**Mission Statement**

OLLI, a member-volunteer organization, offers non-credit academic classes and stimulating programs, along with social opportunities for retired and semi-retired men and women. Members use their talents, experiences, and skills creatively in shared intellectual and cultural pursuits. We strive to respect diversity of thought in a relaxed, supportive academic environment, exploring new interests, discovering and developing latent abilities, and contributing to the immediate or broader community.

**About the Osher Foundation**

Thanks to the generosity of the Bernard Osher Foundation, the network of Osher Lifelong Learning Institutes across the United States is meeting the needs of older learners who want to participate simply for the joy of learning and personal fulfillment. To date there are more than 117 OLLI programs in the United States from Maine to Hawaii and Alaska.

**Welcome to OLLI South at DU...**

*Where curiosity never retires.*
Dear Friends,

Enclosed is the Spring 2016 curriculum information for OLLI South. The 8-week spring term begins the week of March 28 (Monday), and ends May 20 (Friday). OLLI brings together mature adults with a passion for continued learning and intellectual growth in a relaxed, non-competitive atmosphere to study and learn. All classes are held in classrooms at Valley View Christian Church, 11004 Wildfield Lane, Littleton (South Santa Fe Drive & Titan Parkway). We hope you find several classes interesting and plan to join us for 8 weeks of learning, discussion and fun!

Members also can access the Class Catalog by going online to www.universitycollege.du.edu/olli and clicking on the OLLI South tab. Going on the website gives you the advantage of viewing classes at all three OLLI sites – Central, West, & South. (Don’t forget, your membership dues allow you to take as many courses as you like at any of the three sites.)

All OLLI South classes must have at least seven participants enrolled for the class to be offered. If there are fewer than seven participants, members will be notified two weeks prior to class beginning that the class is in jeopardy. If within one week of starting classes, the class number has not reached seven, the class will be cancelled entirely. Please do not purchase the recommended course books until the week before class begins. We cannot refund book purchases if a course has been cancelled. Membership and materials fees will be refunded if a class does not make minimum enrollment.

OLLI South continues to grow steadily, and we sincerely appreciate your support and commitment! Please share your Class Catalog with friends and neighbors who may want to participate in OLLI.

If you have questions or want additional information, call (720) 339-1379 or email Jenny at ollisouth@gmail.com.

Sincerely,

Jenny Fortenberry
Jenny Fortenberry, OLLI South Manager
OLLI Policy Statement

In the spirit of fostering understanding, all OLLI members are encouraged to share opinions and ideas. OLLI class participants do not attempt to “convert” others because there is a mutual respect for each member’s experiences, ideas, value systems and beliefs. The true focus of an OLLI class is the critical examination of issues and opinions. All participants’ points of view carry equal weight. Consensus is not a goal.

We encourage participants with all points of view to attend and become engaged through discussion and civil debate.

Membership Fee Information

Fee Structure: $100 per term for unlimited classes

Membership Fee includes the following benefits:

• Participation in as many classes as desired at any of the three OLLI sites – Central, West & South (contingent upon space availability)
• Opportunity to participate in interActive Learning classes (extra-curricular classes for additional per-class fee if applicable)
• Special member price for “The Summer Seminars of OLLI”
• OLLI Newsletter (three editions per academic term)
• Notice of un-advertised DU events (many at no cost because of DU affiliation).
• Invitations to annual social events
• Newman Center Presents Concerts - 20% discount
• Penrose Library – Borrowing privileges
• The Enrichment Program – 20% discount (some restrictions apply)
• DU Athletics – 10% off athletic tickets
• DU Bookstore – Participate in “Pioneer Perks” Program
• Opportunity for full-year membership to the Coors Fitness Center on the DU campus at the special OLLI price of $20 per month for unlimited use of facility

Refund Policy

Per term: Full refund if requested no later than 10 days into the term. Please contact Jenny Fortenberry at ollisouth@gmail.com to request a refund.
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**What is interActive Learning?**
Formerly known as OLLI Plus, these classes give members an opportunity to participate in a variety of new and interesting activities, i.e., something you may have always wanted to try, or try again. A complement to the academic focus, interActive Learning expands learning opportunities to OLLI members. OLLI South is pleased to offer these “extra-curricular” programs for your enjoyment and extended learning experience.

**Note:** Please make out a separate check to OLLI South for any fees listed for interActive Learning classes.
Russia, from Tzar Nicholas to Putin, as Seen Through the Eyes of Four Generations of Women

Central Christian Church
3690 Cherry Creek South Dr.
Denver, CO 80209

6 weeks, 2 choices
Tues. 9:30-11:30, Mar 29th - May 3
Weds., 1:00-3:00, Mar 30 - May 4

Facilitator: Ljuba Kaverina of St. Petersburg, Russia

The course tells the epic story of the lives and times of four generations of Russian women. Their journey begins in two small villages a thousand miles apart and moves to cultural capital of Russian, Leningrad. It is a journey of hardship and survival through world war, revolution, civil war, Stalin’s purges, the blockade of and the fall of the Soviet Empire. Today, women continue to bear burdens while expanding their role in society in diverse and interesting ways.

Book/Materials: Handouts
Class Type: Lecture, discussion, book study, speaker, film
Materials Fee: None

Ljuba Kaverina graduated from Lenigrad State University in 1971 with a Master’s Degree in Literature and Languages. She taught English and French at the University, as well as Russian History and Leningrad High School. She was an interpreter for American businessmen who came to Russia to share their expertise in business under the USAID Program and taught English and French to the new Russian businessmen. She is the author of five novels about the lives or Russian people living in difficult historical times.
The Battle of the Atlantic

Facilitator: Mac McHugh

Winston Churchill summed up the longest battle of the Second World War when he stated: “The only thing that ever really frightened me during the war was the U-boat peril.” The battle started within hours of the declaration of war and ended hours after the cease fire order was issued. For many, the battle is thought of in terms of the U-boat menace only. However, this perspective leaves out whole aspects of the battle that raged above, on and below the Atlantic. We will take a look at the conflict year by year and see how each side made moves and counter-moves to win control of the sea. This includes:

- The Battle of Norway and the Surface Fleet
- The Raiders
- “The Happy Time”
- The Undeclared War
- The Radio War
- Closing the Air Gap
- Fortress without a Roof
- Death of the Surface Fleet

We will look into how:

- Magnetic Mines closed British ports
- Statisticians bombed the U-boats
- Electronic warfare changed the outcome
- Leaders made the difference: King, Horton, and Donitz

Books/Materials: The Battle of the Atlantic, by Terry Hughes and John Costello

Class Type: DVD, book, discussion. Articles will be emailed to class members weekly for inclusion in the class discussion.

Class Size: Limited to 25

Materials Fee: None

Mac McHugh joined OLLI Denver in 2011. He spent 38 years with the Department of Defense in the areas of accounting, auditing, and systems development. He is a World War II history buff and has facilitated five courses on technology and history at OLLI.
Simple Statistics: Extracting Meaning from Data

Facilitator: Dan Pond

Statistics is a branch of mathematics dealing with the collection, analysis, interpretation, and presentation of masses of numerical data. In this course we will discuss the various methods which are used to perform these tasks. Since much of this work today enlists the use of digital computers, we will also discuss the technology that has been developed to collect and analyze the data which has grown at exponential rates due to the use of the internet.

Statistics is also an integral part of our lives today. From electronic medical records to internet commerce, the stock market to election exit polls, data plays an important role. In this course we will investigate the following questions:

- What is Data and what are its different forms?
- How has today’s society fueled the creation of “Big Data”?
- What is the relationship between statistics and its older cousin, Probability Theory?

The objective of this course is to provide an appreciation for both the usefulness of mathematics and its inherent limitations in accurately deriving meaning from data. This course will provide an overview of the basic methods used to analyze and present data and to provide its meaning and information without the use of extensive mathematics.

Book: Naked Statistics: Stripping the Dread from the Data, Charles Wheelan (2013) available from Amazon in paperback or Kindle

Course Type: Selected video presentations from the Great Courses “Meaning from Data: Statistics Made Clear,” with supplemental reading from the book and supplemental videos to foster class discussion.

Class Size: Limited to 15

Materials Fee: None

Dan Pond has developed an appreciation for mathematics based on his experiences and use of its applications in a 43 year career as an electrical engineer in the aerospace industry. He believes that mathematics should not be restricted to the roles of scientists and engineers but should be enjoyed by the majority of the population.
What’s Up Doc...umentaries?

Facilitator: Shelley Taylor

Have you investigated the many fascinating documentaries about the important issues we face as a society? Are you interested in learning more, and discussing them with our curious and well-informed OLLI members? This class should give you the opportunity to learn more about some of these issues, and to discuss our opinions about issues such as immigration, our health care system, and the food we eat.

We expect that many of you will agree on some issues, and others will disagree. That is to be expected in an OLLI class. What we will agree on is to have a civil discussion, respecting and learning from the views of all class members.

In each class we will first watch a documentary, most from PBS shows like Frontline and POV. After the break, we will have a general discussion of the documentary and our various reactions and opinions about the documentary and its subject.

**Book/Materials:** None  
**Class type:** Video, discussion  
**Class size:** Limit to 20  
**Materials fee:** None

Shelley Taylor has attended many OLLI classes and previously co-facilitated a class on Current Events. She spent most of her working career as an academic librarian at six different universities. Few occupations offer as much fun opportunity to learn about the world and its issues. She also volunteers as a Master Gardener and at the Denver Museum of Nature and Science.
Friday 11:45-12:45

Chair Yoga:
Exercise and Meditation
without a Mat

Facilitator: Raj Ponnappa

Yoga is an ancient science of consciousness. Yoga practitioners expand their awareness and achieve inner calmness while building strength, vitality, balance, and physical and mental health. These benefits can be realized whether performing yoga on the floor or in a chair, so people with limited mobility should appreciate this introductory experience of Chair Yoga.

