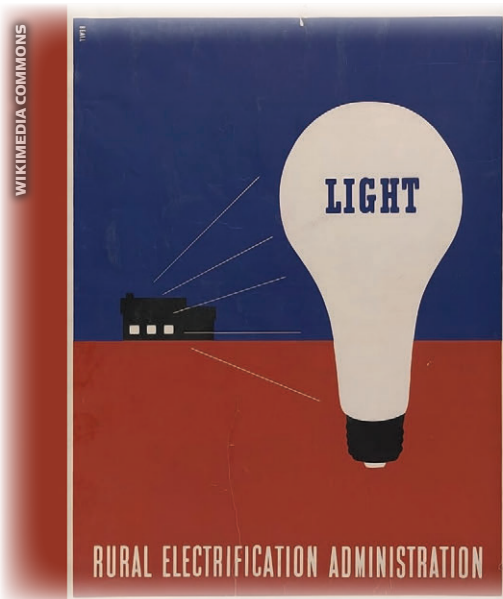
Jerry Rohde, Historian & Ethnographer

Let's look at historic Humboldt County in color! Most early photos were black and white, giving us a skewed perspective of how things looked a century or more ago. Now we'll see the transformation that occurs when people, places, and events again become colorful. Register by July 24.

Sat., July 27 • 2-4 p.m.

Online

\$25 • Class #: 31248 ■◀



Live & Local Classical Music Preview: 2024-25 Season

Elizabeth Morrison, Musician

The Eureka Symphony, Eureka Chamber Music Series, and the Dept. of Music at Cal Poly Humboldt have lined up exciting seasons. A symphony by Emily Mayer, a piano concerto by Grazyna Bacewicz, Chokfi (that's “rabbit” in the Chickasaw language) by Jerod Impichchaachaaha, Tate, and Handel's glorious Messiah with brilliant Humboldt County artists. Register by July 22.

Thurs., July 25 • 4-6 p.m. • Online

\$30 • Class #: 31247 ■◀



How to register for **OLLI**

ONLINE: The easiest, safest, 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 on the Cal Poly Humboldt campus, and is open Mon.-Fri. from 9 a.m.-4 p.m. (closed 12-1 p.m.).

BY MAIL: Download and print the OLLI registration form at humboldt.edu/olli/reg.pdf. This form may be completed on your computer or by hand. Mail to:

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

Who can register?

Anyone age 18 and older may take an OLLI class. Non-members add \$25

per class to the listed class fee. Non-members are limited to two classes per term, or they can become a member for \$35. Memberships are non-refundable.

OLLI 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 educational experiences for our community. Look for the registration deadline at the end of the description for each class in this catalog.

New registration system coming soon

OLLI is pleased to introduce its new online self-registration system this fall. OLLI will provide instruction and classes to help you learn how to use this system, to make registration safer and easier.

Enjoy your classes!

Let's Connect!

**FREE Online Conversations
FRIDAYS** at 10-11 a.m. on Zoom

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

Let's Connect began early in the pandemic as a response to the isolation, and has grown to become a regular gathering of friendly and interesting people. Please join us!

OLLI members can register once, and use the same Zoom link to participate each week.

See the weekly topics and register:

humboldt.edu/olli/letsconnect



OLLI *Brown Bag Lunch*

FREE ONLINE PRESENTATIONS

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

JUNE 17: *Great Redwood Trail: Updates*

Elaine Hogan will present the vision for the 231-mile Great Redwood Trail that will connect San Francisco Bay with Humboldt Bay. Trail Agency staff will share trail planning, the next segments to open, and what to expect when the trail is complete.

JUNE 24: *A Tango of Two Homes*

Louisa Rogers and Barry Evans have divided their lives between Eureka and the UNESCO World Heritage city of Guanajuato, Mexico. Louisa will share the pleasures and pitfalls of two homes in two different countries.

JULY 1: *Lessons Learned from a Cannabis Industry Veteran*

Guy Rocourt will share lessons learned on his quest to normalize cannabis during his time as a 25-year cannabis industry veteran with a career starting in advocacy to successfully raising capitol and starting legal businesses.

JULY 8: *Life Plan Humboldt: See the Concept Design*

Dr. Ann Lindsay & Soo Im will present the latest updates of progress and design plans for Life Plan Humboldt, a not-for-profit resident-led lifeplan community under development for Humboldt seniors.

JULY 15: *Climate Gardening*

Steven St. Thomas will lead this discussion on how to adapt to and mitigate climate change through low-impact techniques to yield more food from gardens, as well as rainwater catchment and composting systems.

