OLLII-on-Camp..us

Winter 2020
Course Catalog
January 14 - March 5, 2020

WEBSITE: portfolio.du.edu/ollioncampus

CURIOSITY
OLLI
atDU
NEVER RETIRES

Osher Lifelong Learning Institute
at the
University of Denver
Statement of Purpose
OLLI, a member-volunteer organization, offers non-credit academic classes and stimulating programs, along with social opportunities for retired and semi-retired people. 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 mature learners who want to learn simply for the joy of learning and personal fulfillment. To date there are 123 OLLI programs in the United States from Maine to Hawaii and Alaska.

Welcome to OLLI-on-Campus at DU...
Where curiosity never retires.
From the Managers

Dear Friends,

We are excited to present you with our Winter 2020 curriculum information for the On-Campus Program for OLLI-at-DU! Our OLLI on Campus members had such a great experience this fall term engaging in courses focusing on Aviation, Art & Music Appreciation, Genealogy, Writing, Baseball & the Bible, Buddhism, and Russian Music. Some members also reached outside their comfort level and enjoyed trying their hand at sketching & drawing and in painting a story using an art form from the WARLI tribe in western India. Their finished products are amazing and we will be spotlighting them on the walls during our Winter Term Speaker Series!

Speaking of the Speaker Series — this was a big hit for our inaugural launch this fall. Our sessions were engaging, thought-provoking, and at times just FUN. “Tuesday Mornings on Campus with Bagels and Coffee” was so popular we are continuing it in both our Winter and Spring terms. If you have heard a speaker and would like to share their information with Jackie and Joanne, we are always looking for engaging topics.

We are thrilled that the OLLI-on-Campus Program continues to grow as our members find it invigorating to be on a college campus and to reap the benefits the location affords. The OLLI-on-Campus Managers, Joanne and Jackie, have worked hard to provide courses for our members that stimulate all parts of the mind and body. Research on the aging brain indicates that learning a new skill, working with your hands to strengthen eye-hand coordination and processing speed, and stimulating your mind with new ideas all help in healthy aging.

We hope you will reach beyond your current comfort level and try something new or engage your mind in a new area! This term we will offer two more “hands-on” art courses, a movement and mediation course, two photography courses, and a mindfulness course to engage all aspects of your brain and body! We are fortunate to have an instructor who also works for the DU Employee Wellness Program and the Knoebel Institute for Healthy Aging who will lead both our four-week, two-hour Making Friends with Yourself: Developing a
Mindfulness Practice course and our Mindful Movement and Meditation one hour “lunch bunch” course.

Also this term, the On-Campus Program for OLLI at DU will be spotlighting courses focusing on “everything Irish” in order to both provide information about Irish-Americans and to give some background knowledge for the OLLI members joining us on our June 2020 trip to Ireland/N. Ireland. Our courses aren’t limited to those traveling with us, however, and we think you will find some great topics. There are six “Irish” courses being offered for the Winter 2020 Term. Courses offered are:

- an Gorta Mor: The Irish Potato Famine
- The Irish Diaspora (Great Emigration)
- Two Book Clubs focusing on Women Irish Immigrants and a Biography of an Irish-American Colorado Philanthropist (J. K. Mullen)
- Finding Your Irish Roots Trials, Triumphs and Treasures (Genealogy)
- Roots of Irish Identity: From Celts to Monks (A Documentary Film Course)

During Spring 2020 term, we will be offering six “Irish” courses and a complete eight weeks of Speaker Series sessions dedicated to Irish music, dance, culture, geology.

REGISTRATION FOR THE WINTER TERM BEGINS ON NOVEMBER 18, 2019. The Winter Term at our On-Campus location for OLLI at DU is divided into two 4-week sessions (January 14 through February 6 and February 11 through March 5).

All classes for the OLLI-on-Campus location are held in the beautiful Katherine A. Ruffatto Hall at the corner of Evans and High Streets on the campus of the University of Denver.

NEW: We are waiving the $20 per On-Campus course fee for all OLLI members for the Winter 2020 term.

Two ways to register:

1. We are now offering online registration for all sites of OLLI at DU. To register, please go to: http://portfolio.edu/olli and click on the link that states “REGISTER NOW, CLICK HERE.” As you register for classes, please print the email address where you would like your confirmation sent after you complete the registration process. Using the online registration allows you to pay by credit card, a feature

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many of our members have been requesting for quite some time.

2. If you decide to register by mail, the registration form is included in this catalog and a check must accompany the mailed-in registration form. There is no way to pay by credit card should you decide to register by mail. Registrations received by mail will be entered into the online system which will then automatically send an email to you. Be sure to include your email address on the printed registration form in order to receive this confirmation.

You may find our catalog and registration materials online by going to: http://portfolio.du.edu/olli. Going on the website gives you the advantage of viewing classes at all SIX OLLI sites – Central, West, South, East, OLLI- on-Campus, and Boulder. Don’t forget that your membership dues allow you to take as many courses as you like at all six sites (contingent on space availability).

We will begin placing members into classes on November 29. All registrations are randomly selected and placed into classes one at a time. After this date, those registrations received are placed into classes in the order received. Please complete ALL required information online or on the registration form.

**PLEASE NOTE**: All members registering for courses at our OLLI-on-Campus location (including the “Tuesday Mornings on Campus” Speaker Series and/or the “Lunch Bunch: Movement and Meditation” course) **MUST PROVIDE YOUR CAR’S LICENSE PLATE NUMBER.** We provide FREE PARKING for our members on campus; however, the DU Parking Authority requires that we provide license plate numbers in order to provide a free parking pass for entry into their garage. We use Garage L on campus which is covered and next to the Law School and Café.

We sincerely appreciate your support and commitment to OLLI. If you have questions or want additional information, email either of the OLLI-on-Campus site managers.

Sincerely,

**Joanne and Jacqueline**

Joanne Ihrig and Jacqueline Wyant
Managers, OLLI-on-Campus Managers
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 East 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 course, 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 complete 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

Barbe J Ratcliffe
Executive Director – OLLI at DU
Winter Term 2020 Announcements

1. Courses and Workshops: all courses at our OLLI-on-Campus location are conducted in two 4-week sessions on Tuesdays, Wednesdays, and Thursdays. Winter 2020 term dates are:
   - Session 1: January 14 through February 6
   - Session 2: February 11 through March 5

2. Course Fees: there are no additional fees for our courses in Winter Term 2020 beyond the $130 OLLI membership fee (with the exception of the “Lunch Bunch: Mindful Movement and Meditation” course). Note that we have eliminated the $20 per course fee which was previously charged.

