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 broader communities.

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 123 OLLI programs in the United States, from Maine to Hawaii and Alaska.

Welcome to OLLI Boulder at DU . . .

Where curiosity never retires!
Letter From the Executive Director

Hello,

Welcome to the Winter term of the Osher Lifelong Learning Institute aligned with the University of Denver (known to many as OLLI at DU). OLLI at DU is a thriving organization composed of over 3,000 lifelong learners all over the age of fifty! We have six unique sites. The catalog you are reviewing is for our Boulder site. On the inside of the back cover, we have a map of the Denver metro area and the locations of our sites.

OLLI at DU is a volunteer organization started nearly 25 years ago. This past year the six Sites of OLLI at DU offered a total of more than 500 courses at eight distinct locations. The majority of these courses were offered by Facilitators – OLLI members with a love of sharing their passions. Although we do offer some ‘speaker series’ type courses, our typical class size is 25 – 30 member attendees. This allows for quality discussion and participation. We have found that our members enjoy asking questions and engaging the topic.

OLLI at DU is able to offer these courses at an incredibly reasonable price due to our approach of ‘peer-led facilitation.’ Any of our three eight-week terms is offered at a price of $130 for the term. This price provides access to all of the courses offered at all of the sites that term. We do not work on a first-come, first-served basis. Rather, the first two weeks of any term’s registration period is considered the open registration request period. At the end of this open registration, the staff reviews the registrations to determine if any of the courses are beyond the attendee limit set. If any classes are over-requested, the staff reduces the number of requests using the priority notations made by the member. Once we are complete with this process, we then move to a more normal first-come, first-served process.

I hope, as you peruse this catalog, you see several courses of interest. I also hope you consider the topic(s) you might like to share with the other OLLI at DU members.

Barbe Ratcliffe
Executive Director – OLLI at DU
From the OLLI Boulder Manager

Dear OLLI Boulder,

We are thrilled to offer the area community the upcoming caliber of courses available through OLLI Boulder as we begin our Winter 2020 term registrations. We appreciate your interest in the Osher Lifelong Learning Institute (OLLI) Boulder classes. The Winter 2020 term, which runs from Monday, January 13, 2020, through Monday, March 9, 2020, is overflowing with terrific courses covering a variety of topic areas.

Taught by volunteer Facilitators, these courses are designed to engage member participation and encourage dialogue. Facilitators are extremely knowledgeable and passionate about their topics.

The OLLI culture is one that supports ongoing education for adults 50 years “and better,” honoring the OLLI philosophy that curiosity never retires. There are no academic requirements for becoming an OLLI member, and no exams or grades in any of the classes. Participants come to learn and enjoy a sense of community with fellow members. Many of them also volunteer and become involved as Facilitators, Class Assistants, Greeters and/or Curriculum Committee members, among other volunteer options.

In addition to OLLI Boulder, OLLI at DU has five additional locations throughout the metro-Denver area with a total membership near 3,000. There are approximately 123 OLLIs throughout the United States.

Unless otherwise noted, OLLI Boulder classes are held at the Mountain View United Methodist Church, 355 Ponca Pl., Boulder, CO 80303. There is free parking in the church lot and on the surrounding streets. The church has an elevator for easy access to classrooms.

Registering for OLLI is simple. There is a $130 per term membership fee, which provides members with the ability to register for as many courses as one likes from the 20-plus courses at the Boulder site, and, pending availability, also register for available classes any of the other OLLI at DU metro-Denver sites. Terms are eight weeks and most classes run for two hours each week.

To register online (which allows credit card payment) for OLLI Boulder classes, visit the OLLI Boulder website: https://portfolio.du.edu/olliboulder. Links to the five other OLLI at DU sites are also available from this website. If you prefer a paper-based, mail-in enrollment, use the registration form in the center of this catalog. Feel free to share your catalog with others!

Sincerely,

Barbara Darling
OLLI Boulder 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: $130 per term for unlimited classes, subject to availability. Membership fee includes the following benefits:

- Participation in classes at six locations: Boulder, Central, West, South, East, and OLLI-on-Campus. Class enrollment is limited based on classroom size and facilitator preferences.
- Special member price for “The Summer Seminars of OLLI”
- OLLI Newsletter (three editions per academic term)
- Notice of unadvertised DU events (many at no cost)
- Invitations to annual social events.
- Lamont School of Music – All OLLI members get the senior/group rate for Ode to Nature or the Spring Opera University of Denver Library (Anderson Academic Commons) borrowing privileges, see www.portfolio.edu.ed/olli for details
- ENRICHMENT PROGRAM – Our sister organization offers classes at the University of Denver. The classes are led by professors and staff and are held during the evening hours. The members of OLLI Boulder enjoy a 20% discount on most courses (some exclusions do apply) when they register with the code OLLIW20. To review the course offerings please go to https://universitycollege.du.edu/enrichment/ or visit the 2211 South Josephine Street office and pick up a catalog in the front reception area
- DU Athletics – Purchase one full-price ticket and get one free ticket to any men’s or women’s basketball game, based on availability
- Coors Fitness Center $25 per month membership for 12 months

Refund Policy

Per term: Full refund of $130 if requested no later than 10 days into the term. Unless a class is cancelled, there will be no refunds for class or materials fees.
Mountain View United Methodist Church

Our amazing friends at Mountain View United Methodist Church have requested that OLLI members please park in the church parking lot and plan to enter and exit through the narthex (main lobby) at the north side of the church. As guests at Mountain View United Methodist Church, OLLI Boulder members learned what an active faith community we have access to as our campus. We respect that the church’s vibrant, on-site preschool has hours that overlap with OLLI Boulder course times. To keep our classes easy to find and avoid running into any conflicts with the preschool, OLLI Boulder classes are held on the church’s lower floors. Upper floors, which also house the preschool, have locked doors while church school is in session.

OLLI Class Cancellation Notification

OLLI courses are subject to modification if minimum enrollment numbers in specific classes aren’t met. Should you be enrolled in a class that doesn’t have adequate enrollment, you will be notified that the class is in jeopardy prior to class beginning. If, within one week of starting classes, the class has not reached minimum requirements, the class may be cancelled entirely. Please do not purchase recommended or required course books until the week before class begins as we cannot refund book purchases if a course has been cancelled. Membership fees will be refunded only if a class does not make minimum enrollment and the member is not enrolled in other OLLI classes for the term.
OLLI Boulder Curriculum Committee

Curriculum Committee Chairperson
Barbe Ratcliffe: Barbara.Ratcliffe@du.edu

Curriculum Subcommittee Chairpersons:

History, Economics, World Affairs
Reva Greenburg: rgburg@gmail.com
Wayne Grider: wayne.grider@hotmail.com

Arts, Writing and Literature
Carol Anthony: ca1066@aol.com

Philosophy, Religion, Psychology
Pending

Health and Well-being
Penny Friedberg: pennyfriedberg@gmail.com

Science, Technology, Engineering, Mathematics
Fran Greene: jandfgreene@earthlink.net

Boulder Speaker Series
Pat Stillmunkes: stillgp@comcast.net
Sally Phillips: hikersal@gmail.com

Who Are the Facilitators?

They are people...just like you!

At the heart of OLLI are our facilitators who provide the 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.

OLLI facilitators tend to be, but aren’t necessarily, OLLI members. They are people who have a passion for a subject, perhaps developed in their careers, or perhaps from a lifelong hobby or area of interest. Other facilitators might hit upon something that intrigues them, such as a deeply challenging book, and may want to pursue it more thoroughly by preparing a course. The key is being invested in the subject matter; the rest will follow. Guidance on topics and class format is available from the curriculum committee chairperson and the associated subcommittee chairpersons.

How Can You Find Out about Becoming a Facilitator?