The practice of simple stretches and postures, coordinated with systematic and rhythmic breathing (Pranayama) takes the yoga practitioner to a stillness of mind and sense of joy, while carrying oxygenated blood to cells, which creates health and releases stress. Practicing yoga in a chair is not that different from using a mat on the floor. The chair offers support while your body extends itself into desired directions.

Yoga is for all ages, abilities, and body types, so do yourself a favor and come try Chair Yoga and be in bliss! Members may bring a mat if they wish to practice on the floor instead of using a chair.

Books: None
Class Type: Exercise. Please wear comfortable clothing.
Materials Fee: None

Raj Ponnappa was trained by renowned masters in yoga in her native country of India. Since then, she has taught various forms of yoga all over the world and in numerous places within the United States.
Monday 1:00 - 3:00

Colorado Native Plants: Basic Botany and Plant Identification

Facilitator: Lenore Mitchell  6 weeks, April 11 - May 16
Note: Last two classes will be slow outdoor walks from 1-4 p.m.

Come learn about the importance of plants, the ways they function and how Colorado’s varied topography provides habitat for roughly 2,300 native and alien trees, shrubs and herbaceous plants. Slide shows, hands-on activities and discussions will include these topics:

• basic botany of a flower, function of the parts
• why flowers are colorful, attractive and often fragrant
• plant kingdom classifications and botanical Latin nomenclature
• impact of genetic research on plant classification
• the importance of native plants in the wild and in gardens
• basic plant identification techniques
• NEW: improving your plant photography with any camera

**Book/Materials:** Booklets and notes will be provided, hand lens optional (some will be provided to share). Bring cameras to the last two weeks

**Class Type:** Presentations, slides, practice hands-on, nature walks (last two weeks)

**Class Size:** Limit 20

**Materials Fee:** $3.00 for booklets

Lenore Mitchell has taught Native Plant Master field-based courses through CSU Extension for the past 11 years. She serves on the board of the Colorado Native Plant Society and leads hikes for the Society. She is a rare plant monitor through both the Colorado Natural Heritage Program and the Colorado Natural Areas Program and also monitors butterflies through the Butterfly Pavilion. She’s been a Master Gardener, and volunteers at Denver Botanic Gardens.
Four Innovative Therapies

Presented by
Anne Bennett and Sue Bramley

4 weeks, Mar 28, Apr 4, 11 & 18

Monday 1:00 - 3:00

What do a musician, artist, gardener or animal lover have in common? They have interests and passion that have become legitimate therapies. Welcome to some of the most innovative treatment of the 21st century. Music, art, horticulture and animal therapy have reach from Alzheimer’s to PTSD and are used in healthcare, rehabilitation and other therapeutic settings.

Art therapy is designed to improve self-awareness and provide emotional and psychological healing.

- “Art psychotherapy” versus “art as therapy”
- The power of art therapy in Denver

**Presenter: Sylvia Trujillo** holds a B.S. in Business and a minor in Sociology. She worked in Human Resources for a Fortune 500 Company before her retirement. **Sylvia is chair of the OLLI South Visual and Performing Arts Committee and has taught several Ollli classes.**

Music therapy can involve musical instruments, singing, listening to music and meditating. Music has been shown to transform lives!

- Tune into a new way of loving music
- Music as therapy, techniques, tools and benefits.
- Active and Receptive Music Therapy

**Presenter: Danielle Rifkin** is a registered Psychotherapist and Art Therapist. She graduated from Naropa University with a Master of Art in Transpersonal Art Therapy. She currently works as an Art therapist at Centennial Peaks Hospital.

Animal Assisted Therapy. Animals? Their intuitiveness helps individuals and families to overcome a myriad of physical, mental and emotional issues.

- Meet Bentley and his human partner, Arnie
- Learn about Pet Partners and Animal Assisted Therapy versus Animal Assisted Activity
- Animal Therapy at the State Mental Health Center at Fort Logan and more

**Presenter: Arnold Ray and Bentley** Arnie currently works at Fort Logan with his dog Bentley. Together they provide Animal Assisted Therapy to staff and
Arnie works through the Denver Affiliate of Pet Partners. Arnie and Bentley have gone through significant training, registration and evaluation since 2009.

Horticulture therapy is an active process involving gardening and plant-based activities to assist with psychiatric challenges, recovery from physical and emotional injury.

- Janet will share her love of gardening and her work with horticulture that transformed lives
- Horticulture and special needs populations
- How she used a $10,000 grant to develop therapy for stroke survivors

**Presenter: Janet Kester** has lifelong love of gardening. In her career as a special needs teacher, she incorporated gardening into her curriculum. After her husband’s stroke, she took classes in horticulture therapy and won a $10,000 grant to build wheel-chair accessible raised beds to treat stroke survivors. Janet will discuss the transformative power of horticulture.

**Book/Materials:** None  
**Class Type:** Videos, lecture, activities, guests  
**Class Size:** No limit  
**Materials Fee:** None
Monday 1:00 - 3:00

Great Western Religions: 
History, Symbols, Holidays, and Art

Facilitator: Peggy Breeding

Today in our modern society, religion challenges our curiosity and sensitivities. With academic theology put aside, comparing religions will be explored using unconventional tools such as holidays, festivities and symbols. The focus of this class will be the three Great Western Religions: Judaism, Christianity and Islam. By the end of this course, participants will understand the differences and similarities among the religions discussed, including:

- Ancient roots and religion in America today.
- Festivities as storytellers.
- Symbols, art and architecture.


Class Type: Video, lecture, PowerPoint slides, discussion

Class Size: 30 Maximum

Materials Fee: None

Peggy Breeding moved to Colorado from Texas after a career as a registered nurse. Her undergraduate and graduate degrees are from the University of Texas-SA and Texas State University respectively. Interests include American History, American Western Art and the Cultural Diversity of Western Religions. Peggy recently facilitated Trails, Rails and Artists Tales: The Bridging of a Continent.
Monday 1:00 - 3:00

I’ve Always Wanted to . . . Ask a Pastor!

Facilitators: Pastor Gene Barron and Pastor Jeff Allen

As a Christian I have often wondered........why God allows so much pain
and suffering in the world? I have asked myself, doesn’t science contradict
the Bible or disprove God? I have a wonderful friend who is Muslim. Does
that mean there is no place for him in Heaven? These are difficult and
complex questions, but we learn when we ask. In this class, Pastor Gene
Barron and Pastor Jeff Allen hope to answer your questions about God, the
Christian Faith and the Holy Bible. Christians and non-Christians alike will
be encouraged to ask the Pastors their toughest questions regarding faith,
religion, and God in a respectful, non-threatening environment. Join your
fellow OLLI members in this thought provoking lively discussion class and
plan to . . . Ask a Pastor.

Book/Materials: None
Class Type: Question and answer with discussion
Class Size: Limited to 20
Materials Fee: None

Gene Barron attended Ozark Christian College in Joplin, Missouri. In 1979 he
became the Senior Minister at Littleton Christian Church in Littleton, Colorado,
leading the church to relocate to Highlands Ranch in 2004 as Valley View Christian
Church, where he still serves as Senior Pastor.

Jeff Allen’s journey toward ministry and to Faith Community Church has been a
long and winding road. After spending nearly two decades in Sales & Marketing
and Training with Fortune 100 companies, Jeff began following a call to ministry
that had begun during his college years. He attended Western Theological
Seminary. Jeff serves in his Jerusalem at Faith Community Church, in his Judea and
Samaria through Love INC of Littleton, and serves equipping pastors and disciple-
making leaders to the ends of the earth through 3DM.
Physics in the World Around Us: An Introduction to Newton’s Universe

Facilitator: Stuart Gentry

Research students in modern physics generally tend to focus on two extremes: the realms of the very small (sub-atomic particles) and of the very big (swirling galaxies). But for the rest of us we live in a world that occupies a middle ground. Rather than getting caught up in grand theories, many of us are simply looking to understand the basic phenomena that we experience on a daily basis.

This course will be an introduction to “every-day” physics. It is intended for non-scientists as well as those with a math or science background. Some of the questions that we will explore are: Why do the planets move the way they do? What about cannonballs fired across your bow? What happens on a roller coaster? Why does a bicycle stay upright? How does a light brighten up a room? What do we mean by temperature, heat, and “hot air rises”?

We will address these questions using the ideas of classical physics. Any discussion of these phenomena, however, would not be complete without including some discussion of more recent advances in physics. But the focus will remain on developing simple frameworks that help us explain common-day effects.

The course will spend the majority of its time exploring concepts rather than focusing on formal mathematical equations. This being said, the underlying language of physics is math-based so participants need to have some level of comfort when looking at simple algebraic expressions written on the board, but not necessarily in solving them.


Class Type: Lecture & discussion supplemented with videos and demonstrations

Class Size: No limit

Materials Fee: None

Stuart Gentry has advanced degrees in Chemistry and Physics. He spent the first 20 years of his professional life in the chemical industry. He then switched to teaching where he was a professor at La Salle University in Philadelphia. His scientific passion has been in linking the fundamentals of science to the practical phenomena that we experience every day in the world around us.
Russia In All Its Glory

At OLLI South we have decided to embrace the many aspects of Russia by having each of the different areas of our curriculum address the subject of Russia, creating a brief and unique look into the complexity of the country we call Russia.

A Look at the History of Russia March 28 and April 4

These sessions will provide an overview of Russian history from roughly 862 CE through the present. The class will include discussion of: Early Eastern Slavic history, the Grand Duchy of Moscow, the Tsardom of Russia, Imperial Russia, the Soviet Union, and the Russian Federation.