3. “Mindful Movement & Meditation Lunch Bunch” course: On Tuesdays, after the Speaker Series and before our Tuesday afternoon courses, we will hold a “Lunch Bunch: Mindful Movement and Meditation” course taught by an experienced instructor who works throughout DU in the Wellness Program and with the Knoebel Institute for Healthy Aging. OLLI Members can sign up for this extracurricular course during registration as they would for any four-week course – the fee is $40 for each 4-week session.

4. Speaker Series Fees: OLLI members can register for each 4-week Speaker Series as a course (i.e., first four weeks are in Session 1 and second four weeks are in Session 2). Alternatively, OLLI members may pay $10 at the door for a single session.

5. Snow Closures: Classes at OLLI-on-Campus will be canceled if the Denver Public Schools are closed. We will also have a recording on the office line (303-871-3090) or you can check our website to see if a location is closed (www.portfolio.du.edu/olli).

6. Books/Materials: If a course requires or recommends a book, the Tattered Cover Bookstore offers OLLI students a 15% discount. Books can also be obtained over the internet.
**OLLİ Policy Statement**

In the spirit of fostering understanding, each OLLİ member is encouraged to share opinions and ideas. OLLİ 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 OLLİ class is the critical examination of issues and opinions. Each participant’s point of view carries 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 includes the option to take classes at all SIX OLLİ sites. Scholarships are available.

Membership fee includes the following benefits:

- Participation in classes at any of the six OLLİ sites – OLLİ-on-Campus, Boulder, Central, East, South, and West (contingent upon space availability - enrollment in classes is limited based on classroom size and facilitator preferences)
- Opportunity to participate in Extracurricular classes (for additional per-class fee, if applicable)
- Special member price for “The Summer Seminars of OLLİ”
- OLLİ Newsletter
- Notice of un-advertised DU events (many at no cost because of DU affiliation)
- Invitations to annual social events
- Lamont School of Music – All OLLİ members get the senior/group rate
- University of Denver Library (Anderson Academic Commons) Borrowing privileges, see http://portfolio.du.edu/olli for details
- ENRICHMENT PROGRAM - Our sister organization offers classes at the University of Denver. Members of OLLİ at DU 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 http://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. Sign up only in the fall term.

**Refund Policy**

**Per term:** Full refund of $130 if requested no later than 10 days into the term. Please contact Barbe Ratcliffe at Barbara.ratcliffe@du.edu to request a refund. Unless a class is cancelled, there will be no refunds for Extracurricular classes or materials fees.
Course Offerings by Topic for Winter 2020

**Speaker Series**
“Tuesday Mornings on Campus with Coffee & Bagels” Various Speakers

**Art Appreciation**
German Expressionism Linda Susak
Art after Abstract Expressionism: 1950s-1970s Dr. Valerie Hellstein

**Hand-On Art Courses**
Learn to Create Greeting Cards with Watercolors Mitra Verma
Gond Painting: Painted Songs, Folklore and Stories on the Walls Mitra Verma
Mastering Digital Photography I: Getting to Know Your Camera Mark Payler
Mastering Digital Photography II: Mastering Your Camera, Basic Post-Production Techniques, and Developing Your Vision Mark Payler

**Literature**
American Labor Writing: The Farm, the Factory and Beyond Julia Madsen

**Music Appreciation**
Beethoven 250: Celebrating the Anniversary of the Master Composer’s Birth Betsy Schwarm

**Philosophy, Special Interest**
The Heroine’s Journey: Where Are You in Your Yellow Brick Road of Life? Coleene Frances
Are You My Type? Am I Yours? The Enneagram and Relationships Sue Burdette
Course Offerings by Topic for Winter 2020

**Ireland/Everything “Irish”**
- Leaving Ireland: A Historical Fiction Portrait of One Woman’s Journey (Book Club)  
  Linda Keller
- From Famine to Flour Mill: An Irish Immigrant’s Path of Success (Book Club)  
  Linda Keller
- An Gorta Mor: The Great Hunger in Irish Memory  
  Dr. James Walsh
- The Irish Diaspora (Great Emigration)  
  Dr. James Walsh
- Finding Your Irish Roots: Trails, Triumphs and Treasures (Genealogy)  
  Sylvia Tracy-Doolos
- Roots of Irish Identity: From Celts to Monks (A Documentary Film Course on the Treasures of Ancient Ireland)  
  Jacqueline Wyant

**Movement, Wellness**
- Making Friends with Yourself: Developing a Mindfulness Practice (4 wks, 2-hours/wk)  
  Kara Traikoff
- “Lunch Bunch” Mindful Movement & Meditation (4 wks, 1-hour/wk)  
  Kara Traikoff
**Weekly Course Overview for the Winter 2020 Term**

**REGISTRATION OPENS AT 12:01 AM on Monday, November 18, 2019**

All Courses are offered at Ruffatto Hall on the DU Campus
1999 E. Evans Avenue, Denver, CO

The Winter term begins **Tuesday, January 14 and ends Thursday, March 5**

Morning courses are held from 9:30-11:30 and afternoon courses from 1:00-3:00

Our **Movement and Meditation Lunch Bunch** course will be held on
Tuesdays from 11:45-12:45

**First Four Weeks**
January 14 through February 6

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<th>Tuesday AM</th>
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| • “Tuesday Mornings on Campus Speaker Series”
  1/14: Barbara Bauer: **Myanmar: Land of Golden Temples**
  1/21: Nicole Eubanks: **Friendship Bridge: Creating Opportunities to Empower Guatemalan Women to Build a Better Life**
  1/28: Donna DeNomme: **“The Playful, Potent, and Unpredictable PEN!”**
  2/4: Dr. Kent Rautenstraus: **Getting Under the Hood of Your Life: Exploring the Mind through Writing**
| • German Expressionism (Linda Susak)
  • Beethoven 250: Celebrating the Anniversary of the Master Composer’s Birth (Betsy Schwarm)
| • Are You My Type? Am I Yours? The Enneagram & Relationships (Sue Burdette)
  • Making Friends with Yourself: Developing a Mindfulness Practice (Kara Traikoff) |

**Tuesday “Lunch Bunch” (11:45 - 12:45)**
Mindful Movement & Meditation (Kara Traikoff)

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  • Mastering Digital Photography I: Getting to Know Your Camera (Mark Payler)
| • **An Gorta Mor: The Great Hunger in Irish Memory** (Dr. James Walsh)
| • The Heroine’s Journey: Where Are You in Your Yellow Brick Road of Life? (Coleene Frances)
  • Learn to Create Greeting Cards with Watercolors (Mitra Verma) |