There is a quick guide to facilitating accessible from the OLLI Boulder website that answers many questions: http://portfolio.du.edu/olliboulder. Then, if interested, contact Barbe Ratcliffe, OLLI Boulder Curriculum Committee Chairperson, at Barbara.Ratcliffe@du.edu. Or, if you’re feeling confident in the process, go ahead and complete a Jot Form with your course proposal, found by clicking on the Facilitator Info & Resources tab on the OLLI Boulder website. Complete the form and hit submit!
## Course Titles by Topic for Winter 2020

### Arts, Writing and Literature
- **Beethoven 101**
  - Julian Meyer
- **Exploring Our World through Documentaries** FULL
  - Nancy Erdrich and Reva Greenburg
  - Charles Erdrich, Nancy Erdrich and Reva Greenburg
- **Four Mid-20th Century American Plays: Their Influences and Their Impact on the American Theater Scene**
  - David Kieran
- **The History of Language** FULL
  - Carol Anthony
- **Your Life – Your Story – Write It**
  - Pat Walters, Kathi Grider

### Health and Well-being
- **How Healthy Is Our Healthcare and Why Does It Cost So Much?**
  - Vince Markovchick
- **Integrative Oncology: Using Evidence-Based Naturopathic Medicine In Cancer Care**
  - David Oster
- **Mindfulness and the Brain**
  - Theodore Usatynski

### History, Economics, World Affairs
- **Advocacy: Learn How to Be a Good Advocate**
  - Scott Malan
- **Great Decisions 2020** FULL
  - Wayne Grider
- **International Relations and the Future of Democracy** FULL
  - Sherrie Wolff
- **The Three Roosevelts: Governance in 20th-Century America**
  - Robert Haws

### Philosophy, Religion, Psychology
- **Further Becoming: Ten New Declarations from Women Over 50!** FULL
  - Sue Brightman
- **How to Improve Interpersonal Interaction Using the Enneagram** FULL
  - Todd Payne
- **Introduction to Jungian Psychology-II by the Boulder Friends of Jung**
  - Ron Benham and Patti Gassaway
- **Kabbalah: Introduction to Jewish Mysticism**
  - Douglas Sparks

### Science, Technology, Engineering, Mathematics
- **Chasing Earth: Understanding Earth’s Geologic History**
  - Wilson Wiedenheft
- **Drawdown: Paul Hawken’s Analysis of Potential Climate Change Interventions**
  - Fran Greene and Joe Stepanek
- **How Computers Work**
  - Marc Rochkind
- **Presentation Slides: Tips and Tricks**
  - Anne Lindsey
- **Science, Technology and Medicine in the News**
  - A. Gerson Greenburg
- **The Vast Span of Astronomy from Paleolithic Egypt to the Modern World**
  - Kim Malville

### Boulder Speaker Series - Topics Worth Exploring
- **Multiple Presenters**
Monday 9:30 - 11:30

Kabbalah: Introduction to Jewish Mysticism

Off-site location: Jewish Community Center, Room L130, 6007 Oreg Ave., Boulder, CO 80303

Please note: Class will not meet Monday, Jan. 20, due to the federal holiday, Martin Luther King, Jr. Day. Course extends one week to end March 9.

Facilitator: Douglas Sparks

This course is a very brief Introduction to one of the most fascinating, complex and imaginative body of writings in human experience. Requiring no background in Judaism or Kabbalah, we will explore selected key Kabbalistic concepts such as the nature of God and God's plan for the world, the 10 key powers or attributes of God, how man's actions fulfill or hinder God's plan, and how Kabbalists use these concepts for support in their daily lives.

Readings of short selections of primary texts and secondary sources will spark discussion and help to penetrate this hidden wisdom - what Kabbalists view as the true essence of the Torah (in the wider meaning of Jewish written and oral sacred traditions) and God’s message and plan for mankind. I will complement discussion with short ‘lectures’ on the history of Kabbalah and key concepts, Kabbalistic vocabulary and terms used in the study of religion (just a few critical terms!).

Come ‘see’ how Kabbalistic mystics described their mystical experiences; capture a glimmer of the Kabbalistic view of Creation moving with man’s help toward the Oneness and Infinity of God. I hope the course might lead the class to further exploration – of this and other great human endeavors to understand our world and why we are here.

Books/Materials: The Essential Kabbalah: The Heart of Jewish Mysticism, Daniel C. Matt (Strongly recommended); and Jewish Meditation: A Practical Guide, Aryeh Kaplan (Recommended)

Class type: Lecture, discussion, media (videos, YouTube, Internet)

Materials fee: None

Douglas Sparks completed his PhD research in Cultural Anthropology focusing on traditional Chinese religious practice. He has studied Judaism and Kabbalah in a variety of settings extensively over the past 15 years. Doug has taught anthropology and other courses in his career. Most of his career was spent in management positions in technology companies in the U.S. and multiple other companies.
How Computers Work

Please note: Class will not meet Monday, Jan. 20, due to the federal holiday, Martin Luther King, Jr. Day. Course extends one week to end March 9.

**Facilitator:** Marc Rochkind  
8 Weeks, Jan 13 - Mar 9

We all use computers, but few of us have an understanding of how they work. This course will teach the inner workings of computers, from primitive ones (easy to understand) to modern, complex ones. Computer programming will be explained from the simplest programs to the most complex (e.g., Photoshop). This course is not training on how to use a computer or software applications (just as explaining how a car works doesn’t teach you to drive one), and it’s not about fixing your current computer problems or what computer or software to buy. It’s also not a computer programming course, although computer programming will be explained, with actual running examples.

However, the underlying principles that this course covers will better equip you to use your computer more effectively, since you’ll know what is going on inside. This course is especially intended for those without a science or engineering background. The mathematics involved are very simple.

**Books/Materials:** Information will be shared via Email and Portfolio  
**Class type:** Lecture, discussion  
**Maximum # of participants:** 25  
**Materials fee:** None

Marc Rochkind retired as a software developer; worked at Bell Labs starting in 1970, and since then as an entrepreneur, consultant, and author. Five published books on operating systems and programming, including Advanced UNIX Programming (https://basepath.com/new/books.php). He has taught many professional seminars and computer science courses at CU Boulder.
The Three Roosevelts: Governance in 20th-Century America

Please note: Class will not meet Monday, Jan. 20, due to the federal holiday, Martin Luther King, Jr. Day. Course extends one week to end March 9.

Facilitator: Robert Haws

The Three Roosevelts is a course which examines American politics and governance in the 20th century. The careers of Theodore Roosevelt, Franklin Delano Roosevelt and Eleanor Roosevelt shaped national and international affairs throughout much of the 20th Century. Their national and global leadership illustrates the promise of patrician governance in modern American life.


Class type: Lecture, discussion

Media: Videos, YouTube, Internet

Maximum # of participants: 30

Materials fee: None

Robert Haws taught American Constitutional History and Comparative Constitutionalism at the University of Mississippi from 1969 to 2011. He received a degree in history at the University of Nebraska and a law degree from Yale Law School.
Monday 9:30 - 11:30

Introduction to Jungian Psychology-II by the Boulder Friends of Jung (BFJ)

Please note: Class will not meet Monday, Jan. 20, due to the federal holiday, Martin Luther King, Jr. Day. Course extends one week to end Monday, Feb. 24.

Facilitators: Ron Benham, DMFT and Patti Gassaway

6 Weeks, Jan 13 - Feb 24

We will continue to explore the psychology of Carl Jung, discussing our inner experiences, including images from mythology and dreams, exploring concepts such as symbols, soul and spirit. Should some participants continue from our Fall 2019 class, we will dive deeper into Jung’s views on topics they find particularly interesting. We will hold lively discussions on religion, synchronicity, psychological types, and projection. You will see how Jung traced his ideas back through the ages, and how these concepts influence your personal view (and experience) of life.

Previous attendance in the Introduction to Jungian Psychology I is not necessary to enroll in this course.


Class type: Lecture, discussion, hands-on activities

Maximum # of participants: 25

Materials fee: None

Ron Benham, DMFT, is a counselor and family therapist in practice in the Westminster area. He has been studying Jungian Psychology for several years. He is a member of the Boulder Friends of Jung.

Patti Gassaway is a writer and performing artist. She is intrigued by Jungian Psychology and has been involved with the Boulder Friends of Jung for twelve years.
Exploring Our World through Documentaries

Off-site location: Jewish Community Center, Room L130, 6007 Oreg Ave., Boulder, CO 80303

Please note: Class will not meet Monday, Jan. 20, due to the federal holiday, Martin Luther King, Jr. Day. Course extends one week to end Monday, March 9.