**Presenters:** Tony Morgan is an avid history buff who tries to use historical perspective for understanding of the current world. Ira Rifkin is a physician who has had a lifelong interest in economics, political science, and history which he has, finally, been able to find time to pursue.

The Russian Literature Tradition April 11

The Russian literary tradition produced many powerful authors in the nineteenth and twentieth centuries—none more influential than Anton Chekhov. More than one hundred years after his death, his plays are still being performed and his short stories anthologized. We will watch a film adaptation of Chekhov’s enduring play “Uncle Vanya,” directed by and starring Sir Anthony Hopkins.

The movie will be introduced by master facilitator David Williams, who will summarize Chekhov’s literary career and also comment on some of the more important Russian writers.

**Presenter:** Master Facilitator David Williams is a retired marketing executive, has facilitated twenty courses (mostly history and literature) at OLLI South and Central. David also facilitates a Great Books Discussion Group at the Lone Tree Library.

An Introduction to Russian Art and Ballet April 18

Russia boasts a rich history that includes unique Art, Architecture, Music, Dance, and famous museums. Two facilitators will cover the tip of the iceberg of Russian Art and the Moscow Ballet.

**Russian Art** — Learn more about the most familiar Russian artists, including Kandinsky and Chagall. Then learn about other artists who may not be as well known, including Russian war artists and the “socialist realists” of the communist era. Finally you will be introduced to a few realist artists of the mid-20th century. Have you ever heard of the “Amber Room” that was
located that was located in Catherine the Great’s Palace? It was created in the early 1700s, lost during World War II, and recreated in 2003. Before it was looted by the Nazis, it was considered an “Eighth Wonder of the World.”

**Presenter: Carolyn Kallemeyn** is a former teacher, writer, editor and small business owner. She is now happily retired and pursuing her long-time interest in art. She has facilitated many OLLI courses in Art, Literature, and Ethics.

**Russian Ballet** - Learn the history of the Russian Ballet, and what makes it different from other ballet techniques. Revisit a few of the famous ballets. Ever wonder about the training methods for these young ballet dancers? And finally, come listen to bios of some of the most accomplished ballet dancers in the world.

**Presenter: Natalie Conklin** has enjoyed taking OLLI classes for the past two years since her retirement from elementary and special education. Originally from outside of New York City, she recently facilitated a two-part OLLI class on Broadway musicals. She enjoys singing (“not great, but with joy and enthusiasm”).

**The Faith and Religions of Russia**

Russia is a multi-ethnic and multi-faith nation. Orthodox Christianity is Russia’s largest religion with 75% of the population belonging to the Orthodox Christian denomination.

In this session of the speaker series, we will share the history of the church and its impact on the people and the politics of the country, past and present.

**Presenters: Roxanne Ahlbrecht** studied Behavioral Sciences at the University of Minnesota, and was appointed as judicial clerk to a district court judge in Minneapolis, Minn. before moving to Denver. She is a runner who loves to read, learn, and is curious to a fault (according to her husband).

**Ruth Harthun** has long an enthusiastic OLLI member. Her background in office and project management in the publishing and adult education fields. Ruth not only facilitates, she is also responsible for many of the social events offered at OLLI South.

**The People of Russia**

Russia is a large and diverse country with a wide range of traditions. What does a Russian look like? What do they eat? What are their pastimes? And what do the vast majority think of the ‘Western Culture’?

In this segment of the Speaker Series we will explore the people, their foods, their education and their general opinions about the world at large.

**Presenter: Barbe Ratcliffe** has had the opportunity to travel to Russia several years ago with the Friendship Force, an organization dedicated to bringing diverse
The Marvels of Russian Aviation

The amazing feats of Russian aviation are not well known in the West because of the Soviet obsession with secrecy. Under such a system, dominated by the paranoia of Stalin, Russian engineers beat the odds and produced amazing designs that change aviation history. This is a story of triumph and disaster that will keep you enthralled.

Presenter: Master Facilitator Charles Holt, a retired engineer, spent over 28 years in R&D management for several international organizations. Charlie has a strong interest in science & technology and the impact on culture, history and diplomacy with a focus on the personalities shaping events. He holds a Ph.D., in Theoretical and Applied Mechanics, an MS, and BS in Aeronautical Engineering.

Politics and National Identity in Putin’s Russia

What is the role of national identity in post-Soviet Russian politics, and how has Vladimir Putin influenced perceptions of Russia today? This talk will address these questions and others in light of timely social and political events in Russia and beyond.

Presenter: Arianna Nowakowski received her Ph.D. in International Studies in 2012 from the Josef Korbel School of International Studies at the University of Denver. She specializes in international and comparative politics, with a focus on Russia and East European studies. She is also interested in exploring diverse cultures and identities, and teaches a wide variety of classes on these topics.
2016 Election:  
The Issues That Divide Us

Facilitator: Joe Masi

The 2016 election is upon us. Party choices for president are narrowing. The key issues are clear as are the differing Conservative-Liberal positions on each. So who are the voters? What are the issues and influences that may cause them to vote differently or the same as they did in 2012?

After describing the voters we take on the Issues. We compare our healthcare system to other countries and assess Obamacare’s impact on that comparison. We address our competing economic philosophies and trade rivals; the 2008 recession; and the impact of globalization and automation on jobs, growth, income distribution, and debt. Our foreign policy discussion focuses on Islam and its impact on our Middle East foreign policy approach to Iran and ISIS. We round out the course with other lively issues: gun rights vs. control, voter fraud vs. suppression, immigrant citizenship vs. deportation, human vs. natural impacts on our climate. Last but not least are women’s rights vs. male dominated institutions.

Homework: Prior to each session, participants will receive that session’s presentation slides and a poem written by the facilitator to highlight the lesson’s major theme. Attendees will gain the most from the lesson if they review the slides and read the poem before the class.

Books/Materials: None required, weekly emails

Class Type: Presentation and discussion

Material Fee: None

Class Size: Maximum of 35

Joe Masi graduated with honors in Economics from Princeton University, served in in the U.S. Navy during the Korean War, and took graduate level courses in Economics and Politics at the University of Chicago. He had an extensive business career in manufacturing (Fortune 500 companies), professional services (Deloitte), and healthcare (Denver Health). At different periods in his life, he has been, with conviction, a conservative and a liberal. He is a life-long student of American history. Since his retirement in 2010, he devotes his time to researching our conservative and liberal political philosophies and how their present day polarization threatens the achievement of the good life by current and future generations.
Tuesday 9:30 - 11:30

A Literary Soirée:
The Book(s) That Changed My Life

Facilitator: Barbe Ratcliffe

At an OLLI South Literary Soirée each member will be asked to share the book(s) that changed their life.

A Literary Soirée is a bit of a deviation from the norm of most OLLI classes. In this class, participation is expected. Each participant will be asked to make a presentation of approximately 50 minutes. An overview of the class format and flow will be provided prior to the start of class and will be reviewed during the first class.

So . . . what book changed your life? Why did that book change your life? How would you encourage others to read and integrate the findings within that book into their lives? What other books has this author written and how did you find them? These, and many more questions, will be answered by the members attending the class.

If you have a life-changing book to share and are willing to share it, this is the class for you! A soirée is a sharing; a coming together of like-minded individuals sharing their experiences. Where better to do this than in an OLLI South classroom.

Book/Materials: Reading materials will be provided to participants
Class Type: Presentation and discussion by ALL of the members
Class Size: Limited to 20
Materials Fee: None

Barbe Ratcliffe is an experienced OLLI South facilitator presenting courses such as From Aging to Saging and Managing the Maverick Mind. This new course combines her love of reading and her interest in personal growth. Barbe is excited to bring this new format to OLLI South and to learn about the books that changed others’ lives.
The Skeptic’s Guide to American History

Facilitator: Alan Folkestad

Everyone recognizes as myths the idea that Columbus was the first to discover America or George Washington admitted cutting down the cherry tree. Few however realize how much we think we know about American history is also mythical and mistaken. We will examine some of these myths, Washington’s failures and real accomplishments, religious toleration in Colonial America, The Constitution did not create democracy, actual turning points in the Civil War, and Woodrow Wilson and the rating of presidents.

This course will rely on brief lectures based on the facilitator’s research and Great Courses DVD lectures by Professor Mark Stoler, University of Vermont.

Book/Materials: None
Class Type: Prepared handouts and participant presentations. Great Courses DVD lectures from The Skeptic’s Guide to American History
Class Size: Unlimited
Materials Fee: None

Alan Folkestad has been a student of history throughout his life. At the University of Minnesota, he majored in Political Science and earned a MPA degree from Texas Christian University. This will be the 13th class Alan has facilitated.
Tuesday 9:30 - 11:30

Thinking like an Economist:
A Guide to Rational Decision Making

**Facilitators:** Stan Folker and Ira Rifkin

Economics is boring…unless it’s your money. *Thinking like an Economist* will teach you how to make rational choices in personal life, work and political decisions. You’ll learn

- why incentives matter,
- how to evaluate risk in purchasing,
- the myth of true value,
- predicting future values,
- and the economics of ignorance.

Your newfound grasp of these and other economic principles will give you more confidence in managing your money and understanding how our economy works.

We will discuss these fundamental economic principles plus current economic news that affect our daily lives.


**Class Type:** Videos, discussion on video content and current economic events.

**Materials Fee:** $10 for course book, payable to OLLI by separate check.

**Stan Folker** is an Auburn University engineering graduate. He is a former US Naval aviator and retired as a captain for Continental Airlines. After leaving the airline industry, he worked as a financial consultant for AXA Equitable. He has had a longtime interest in economics, history, art, and music. He currently serves on the economics subcommittee at OLLI South.