*Weekly Calendar continued*
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<td>2/11: Rabbi Yossi Serebryanski: <em>From Age-ing to Sage-ing: A Revolutionary Approach to Growing Old</em> (from the work of Zalman Schachter-Shalomi)</td>
<td>• American Labor Writing: The Farm, the Factory and Beyond (Julia Madsen)</td>
<td>• Making Friends with Yourself: Developing a Mindfulness Practice (Kara Traikoff)</td>
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<td>2/18: Sue Walters: <em>Great Libraries of the World</em></td>
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<td>2/25: Mitra Verma: <em>The Art &amp; Culture of India</em></td>
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<td>3/3: Peggy Williams: <em>Roses and the Stories They Tell</em></td>
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First four weeks:
January 14 through February 6, 2020

Held in Ruffatto Hall, University of Denver
1999 E Evans Avenue, Denver, CO
Myanmar: Land of Golden Temples

About the Presenter:
Barbara Bauer is Executive Director, Rockies Venture Institute (RVI), and Director, Women’s Investor Network (WIN), for the Rockies Venture Club, Denver, CO. RVI delivers entrepreneur and investor workshops globally, and WIN recruits and supports women interested in early stage investments to prepare them to become active and engaged angel investors. Prior to this position, Barbara was the Executive Director, Myanmar, for Partnership for Change (PfC), a Norwegian social enterprise impact investment and international development organization. Barbara worked closely with community, state and national Myanmar leaders to design and implement programs and development models to encourage entrepreneurs, especially women. Barbara founded the Myanmar Women’s Entrepreneurship Conference in 2014, and continued to host it for three years.

Overview of Presentation:
Myanmar is considered one of the world’s most mysterious countries. The country was previously called BURMA. It is only recently that it was opened for trade and travel from outside the country. In this class, you will be treated as an exalted visitor, and will learn about Myanmar through stories of real people, the history, culture, art, politics and economy from an instructor who has LIVED Myanmar.

Recommended Readings: Handouts will be provided in the class. A bibliography will also be provided.

Friendship Bridge: Creating Opportunities to Empower Guatemalan Women to Build a Better Life

About the Presenter:
Nicole Eubanks is the Associate Development Director at Friendship Bridge. Nicole has held various nonprofit roles supporting the empowerment of both women and girls for over ten years. Nicole has been on the Global Communications and Partnerships Team at Friendship Bridge for over three years. Prior to serving in the
nonprofit sector, Nicole managed marketing and merchandising for global retailers. Nicole volunteers with several women’s empowerment organizations including Girl Scouts of Colorado, The Women’s Foundation of Colorado, and The National Charity League.

Overview of Presentation:
Friendship Bridge provides microcredit loans, education, and health services to over 28,000 women in Guatemala. On average, clients have three years of education, have four children, cannot read or write, and are unlikely to speak Spanish. Friendship Bridge serves only women and has a 98% repayment rate. The Microcredit Plus program creates opportunities that empower Guatemalan women to build a better life. At this speaker series, hear an overview of the history of Friendship Bridge, an introduction to the organization, and participate in an interactive activity that demonstrates the impact of the programs.

“The Playful, Potent, and Unpredictable PEN!” Jan 28

About the Presenter:
Donna DeNomme uses storytelling, art, writing, and integrative activities to offer multidimensional empowerment programs. In 2005, without an agent or a publisher, Donna formed an independent publishing company to release her first book, intended only as a touchstone for her coaching clients between sessions. That award-winning book is now in ten countries and world-wide in Chinese and Spanish. Her sixth book, As You Feel, So You Heal: A Write of Passage was just released by a mainstream publisher, the first in a transformational writing series.

Overview of Presentation:
Whether you aspire to write detective stories, gardening tips, cookbooks, romance novels, or a mythological adventure, the art of writing is a powerful path to personal exploration. We can’t force our creativity but rather entice it forward, and as we do, we see our own face reflected from that remarkably insightful inspirational pool. Donna shares her amusing awaken-ing as a writer and invites you to claim your own au-thentic voice, recognizing the exquisite richness of that unfolding journey. You don’t need to publish to discover writing’s value — it may be a precious gift just for you!

continued on next page
Getting Under the Hood of Your Life: Exploring the Mind through Writing

About the Presenter:
Dr. Kent Rautenstraus (a.k.a., “Piano Guy”) is Music Director Emeritus of Mile Hi Church and a professional musician featured at the White House. A Journalism major in college, Kent has written 30 feature articles for the Science of Mind magazine that brings forward potent life principles through the examination of someone’s personal experiences. An engaging and knowledgeable facilitator, Kent has interviewed spiritual leaders from across the world, and facilitates classes on Creativity, the Power of Music, and harnessing Curiosity, Questions, and Writing as Spiritual Tools.

Overview of Presentation:
Bring your life into clarity and focus through a specific type of writing amplified by a group writing experience, accompanied by beautiful classical music.

Registration for one or both 4-weeks Speaker Series sessions begins on NOVEMBER 18, 2019. Limited to first 40 registrants, so sign up early. OLLI members who wish to attend single sessions may pay $10 at the door. Guests of OLLI members may attend for $10. Please contact Joanne (joanne.ihrig@du.edu) or Jackie (Jacqueline.wyant@du.edu) with questions or for availability.

Every registrant receives free parking in a covered garage on the campus of DU.
Mindful Movement and Meditation

Instructor: Kara Traikoff  

Give yourself the gift of a pause and fresh start during the break between sessions with this gentle yoga and meditation practice. The class will include stretching and intentional movement designed to awaken the body and mind, and prepare for a calming, centering, still meditation practice to close the session.

Beginners and experienced practitioners are welcome.

Book/Materials: None  
Class Type: Experiential practice and discussion  
Course Fee: $40.00  

Kara Traikoff has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.
Tuesday 1:00 - 3:00

Leaving Ireland: A Historical Fiction Portrait of One Woman’s Journey
(Book Club)

Instructor: Linda Keller

Ann Moore is the author of an Irish historical fiction series based on a character named Gracelin O’Malley. In this second volume of her trilogy, she reveals how Irish immigrants suffered from the prejudice of the Americans. Gracelin’s story is one of struggle that reunites her with her brother and along the way, she helps a runaway slave, endangering her own life.