Facilitators: Charles Erdrich, Nancy Erdrich, Reva Greenburg

Note: 2.5 hours, 1:00 - 3:30 p.m.
8 Weeks, Jan 13 - Mar 9

During the Winter 2020 term, we will view and discuss each of the eight critically acclaimed documentary films listed below. Each film considers and explores an aspect of the diverse world in which we live. The films are approximately 90 minutes long and will be followed by a group discussion. Readings or web links will be recommended for review in advance of each film. Come join us for great films and lively discussion!

The documentary films planned for review include: Racing Extinction, JFK: The Last Speech, Three Identical Strangers, Where to Invade Next, The Biggest Little Farm, Score, Imber’s Left Hand, and Particle Fever.

Books/Materials: Provided via email; no book recommended or required

Class type: Discussion

Media: Videos, YouTube, Internet

Maximum # of participants: 60

Materials fee: None

Since 2015, Charlie Erdrich, Reva Greenburg, and Nancy Erdrich have been facilitating a documentary film series in Boulder. Over the past four years, they have shown and led discussion of more than 40 films covering a wide range of timely and interesting topics in the arts, culture, history, science, music, and public policy. All three facilitators have a keen interest in the documentary film genre, and together have previewed and evaluated more than 150 films.
Drawdown: Paul Hawken’s Analysis of Potential Climate Change Interventions

Facilitators: Frances Greene and Joe Stepanek  
8 Weeks, Jan 13 - Mar 9

Drawdown is a look at 88 different currently available technologies that can, to the extent implemented, reduce the levels of greenhouse gasses in the atmosphere. Over eight weeks, we will look at eight categories of interventions and with the help of videos, speakers who specialize in these fields, and a range of supplemental readings, evaluate the promise – and the practicality of reducing the global impact of climate change.

Books/Materials: Drawdown, edited by Paul Hawken (Required)
Class type: Discussion
Maximum # of participants: 25
Materials fee: None

Fran Greene grew up in the oil fields of West Texas, with a dad who was a petroleum engineer and a mom who had studied geology. Academic and professional experiences have all been in varying areas of science and health care: a BA in Biology from Rice University led to research in tissue culture of human cell lines and in viral genetics. A decade later, with an Energy Economist husband trying to regulate energy production in D.C., two children now in school, a degree in Nursing was followed by hospital and outpatient work in Infection Control and Quality Assurance. Fifteen years later, studies in Infectious Disease Epidemiology at the UT School of Public Health led to roles as Research Coordinator for a Medical Foundation and Hospital Nurse Epidemiologist. Retirement brought years of developing science curriculum at OLLI at UT. Grandparenting, news coverage, and a son’s career in Environmental Engineering brought an intense concern about the changing climate and the role of the fossil fuel industry—which had been such a familiar part of her childhood. Not long after arriving in Boulder, her son shared his copy of Drawdown, and the huge range of potential interventions gave a bit of hope for the future that her grandchildren will experience.

Joseph F. Stepanek is a 3rd generation Boulderite—but he has been away from Colorado half of his life in his career as Economist, writer, traveler, son, husband and father—spending thirty years in twelve developing world countries. His father’s U.N. job took him to China, Indonesia, Burma and India. He returned to the U.S. for college, and following a brief tour at Yale, earned three degrees in economics, at CU and at the University of Minnesota. His job with USAID, initially as an economist, then twice as a country director, took him and his family (his wife Caroline and three daughters) to Bangladesh for
five years, Indonesia for four years, Kenya for four, Tanzania for four and then, finally, Zambia for two years. Back in the U.S. intermittently among these and other foreign assignments, he had worked in the White House on World Hunger for a few months in 1977, and frequently returned to Boulder with his family. He wrote three books, was active in Boulder’s famed Rocky Mountain Rescue Group (both as operational leader and as board president), and with the Boulder Dushanbe Sister Cities, famed for its Tajik Tea House, and for completing a reciprocal gift of a Cyber Café, now called a Friendship Center, built in Dushanbe. He even had a short tour as mechanic in training and fireman in training for Georgetown’s famed “Loop” steam locomotive train tours.

His writings, Bangladesh – Equitable Growth? —Pergamon Press 1979, Wringing Success from Failure in Late-Developing Countries—Praeger 1999, and his memoir entitled Implicated in My Life (self published—2010) have addressed both practical and ethical issues he encountered in his career working to improve food security and agriculture in developing countries. Just recently his son-in-law introduced him to the book, Drawdown, edited by Paul Hawken, whom Joe knows. And, since reading it, Stepanek has acted to introduce it to those who have not yet read it.
Your Life — Your Story — Write It

**Facilitators:** Pat Walters and Kathi Grider

**8 Weeks, Jan 14 - Mar 3**

Whatever term you use... Memoirs? Autobiographies? Legacies? Personal Essays? Whatever your reason for writing... Your Family? Self-Understanding? Personal Growth? Managing Transitions? Your stories are powerful and important...

Your Life — Your Story — Write It is an eight-session, interactive class. Guided by a different broad theme each session, you will be writing a two-page story each week and sharing it with the group. Whether you are just beginning or are a seasoned writer, be prepared for the unexpected—or laughter, tears, frustration, and insights.

“Everyone has a story. Every story matters.”— Nicole Wedemeyer Miller

“If you don’t recount your family history, it will be lost. Honor your own stories and tell them too. The tales may not seem very important, but they are what binds families and makes each of us who we are.”—Madeleine L’Engle

**Books/Materials:** None

**Class type:** Discussion, hands-on activities, writing

**Media:** Videos, YouTube, Internet

**Maximum # of participants:** 20

**Materials fee:** None

**Pat Walters** was an educator for 25 years. *During her career as a high school English teacher, a high school counselor, and, after retirement, an independent college admissions counselor, she worked with hundreds of students, guiding and encouraging them as they wrote their stories. Pat has a BS in Education from Texas Christian University, and a Master’s of Education in Counseling and Development from George Mason University. She has participated in writing workshops (Northern Virginia Writing Project’s Summer Institute; Writing Your Life Stories and Family History at the University of Texas) and has facilitated college recommendation workshops for counselors and teachers. An active member of OLLI for more than 12 years, Pat is enjoying taking and facilitating classes at OLLI Boulder.*

**Kathi Grider** has a BA in Journalism from Colorado State University. She began her writing career as a staff writer for a Colorado Springs newspaper, then moved on to work in both private and public arenas including educational television, the oil and gas industry and finally in local government. Following retirement, she entered the “creative” writing world, concentrating on memoir writing and poetry. *She has taken numerous courses with the Lighthouse Writers Workshop and participates in several writers groups. She enjoys serving as an OLLI Boulder facilitator, helping participants rediscover and write their own unique stories.*
Chasing Earth: Understanding Earth’s Geologic History

Facilitator: Wilson Wiedenheft

Over the past two centuries scientists developed a number of revolutionary principles that challenged traditional thinking about Earth’s history. This study explores the remarkable historical events that culminated in geologists’ current understanding of why Earth is the way it is and how it got that way. Learn how military investments made by the U.S. during WWII and the U.S. and Russia during the cold war provided keys that unlocked Earth’s secrets and transformed our understanding. Explore the major geologic principles including plate tectonics, evidence that indicates sea level has changed over time, the record left by Earth’s changing magnetic field, earthquakes, volcanism, fossil record, deserts and glaciers. Understand how the geologic principles observed on Earth are applied to other planets.

Books/Materials: Physical Geology, 14th edition by Plummer, Carlson and Hammersley. (recommended); materials sent via email

Class type: Lecture

Maximum # of participants: 25

Materials fee: None

Wilson Wiedenheft spent most of his career directing software and hardware development programs at Motorola. In 2012, he retired with plans to enter a different field: geology. In December 2014, he completed a Master’s Degree in geology at Northern Illinois University (NIU) in DeKalb, Illinois, and began teaching geology adult education courses in NIU’s LLI while continuing paleo-climate research. After relocating to Boulder in 2015, Wilson began teaching geology at OLLI Central in the spring of 2016.
How to Improve Interpersonal Interaction Using the Enneagram

Facilitator: Todd Payne

8 Weeks, Jan 14 - Mar 3

While the Enneagram Personality System is a great tool for self-discovery and self-acceptance, it can also be used to improve your interactions with family, friends, co-workers, and strangers.

In this course, we will focus on the habits and patterns we instinctively repeat when we come in contact with people and the world around us. Using the lesser employed Interactive Triads of the Enneagram, we will discover our own and others’ Natural Outlook, People Posture, and Conflict Reaction.