**Ira Rifkin** is a physician who had been in private practice in Metro Denver as well as on the staff of the University of Colorado Health Sciences Center for over 30 years until his recent retirement in 2009. He has had a lifelong interest in economics, political science, and history which he has, finally, been able to find time to pursue. He is currently on the Curriculum Committee and has previously served on the Advisory Committee at OLLI South.
Windows 10 Operating System for your PC

Facilitator: Ron Moon  
4 weeks, March 29 - April 19

Upgrade your Windows 7, 8 or 8.1 computers for free until July 2016 to Windows 10 that has been promised support into 2025. This hands-on class will walk you through the Windows 10 tutorial that includes the following and more:

- Get to know Windows 10
- Start menu tips
- What’s new
- Search for anything, anywhere
- Set up accounts
- Set up your family
- Set up email and calendar
- Protect your PC
- Get online
- Connect to a printer
- Connect to Bluetooth devices
- See what’s on the menu
- Love it? Pin it
- Find all your apps and programs
- What is Cortana?
- Make Cortana yours
- Take your reading with you
- Cortana & Microsoft Edge
- Personalization and settings
- A new look for settings
- OneDrive on your PC
- What’s changed in File Explorer
- Back up and restore your files
- Choose app options
- Group apps into desktops
- Take action instantly
- Apps and notifications
- Use your PC like a tablet
- Use touch with Windows
- Make your PC easier to use
- Hear text read aloud with Narrator
- Use Speech Recognition
- Save time with keyboard shortcuts

Materials: Bring your Windows 10 laptop to class, online Windows tutorials
Class Type: Presentation, slides
Class Fee: $30
Class Size: 15 maximum

Ron Moon is a fixture in facilitating computer classes at OLLI. He has taught many other classes including Guitar, Philosophy, and Facilitator Training.
Enlightened Mind

Facilitator: Ron Moon

4 weeks, March 29 - April 19

Something about life is nagging at us, but we aren’t quite certain what it is. This class will address our endless search to uncover our Enlightened Mind. It turns out enlightenment is not what we think it is. Enlightenment does not address any of the absolute truths. Getting the Enlightened Mind has only been difficult because of the ego expectations of what enlightenment is. The Enlightened Mind is found at a different level than ordinary or ego existence. Our role in life doesn’t change. We just obtain a knowing we didn’t live before. This class will cover the characteristics of what is and isn’t the Enlightened Mind. There will not be any beliefs needed for this class. Enlightenment is completely inside our present experience. We will also explore the limitations of enlightenment. Ultimately, however, enlightenment can’t be described in words, but we will share our experiences of enlightenment as best as possible. This could be a life changing class without anything in your life changing.

This class is intended to help with the personal discovery of enlightenment. It is not about making this existence better or improving your life or solving problems. It is about making peace with our experience without changing the experience. Ending the search for enlightenment is the main accomplishment of enlightenment.

Book/Materials: Emailed class notes
Class Type: Discussion, slides
Class Size: No limit
Materials Fee: None

Ron Moon has taught many classes at OLLI South including Computer, Guitar, Philosophy, & Facilitator Training Classes. He also helps with the facilitator A/V equipment setup.
The Ancient Engineers-
How Did They Do It?

Facilitator: Charlie Holt, Master Facilitator

If you have ever marveled at the buildings, bridges, roads and water distribution systems of the Greco-Roman world, this is the class for you. Ancient technology is incredibly interesting and even astonishing. How did they do it 2,500 years ago? Classical-era technology often reflects the social, political, and cultural context of these civilizations and has influenced our modern world in substantive ways. Lacking modern engineering tools and expertise, ancient engineers were exceptionally clever in designing their systems which often displayed the ingenuity of their creators with great clarity.

The course will span a 1,300 year period from 800 BC to 476 AD when the last Roman emperor was deposed. Join us in this fascination discovery as we ask the big questions: “How and why was it built? How did it work? How did it fit in that distant culture?”

Book/Materials: None. Specific materials will be supplied by the facilitator
Class Type: Lecture, discussion, DVD presentations from The Great Courses: Understanding Greek and Roman Technology: From the Catapult to the Pantheon
Class Size: No limit
Materials Fee: None

Charles Holt, Master Facilitator, a retired engineer, spent more than 28 years in R&D management for several international organizations. Charlie has a strong interest in science & technology and the impact on culture, history and diplomacy with a focus on the personalities shaping events. He holds a Ph.D, in Theoretical and Applied Mechanics, an MS, and BS in Aeronautical Engineering.
Getting Started with Mah Jongg

Facilitator: Joyce Rovetta

Mah Jongg is a great game but learning all its many rules and traditions can overwhelm beginners. We provide a pleasant classroom situation where details are explained and practiced with other beginners. This makes the learning curve much less stressful than when in front of knowledgeable friends.

After 4-6 weeks, you should feel confident enough to play with an understanding group and might even use the contacts you have made in class to start a group. We focus on American Mah Jongg and will discuss how to buy Mah Jongg sets and American Mah Jongg annual cards but they are not required for the course.

Book/Materials: The Beginner’s Guide to American Mah Jongg, by Elaine Sandberg. $15.95 at bookstores, also available for less on Amazon.

Class Type: Lecture, discussion, hands-on playing

Class Size: Minimum 10, maximum 17

Materials Fee: None

Joyce Rovetta began Mah Jongg a few years ago, so she clearly remembers the hardest parts of learning and the many beginner mistakes that we plan to deal with. Joyce is far enough along to really enjoy the game and act like she knows what she is doing at all times! Fortunately lady luck also plays a big part in the game and every “Mah Jongg” is a happy occasion.

Joyce Rovetta
Managing Our Maverick Minds –
A Study in the Benefits of Mindfulness

Facilitator: Barbe Ratcliffe

Do you have “busy brain?” Do you wake up in the middle of the night with thoughts screaming around in your brain, keeping you awake? Do you find yourself thinking the same frustrating thought over and over again? Then this course on “Managing the Maverick Mind” may be just the ticket to calmer days and a good night’s sleep. Worry and stress are debilitators to healthy living. Mindfulness is a tool to reduce this stress and worry.

The capacity to be mindful provides a wholesome approach to engaging our daily experiences. Mindfulness helps to overcome the habits of mind that cause us to suffer needlessly. Mindfulness can profoundly alter our perceptions of ourselves, the world, and our place in it.

This course will be a practical guide to understanding our minds, to exploring how our “busy brains” operate, to developing the skill of mindfulness, and to applying it to our daily lives. In this class of experiencing and discussion, we will understand how our brains become so busy and experience a number of mindful ways to calm the Maverick Mind.

If you have ever thought you might enjoy having a calmer mind, a better night’s sleep, and reduced stress in your life, this just might be a course for you!

Book Materials: Wherever You Go – There You Are, by Jon Kabat-Zin

Class Type: Video, discussion, experiencing (mostly meditation)

Material Fee: None

Barbe Ratcliffe is a life coach, assisting individuals in understanding their unique possibilities. After thirty years in the corporate world and becoming aware of the challenges of living well, she shifted her life focus to one of living well. This shift included the use of meditation and mindfulness. The shift was profound for Barbe and she loves sharing the possibility of mindfulness and its positive effects.
Organizing your Home Projects Through Good Planning

Facilitator: Jon Skeels

Students will be able to develop a project plan for home improvement projects. This will include understanding project task development and organization, cost estimation, and scheduling.

The course will provide:

- Opportunities for students to share their home improvement project ideas and plans.
- Project Management basics and process understanding.
- Project Planning techniques.

Book/Materials: None required
Class Type: Lecture, discussion, DVD or videos
Class Size: No limit
Materials Fee: None

Jon Skeels has a bachelor’s degree in Recreation Administration, credential in Technical Forest Fire Management, and is a certified Project Management Professional. Jon worked for the U.S. Forest Service for 37 years in California, Oregon, Washington, Colorado, and the National Interagency Fire Center. Jon is currently a private Project Management Consultant managing multiple Information Technology Projects. In addition to Information Technology, Jon has planned and managed many small, medium, and large Home Improvement/Construction Projects and most recently the development/construction of a Craft Brewery.
**Tuesday 12:30 - 3:30**

**The REEL West:**
**Making and Forsaking Myth in Film and Fiction**

**Facilitator:** Patricia Paul  
**Note:** 3 hours, 12:30 — 3:30

“This is the West, sir. When the legend becomes fact, print the legend.”

The Man Who Shot Liberty Valance

What mythology emerged from the civilizing of the West? How did film and fiction reflect, refine and challenge those myths? How did the Western myth contrast with its historical context? Why did the story of the West sacrifice historical accuracy in examining westward expansion? In both film and literature, legendary—even mythical—portrayals of the American West first developed and then evolved in similar ways raising similar questions.

Each week we will view a classic Western film and compare it with a piece of short fiction having similar subjects and/or themes. The films include *Stagecoach, A Man Called Horse, Red River, Shane, McCabe and Mrs. Miller, Duel in the Sun, Smoke Signals*, and *The Misfits*. The paired readings represent a range of styles and authors:

- excerpt from a dime novel by Edward Ellis;
- popular fiction by Zane Grey and Bret Harte;
- literary classics by Willa Cather, Mary Austin, and Dorothy Johnson; and
- 20th century ethnic pieces by Pulitzer-prize-winner N. Scott Momaday and others.

As we develop a deeper appreciation for Western American literary and film traditions, we can enjoy some of our favorite actors, such as John Wayne, Alan Ladd, Gregory Peck, Montgomery Clift, Clark Gable, Andy Devine, Walter Brennan, Lillian Gish and Marilyn Monroe.