The themes in this book will lead to lively discussion and offer opportunities for creating connections to present issues. It is not necessary to have read the first volume.

Class Type: Discussion
Materials Fee: None

Linda Keller has been creating and facilitating workshops since 1986 at a variety of adult education programs. She also spent a decade as a classroom Language Arts teacher, including World Literature at Bishop Machebeuf H.S. She is the author of seven books of poetry. Her book, Comet Dreams, was listed as a local bestseller after her reading at the Tattered Cover Book Store in March, 2005.
Mastering Digital Photography I: Getting to Know your Camera

Instructor: Mark Payler

This hands-on course will cover the basic concepts of understanding and the use of your camera, lenses, and other basic photography equipment (bring your camera to all classes). The course will address basic digital technical considerations of file formats, resolution, and camera terminology. Camera controls such as exposure, metering, focusing, and other DSLR topics will also be explored in the interactive portions of the classroom learning experience.

Basic aesthetic principles such as light, color, and composition will also be demonstrated and practiced by participants. All students, no matter their experience level with digital photography, are invited to this introductory course to begin mastering photography principles.

Book/Materials: Required: a camera, camera manual, and extra batteries for each class. Any digital camera (except IPhone or any phone camera) will be acceptable including point-and-shoot, DSLR, mirrorless digital cameras and hybrid digital cameras. Materials for note-taking are also required.

Resource book recommended: Mastering Digital SLR Photography, fourth edition by David Busch

Class Type: Lecture, discussion, and on-site mini field trips to practice techniques and skills acquired during the class

Materials Fee: None

Mark A. Payler is a practicing Colorado Professional landscape, street, and travel photographer. With more than a decade of photography teaching experience, Mr. Payler also has an extensive list of commercial photography clients including the Bank of Colorado, Tournament Players Club (TPC-PGA resorts), as well as numerous hotels, restaurants, and regional hospitals. Mark’s work has also been highlighted in the landmark book, A Day in the Life of America as well as the featured double-spread photograph in the 50th anniversary issue of Popular Photography magazine.
In the early 20th Century, several groups of German artists looked toward art to redeem and heal society, in part, as a reaction to the Industrial Revolution. They proposed a subjective style of art which expressed the artists’ inner feelings and emotions rather than simply copying real objects and people. This movement came to be called Expressionism and lasted, more or less, until 1937, when the Nazis declared their art “degenerate” and held an exhibition in Munich entitled Entartete Kunst (Degenerate Art).

Because this art movement had many features; the artists lived in two main cities, Dresden/Berlin and Munich, and the styles were so varied, this course deals only with German Expressionism, and does not cover Austrian artists. It also will cover only the main artists in a specific group.

The main focus of the course is on the groups, Brücke (Erich Heckel, Ernst Ludwig Kirchner, Emil Nolde, Karl Schmidt-Rottluff, Max Pechstein, Otto Mueller,) in Dresden and Der blaue Reiter (Franz Marc, Wassily Kandinsky, Gabriele Münter, Paul Klee, Oskar Kokoschka, Alexej von Jawlensky, and Marianne von Werefkin) in Munich.

We will touch briefly on two other small groups of Expressionists: A small group of artists worked on the Northern coast and are called the Northern German Expressionists. They include Emil Nolde and Paula Modersohn-Becker, and, August Macke, as the main representative of the Rhenish Expressionists.

A second generation of Expressionist artists in post-World War I Germany includes discussions of Otto Dix, Max Beckmann and George Grosz. Although they did not belong to any Expressionist group (and are a generation older), I will also reference Ernst Barlach’s and Käthe Kollwitz’ Expressionistic printmaking.

The course will follow the artistic movement through World War I, and briefly touch on the other aspects of German Expressionism, such as music, theater, film, and dance.

Book/Materials: For a longer, larger format with detailed descriptions of the artists, containing many large colored reproductions, select: Expressionism. A Revolution in German Art, Dietmar Elger. For a shorter, condensed text, which has contains only basic information, Expressionism, Norbert Wolf

Class Type: Lecture, discussion

Materials Fee: None

Linda Susak has a M.A. in German Language and Studies and a BFA in Painting. She taught German on the high school and, since 2018, on the college level, both at the main University of Denver campus and at University College.
Ludwig van Beethoven (1770 – 1827): there may be no more famous name in all of music history. From Peanuts® cartoons to pop music re-imaginings to tens of thousands of classical performances, the man’s name and his music have not been out of the spotlight since he appeared on the scene. In 2020, the world celebrates the 250th anniversary of Beethoven’s birth, and for this OLLI class, music historian Betsy Schwarm will offer insights on the man and his music. We’ll explore Beethoven’s life and works in the context of his time, as well as considering how he changed the styles that came before him and influenced the styles that came afterward. Thanks to his published correspondence, we’ll even hear from Beethoven himself, and there’ll be lots of opportunities for discussion. Be part of this early investigation of the Beethoven Anniversary, and you’ll be that much better prepared for other Beethoven recitals and concerts as the year continues.

Book/Materials: None required; a list of suggested supplemental reading will be provided for those who’d like to follow-up. Instructor will provide a list of upcoming Beethoven concerts and recitals.

Class Type: Lecture, discussion

Materials Fee: None

Music historian Betsy Schwarm is a familiar face and voice in the Denver performing arts world, giving pre-performance talks for the Colorado Symphony and Opera Colorado, and teaching general interest appreciation classes around the area. She is also the author of eight books on classical music and spent a dozen years on the air with the vintage KVOD-fm, “The Classical Voice of Denver”
Wednesday 1:00 - 3:00

An Gorta Mor:
The Great Hunger in Irish Memory

Instructor: Dr. James Walsh

This course will examine the most devastating period in Irish history, when nearly three million people died or abandoned Ireland between 1845-1852. We will explore the history of Ireland that led up to the Famine, including imperial policies imposed upon Ireland by England, the ideological framework that led to England’s response to mass hunger in Ireland, survival strategies employed by the Irish, the immigrant experience on “coffin ships” to North America, the reception that the Irish faced in North American cities, strategies employed in North America to organize and gain political and economic power. Throughout, we will look at An Gorta Mor in Irish and Irish American memory, attempting to understand the legacy of this moment and its enduring impact around the world.