Hands-on activities will help us to anticipate friction and build empathy, to increase fluency in communication, and to improve daily interactions in relationships large and small. We’ll break into groups to connect with others of our type and to hear the perspectives of other types.

We will explore how to transform conflict into creativity by shifting perspectives and attitudes and by recognizing and building on differences. Discover your own Enneagram Personality type and how to take personality types other than your own into account so you can hear, be heard, and not be misunderstood.

Books/Materials: None
Class type: Lecture, discussion, hands-on activities
Maximum # of participants: 25
Materials fee: None

Todd Payne is a certified Integrative Wellness Life Coach and ordained Lutheran Pastor with twenty years’ experience facilitating personal and institutional transformation. He gives simple, practical language to generate awareness, understanding, and empathy. Todd guides people and groups on the journey of self-discovery and empowers healthy, productive relationships. Holding degrees in English and Theology, and drawing on a wealth of experience overseeing staffs and teams of volunteers, Todd puts together workshops, team analysis tools, management coaching, and one-on-one and team sessions to anticipate friction and improve daily interactions. He uses the Enneagram Personality System to help us understand ourselves better, to increase our capacity for empathy, and to build fluency with communication in relationships. Todd has served as Pastor to Lutheran congregations and taught in the San Francisco Bay area, the Finger Lakes of New York, greater Los Angeles, and Denver.
The History of Language

Facilitator: Carol Anthony, Diamond Facilitator

8 Weeks (Please note: One week delay), Jan. 21 - Mar 10

This subject is so enormous that it bears noting that this survey will only touch on the bare bones (or basic highlights if you like) of this fascinating subject. Unlike archaeological evidence, we will NEVER be able to find out how language started (unless H.G. Wells gets that time machine going again). This course will survey what we posit, what we guess, and what we actually know about the evolution of the world’s languages. We will start with theories of how and why language started. It is our most uniquely human characteristic. We will discuss how it may have evolved in early man, then take a look at the world’s families of languages. We will then focus on the two major language families we are most familiar with in the West: Semitic and Indo-European. We will narrow our focus to discuss the evolution of English, and finish with an examination of the disappearance of many of the world’s languages. Bet this course will surprise you! Hopefully we will have class participants who speak languages other than English.


Class type: Lecture, discussion, media and handouts in class

Maximum # of participants: 30

Materials fee: None

Carol Anthony received her BS in English Education and MA in English Literature from Southern Illinois University in Carbondale, Illinois. She migrated to Denver and taught English at Westminster High School for 32 years. She has pursued post-graduate studies in Old and Medieval English at CU, and, being a big believer in the adage that “one can never know too much,” has developed an extensive background in Indo-European, Classical and Norse-Germanic mythology; Ancient Middle Eastern civilization and culture; the history of language; linguistics and evolutionary biology.
Further Becoming: Ten New Declarations from Women Over 50!

Facilitator: Sue Brightman  
6 Weeks, Jan 14 - Feb 18

This course will focus on 10 promising themes that emerged from Sue’s interviews with 100 women between ages 50-80 from all walks of life. The themes blast the old narrative of decline, disengagement, and invisibility out of the water and replace them with inspiring and affirming ways women are pioneering this whole new stage of life. New realities of creativity, “firsts,” and active wisdom are being lived by women in their 50s, 60s, 70s and beyond during what cultural anthropologists call “adulthood II.” In these six sessions, we will engage how the themes are being experienced in our own lives through small group exercises, reflection, and large-group discussions. Men and women are both warmly welcome.

Books/Materials: 1) Further Becoming: The New Declaration from Women Over 50 by Sue Marchner Brightman; 2) Composing a Further Life by Mary Catherine Bateson; 3) Women Rowing North, Navigating Life’s Currents and Flourishing as We Age by Mary Pipher (All recommended)

Class type: Lecture, discussion, media, writing, paired sharing

Maximum # of participants: 25

Materials fee: None

Sue Brightman is author of the upcoming book Further Becoming: The New Declaration from Women Over 50, a culmination of three years’ research interviewing 100 women between 50-70+ from across the world and all walks of life. Highlighting the promising new narrative for life at this stage and filled with wisdom and stories that speak to us all, the book invites deeper recognition of who we really are, totally separate from societal/cultural constructs. For 30 years, Sue was an international Conscious Business consultant and leadership coach to some of the world’s largest companies including Shell Oil, General Motors, Pulitzer Newspapers, LinkedIn, Huffington Post and locally University of Colorado (CU) and Rocky Mountain Health. To quote a theme from her research, she is “Done With That” — and thrilled to be on an exciting new path supporting women over 50 through purpose retreats, executive and personal coaching, workshops, and speaking engagements.

Sue’s community efforts include serving on the boards of INMI (Interfaith Network on Mental Illness), Motus Theatre, Colorado Recovery, volunteering at Harvest of Hope Food Pantry, and serving as an on-call interfaith chaplain at local institutions.
How Healthy is Our Healthcare and Why Does It Cost So Much?

Facilitator: Vince Markovchick, M.D.  4 Weeks, Jan 14 - Feb 4

After an in-depth review of the current health insurance options in our healthcare marketplace, this presentation will “follow the money,” i.e., the $3.5 trillion we spend annually on healthcare, where it originates and how is it spent with an emphasis in the almost $1 trillion lost to waste, fraud, and abuse. There will be a factually referenced, in-depth discussion of the current controversies and confusion around Obamacare, a public option, and a single payer publicly funded Medicare for All proposal with emphasis on how much each of these options cost or will cost as well as what kind of healthcare coverage they provide. An understanding of these issues will help to clarify much of the confusing rhetoric in our current political campaigns.

Books/Materials: The Price We Pay: What Broke American Healthcare—and How to Fix It, by Marty Makary, M.D.; Priced Out: The Economic and Ethical Costs of American Healthcare, by Uwe E. Reinhardt (both recommended). Suggested Internet readings and videos will be provided prior to each session.

Class type: Lecture, discussion

Maximum # of participants: 25

Materials fee: None

Vince Markovchick, M.D., is a 1970 graduate of the Temple University School of Medicine. He then completed a rotating internship at the Presbyterian Medical Center in Denver followed by serving as a USAF Flight Surgeon in southeast Asia. He has been a practicing Emergency Medicine physician since completing his residency in Emergency Medicine at the University of Chicago in 1976. He is a former Director of Emergency Medical Services at Denver Health where he practiced full time for 32 years. He is a Past President of the American Board of Emergency Medicine and is a Professor Emeritus of Emergency Medicine in the University of Colorado Department of Emergency Medicine. He was the Senior editor and author of several chapters in Emergency Medicine Secrets, an emergency medicine textbook. He is currently on the Board of the Health Care for All Colorado Foundation and is a member of Physicians for a National Health Program.

Dr. Markovchick's interest in access to affordable quality healthcare comes from the myriad of encounters he has had with patients in the Denver Health Emergency Department, many who had serious illness and injuries but had no health insurance. He has been lecturing on this topic locally and nationally for 20 years. His current focus is on the unsustainable, absurdly high cost of health, much of it due to waste, fraud, and abuse on the part of private health insurers, drug companies, hospitals, and healthcare providers, and what can be done to provide affordable, quality health insurance for all.
Presentation Slides: Tips and Tricks

Facilitator: Anne Lindsey

The first session of this course will focus on presentation slide development using Microsoft’s PowerPoint, but the techniques can be used with other software including Apple’s Keynote, Google Slides, or a number of other options. We will focus on types of slides available, use of master slides, how to work with images, and the importance of sources. We will not be covering how to use the software itself, but will offer suggestions of online training options before the course begins.

Between week one and two, you will be encouraged to develop a short presentation (5-10 slides) on any subject. Session two will give everyone who wishes to present, a chance in a friendly atmosphere. We will also cover the questions and issues you will inevitably have after putting these ideas into practice.