The story of the American West, myth and fact, continues its relevance today, especially for us Westerners, because understanding our heritage is understanding ourselves!


**Class Type:** Viewing, reading, discussion, short facilitator presentations.

**Material Fees:** None

**Patricia Paul** is a retired literature teacher who has enjoyed OLLI South since its beginning. Her passion is for cultural investigations which combine literature and history. She has lived most of her life west of the Mississippi River and regards the literature of the American west as part of her identity.
Tuesday 1:00 - 3:00

What You Eat: Nutrition Made Clear

Facilitator: Anne Bennett

When you take your vitamin in the morning do you know what it does in your body? How do vitamins and minerals work? Should you spend money on vitamins, minerals and herbs? How do you know if you need them? Are they safe? Will they make you healthy? Can you get what you need from food alone? Is salt really a villain? Fat facts, the good the bad and the ugly. Is it okay to eat butter? Why should you use olive oil? Protein power, how much is enough? Is red meat harmful? Is farm raised salmon as good for you as wild caught? The news about eggs: are they healthy? Carbs, sugars and starches what do you need to know? Is “natural”/”organic” really better? Should you take probiotics? What diets really work if you want to lose weight? What is gluten? Should you remove gluten from your diet; how do you know if you are gluten intolerant? What is included in a vegetarian diet?

Join Anne Bennett, registered dietitian, to discuss these and other nutrition topics. This course will cover how the body digests and uses food for energy, protein, fat and carbohydrates, obesity and weight loss, hypertension, nutrition facts or fiction, calories, vitamins, minerals and more. We will discuss nutrition related diseases and how to use nutrition to be healthier. We will use some of the Great Courses DVD series, “Nutrition Made Clear,” some guest speakers, interactive activities and lecture. The goal of the course is to make nutrition understandable, doable in everyday life and fun.


Class Type: Lecture, DVDs, interactive learning, guest presenters

Class Size: Limited to 25

Materials Fee: None

Anne Bennett is a Registered Dietitian with a Master’s Degree in Public Health. Anne has 41 years of experience in nutrition and public health. She worked as a clinical dietitian at Yale Medical Center and Texas Children’s Hospital before moving to Denver. She worked for Tri-County Health Department for over 30 years and became Director of Nutrition Services during her last eight years of work. Anne is passionate about eating healthy delicious foods and promoting healthy lifestyles.
The Great Game of Bridge – Common Conventions

Facilitator: Wilt Cooper

Bridge is the world’s most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further.

This class is for experienced bridge players who want to enhance their bidding techniques with a better grasp of standard conventions and the addition of new bidding conventions. This class will be a continuation of the Winter Common Conventions class. We will review, expand on, and learn how to deal with minor suit openings, forcing and non-forcing rebids, reverses, Weak Twos, and the Strong 2 Club. We will also learn other commonly used conventions, such as Inverted Minors, New Minor Forcing, Rule of 500, and others. As the class progresses, we will complete each appropriate section of the Convention Card to understand how they fit with standard systems. This card provides the foundation to communicate and play with any new bridge partner. We will only cover the last four chapters of the Common Conventions book, with every other week being strictly play of designed hands with post-play commentary. It is expected that this class will then join the advanced class to continue hand bidding and play and adding more conventions such as Michaels, Unusual NoTrump, other Double applications, and Roman Keycard Blackwood to name a few.

Prerequisite: Preferably completion of the four previous OLLI courses - “Bidding,” “Play of the Hand,” “Defense” and first 4 chapters of Commonly Used Conventions, or Instructor approval based on bridge playing experience with current standard techniques.

Books/Materials: Commonly Used Conventions – Spade Series, part of the ACBL Bridge Series (2007 or later edition). Also, I highly recommend 25 Bridge Conventions You Should Know, by Barbara Seagram and Marc Smith as a supplemental source.

Class Type: Book reading/study, facilitator presentation, card exercises, and bridge hand play.

Class Fee: Members $60; Guests $100

Class Size: Minimum of 8, maximum of 20

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. He has played the game of bridge since college, learning more each step of the way. Wilt has earned a Bronze Life Master in bridge, is teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.
Wednesday 9:30 - 11:30

Great Decisions 2016

Facilitators: Dale LeNoue, Senior Facilitator, and Chuck Laskey

Sponsored by the independent Foreign Affairs Association (FAA), the Great Decisions publication is America’s largest discussion program on world affairs with participant groups through the country. Each year, eight critical global topics are chosen and by a panel of FAA experts and reviewed in a comprehensive *Briefing Book*. The book is published every January. The topics are unerringly current and receive in-depth coverage. This session will include:

- Mideast Alliances
- Migration
- Islamic State
- The Koreas
- Climate Change
- The Kurds
- United Nations
- Cuba and the U.S.

Addressing the topics in the order published, this class involves reading the Great Decisions *Briefing Book* presentation on each subject before meeting to discuss the issues. At the discretion of the facilitators, use may be made of DVD presentations on the subject as well as relevant current information contributive to the issue. Participants have the option to contribute to a National opinion ballot on each issue that is consolidated by the FFA for public distribution.

**Book/Materials:** *Great Decisions 2015 Briefing Book* (will be provided). Occasional Briefing updates or related articles as may come available.

Suggested references: http://www.fpa.org/about/
http://www.fpa.org/great_decisions/

**Class Type:** Discussion, review questions suggested at the end of each issue presentation.

**Class Limit:** None

**Materials Fee:** $25.00 for *Briefing Book* (Please send in a separate check to cover this fee when you register for the class)

*Dale LeNoue, Senior Facilitator,* is a retired clinical psychologist who has facilitated more than ten OLLI courses.

*Chuck Laskey* is a retired CARE International executive and has facilitated other Great Decisions courses. He is a world traveler and bon vivant!
Wednesday 9:30 - 11:30

Intermediate to Advanced iPad

Facilitator: Piet Kallemeyn

The iOS 9 is the latest incarnation of the IOS that Apple has released for the iPad and iPhone. iOS 9 is more intuitive, incorporates new features, enhanced capabilities and overall smarter ways to do everything.

In this workshop we will see how Apple says iOS 9 is more intuitive. We will learn the ‘what, how and why’ to take advantage of this enhanced capability, and which iPad models support these features.

After reviewing what we learned in previous iPad classes we will take on addressing:

- new built-in Apps
- split screen function
- inclusion of shortcuts
- enhanced App inter-communication
- a smarter Siri
- iCloud Drive

We will learn tips and tricks the instruction books fail to tell you, as well as sharing your favorite Apps among each other.

If you want to make better use of your iPad, you will want to take this class.

Book: None, just your iPad
Class Size: 20 maximum
Materials fee: None

Piet Kallemeyn retired after spending 30 years in the computer industry where he was involved in the design and use of computer technology. Getting an iPad, he realized that he had to forget his old computer habits and learn anew how to use this powerful device.
Let’s Finish It!
Advanced Memoir Writing

Facilitator: Connie Shoemaker

You’ve uncovered many life stories and maybe even had some “a-ha” insights about their meaning. Your journal is filled with notes, scenes, crossed-out sentences, and blurred spots from tears and coffee stains. “My memoir” is a frequent entry in your Word files. But now what? How do you make sense of the “stuff” of your life and turn it into a real book?

This class will give you a gentle shove or maybe even a hardy kick in the pants, toward a finished memoir. During the first hour of class, we’ll explore topics such as setting a timeline, ways of organizing your stories, using the Hero’s journey, creating suspense and foreshadowing, adding direct dialogue, editing and revising, and getting published. In-class exercises will help to hone your writing skills.

The second hour of writing circles will give you a chance to share your writing and your progress toward your particular goal. Feedback from class members will offer encouragement and suggestions.

Books/Materials: Selections from Writing Life Stories by Bill Roorbach and Memoir Writing for Dummies by Ryan G. Van Cleeve

Class Size: Limited to 12

Class type: Discussion, writing, sharing

Materials Fee: None

Connie Shoemaker is co-founder of Spring International Language Center where she continues to work with international students. In addition to her experience as a reporter and columnist, she has authored five published books in the field of international education and a book of poetry published during her four years in Cairo, Egypt. Her memoir The Good Daughter: Secrets, Life Stories and Healing was published in April 2015.
Wednesday 9:30 - 11:30

Ancient Mesoamerica Part Two:
The Aztec

Facilitator: Faye Hastings

Preceding the Aztecs over a span of thousands of years, Mesoamerican peoples evolved from nomadic hunter/gatherers to sophisticated urban dwellers. With the help of Professor Edwin Barnhart and his video series, we will discover just who these early peoples were and their influence on the development of the Aztec. With this background we will then study the culmination of that evolutionary process in the great Aztec civilization.

This course will look closely at the Aztec capital, Tenochtitlan. This great city was the urban hub from which the Aztecs ruled a vast empire. In addition, we will also look at everyday life of the Aztec peoples, the expansion of the Aztec empire, and the eventual demise of that empire at the hands of Spanish.

During this course we will:

• Survey earlier Central Mexican cultures that evolved into the Aztec
• Discover how the Aztec conquered Mesoamerica and expanded their empire
• Explore their magnificent capital city of Tenochtitlan, their Kings, Gods, social system, and the infamous “ball courts”
• Explore the key role religion played in the development of Aztec civilization and how it formed and influenced their culture, as well as, the significance it played in their conquest
• Study the siege of Tenochtitlan and its conquest by the Spanish

Book/Materials: None. Suggested reading material distributed throughout course
Class Type: DVD, discussion, PowerPoint presentation
Materials Fee: None

Faye Hastings is a Denver native whose interest in history and genealogy led her to the native peoples of Central and South America. This is the fourth course she has developed on the pre-conquest peoples of the Americas and the European conquest of the Americas.
Words Matter

Facilitator: Mike Brady

The purpose of this course is to educate and entertain. Words are powerful. We will take a second look at ordinary words and word origins. Words have fascinating stories to tell about the power of language. We will explore the history of English words, the learned language of Latin and the playfulness of slang. English as a living language, is ever-changing.