Book/Materials: Tim Pat Coogan, Famine Plot; John Kelly, The Graves are Walking: The Great Famine and the Saga of the Irish People; and Cecil Woodham-Smith, The Great Hunger: Ireland

Class Type: Lecture, discussion, one or two field trips

Materials Fee: None

Dr. James Walsh is an Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty two years. He specializes in Irish Diasporic Studies, as well as Labor and Immigration History and Politics. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer “organic” community theater that uses the stage to preserve the history of human rights struggles.
Thursday 9:30 - 11:30

Are You My Type, Am I Yours?
The Enneagram and Relationships

Instructor: Sue Burdette

Whether you are looking for a better way to communicate with a partner, family member or people in general this class will deepen your level of understanding of the nine Enneagram TYPES in relationships.

The nine TYPES might as well be from nine different planets. Each TYPE has a different reality, a different value system, brings something different to life and wants something different out of life.

How do we make that work?

This class is designed for students who have a basic understanding of the Enneagram and their own Enneagram TYPE.

Book/Materials: Are You My Type, Am I Yours? by Renee Baron & Elizabeth Wagele (Recommended not required)

Class Type: Lecture, group discussion, videos

Materials Fee: $5.00

Sue Burdette is a certified Enneagram teacher in the Narrative Tradition. Sue has studied the Enneagram for more than 25 years and personally experienced the impact of the Enneagram on personal and business relationships. Sue has recently retired from the corporate world where she was trainer, facilitator and consultant working with leaders, supervisors and individuals to help change the dynamics and outcomes of communication in the workplace.
Thursday 9:30 - 11:30

Making Friends with Yourself:
Developing a Mindfulness Practice

**Instructor:** Kara Traikoff

“Mindfulness means the awareness that arises from paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”
-Jon Kabat-Zinn

Have you ever felt that life was moving too fast? Or too slow? Have you ever had a moment when you could just be you and enjoy the experience you were having? The practice of mindfulness offers tools for tapping into our innate ability to feel well, whole, and live in the present. Whether you are brand new to these concepts or you are looking to reinvigorate your practice with a community of support, this class will provide foundational techniques in cultivating kindness, balance, and resiliency in your everyday life.

The course will offer suggested home practice each week to develop and build continuity of practice. Emphasis will be placed on experiential learning, group practice, and dialogue throughout the 4-week series.

**NOTE:** This 4-week course will continue throughout the 8 weeks of the Winter 2020 Term. You may choose to attend Session 1 (first 4 weeks), Session 2 (second 4 weeks) or both for continuing practice.

**Book/Materials:** None required

**Class Type:** Experiential practice and discussion

**Materials Fee:** None

**Kara Traikoff** has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.
The Heroine’s Journey: Where Are You in Your Yellow Brick Road of Life?

Instructor: Coleene Frances

Referencing the story, The Wizard of Oz created by Frank L. Baum, which is more than a beloved story for children; it is an archetypal adventure presenting the challenges we all face in life and the importance of searching for and claiming our sometimes hidden strengths of intelligence (the scarecrow), courage (the lion), and compassion (the tin man) that allows us to live a happy, empowered and more fully integrated life.

Using creative, fun and powerful experiential exercises we will explore your own yellow brick road and experiences with the archetypes of the heroine’s journey; the orphan/wounded child, wanderer, martyr, victim, warrior, and magician. You will learn to better set boundaries and open your throat chakra more easily expressing your true self. Exploring lessons learned on our journey toward empowerment, we will celebrate our inner strengths and explore our shadow self (how we block ourselves). We will learn self-forgiveness and Chi Gong exercises to remove energy blockages and connect more with our inner magician, healer, or higher self.

Book/Materials: Optional: I will provide copies of the book for purchase to those interested for $10 each — Courage and Compassion: Following Dorothy by Nancy Battilega

Class Type: Highly experiential; creative, fun, powerful interactive exercises and sharing with some lecture

Materials Fee: None, except for the $10 to purchase book from instructor (optional)

Coleene Frances is a certified life coach, intuitive spiritual guide, seminar leader, and Chi Gong teacher currently practicing in Colorado. She has more than 30 years of experience coaching and facilitating workshops and 10 years teaching Chi Gong. Her passion is working with women on issues of empowerment and expressing their true Self. She has a masters degree in coaching from the University of Santa Monica and is certified Chi Gong Teacher by the Chicenter in Santa Fe, New Mexico.
Learn to Create Greeting Cards with Watercolors

Instructor: Mitra Verma

Sometimes, all you want to do with watercolors is throw some paint onto a piece of paper just for the fun of it! Creating watercolor postcards can be the perfect way to turn that enjoyable experience into an extremely rewarding craft. We will create our own watercolor greeting cards and postcards that can be used for any occasion.

Participants will spend this four-week class learning how fun and easy it is to make great note cards with various watercolor techniques. Sessions include:

- Creating Textures
- Blocking and stencil technique.
- Wet into Wet technique
- Layering technique

This is a beginner-friendly course, no experience is necessary. All levels are welcome.

Books/Materials: Materials requirements: pan for water colors, water color brushes, paper napkins, pencil, eraser, Water colors card stock.

Class Type: Hands-on, experiential

Materials Fee: None

Mitra Verma is an artist and a craft designer who has been working and practicing art as a discipline of self-empowerment, as well as inspiring people of all age group to discover their own inner artist. She studied Bachelor in Fine Arts (BFA) from a recognized Indian University, which led her to become handicraft designer by finishing her Post-graduation from a distinctive handicraft design institute, in India. She was assigned empanelment as a Handicraft Designer by Development Commissioner Handicraft (DCHC) India and formerly professionally worked in a handicraft sector of India on various projects for five years. She is self-motivated, conscientious, passionate artist and in the past ten years she has held classes and workshops in painting and crafts for all age groups.
Second four weeks:
February 11 through March 5

Held in Ruffatto Hall, University of Denver
1999 E Evans Avenue, Denver, CO
“Tuesday Mornings on Campus with Coffee and Bagels”
Room 202 Ruffatto Hall

From Age-ing to Sage-ing: A Revolutionary Approach to Growing Old (from the work of Zalman Schachter-Shalomi)

Overview of Presentation:
Rabbi Yossi Serebryanski of DU will lead us in a discussion of the pearls of sage wisdom of Zalman Schachter-Shalomi. In addition, members will learn more about the amazing journey Rabbi Yossi has had from Russia to Australia to New York and now Denver.

Great Libraries of the World

About the Presenter:
Suzanne Walters was the director of marketing and development for the Denver Public Library during the successful bond election and capital campaign to build the new (not so new now) central library as well as to remodel and build branches throughout the city of Denver.