Books/Materials: None
Class type: Lecture, discussion, hands-on activities
Maximum # of participants: 20
Materials fee: None

Anne Lindsey has developed presentations, both for herself and others, during her 25 years as a management consultant and years as a student and graduate teaching assistant (Mount Holyoke, Theatre major; Harvard, MBA; CU Denver, MArch and MUD). The technology has changed over the years, but basic principles remain the same. She finds having a well-organized set of visual slides lowers her stress levels when asked to present at meetings and classes.
Wednesday 9:30 - 11:30

Science, Technology and Medicine in the News

Facilitator: A. Gerson Greenburg, MD, PhD  
8 Weeks, Jan 15 - Mar 4

From A to Z, Astrobiology to genetic modification of Zygotes, the volume of science, technology, and medicine information in the press and scientific literature is increasing exponentially. Reading widely, one could garner information about modern science qua science or as applied via technology to medicine, other applications, or as dreams of the future. The spectacular technological advances in genetics, understanding the potential to apply principles of genetic manipulation to solving medical problems is in its infancy. Significant advances have been made from the development of diagnostic tools to refining cures. However, these advances must be viewed in the context of societal costs and ethics. Consider the complexity of “synthetic biology,” an evolving field with enormous impact on health care of the future. What do we hope to learn from space exploration? Is there life on the exoplanets? How do we, can we, define “life” in outer space? What sciences and technology are being used to define global warming, ocean warming and acidification, loss of species, and much more.

Where will developments in Artificial Intelligence take us in solving problems or creating new problems here-to-fore not considered; the “unintended consequences” of new paradigms and new technologies. There are issues with scientific publication, what is quality? How is it measured? What to make of the apparent increase in numbers of retractions from scientific journals? What do we learn from the data? Vaccinations, CRISPR, plastic/microplastics, and life exported to the moon are issues currently being explored: problems and solutions to be identified and solutions generated. Who pays? Topics gleaned from print news sources, often with historical background added, will be presented in the context of cost, ethics, impact of change and new paradigms; lively class discussion regarding potential problems and solutions will be encouraged. Together we can build a background of science information that will make us aware of the benefits and pitfalls all this new knowledge brings.

Books/Materials: Readings emailed

Class type: Lecture, discussion

Maximum # of participants: 50

Materials fee: None

A. Gerson Greenburg, MD, (U of Chicago) PhD (Northwestern IE/MS) is a retired Emeritus Professor of Surgery (Brown University). He has contributed to the medical/scientific literature in the areas of critical care, synthetic oxygen carriers and developments in modern hernia surgery. For the past 5 years he has facilitated numerous OLLI courses including Feuds in Medicine and Science, Selected Topics in the History of Medicine, GMOs, Genetics and Climate Change.
Four Mid-20th Century American Plays: Their Influences and Their Impact on the American Theater Scene

Facilitator: David Kieran 5 Weeks, Jan 15 - Feb 12

This course will look at four plays of the Mid-20th Century American Theater and the impact they had on theater and how their authors were influenced by the events that preceded them.

I will facilitate a discussion on works by Thornton Wilder, (Our Town -1938), Tennessee Williams, (The Glass Menagerie -1944), Arthur Miller, (The Crucible -1953), and Lorraine Hansberry, (A Raisin in the Sun -1958).

Four plays by four of America’s foremost playwrights. Our discussions will look at the social and cultural issues of the time and what the writers had to say about them. We will ask what that influence had on theater, (and society), during the latter part of the century.

We will meet for five classes. The first one will involve a general discussion of Mid-Century America followed by four successive weeks in which each participant should come prepared to discuss the assigned play in order of their writing.

I look forward to dissecting four of my favorite plays and to hear how they may have impacted you.

Books/Materials: Our Town, (1938) by Thornton Wilder; The Glass Menagerie, (1944) by Tennessee Williams; The Crucible, (1953) by Arthur Miller; and A Raisin in the Sun (1959) by Lorraine Hansberry (all recommended)

Class type: Lecture, discussion

Media: Videos, YouTube, Internet

Maximum # of participants: 20

Materials fee: None

David Kieran had more than 45 years of experience as a professional actor on both coasts. A native of Massachusetts, he spent 25 years in Los Angeles before relocating to Boulder in 2018. He has appeared at Boston’s Lyric Stage, the Laguna Playhouse, the Will Geer Theater in LA and The North Music Theater in Beverly, MA. He has performed in plays written by Anton Chekov, August Strinberg, Harold Pinter, Arthur Miller and William Shakespeare. His film and television credits include appearances in “La La Land,” “Dragnet,” “Unsolved Mysteries” and “America’s Most Wanted.”
Wednesday 9:30 - 11:30

Beethoven 101

Facilitator: Julian Meyer

In this music appreciation course we will listen, examine and discuss three Beethoven string quartets, one from each of his three periods, Opus 18 #1, Opus 59 #1, and Opus #131. Using non-technical terms, we will examine how the composer uses and develops the melodies to structure each movement. The fourth week will be devoted to discussing Beethoven’s final symphony known as the Choral Symphony or Ninth Symphony.

Books/Materials: N/A
Class type: Lecture, discussion
Media: Videos, YouTube, Internet
Maximum # of participants: 25
Materials fee: None

Julian Meyer has a Bachelor’s & Master’s degree in Music Performance and did Special Studies at the Juilliard School of Music. He taught violin in the Philadelphia area for over 40 years and performed in a piano trio for a number of years.
Mindfulness and the Brain

Facilitator: Theodore Usatynski

Mindfulness practices have gotten a lot of attention in the last few years, because of their effectiveness in helping people with suffering and with finding deeper meaning in life. To understand why meditation is so powerful, in the last decades scientists have studied thousands of brains scans and clinical data.

In this course, we will discuss the experiences reported by meditators and changes in brain activity. To make this knowledge accessible to non-specialists, I will use state-of-the-art computer animation, using 3-D models of the brain and practices of the Tibetan Buddhist tradition. In the first class, we will discuss some foundational mindfulness practices and review some of the basics of how these practices affect the brain. In the second class, we will discuss how the brain heals and develops through relational mindfulness; it’s a way of paying attention to your body with the mindful, compassionate attention of another person. In the third class we’ll discuss how the new and exciting discoveries in neuroscience and somatic-based therapies have helped people recover from emotionally devastating events. The fourth week we’ll explore how spiritual traditions also developed extensive knowledge of how to recalibrate the nervous system at the deepest levels of instinctual consciousness where the most primal impulses are brought into alignment with the most precious of human qualities like compassion, generosity, patience, and intelligence.

End goals: You will know the four general types of mindfulness practice and 1) how they affect the nervous system and, 2) and why mindfulness has become widespread lifestyle choice for so many.

Books/Materials: Mindsight: The New Science of Personal Transformation by Dan Siegel (recommended)

Class type: Lecture, discussion, hands-on activities

Maximum # of participants: 25

Materials fee: None

Ted Usatynski is the author of Instinctual Intelligence: The Primal Wisdom of the Nervous System and the Evolution of Human Nature and academic articles on psychology, the neurobiology of Tibetan Buddhism, and healing trauma as part of spiritual development. He is the founder of Personal Power Coaching, which provides personal and professional training through on-line educational programs and workshops in the U.S., Europe, and Africa. He holds graduate degrees from Harvard University with a concentration in Bio-physical Anthropology and from Naropa University in Transpersonal Counseling Psychology. Ted has completed training from the Sensorimotor Psychotherapy Institute in the Treatment of Trauma in the U.S.
Enroll in the Speaker Series by selecting the sessions you want to attend and registering for each one. Treat each as a separate course. The topics and speakers’ list begins below. All talks are held Wednesday afternoons (January 15 through March 4) from 1-3 p.m. in the Frasier Parlor at Mountain View United Methodist Church, 355 Ponca Pl., Boulder, CO 80303.

January 15, 2020

Title: New Plays On Stage with the Boulder Ensemble Theatre Company (BETC)

Presenters: Heather Beasley and Stephen Weitz

Overview of Presentation:
Although we have dozens of entertainment options at our fingertips, live theatre may be more important now than ever. New plays have the power to introduce us to stories far beyond our own experience, inviting us to empathy and shared experiences in ways that film and television do not. Have you ever wondered how a new play gets from page to stage? Heather and Stephen will describe the new play development process at BETC, and explain how the company’s season selection process works, with examples from recent and upcoming productions. You’ll learn about the National New Play Network, the New Play Exchange, and the current regional theatre scene across America, then discuss what makes a play theatrically compelling.