We will discuss:

- Cultural aspects of how we judge people who talk well, unusual or poorly.
- Is our language decaying?
- Do words become archaic/obsolete?
- What is the impact of technology on word usage?
- Is your dictionary reliable?
- Regional words and the Dictionary of American Regional English (DARE)
- Have you ever wondered why colonel is spelled with an “l” and pronounced with an “r”?
- What the heck is an earbash?

Book/Materials: None, handouts will be provided
Class Type: Great Courses DVD *The Secret Life of Words*, discussion
Materials Fee: None

Mike Brady is retired and is an avid reader, particularly mystery books. He is a huge St. Louis Cardinals fan and enjoys great coffee with friends. His mantra is “if it ain’t fun, I ain’t doing it!”
T’ai Chi
“Exercise Is Medicine”

Facilitator: Joseph Brady

Note: Class Time: 12:10 - 12:55

Life is stressful, but it doesn’t have to be! The ancient Chinese art of T’ai Chi is a wonderful way to exercise, relax and commune with your spirit. And you can begin or continue to learn this beautiful art format at OLLI South. From a modern scientific perspective the ancient Chinese art of T’ai Chi is a moderate aerobic exercise that benefits both mind and body without the physical wear and tear associated with many exercise methods.

The American Medical Association describes T’ai-chi as “characterized by physical movement and mental concentration; its purpose is to moderately exercise all the muscles and achieve integration between mind and body.” T’ai Chi is intended to be an exercise form that you can maintain as a lifelong practice. It can be strenuous exercise, or slow, meditative movement. It can be practiced almost anywhere, and can be integrated into almost any lifestyle. People of all ages can use T’ai Chi to improve strength, balance, and flexibility. T’ai Chi can help you look and feel younger while you relax. What else can you ask for?

Class Size: Minimum of 8 members, maximum of 25
Course Fee: Members $50.00, non-members $65.00 (If space is available.)

Joseph Brady MSTCM, L. Ac. Dipl. O.M. is a nationally board certified practitioner of Oriental Medicine. Joe taught on healthy aging issues and coordinated the Gerontology program at the University of Denver for 20 years. Also teaching classes at the University of Colorado Health Sciences Center, Metropolitan State College of Denver and in the Colorado Community College System, Joe has written many articles on healthy aging for the Rocky Mountain News and the Denver Medical Journal and has presented at many scientific conferences.
Wednesday 1:00 - 3:00

Care and Choice At the End Of Life

Facilitators: Harry Brodie, M.D. and Bill Baird

This course is about your health care at the end of your life. We have choices in directing our doctors what kind of care we want, but in order for our wishes to be followed we need to be proactive. We will deal with medical catastrophes, advance directives, terminal illness, Alzheimer’s dementia, DNR, medical power of attorney, nursing homes, hospice and comfort care, Compassion and choices, POLST (physician orders for life sustaining treatment). We will explore why advanced directives and a living will are only part of the planning process.

Some of the topics that will be discussed include:

• how to make the best choices at the end of life,
• the history of right to make one’s own medical decisions 1970s to present
• letting go with dignity
• advance planning
• everyone’s worse fear: the nursing home
• hospice and Comfort Care
• Alzheimer’s and dementia


Class Type: Discussion and assigned reading

Harry Brodie, MD is a retired Littleton family physician. He graduated from the Medical College of Virginia and did his family residency at Mercy Hospital in Denver. He practiced in the Littleton area for 25 years. He has great interest in the way physicians approach the dying process with their patients.

Bill Baird is long time OLLI member and has facilitated several OLLI classes. Prior to retirement, Bill was a high school science teacher.
Wednesday 1:00 - 3:00

In Their Own Words: Women’s Memories of the Western Frontier

Facilitator: Jeanette Lauritsen

Women’s place in frontier history and literature was, with a few notable and often stereotyped exceptions, lost or ignored by mainstream studies, then to be at least partially recovered by women’s studies programs in the late 20th century. In this class we will examine substantive excerpts from women’s diaries, journals and letters as they moved among the mining and ranching settlements of the U.S. frontier West and wrote about their experiences. They will tell us about the conditions in which they raised families and -- sometimes frankly, sometimes obliquely -- how they dealt with their economic and social situations. At times we will play “detective,” extrapolating from their writings the personal, cultural, societal, and environmental milieux that governed day-to-day activities and/or against which they struggled to survive, flourish or fail.

Books/Materials: So Much to Be Done: Women Settlers on the Mining and Ranching Frontier, 2nd Edition, edited by Ruth B. Moynihan, Susan Armitage, and Christinane Fischer Dichamp; Letters of a Woman Homesteader, Elinore Pruitt Stewart. (Both volumes are readily available in paperback; the latter is also available to read on-line or download.) Supplemental handouts may also be provided by the facilitator.

Class type: Reading, discussion, short presentations
Class size: No limit
Materials Fee: None

Jeanette Lauritsen has taught writing classes at the University of Colorado-Denver and facilitated discussion groups, including Murderous Schemes for OLLI South as well as Great Books® discussion groups for both adults and children. She holds a BA in English Literature and an MA in Teaching Composition. After facilitating Women of the Western Frontier for OLLI South during a previous term, she concluded there was much more to know and share of frontier women’s lives and writing -- hence, In Their Own Words.
Facilitators: Roxanne Ahlbrecht and Linda Green

- Why do I always tie my left shoe first?
- How come I always sit in the same place at church?
- Why did I put the ice cream in the oven and my wallet under the sink?!?

This class will use Charles Duhigg’s book *The Power of Habit* to explore why we do what we do in life and business - how our habits serve us, and why they fail us. This is not a course on how to quit a bad habit, but rather how and why we develop habits (good or bad) in the first place, and how those habits affect our everyday lives.

**Books/Materials:** *The Power of Habit* by Charles Duhigg

**Class Type:** Reading and discussion with in-class videos and emailed handouts.

**Class Size:** Limit 15

**Materials Fee:** None

**Roxanne Ahlbrecht** studied Behavioral Sciences at the University of Minnesota, and was appointed as judicial clerk to a district court judge in Minneapolis, Minn. before moving to Denver, where she became an executive assistant to the VP of an international communications company. She is a runner who loves to read, learn, and is curious to a fault (according to her husband)! She has been attending OLLI classes for two years.

**Linda Green** studied Behavioral Neuroscience at Wesleyan University and Mineral Engineering at the Colorado School of Mines. She taught high school biology and chemistry and coached high school sports for several years before turning her attention to helping high school juniors prepare for college entrance exams. In addition to OLLI, she enjoys reading, hiking, and sailboat racing.
Saint Petersburg: Monarchs and Palaces

Facilitator: Jared Ingwalson

The evolution of history can make a dramatic change in direction due to events such as war and environmental change but, as sometimes happens, a single person through force of will can alter the direction of history, for good or ill. In this course we will examine the the impact on a country if not the world made by four such people, all from one country, Russia. They are Peter the Great, Catherine the Great, Tsar Nicholas II, and Vladimir Lenin.

We will also familiarize ourselves with the key historical events and sites of one of the worlds great cities from its founding in 1703 to today, Saint Petersburg, the cultural center and former capital of Russia for 202 years. We will focus not only on what events took place but much more importantly, why they took place. In our last session we will summarize and discuss Russia today and the role its history plays in determining its next steps.

Whether you have been to Saint Petersburg, plan to go, or are inquisitive of Russian history and motivations, this course is for you. You will never see or hear of the Hermitage or of the Catherine Palace in quite the same way again. You will experience them while walking with the ghosts of those gone by.

Book/Materials: None Required. Reference books: Peter the Great, Catherine the Great, and Nicholas and Alexandra, by Robert Massie; The Tsar’s Last Armada, by Constantine Pleshakov; The Russian Revolution, by Leon Trotsky; The Amber Room, by Catherine Scott & Adrian Levy; Kronstadt 1921, by Paul Avrich; Red Victory, by W. Bruce Lincoln; Ten Days that Shook the World, by John Reed

Class Type: Presentation, discussion, some video
Class Size: Unlimited
Materials Fee: None

Jared Ingwalson has been active in OLLI for several years. He co-facilitated Between the Wars; Germany, Russia, and France, and has been a presenter in the WELLaware program. He is retired but is active in several volunteer organizations serving with the Arapahoe County Budget Committee and the Johns Manville Retiree Association. He travels globally, explores ancient sites in North and Central America, camps, hikes, and bikes, but his 45 year academic passion has been world history…..and don’t get him started on his grandchildren.
Wednesday 1:00 - 3:00

TED/Talks: More Ideas Worth Spreading

Facilitator: Barbara Pond

TED is a nonprofit institution devoted to Ideas Worth Spreading. It started in 1984 as a conference bringing together people from three worlds: Technology, Entertainment, Design. Since then its scope has become ever broader. The goal of TED is to foster the spread of great ideas. It aims to provide a platform for the world’s smartest thinkers, greatest visionaries and most-inspiring teachers, so that millions of people can gain a better understanding and a desire to help create a better future.

TED Talks are videos of the best talks and performances from TED conferences and events where the world’s leading thinkers and doers can give the talk of their lives, usually in 18 to 25 minutes. The best talks and performances from TED are free online as TedTalks (http://www.ted.com/talks). There are more than 2,000 TED Talks ranging from persuasive to ingenious to jaw dropping.