Suzanne also worked through her consulting firm to give marketing workshops throughout this country as well as in Europe, Canada and Scandinavia. For ten years she was an adjunct faculty member at Regis University in the graduate program for Global Leadership and non Profit Management where she facilitated courses in marketing for the non-profit. As an author, Ms. Walters has published Library Marketing That Works! and Breakthrough Branding; Positioning your Library to Survive and Thrive (2013).

Sue has been a certified, PSIA (Professional Ski Instructor of America) for 40 years. As a classical musician, (double bass player), Sue performs with the Littleton Symphony Orchestra.

Overview of Presentation:
“Without libraries what have we? We have no past and no future.” (Ray Bradbury). History, as we know it, begins with the invention of the library. Join us as we venture through Egypt and Mesopotamia and explore the earliest examples of the key feature of civilization, writing. The history of libraries mirrors the history of civilization.

We will explore the future of libraries today in the digital age. We’ll look at large, urban libraries and county public libraries as well as university
libraries. The innovation and the revolution in library services continues as libraries continue to be the center of knowledge.

Art and Culture of India  

About the Presenter:  
Join Mitra Verma, an artist and craft designer, native of India to unfold the stories of colorful and unique country’s rich heritage. India is a treasure chest of stories, some lingering on for centuries while others yet to be told.

Overview of Presentation:  
“Unity in diversity” — these are not just words, but something that are highly applicable to a country like India that is incredibly rich in art and culture. Each part of India has their own distinct cultural and traditional identities and are displayed through various forms of art prevalent there. The country’s liveliness and generosity attract a number of tourists to its vibrant culture, which is an amalgamation of religions, festivals, food, art, crafts, dance, music and many other subtle things.

Roses and the Stories They Tell  

About the Presenter:  
Peggy Williams is a Master Rosarian with the American Rose Society, speaks to garden groups and teaches rose classes at Denver Botanic Gardens and Hudson Gardens. She’s been growing roses for about 25 years and has a special affinity for Old Garden Roses. Her garden is organic; she gardens for the bees, bugs, birds and butterflies.

Overview of Presentation:  
The rose, ‘Queen of Flowers’ has been in existence for over 35 million years. And oh, the stories they can tell! Have you ever seen the fossil beds in Florissant, CO? Do you know who the godmother of rose maniacs might be? Do you know when to prune your roses and what they like to eat? Hone your cocktail party conversation and learn the best horticulture practices for growing great roses in the Rockies with Peggy Williams, Master Rosarian from the American Rose Society.

Registration for one or both 4-weeks Speaker Series sessions begins on November 18, 2019. Limited to first 40 registrants, so sign up early. OLLI members who wish to attend single sessions may pay $10 at the door. Guests of OLLI members may attend for $10. Please contact Joanne (joanne.ihrig@du.edu) or Jackie (Jacqueline.wyant@du.edu) with questions or for availability. Every registrant receives free parking in a covered garage on the campus of DU.
Mindful Movement and Meditation

Instructor: Kara Traikoff  
Note: 1 hour, 11:45 - 12:45

Give yourself the gift of a pause and fresh start during the break between sessions with this gentle yoga and meditation practice. The class will include stretching and intentional movement designed to awaken the body and mind, and prepare for a calming, centering, still meditation practice to close the session.

Beginners and experienced practitioners are welcome.

Book/Materials: None  
Class Type: Experiential practice and discussion  
Course Fee: $40.00

Kara Traikoff has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.
From Famine to Flour Mill: an Irish Immigrant’s Path of Success
(Book Club)

Instructor: Linda Keller

In this class we will read and discuss the biography of J.K. Mullen who was born in Ireland in 1847. Mullen’s father and uncle were crafters of barrels for the local mills in Ballinasloe, County Galway (three oatmeal and one flour mill) and two breweries. However, the advent of the Great Famine brought an end to whatever prosperity the family enjoyed and in 1856 they came to America to escape the Potato Famine.

The family located in New York. J.K. left home in 1867 to seek his fortune in milling and, after stops in Illinois and Kansas, in 1871, he came West, ultimately creating a successful flour mill in the mining boom town of Leadville. His name lives on in Denver through J.K. Mullen High School, one recipient of his many philanthropic efforts.


Class Type: Discussion

Materials Fee: None

Linda Keller has been creating and facilitating workshops since 1986 at a variety of adult education and lifelong learning programs. She also spent a decade as a classroom Language Arts teacher, including teaching World Literature at Bishop Machebeuf High School. She is the author of seven books of poetry. Her book, Comet Dreams, was listed as a local bestseller after her reading at the Tattered Cover Book Store in March, 2005.
Mastering Digital Photography II:  
Mastering Your Camera, Basic Post-Production Techniques, and Developing Your Vision

Instructor: Mark Payler

This hands-on course will be a continuation of the concepts of understanding the use of your camera, lenses, and other basic photography equipment (bring your camera to all classes). The course will expand on the topic of exposure by introducing the use of exposure compensation controls.

Custom color temperature, flash (on-camera and off), depth-of-field, minimizing camera shake, and night photography concepts will also be discussed and explored. Composition techniques used for landscape, travel, street, and action photography will also be demonstrated and practiced by all course participants. Photography constructive critiques will also be offered by the instructor with a focus on improving both the individual student’s technical and creative skills.

Book/Materials: Required: a camera, camera manual, and extra batteries for each class. Any digital camera (except IPhone or any phone camera) will be acceptable including point-and-shoot, DSLR, mirrorless digital cameras and hybrid digital cameras. Materials for note-taking are also required.


Class Type: Lecture, discussion, and on-site mini field trips to practice techniques and skills acquired during the class

Materials Fee: None

Mark A. Payler is a practicing Colorado Professional landscape, street, and travel photographer. With more than a decade of photography teaching experience, Mr. Payler also has an extensive list of commercial photography clients including the Bank of Colorado, Tournament Players Club (TPC-PGA resorts), as well as numerous hotels, restaurants, and regional hospitals. Mark’s work has also been highlighted in the landmark book, A Day in the Life of America as well as the featured double-spread photograph in the 50th anniversary issue of Popular Photography magazine.
Wednesday 9:30 - 11:30

Art after Abstract Expressionism: 1950s-1970s

Instructor: Valerie Hellstein

While Abstract Expressionism continued well into the 1950s, many younger artists abandoned the romantic rhetoric that clung to elder painters and began pushing art in radical new directions, moving beyond traditional painting and sculpture. Artists experimented with performance and video technology, engaged more directly with popular culture, and moved beyond the confines of the gallery. Harkening back to earlier, overlooked artistic strategies and inventing new ones, artists in the postwar period changed the very parameters of what constitutes art.