About the Presenters:
Dr. Heather Beasley is Associate Producer for the Boulder Ensemble Theatre Company (BETC). Now in her 14th season with the company as a dramaturg and literary manager, she runs the BETC Writers’ Group and oversees the company’s Generations new play development program for parent playwrights. Beyond BETC, she teaches dramaturgy, performance studies, and Business of Performance in the MFA Contemporary Performance Program at Naropa University.

Stephen Weitz (Producing Artistic Director) is a co-founder of BETC. He directed the company’s first production and seventeen productions since then. He has performed in several BETC plays. At the Denver Center for the performing arts, he has directed and appeared in several productions.

Continued on next page
Other credits include Benchmark Theatre, Creede Repertory Theatre, Colorado Shakespeare Festival, the Arvada Center, and Theatre Works in Colorado Springs. He holds an MFA from the Alabama Shakespeare Festival and an MA in Theatre from CU Boulder.

January 22, 2020

Title: Just Punishment?
Presenter: Thomas Dybdahl

Overview of Presentation:
America has the dubious honor of caging its citizens at a higher rate, and for a longer time, than any other country. In the last decade, the great cost of such policies—in both human and financial terms—has led to limited reforms, like early release for some non-violent offenders. But if we truly want to reduce incarceration rates, and humanize our penal system, we must face the complex, difficult issue of how we treat violent criminals, who make up the majority of those in state prisons. This lecture will use a real murder case to illustrate our current sentencing policies and the beliefs that support them. Then we will review some recent proposals to transform this system by capping prison terms for violent offenders and allowing early parole. Lastly, we will discuss the arguments for and against such proposals in terms of public safety, economic and political concerns, and moral and human rights issues.

About the Presenter:
Thomas Dybdahl was a staff attorney at the Public Defender Service in Washington, D.C., where he tried 25 homicide cases. He has degrees in law and journalism, and has written on criminal justice for The Guardian, Slate, Longreads, and In Justice Today.

January 29, 2020

Title: A Journey through the Art of Landscape Painting
Presenter: Susan Elliott

Overview of Presentation:
This session will explore the incredible stylistic changes and attitudes in landscape painting from the Italian Renaissance through the 21st Century. Very timely has been the exhibition at the Denver Art Museum: “Claude Monet, The Truth of Nature” (which ends Feb. 2). We will discuss Monet’s important role in the development of this subject and how he influenced following generations. We will have a brief look at the 17th Century Dutch
painters, French Romantics, American Regionalists, and Post Modern Europeans. You might catch a glimpse of El Greco, Bierstadt, O’Keeffe, and Grant Wood along the way!

**About the Presenter:**
Susan Elliott holds an MA degree from Stanford University in Art Education. She has taught studio art for 20 years at the college level and has previously worked at the Denver Art Museum. She is a practicing artist and is passionate about art history which she has studied all her life. Susan has facilitated OLLI courses on Van Gogh, O’Keeffe, Matisse, Andrew and Jamie Wyeth, Venetian Renaissance Art, Women Artists in Paris, Degas, Rembrandt and, most recently, Claude Monet.

**February 5, 2020**

**Title:** Preserving Colorado’s Historic Places

**Presenter:** Erika Warzel

**Overview of Presentation:**
Historic preservation has helped shape the landscape of Colorado and the United States for well over 50 years. Come learn about this field that strives to ensure that historic places have a continued role in the future. After a brief overview of historic preservation and the robust programs in Colorado, a slide show of the diverse range of historic places throughout the state will be presented, followed by a Q & A.

**About the Presenter:**
Erika Warzel, State Preservation Planning Manager, has been in the field of historic preservation in Colorado for over 14 years. She previously worked for History Colorado from 2008-2019. A Colorado native, Erika holds an M.S. in historic preservation from Columbia University.

**February 12, 2020**

**Title:** Understanding Brexit

**Presenter:** Dr. Joseph Jupille

**Overview of Presentation:**
The departure of the United Kingdom (UK) from the European Union (EU), known as Brexit, has consumed leaders on both sides of the Channel since 2016. This presentation will explain the causes, contours and consequences of Brexit for a generalist audience. At root, Brexit reflects different visions of Europe, from a mere means for making a market (a widespread British view) to a way of transcending lethal nationalism and building peace on the
European continent. Through the noise of the everyday back-and-forth, divergent historical trajectories continue to shape the ebb and flow of European integration.

**About the Presenter:**

**Joe Jupille, Ph.D.,** University of Washington, is Associate Professor in the Department of Political Science, Faculty Research Associate at the Institute of Behavioral Science, Faculty Director of the Colorado European Union Center of Excellence and Faculty Athletics Representative (FAR) at the University of Colorado Boulder. He teaches broadly across European, comparative and international politics at undergraduate and graduate levels. A specialist in the European Union, his research engages the reciprocal relations of rules and politics. He has published Procedural Politics: Issues, Influence and Institutional Choice in the European Union and Institutional Choice and Global Commerce, both with Cambridge University Press, and has written Theories of Institutions (under contract at Cambridge University Press).

**February 19, 2020**

**Title:** International Surgery and Humanitarian Outreach  
**Presenter:** Dr. Gene Bolles

**Overview of Presentation:**

Medicine around the world varies significantly, especially in developing countries. This discussion will outline my experiences on humanitarian medical missions in many countries throughout the world.

Primary focus will be on my most recent years of involvement in the Middle East, Iraq and Kurdistan and the past two decades I’ve spent working with the Kurdish government, Kurdish military and doctors in Kurdistan while incorporating experiences with Syrian and Yazidi refugees. The recent years which involved the invasion of ISIS into Iraq in an effort to establish its caliphate will also be discussed in detail.

Experiences as a visiting professor in China will be outlined, including a visit to the first symposium of neurological surgeons in North Korea.

**About the Presenter:**

**Gene E. Bolles, M.D.,** graduated from the University of Michigan School of Medicine and completed his residency at the University of Colorado. He spent many years in private practice in Boulder. During this time he was involved in numerous humanitarian missions internationally and has been awarded the Humanitarian Award by the American Association of Neurological Surgery, the Humanitarian Award by the University of Colorado.
Dr. Bolles served as Chief of Neurosurgery at Landstuhl Regional Medical Center in Germany for more than three years after the terrorist attacks of 9/11/2001, caring for military soldiers who were wounded in Iraq and Afghanistan. He was originally drafted to serve in the Army during the buildup for the conflict in Vietnam and became an Army flight surgeon, division flight surgeon and then division surgeon of the 8th Infantry Division in Germany at that time.

Dr. Bolles is Associate Professor at the University of Colorado Health Sciences Center. He has been at Denver Health Medical Center for the past 14 years and specialized primarily in traumatic neurosurgery and traumatic spine surgery. He has extensive experience in international neurosurgery and international organizations including the World Federation of Neurosurgery.

February 26, 2020

Title: Micro-Credit: Barefoot Capitalism in Action
Presenter: Susan Cornell Wilkes

Overview of Presentation:
Micro-credit can be thought of as barefoot capitalism, lifting millions of the world’s ambitious poor out of dead-end cycles of poverty. The terms ‘micro-loans’ or ‘micro-finance’ are also used to describe the programs themselves. In this presentation we will cover what micro-credit is, its history and how and where it works, with examples of the latter. We will go over why a high percentage of borrowers worldwide are women and why their involvement is effective in reducing poverty. There will be examples of how microloans change the lives of women, change the way they view themselves and how their participation changes power dynamics in households and communities. We’ll look at how micro-credit can impact various ills related to poverty, and what it can do for a family or an entire community. We will cover, as well, a few instances where micro-credit doesn’t work or has been mismanaged. There are many non-governmental organizations (NGOs) that manage micro-credit programs. We’ll go over them and, for those who are interested, provide a list of effective micro-finance programs.

About the Presenter:
Susan Cornell Wilkes is founder and President of Adventures in Giving, which provides consulting services to family and small foundations, advises on effective international grant making and has organized trips for families and
groups to developing countries to meet potential partners and visit grant sites.

A native of Washington, D.C., and a member of the first class of women admitted to Harvard University, Susan helped to start internationally acclaimed Up With People Inc. She has since collaborated with corporate, private and community foundations in a broad range of philanthropic and international development activities involving 30 countries. An advocate of microloans, Susan co-authored The Miracles of Barefoot Capitalism, the story of micro-finance borrowers and managers on three continents.