The primary objective of this class is for the facilitators to select the categories of topics that best prompt discussion amongst the class participants with the objective of educating, entertaining and awakening in all of us new ways of thinking. Maybe some will be inspired to take action.

Participants will have the opportunity to select one of their favorite Ted Talks to stream for all, then acting as a guest facilitator with the objective of prompting discussion and eliciting comments from their fellow OLLI participants.

Book: None
Class Type: Video and discussion
Materials Fee: None
Class Limit: Limited to 25

Barbara Pond has spent more than 40 years working in the field of education as a math teacher, college professor, consultant, and conference speaker. She currently teaches and supervises students at Colorado Christian University. She enjoys exploring new things and is a life-long learner. She and her husband, Dan, have enjoyed taking OLLI classes for several years.
The Great Game of Bridge – Advanced Play

Facilitator: Wilt Cooper

Bridge is the world’s most popular card game. It is a great way to exercise the mind with communication, visualization, probabilities, math, and socialization. The game of bridge dates back to the 16th century when Europeans were playing triumph. Triumph evolved into whist in the 1700s and was made internationally famous by Edmond Hoyle. With the introduction of the bidding (or auction) concept in the late 19th century, whist evolved into auction bridge. Ely Culbertson in the 1930s, then Charles Goren in the 1950s popularized the game of bridge even further. It is played by nearly 40 million people just in North America with international tournaments annually.

This class is for experienced bridge players who want to enhance their bidding, declarer play, and defensive techniques with a better grasp of current bidding techniques and common bidding conventions. We will focus on free deals and/or specific teaching hands with instructor over-site to continue our application of conventions such as Stayman, Transfers, Inverted Minors, Roman Key-card Blackwood, Gerber, cue-bidding, signaling, and others. The completion of the Convention Card for these new conventions will be reviewed. This class will continue to expand on the 2 over 1 bidding approach.

Prerequisite: Preferably completion of the five previous OLLI courses: “Bidding,” “Play of the Hand,” “Defense,” “Common Conventions,” and “More Common Conventions,” or instructor approval based on bridge playing experience with current standard techniques.

Books/Materials: No specific reference material, but I continue to recommend 25 Bridge Conventions You Should Know, by Barbara Seagram and Marc Smith as a supplemental source.

Class Type: Primarily bridge hand play.
Class Fee: Members $60; Guests $100
Class Size: Minimum of 8, maximum of 20

Wilt Cooper is a retired Aerospace Engineer from Lockheed Martin and an active competitive bridge player. He has played the game of bridge since college, learning more each step of the way. Wilt has earned a Bronze Life Master in bridge, is teacher accredited by the ACBL, and has taught the game for several years. Because he is so passionate about the game, he wants to share the bridge experience with everyone.
How to Look at a Painting

Facilitator: Carolyn Kallemeyn

Have you ever stood in front of a famous masterpiece in one of the world’s great art museums and wondered, “What’s the big deal?” This class will help answer that question.

The course will focus on developing the ability to understand what is going on in a painting, to reflect on what the artist meant to convey, and to evaluate the painting’s overall value or excellence. Through facilitator guidance and class discussion of each painting, participants will explore such elements as composition, harmony, color, symbolism, and more. We will study a selection of well-known paintings produced in Europe and the United States from the 1400s to the middle of the 20th century.

The goal of this course is to learn how to look at art in ways that enrich the experience and lead to insights into the artist’s vision and purpose.

Book: Book is optional: 50 Paintings You Should Know, by Kristina Lowis and Tamsin Pickerel

Class Type: Slides, DVDs, discussion

Materials Fee: None

Carolyn Kallemeyn taught English at the University of Colorado at Denver, wrote a newspaper column for three years, and edited books before starting a publishing services business in the 1980s. She has facilitated OLLI courses in art appreciation, literature, and ethics. Retirement has given her the time to explore her passion for art.
The Influence of Mexican History on Mexican Art of the 20th Century

Facilitator: Abe Grinberg

7 weeks, March 31 - May 12

Mexican Muralists, such as Diego Rivera, and painters like Frida Kahlo maintained their love for the roots handed down by their ancestors and their culture with a passionate tenacity. We can easily recognize the importance they gave the indigenous cultures, Mexican independence, and The Mexican Revolution in their work.

The purpose of this course is to learn the history of Mexico and the magnificent archeological sites in and around Mexico City. In so doing, we will better understand and appreciate the magnificent pieces of art by the Mexican Muralists and Frida Kahlo which captured the socio-political and cultural changes in Mexico after the 1910 revolution. This art played a central role in the political, cultural, and social life of Mexico unlike in any other country in the world.

Book/Materials: None

Class Type: Home assignments, DVD presentations, lecture, audiovisual documentaries, discussion, brainstorming, and questions

Class Size: Limited to 25

Materials Fee: None

Abraham Grinberg (Abe) enjoys continuing to learn about cultural understanding of different populations in relation to medical and social problems. Abe has facilitated courses at OLLI related to psychology, human behavior and art, and socio-political problems in Latin-America. After facilitating a class called Social Revolution and Art in Mexico during the 20th Century, he decided to look at Mexican historical and archeological sites in more depth to better understand their relationship to important art treasures. This will be the tenth course Abe has facilitated since 2013.
What Science Knows about Cancer

Facilitator: Ira Rifkin

There are few words in any language that strike as much fear as the word “cancer.” One person in three develops malignant cancer in his or her lifetime, and one out of four dies from it. The aim of this course is to explain the science that underlies this disease. As you learn about how cancer works to subvert the body’s normal functioning, you will see how cancer can be treated and even prevented.

In this course we will discuss the causes of cancer and the links between diet, environmental exposure and lifestyle and cancer. We will look at normal cellular function at the molecular level and how cancer causing agents cause mutations in DNA that lead to cancer. We will see how this information can be used to detect precancerous conditions before they become clinical problems. We will discuss the treatment of cancer, including surgery, radiation and chemotherapy and the new options that are available in these fields.

Finally, we will talk about cancer screening and prevention—Pap smears for cervical cancer, mammograms for breast cancer, PSA blood test for prostate cancer as well as colonoscopy for colon cancer. Vaccines are available to prevent cervical cancer in young women. Progress in understanding each individual’s genetic makeup and each tumor’s DNA changes will make cancer prevention and treatment more effective.

Book: The Emperor of all Maladies – A Biography of Cancer (Recommended, not required)

Class Type: Videos, lecture and discussion

Materials Fee: $10 for booklet associated with video

Class Size: Limited to 25

Ira Rifkin is a physician who had been in private practice in Metro Denver as well as on the staff of the University of Colorado Health Sciences Center for over 30 years until his recent retirement in 2009. He has had a lifelong interest in economics, political science, and history which he has, finally, been able to find time to pursue.
Writing Your Memoirs

Facilitator: Bob Backus, Senior Facilitator

This class is for both beginning and intermediate writers. In this class you will write short stories about your life, including its turning points. These stories will be your memoirs. Frank P. Thomas, the author of the book for our class, states that “turning points are the fateful bends in the road we journey down that change and shape our lives.”

You will write both in class and at home. To assist you, we will discuss the craft of writing. You will be encouraged to read memoirs written by professional authors, as well as memoirs by student authors. The book for the course includes student memoirs. You will be given the opportunity to read your memoirs to the class and receive input from the class. Agatha Christie refers to her autobiography as a journey forward through time — “a starting again at the beginning of it all.” Join us as we journey together through our lives.

Note: This book is out of print but copies are available on-line. Also, the facilitator will loan copies of the book.
Class Type: Writing, reading, and discussion
Class Size: Limited to 12
Materials Fee: None

Bob Backus practiced law in Colorado for 37 years. Prior to entering law school, he earned a Masters of Arts in English and Speech. He taught English and Speech and coached Debate at C.U. Boulder. Bob has been a member of VIVA/OLLI from its start and was its first President. He has facilitated classes on a variety of subjects, including Memoir Writing.
Thursday 11:45 - 12:45

interActive Learning

Mat Yoga

Facilitator: Raj Ponnappa

The practice of yoga is a journey into oneself. The key word is Breath (Pranayama). Working alongside stretches, breathing stimulates body and mind, promoting self healing, deep relaxation, mental calm and releases stress and toxins from cells, thereby strengthening the muscles.

Yoga practiced on a mat is called Hatha Yoga. It can be practiced by anyone in any age group, depending on individual physical abilities. The mat supports the body via gravity and makes all postures easy. The body is utilized in standing, sitting and horizontal positions, building strength, flexibility and balance.

The postures create physical and mental harmony, increase bone density, mental calm, emotional and physical well being, and result in a peaceful state of mind. Improved digestion and good sleep are some beneficial side effects. These are few of the advantages of practicing mat yoga.

Take the journey of yoga and experience a joyful life!

Book/Materials: Bring your own yoga mat
Class Type: InterActive learning. Please wear comfortable clothing.
Class Size: Limited by room allocated
Materials Fee: None

Raj Ponnappa was trained by renowned yoga masters in her native India. Subsequently, she has taught various forms of yoga all over the world, including the United States, and recently at OLLI.
More Amazing Movies
You Might Have Missed

Facilitator: Sally Walling  

Are you more interested in plot than action? Do you enjoy learning about other cultures and exploring ideas that might be challenging? Are you able to suspend your disbelief and become one with the vision on the screen? Would you like to know how to evaluate a movie in more detail than “I loved/hated it?”

In this class we will explore eight independent films that will move our minds as well as our hearts. Class discussion will be an integral part of each session and members will be asked to read a review before viewing each film in class. Extra reports will be voluntary and will involve evaluating current Indie films assigned by facilitator.