In this course, we will explore the proliferation of artists, movements, and the explosion of the art market in the United States starting in the mid-1950s. Beginning with the Neo-Dada experiments of Robert Rauschenberg and Jasper Johns, we will also consider the rise of Minimalism, Pop Art, Conceptualism, and Feminist art as we make our way through the fast-changing art world of the Cold War era that many now consider the dawn of the Postmodernism.

Books/Materials: Suggested text: David Hopkins, After Modern Art, 1945-2000 (Oxford: Oxford University Press, 2000). Readings in the form of PDFs will be emailed to participants in advance of the class by the instructor.

Class Type: Lecture with ample discussion

Materials Fee: None

Valerie Hellstein has a Ph.D. in art history, teaches at various colleges and universities, leads tours at the Clyfford Still Museum, and is currently writing a book on Abstract Expressionism, collectivity, and the Cold War.
Wednesday 9:30 - 11:30

American Labor Writing:
The Farm, the Factory and Beyond

Instructor: Julia Madsen

This course engages with works of labor writing from the American South, Midwest, and Rust Belt, examining representations of diverse labor experiences and what these representations reveal about the reality of working conditions in America. Focusing on Upton Sinclair’s *The Jungle*, James Agee and Walker Evans’s *Let Us Now Praise Famous Men*, Muriel Rukeyser’s “The Book of the Dead,” and Mark Nowak’s *Shut Up/Shut Down*, alongside the short documentary film *Finally Got the News* (1970), we will investigate the effects of class oppression on workers and families. Our study will begin in Chicago’s meat factories and will trace the movement from early 20th century labor writing to the Great Depression and the labor struggles of the late ’60s and ’70s, and will also explore contemporary blue-collar labor through the voices of workers. We will engage with new working-class studies, labor geography, and discourses surrounding socioeconomic class with the aim of mapping a critical and social context for our inquiries, reflecting on the systems that perpetuate class oppression. This course includes lectures, discussions, as well as a film screening.


**Class Type:** Lecture, discussion

**Materials Fee:** None

Julia Madsen is a multimedia poet and educator. She received an MFA in Literary Arts from Brown University and is a PhD candidate in English/Creative Writing at the University of Denver. Her first book, *The Boneyard, The Birth Manual, A Burial: Investigations into the Heartland*, was listed on *Entropy’s Best Poetry Books of 2018*. She is the video editor at Reality Beach and has shown video poetry and multimedia installations at &Now, Outlet Fine Art Gallery, No Nation Art Gallery, Counterpath Gallery, Cabal Gallery, the Humanities, Arts, Science, and Technology Alliance and Collaboratory, and Denver’s Unseen film festival. Her video work has appeared in *VICE’s “The Creators Project,“* and her poems, reviews, and multimedia work have also appeared in *jubilat, Tarpaulin Sky, Tupelo Quarterly, Black Warrior Review, and elsewhere.*
Finding Your Irish Roots: Trials, Triumphs and Treasures (Geneology)

Instructor: Sylvia Tracy-Doolos

This course will cover basic through advanced research techniques, including genetic genealogy, that will give you the best chance of successfully tracing your Irish ancestry. Scope will include; North American research techniques and records, DNA testing and how to successfully utilize your results, immigration records and history, Irish emigration (including helpful British records), and Irish records and how to use them.

Books/Materials: Tracing Your Irish Ancestors: The Complete Guide, by John Grenham (4th or 5th Edition) to be borrowed/purchased by student if they choose to. Not required but could be helpful. Handouts will be provided by Instructor via email.

Class Type: Lecture, discussion

Materials Fee: None

Sylvia Tracy-Doolos has been interested in genealogy for nearly forty years and working as a professional genealogist for ten. She is a member of many genealogical societies, and the President of the Wales, Ireland, Scotland, England Family History Society (WISE-FHS) here in Denver, and the International Society for British Genealogy and Family History (ISBGFH) which focuses on genealogical research in Britain and Ireland. Sylvia chose to study history and linguistics when she returned to school for a second degree, so she could study how immigration and language changes affected American records.
Wednesday 1:00 - 3:00

Roots of Irish Identity: From Celts to Monks
(A Documentary Film Course on the Treasures of Ancient Ireland)

Instructor: Jacqueline Wyant

This course will explore the history of Ireland from the ancient Celts (whose symbols such as stone circles, crosses, and forts can still be seen throughout modern day Ireland) to the Monks to the Viking conquest of this emerald Isle. We will explore the 5,000 year old passage tomb of Newgrange, the Hills of Tara, and the Druid’s Altar. We will end with a look at Ireland at the beginning of the 19th century and in the period just before the Great Famine. Videos and documentary films will be reviewed.

Book/Materials: Instructor will provide materials
Class Type: Lecture, discussion, film review
Materials Fee: None

Jacqueline Wyant is an avid traveler and reader who enjoys learning the history of the lands of her ancestors (Ireland, Scandinavia, Italy, Germany, and eastern Europe). She has traced the roots of some her ancestors to County Kerry, Ireland and Sardinia, Italy. She holds degrees from Purdue University and Harvard University and shares the role of Site Manager of OLLI-on-Campus with Joanne Ihrig.
The Irish Diaspora (Great Emigration)

**Instructor:** Dr. James Walsh

Today, as many as 75 million people worldwide claim some kind of Irish ancestry. In the U.S. this figure is nearly 50 million. Nearly four centuries of Irish emigration has had an immeasurable impact on North America, Australia, England, and many other parts of the world.

This course will examine the Irish Diaspora and Irish culture across the world, with a heavy emphasis in North America. We will explore Irish emigrant strategies of survival and their struggles for respect and political and economic power. We will look closely at the kinds of labor and cultural institutions that they constructed.

Finally, we will examine the relationship today between Ireland and its massive diaspora and how this diaspora has played a prominent role in Irish politics and sectarian violence.


**Class Type:** Lecture, discussion, film

**Materials Fee:** None

**Dr. James Walsh** is an Associate Professor in Political Science at the University of Colorado Denver, where he has taught for twenty two years. He specializes in Irish Diasporic Studies, as well as Labor and Immigration History and Politics. Walsh is also the founder of the Romero Theater Troupe, an all-volunteer “organic” community theater that uses the stage to preserve the history of human rights struggles.
Thursday 9:30 - 11:30

Making Friends with Yourself: Developing a Mindfulness Practice

Instructor: Kara Traikoff

“Mindfulness means the awareness that arises from paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.” -Jon Kabat-Zinn

Have you ever felt that life was moving too fast? Or too slow? Have you ever had a moment when you could just be you and enjoy the experience you were having? The practice of mindfulness offers tools for tapping into our innate ability to feel well, whole, and live in the present. Whether you are brand new to these concepts or you are looking to reinvigorate your practice with a community of support, this class will provide foundational techniques in cultivating kindness, balance, and resiliency in your everyday life.