March 4, 2020

Title: Political and Economic Relations between Mexico and the U.S.
Presenter: Jose Federico Bass-Villarreal

Overview of Presentation:
An overview of the political relations of Mexico and the United States since 1821 and of the economic relations since 1994.

About the Presenter:
Jose Federico Bass-Villarreal has the degrees of B.A. in International Affairs from the Monterrey Institute of Technology and Higher Studies and M.A. in International Affairs from Columbia University. Since July 2017, he is the Deputy Consul of Mexico in Denver.
Great Decisions 2020

Facilitator: Wayne Grider  
8 Weeks, Jan 16 - Mar 5

The Great Decisions class is a national program created by the Foreign Policy Association founded in 1918. This program was established decades ago with the specific intent to engage the American population in discussions and understanding of the foreign affairs issues of the day. This class focuses on U.S. foreign policy and related international relations issues. The curriculum is created by policy, political and academic experts every year. It is a discussion class with a professionally produced course book, a 20 - 30 minute video and thought-provoking discussion questions. Outside reading and divergent points of view are encouraged.

Books/Materials: Great Decisions 2020 Edition, available at the first class (Recommended)  
Class type: Discussion  
Media: Videos, YouTube, Internet  
Maximum # of participants: 25  
Materials fee: $32 for Great Decisions 2020 Edition, which will be available for purchase at the first class (Please note: Cash or check only)

Wayne Grider facilitated “Great Decisions 2019” at OLLI Boulder in the Winter term 2019. He holds a B.S. in Psychology and Master’s Degree in Public Administration and has 43 years senior management experience in private enterprise as well as nonprofit organizations. Wayne has taught adult education classes throughout his career in corporate settings and was a member of the National Speakers Bureau giving seminars to trade groups. He is also a certified mediator with skills in facilitating conversation where there are conflicting points of view. Wayne has had a lifelong interest in public affairs with a special focus on national and international relations. Being retired, he now has more time to devote to the study and education of foreign affairs.
Integrative Oncology: Using Evidence-Based Naturopathic Medicine in Cancer Care

Facilitator: Dr. David Oster

Attendees will learn about evidence-based integrative oncology, and how this approach can dovetail with conventional therapies in the various clinical scenarios of cancer prevention, treatment, and after treatment care. We will discuss how naturopathic medicine can complement standard cancer therapies, and assist patients with treatment tolerance and safety, while avoiding unfounded ‘alternative’ therapies.

This course will focus on:

- Guidelines and best-practice standards in Integrative Oncology, with time spent discussing the level of evidence supporting various clinical strategies
- Prevention strategies (including lifestyle, dietary, supplemental).
- Support of patients during ‘active treatment’, with clinical goals of increasing tolerance and protecting patient quality of life
- Recommendations to decrease risk of recurrence for those who are ‘cancer-free’ and have completed their definitive treatments

At the end of the course attendees will be able to:

- More fully understand the scope of integrative oncology and in which clinical scenarios it is used to assist patients
- Better decipher between invalid/unfounded ‘alternative cure’ claims vs. valid/legitimate natural cancer strategies
- Have properly grounded expectations for ‘natural anti-cancer’ supplements and strategies, in relation to clinical outcomes
- Consider evidence-based cancer preventative factors and how to incorporate them into their own lifestyles and daily practices
- See how integrative oncology is best used as, and properly understood to be, ‘complementary’ to conventional cancer care, as opposed to being an ‘alternative’ to it

Books/Materials: None

Class type: Lecture, discussion

Materials fee: None

Maximum # of participants: 25

Dr. David Oster (ND, FABNO), is the founder and principal clinical provider of Oster Oncology, a medical practice focused on integrative oncology. Prior to founding Oster Oncology, Dr Oster was on staff at Cancer Treatment Centers

Continued on next page
**Integrative Oncology, continued**

of America (Atlanta, GA), a highly regarded cancer treatment facility where he was responsible for integrating evidence-based naturopathic medicine with conventional therapies. Dr. Oster became board certified as a Fellow of the American Board of Naturopathic Oncology (FABNO) in 2014.

During his time in the hospital setting (2012-2017), he was recognized with an “Excellence in Leadership Award,” and two “Silver Medal Awards” for outstanding clinical care. He was elected to hold multiple clinical lead positions including the Preceptorship Lead (training nine staff physicians into their clinical roles), Clinical Lead (daily coordinating patient care and establishing standards of excellence for his department), stand-in Director, and he was selected as his department’s representative on numerous hospital committees, most notably the National Accreditation Program for Breast Centers (NAPBC).

Dr. Oster is a frequent public speaker on the topic of evidence-based integrative oncology and standards of best practice in this discipline.
International Relations and the Future of Democracy

Facilitator: Sherrie Wolff, Ph.D.

In this course we will cover such areas as U.S. Foreign Relations and Democratization efforts around the world, as conducted by U.S. government departments, agencies, congressional delegations NGOs and institutions such as NDI, IRI, IFES. Such assistance will be analyzed to ensure consideration of a country’s traditions, history, culture, religion, and language. We will examine various systems of government that either compete with or complement the U.S. system, including governments in allied countries, war-torn or hostile areas, countries emerging from authoritarian regimes and countries with systems that compete with the democratic government the U.S. supports. Also included will be programs that provide assistance for women, youth and minorities. We will be examining what is the future of democracy juxtaposed by the competing systems of government. Examination of various countries employing competing ideologies will assist with answering the question: What is happening to democracy today and what is the future of democracy? This course will engage in interactive discussion and lecture. Brief presentations on specific countries by participating members of the course will be encouraged, especially in countries in which members have specific knowledge.

Books/Materials: Fascism —A Warning by Madelyn Albright (required); A World in Disarray: American Foreign Policy by Richard Hass, and The Future of Freedom by Fareed Zakaryii (both recommended); plus articles from Foreign Affairs, The Economist, The Atlantic, etc. National newspapers as are pertinent.

Class type: Lecture, discussion

Media: Videos, YouTube, internet

Maximum # of participants: 30

Materials fee: None

Sherrie Wolff has spent more than 20 years in Democratization advising governments, parliaments, political parties, women’s caucuses in 42 countries, including Afghanistan, Somalia, Indonesia, Ukraine, Kosovo, Jordan, Tanzania, and Romania. She served as Country Director in Indonesia, Nepal. Dr. Wolff observed elections in Kosovo, Lebanon, Indonesia, Nepal with Organizations for Security and Co-operation in Europe. Dr. Wolff worked in government and politics in the U.S. managing congressional races and serving as Chief of Staff in the U.S. House of Representatives and Senate. She served as Chairman of the U.S. department of Agriculture Graduate school for training congressional staff. She was an elected member of the Democratic National Committee for 12 years. She taught Chinese History at the University of Colorado. She holds an MA in Chinese History and PhD in American Politics and International Relations.
This unique course will explore the full sweep of the history of astronomy, starting with the earliest known case of megalithic astronomy and end with the puzzles of quantum mechanics and black holes. In the first four sessions Kim will describe his field work in archaeoastronomy at four major areas of the ancient world, starting at Nabta Playa, southern Egypt, which is the world’s earliest known example of megalithic astronomy built by nomadic pastoralists around 5000 BCE. Kim was fortunate to have collaborated with the archeologist Fred Wendorf in the discovery of the astronomy of this site. He will also discuss the mysterious temple culture of Malta, Stonehenge, and New Grange near Dublin.

In the second session he will discuss the astronomy of the Ancestral Pueblos in sites such as Chaco Canyon, Mesa Verde, Yellow Jacket, and Chimney Rock. The third session will provide examples of the very complex astronomy of ancient and modern India. The fourth will cover the astronomy of the Inca, and that of earlier Andean cultures. Kim was involved in the re-discovery of Llactapata, which lies some four miles from Machu Picchu and contains a sun temple similar to that in Cusco. The fifth session he will discuss the extraordinary discoveries of Johannes Kepler in the 17th century, which have contributed to many aspects of modern astronomy such as dark matter, black holes, and exoplanets.

Finally, the sixth session will consider the controversies and uncertainties described in the play Copenhagen involving Niels Bohr, Werner Heisenberg, and the Nazi efforts to build an atom bomb, and the development of quantum mechanics.

**Books/Materials:** *Copenhagen*, a play by Michael Frayn (required); and *A Guide to Prehistoric Astronomy of the Southwest*, by J. McKim Malville (suggested). Both are available on Amazon.