JULY 22: *Emergency Preparedness*

Maggie Kraft: 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.

JULY 29: *Extraordinary Healing Experiences by Prescription*

Dr. Michael Fratkin & Dr. Carrie Griffin will explore and describe the current state of psychedelic-assisted therapy as it relates to the facilitation of healing for people suffering from a variety of mental health conditions and the challenges of navigating serious illness and approaching death.

Online via Zoom. Get the meeting link on the website:

humboldt.edu/olli/brownbag

Past presentation videos are available at **humboldt.edu/olli/brownbagarchive**

Be an early bird!

How to get the best selection of classes

Renew today to ensure your OLLI membership and benefits are current. The new member year (2024 - 2025) begins July 1. Current OLLI members get the best price and priority registration.

Register early online for the classes you wish to take at least 3 business days in advance.

Your membership and registrations help support the OLLI program, its instructors, and our members.

Thank you for being an early bird!



REDWOOD COAST MUSIC FESTIVAL

Ticket discounts for OLLI members

The **32nd Annual Redwood Coast Music Festival** will be held **October 3-6, 2024**. RCMF is partnering with OLLI at Humboldt again this year and offering OLLI members special discounted ticket prices:

- **4-DAY ALL EVENT TICKET: \$100** (\$85 savings)
- **SATURDAY TICKET: \$50** (\$50 savings)

How to purchase your tickets:

- **In person, at the June 8 OLLI Open House** (see back cover). Festival posters will also be on sale at the Open House: Unsigned for \$10 or signed for \$15.
- **By mail: Send a check to RCMF**, with your OLLI member number on the memo line. Indicate the type and number of ticket(s) you want, and include a self-addressed stamped envelope, and mail to Lynn McKenna, RCMF, PO Box 314, Eureka, CA 95502.

Tickets must be purchased by Sept. 6.



FOUR DAYS OF LIVE MUSIC IN EUREKA

**New Orleans Hot & Traditional Jazz
Swing • Blues • Americana • Country
Rockabilly • Zydeco • Western Swing**

Over 100 performances on 7 stages, featuring

**TOM RIGNEY & FLAMBEAU
MICHAEL DOUCÉT • JONTAVIOUS WILLIS**
and many more!

Visit the website for the full lineup, updates, band info, and special events!

rcmfest.org

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.



GIVE TODAY

BECOME A FRIEND: humboldt.edu/giving/olli

Sustaining Friends: Monthly Donations

Tracey Barnes-Priestley
Susan Barry
Christine Cogen
Deserie Donae
Sharon Ferrett & Sam Pennisi
Carl Hansen
Doug Hartley
Laura & John Hennings
Sheila & Chris Rocker Heppe
Rees Hughes & Amy Uyeki

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Judith Rucker

Roger Schroeder
Janina Shayne
Denise Thornton
Gerry Tollefson
Van Duzer Family
Sandra & Rick Vrem
Edward "Buzz" & Judy Webb
Terry Weeks
Jane Woodward

OLLI at Stewart Education Center

The OLLI at Humboldt staff is excited to announce that the OLLI at Humboldt office has begun the transition to its new space in the Stewart Education Center, 1125 16th St., Arcata.

While OLLI is moving in and getting settled over the summer, its main operations will remain on the Cal Poly Humboldt campus.

The Stewart building was a former elementary school built in 1925. Purchased by Cal Poly Humboldt in 2023, it has been remodeled into a beautiful educational activity space.

OLLI began holding in-person classes at the Stewart Education Center this past spring, and will continue to hold classes there during summer.

Friends: Donations of Any Amount

Louise & David Bacon-Ogden
Susan Barry
Carolyn & Norman Bell
Mary Bockover
Patricia & Ron Chaney
Lisa Cooperman
Deserie Donae
Evelyn Doyle
Julie Eccles-Benson
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Patricia-Anne & George WinterSun
Jane Woodward

Tributes

Sheila & Chris Rocker Heppe In Memory of Sue MacConnie

In Memory of Donors

Theodore Van Duzer
Edward "Buzz" Webb

Sponsors



McKinleyville
Area Fund Grant
eureka chamber music series

Thank you to these Friends of OLLI who donated from July 2023-April 2024.
We apologize if we inadvertently omitted anyone.

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College of Extended Education
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Arcata, CA 95521-8299**

OLLI at Humboldt is self-supporting. This catalog is not printed or mailed at state expense. If you want to be removed from the mailing list, go to humboldt.edu/extended/nomail

OLLI *Open House: Saturday, June 8*

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