Because of the differing lengths of the movies, three hours will be needed per class.

Please note: all the movies will be different than the previous course, Amazing Movies You Might Have Missed.

Book/Materials: None  
Class Type: Movie, discussion, report  
Class Size: Limited to 20  
Materials Fee: None

Sally Walling is a retired Language Arts teacher, avid reader and life-long cinephile. This is her third year attending OLLI.
Thursday 1:00 - 3:00

The Triumphs and Tragedy of Julius Caesar

Facilitator: David Williams, Master Facilitator

Julius Caesar was a pivotal figure in world history, conquering most of the known world and instituting innovative governmental ideas. As a general, writer, and statesman, no one else in his time came close. Many consider him among the greatest men who ever lived. Consequently, Caesar the legend may have eclipsed Caesar the man. We will learn the truth.

The classroom part of the course is roughly two-thirds biography and history and one-third literature/performing arts. We will read (outside of class) and discuss (in class) Philip Freeman’s highly acclaimed biography of Caesar, and over the course of five weeks watch and discuss William Shakespeare’s play “Julius Caesar.” We will analyze Shakespeare’s approach to the tragedy of Caesar, and determine its accuracy and its contribution to literature and to history.

Through academic biography and Shakespearean literature, class members will come to a better understanding of the complicated man behind the legend.

**Book:** *Julius Caesar*, by Philip Freeman (2008)
**Class Type:** DVD, lecture, discussion
**Class Size:** No limit
**Materials Fee:** None

*David Williams,* Master Facilitator, is a retired marketing executive, and has facilitated twenty courses (mostly history and literature) at OLLI South and Central. David also facilitates a Great Books Discussion Group at the Lone Tree Library.
What Do Poets Think About?

Facilitator: Cheri Murphy

As a general rule, most people don’t read poetry. So why would a writer decide on this form of writing? Come join us and explore this question as we examine the decisions poets make, the tools poets decide to use, and recognize the love of language that all poets share. We’ll discuss 20th century American and British poetry and the use of free verse.

You will also be invited to share poems that have touched you, puzzled you, or livened you with a vivid image or phrase. We’ll have a party of “literary occasions” as we build for ourselves our “poetry statements” in answer to why writers would/should or shouldn’t choose poetry as their genre in our modern world.

Book/Materials: Packets of poetry will be provided at the beginning of class for each week.

Class Type: Discussion

Materials Fee: None

Class Size: Limited to 22

Cheri Murphy has a B.A. and Masters in English. She taught in many different levels: Montessori preschool, middle school, high school and English methods in college. She also ran a research group for teachers who continued to do research in their classrooms. Now retired, she continues her love of reading.
The American Civil War: Origins, Conduct, and Aftermath

Facilitator: Tony Morgan

The American Civil War changed the very fabric of the United States. Aside from being the most destructive and costly war (in terms of casualties, loss of property, and investment) in U.S. history, fundamental changes ensued that continue to influence modern American society.

In this course we will look at the origins of the war from the constitutional compromises of 1787 through the sectional strife and secession crisis of 1860. We will then explore the four long years of conflict from the firing on Fort Sumter in April, 1861, through the campaigns of 1862, 1863, and 1864, and the final surrender of Confederate forces in 1865. Along the way, there will be presentations on Civil War arms, equipment, and re-enacting. Finally, we’ll discuss the ramifications of the conflict that changed the American people’s expression for their country from the United States “are” to the United States “is.”

The course will explore these questions:

- What caused the War and was it solely about slavery?
- Was this the first “modern” war and a foreshadowing of war in the early 20th century due to the use of rifles, rails, conscription, and trenches?
- What were the grand strategies employed in the conduct of the War and the battles that ensued from them?
- Who were the major political and military personalities of the time and how did they influence the War?
- What was the impact of the War on ordinary people (male and female, black and white, North and South)?
- What is the legacy of the Civil War?


Class Type: Handouts, discussion, lecture, DVD, demonstration

Material Fees: None

Tony Morgan is a retired Air Force Officer who has been a history buff his whole life. He is a former Civil War living historian and reenactor with the first Virginia Volunteer Infantry, Company H.
Foundations in Traditional Genealogy Research

Facilitator: Deena Coutant 2 Weeks, May 13 and 20

Are you curious about tracing your roots and learning more about the ancestors in your family tree? A solid foundation in how to conduct genealogical research and avoid common pitfalls will ensure your accurately documented family legacy can be passed on to future generations as fact and not myth.

Learn how to get started and explore the many benefits of this popular hobby, from connecting with cousins to discovering your family’s origins. Class discussion will cover general methodology, record types, and resources, including places to find information online.

Book/Materials: Handouts will be provided
Class Type: Lecture and discussion
Class Size: Limited to 25
Materials Fee: None

Deena Coutant is passionate about creating family legacies that connect the past, present and future generations, through stories, photos or by uncovering those ancestors who were previously lost to history. As a full-time professional genealogist and photo organizer, she provides strategies to help her clients successfully discover, celebrate, share and properly preserve their families’ memories, leveraging modern technology to bring them from the obsolescence of the past into the digital age.

Deena offers a unique blend of preservation services through her two companies, DigiDeena Family Heritage Solutions and SCANgaroo.
Are you ready to add DNA testing to your genealogy tool kit? Are you curious about what you can learn from the different types of DNA tests? With nearly three million genotyped individuals, genetic genealogy is rapidly emerging as one of the quickest ways to break decades-old brick walls and connect with cousins who are researching the same families.

This class will provide an overview of the three main types of DNA tests that are useful for genetic genealogy, including Y DNA, mitochondrial DNA and autosomal DNA. Learn how each test works, what research questions each test can answer, which inheritance patterns are followed, and how to decide who to test.

Discussion will include an overview of the three main testing labs, cost of testing, and ideas for motivating family members to test. A foundation in ethical and legal issues will be provided, including Genetic Genealogy Standards and how DNA testing fits into the Genealogical Proof Standard.

**Book/Materials:** Handouts will be provided

**Class Type:** Lecture and discussion

**Class Size:** Limited to 25

**Materials Fee:** None

*Deena Coutant* is passionate about creating family legacies that connect the past, present and future generations, through stories, photos or by uncovering those ancestors who were previously lost to history. As a full-time professional genealogist and photo organizer, she provides strategies to help her clients successfully discover, celebrate, share and properly preserve their families’ memories, leveraging modern technology to bring them from the obsolescence of the past into the digital age. *Deena offers a unique blend of preservation services through her two companies, DigiDeena Family Heritage Solutions and SCANgaroo.*
Friday Mornings

**Introduction to Bird Watching**

**Facilitators:** Dick Anderson and Mary Keithler, Audubon Master Birders

4 weeks, April 22 & 29, May 13 & 20

April 22, 9:30-11:30, meet at Valley View Church

April 29, May 13 and 20, 8 a.m. - Noon,
Meet at the South Platte River Park, Castlewood Canyon
and Audubon Nature Center

Impress your grandchildren, surprise your neighbors by identifying the birds in your yard and around the bird feeder. Find a new (and healthy) activity with the grandchildren: take them for hikes to discover the birds in our many local parks.

Join two of the Audubon Society’s Master Birders for a fun and informative introductory class on bird watching. The 2-hour classroom session covers tips on how to identify birds, what equipment you’ll need to get started, where to find birds, some time to practice your new identification skills, and suggestions on ways to attract birds to your backyard.

In the following weeks, Dick and Mary will lead 4-hour field trips, exploring local parks to search for birds found in various habitats. We’ll use field marks and song/sound clues to help us identify the birds. The final trip will be to the Audubon banding station.

**Fee:** Donation in lieu of fee to Audubon Society, $40


**Class Type:** InterActive Learning from the masters!

**Class Size:** Maximum 20

**Materials Fee:** None

*Dick Anderson and Mary Keithler* have a love for birds and the outdoors and have completed the rigorous Audubon Master Birder program in Denver. Dick’s interest in the natural world and birds started at the age of ten in Oregon; he rekindled that interest when he retired after 37 years as a professor at CU Denver. Mary took the Audubon’s Beginning Birding class in 2005 and completed the Master Birder program in 2009. Originally from Wisconsin, she moved to Denver in 1986. Dick and Mary return for their fourth term enthusiastically facilitating at OLLI South.
Who Are the Facilitators?

They are people…just like you!

At the heart of OLLI are our facilitators and curriculum. OLLI is successful because every term we have an intriguing curriculum and a “faculty” of dedicated people volunteering their time to make it happen.

The majority of OLLI facilitators have never taught a class in their lives. They all find many different ways to organize a class based on the topic and their style – some prepare discussion questions from the text they have chosen; some prefer using lecture tapes and building a discussion around them; others have members of the class give reports; and many invite guest lecturers.

How can you find out about becoming a facilitator?

It is quite easy. You may begin by simply indicating your interest to anyone on the Curriculum Committee or Jenny Fortenberry. They will be delighted to answer your questions and offer suggestions.
2015-2016 OLLI South Curriculum Committee

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History
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Gayla Solomon
Florence Welch
Directions to OLLI South

Valley View Christian Church
11004 Wildfield Lane
Littleton, CO 80125

South Santa Fe Drive (Hwy 85) to Titan Parkway (approximately 4 miles south of C470 or 10 miles north of Castle Rock). Turn east, and then left on Wildfield Lane and follow the road up to the church on the hill.

All OLLI South classes are held at:
Valley View Christian Church
11004 Wildfield Lane
Littleton, CO 80125

Osher Lifelong Learning Institute at DU (OLLI)
2211 South Josephine Street
Denver, CO 80208
(303) 871-3090

Go online to learn more about OLLI: www.portfolio.du.edu/ollisouth