**Class type:** Lecture, discussion

**Maximum # of participants:** 25

**Materials fee:** None

*Dr. Kim Malville* obtained his BS in physics from Caltech and his PhD in solar physics from the University of Colorado. He has been teaching at the University of Colorado since 1970, where he served as Chairman of the Department of Astro-Geophysics.
Advocacy: Lean How to Be a Good Advocate

Facilitator: Scott Malan

Have you ever wanted to advocate for a cause, but didn’t believe you had the knowledge or experience – be it an issue with your local City Council, State Legislature or U.S. Congress? In short, would you like to learn how to be a good advocate?

This course will give you a new perspective on lobbying; help you develop effective communication and meeting strategies and identify the skills necessary to advance your cause. Whatever the issue, political or otherwise, here is an opportunity to hear from an expert healthcare advocate who worked in the trenches for over 30 years.

Books/Materials: Profiles in Courage by John F. Kennedy (required)
Class type: Lecture, discussion
Maximum # of participants: 25
Materials fee: None

Scott Malan lobbied for hospitals and health systems for 3 decades. He represented many different types of hospitals in Washington D.C., where he developed an extensive background in government affairs, health policy and grassroots development.

He served as Senior Vice President of Federal Affairs at Stevens and Lee, a law firm with 190 attorneys and $110 million in annual revenue. There he advised clients on health policy, appropriations, and regulatory issues. Mr. Malan also represented hospitals while he served at the Hospital and Health System Association of Pennsylvania and the Illinois Hospital Association.

Mr. Malan taught classes on healthcare reform, comparative health systems and the Affordable Care Act in a graduate program on healthcare sustainability in Pennsylvania. He has presented at several national healthcare conferences and served on numerous American Hospital Association advisory committees and on various presidential and congressional campaigns.

Mr. Malan received an MA in Politics from the University of Dallas and a BA in Political Science from Illinois State University.
Following are the two trips OLLI at DU has planned for the balance of this academic year. Please note the final registration dates if you are thinking of joining the Worldview experience.

**Shades of Ireland (including Northern Ireland) – Book by 12/2/19 for Special Rates**

Company: Collette Travel AND an OLLI Trip  
13 days from June 1 – 13, 2020  
Double Occupancy – $4,749; Single Occupancy – $5,499  
Includes Round-trip Airfare from Denver International Airport (DIA)  
- From vibrant and history-filled Dublin, across rolling green hills to the dramatic coast and onwards to Derry, experience the charms of the Emerald Isle  
- Uncover the legend of the *Titanic* at Belfast’s famed Titanic Experience  
- View the Atlantic from the stunning 700-foot Cliffs of Moher  
- Stand on the awe-inspiring Giants Causeway  
- Experience the world-famous beauty of the Ring of Kerry  

OLLI-on-Campus Manager, Jackie Wyant, will be offering a course on Ireland and will be joining the trip.

**Sorrento~ The Charm of the Amalfi Coast – Book by 11/19/19 for Special Rates**

Company: AHI International AND an OLLI Trip  
8 days from June 17 – June 25, 2020  
Double Occupancy – $3,690; Single Occupancy – $4,485  
Does NOT include Airfare to Naples International Airport!  
- Indulge in Italy’s enchanting Amalfi Coast, a region that has lured travelers, writers and romantics for centuries. Staying in captivating, cliff-side Sorrento for seven nights, we will discover the region’s full breadth of treasures  
- From fabled villages to flower-filled alleys, thrill to visual splendors and legendary sites  
- Travel a serpentine road along the Amalfi Coast, passing awe-inspiring natural scenery and vertiginous houses, including colorful Positano  
- Taste exquisite cuisine in the Campania region  

OLLI at DU Director, Barbe Ratcliffe, will offer a course on Pompeii (Day 7 on the trip).
We Love Volunteers!

As a membership organization, OLLI Boulder functions and thrives because of volunteer support. OLLI relies heavily on the volunteer efforts of members to keep the lifelong learning program running and to bring in new ideas.

Members can assist OLLI in multiple capacities. Members facilitate classes, or act as a class assistant. They serve on the Curriculum Committee to determine upcoming curriculum, or perhaps serve on the Marketing Committee. They also help to coordinate special events, act as greeters at these events or assist with administrative tasks. Whatever their role may be, this joint participation among members makes us an exemplary organization promoting community education and lifelong learning.

Volunteering is far more than simply doing a good deed. It can be a great way to re-purpose your skills and develop friendships. When you share your time and talents, you’ll not only feel a sense of satisfaction and accomplishment, but together we can connect with others, solve problems and strengthen our OLLI community!

Click on “Click Here to Volunteer” on the OLLI Boulder website (http://portfolio.du.edu/olliboulder) to let us know your interests and how you can help.

Join our active OLLI Boulder volunteer community – become part of the heart of our organization!

Do You Have a Course Idea? Would You Like to Be an OLLI Boulder Facilitator?

Facilitators who teach our OLLI courses are the very heart of our OLLI program. OLLI is successful because every term we have an intriguing curriculum and a “faculty” of dedicated people volunteering their time to make it happen.

If you are interested in finding out more about facilitating at OLLI Boulder, go to the Facilitator Info & Resources tab at http://portfolio.du.edu/olliboulder. We have an “OLLI Boulder Facilitator Guide” on our website that provides information on facilitating courses.
Volunteer for the Curriculum Committee!

Our OLLI Boulder Curriculum Committee coordinates with our OLLI Facilitators to provide the wonderful array of classes available each term. This committee is vital to our success! Here are some of the volunteer roles in which you could participate.

Curriculum Chairperson Responsibilities in Conjunction with the Site Manager

- Ensure a chairperson for each Subcommittee
- Identify the appropriate number of classes within each genre each term
- Follow up with Subcommittee Chairpersons regarding facilitators
- Maintain the ongoing list of potential and confirmed courses for each term
- Organize and chair the Curriculum Committee and its meetings
- Maintain minutes of each meeting in a permanent file
- Send a ‘Welcome Letter’ to each facilitator indicating class approval/week/day/time
- Proof the course entries in the catalog
- Develop long-range curriculum planning, as needed

Subcommittee Chairperson Responsibilities

- Attend all meetings of the Curriculum Committee or send a knowledgeable representative from the Subcommittee
- Recruit new Subcommittee members
- Recruit new facilitators
- Schedule meetings of the Subcommittee with the intent of identifying potential facilitators and courses and to review source proposals already submitted
- Oversee the development of the classes needed to fill the per term course requirements
- Bring to the Curriculum Committee meetings class proposals for review, if necessary, and inclusion in appropriate term offerings
- Communicate/work with the facilitator once a course has been approved to complete, in a timely fashion, the needs for successful catalog completion
- Proof for catalog

Subcommittee Member Responsibilities

- Contribute ideas for classes
- Find a facilitator to facilitate the class
- Have input on course proposals
- Be on the lookout for people who might be good facilitators/will facilitate
- Be responsive to emails and meetings
- Assist potential facilitators prepare...assist with write-up/brainstorm/etc.
- Be willing to brainstorm a bit out of the box
- Be connected to communities...OLLI, etc.
- Be the eyes and ears for the Subcommittee in the classes they attend, looking for potential facilitators, etc.
- Facilitate or co-facilitate a class
For information about classes at each OLLI site:

**OLLI at DU**
https://universitycollege.du.edu/olli

**OLLI Boulder**
Barbara Darling
https://portfolio.du.edu/olliboulder

**OLLI Central**
John Baumgartner, Darcey Vanwagner
https://portfolio.du.edu/olli

**OLLI East**
Paul Simon
https://portfolio.du.edu/ollieast

**OLLI-on-Campus**
Joanne Ihrig, Jackie Wyant
https://portfolio.du.edu/ollioncampus

**OLLI South**
Connie Dawson
https://portfolio.du.edu/ollisouth

**OLLI West**
Susan Schmetzer
https://portfolio.du.edu/olliwes
Directions to OLLI Boulder

Mountain View United Methodist Church
355 Ponca Place
Boulder, CO 80303

For information about classes at OLLI Boulder, contact Barbara Darling
Barbaraolliboulder@gmail.com

Website: portfolio.du.edu/olliboulder