The course will offer suggested home practice each week to develop and build continuity of practice. Emphasis will be placed on experiential learning, group practice, and dialogue throughout the 4-week series.

NOTE: This 4-week course will continue throughout the 8 weeks of the Winter 2020 Term. You may choose to attend Session 1 (first 4 weeks), Session 2 (second 4 weeks) or both for continuing practice.

Book/Materials: None required
Class Type: Experiential practice and discussion
Materials Fee: None

Kara Traikoff has been a part of the DU community for 10 years. She currently teaches undergraduate Wellness courses, leads weekly guided meditations for the Employee Wellness Program, and teaches Mindfulness Based Stress Reduction (MBSR) courses in collaboration with the Knoebel Institute for Healthy Aging. Kara is a mindfulness instructor and coach trained through the Center for Mindfulness at UMASS Medical School. She teaches from the heart of her dedicated personal practice and is passionate about encouraging others to experience and live the fullest life possible.
The Heroine’s Journey:
Where Are You in Your Yellow Brick Road of Life?

**Instructor:** Coleen Frances

**Where are you on your yellow brick road of life?**

Referencing the story, *The Wizard of Oz* created by Frank L. Baum, which is more than a beloved story for children; it is an archetypal adventure presenting the challenges we all face in life and the importance of searching for and claiming our sometimes hidden strengths of intelligence (the scarecrow), courage (the lion), and compassion (the tin man) that allows us to live a happy, empowered and more fully integrated life.

Using creative, fun and powerful experiential exercises we will explore your own yellow brick road and experiences with the archetypes of the heroine’s journey; the orphan/wounded child, wanderer, martyr, victim, warrior, and magician. You will learn to better set boundaries and open your throat chakra more easily expressing your true self. Exploring lessons learned on our journey toward empowerment, we will celebrate our inner strengths and explore our shadow self (how we block ourselves). We will learn self-forgiveness and Chi Gong exercises to remove energy blockages and connect more with our inner magician, healer, or higher self.

**Book/Materials:** Optional: I will provide copies of book for purchase to those interested for $10 each *Courage and Compassion: Following Dorothy* by Nancy Battilega

**Class Type:** Highly experiential; creative, fun, powerful interactive exercises and sharing with some lecture

**Materials Fee:** None unless they choose to buy book for $10

**Coleene Frances** is a certified life coach, intuitive spiritual guide, seminar leader, and Chi Gong teacher currently practicing in Colorado. She has more than 30 years of experience coaching and facilitating workshops and 10 years teaching Chi Gong. Her passion is working with women on issues of empowerment and expressing their true Self. She has a masters degree in coaching from the University of Santa Monica and is certified Chi Gong Teacher by the Chicenter in Santa Fe, New Mexico.
Gond Painting: Painted Songs, Folklore and Stories on the Walls

Instructor: Mitra Verma

With a history that’s rich in culture and heritage, India is a treasure trove of art forms. Once such art form is “Gond,” developed by one of India’s largest tribes. The Gond believe that everything in nature is sacred and inhabited by a spirit. Their paintings reflect reverence for nature and an appreciation of the connection between humans and the natural word. Painters get their inspiration from nature, from the myths, and the legends of India, or just from their imaginations.

Gond paintings can best be described as ‘on-line work’ on mud wall. The artist makes sure to draw the inner as well as the outer lines with as much care as possible so that the perfection of the lines has an immediate effect on the viewer. Lines are used in such a way that it conveys a sense of movement to the still images. Learn about the tradition of Gond and experiment with the designs, patterns and vivid colors used. Create your own unique painting and develop ideas about how you will be able to continue to play with this delightful art form.

Books/Materials: Acrylic colors, brushes #0, 1, 2, 4, canvas, paper napkins, pencil and erasers
Class Type: Hands-on art and lecture
Materials Fee: None

Mitra Verma is an artist and a craft designer who has been working and practicing art as a discipline of self-empowerment, as well as inspiring people of all age group to discover their own inner artist. She studied Bachelor in Fine Arts (BFA) from a recognized Indian University, which led her to become handicraft designer by finishing her Post-graduation from a distinctive handicraft design institute, in India. She was assigned empanelment as a Handicraft Designer by Development Commissioner Handicraft (DCHC) India and formerly professionally worked in a handicraft sector of India on various projects for five years. She is a self-motivated, conscientious, passionate artist and in the past ten years she has held classes and workshops in painting and crafts for all age groups.
Winter Courses at OLLI-on-Campus

Twenty-three classes for you to consider. Go online at portfolio.du.edu/ollioncampus to see course descriptions.

All classes at Ruffatto Hall at DU

First Four Weeks

Speaker Series: “Tuesday Mornings on Campus with Coffee and Bagels”
  Tuesdays, 9:30 – 11:30 pm
  4 sessions: Jan 14, 21, 28, Feb 4

Various Presenters

“Lunch Bunch” – Mindful Movement & Meditation
  Tuesdays, 11:45 - 12:45 p.m.
  4 classes: Jan 14, 21, 28, Feb 4
  Presenter: Kara Traikoff

Leaving Ireland: A Historical Fiction Portrait of One Woman’s Journey
  Tuesdays: 1:00 - 3:00
  4 classes: Jan 14, 21, 28, Feb 4
  Presenter: Mark Payler

Mastering Digital Photography I: Getting to Know Your Camera
  Tuesdays: 1:00 - 3:00
  4 classes: Jan 14, 21, 28, Feb 4
  Presenter: Mark Payler

German Expressionism
  Wednesdays: 9:30 – 11:30
  4 classes: Jan 15, 22, 29, Feb 5
  Presenter: Linda Susak

Beethoven 250: Celebrating the Anniversary of the Master Composer’s Birth
  Wednesdays: 9:30 – 11:30
  4 classes: Jan 15, 22, 29, Feb 5
  Presenter: Betsy Schwarm

An Gorta Mor: The Great Hunger in Irish Memory
  Wednesdays: 1:00 – 3:00
  4 classes: Jan 15, 22, 29, Feb 5
  Presenter: Dr. James Walsh

Are You My Type? Am I Yours? The Enneagram and Relationships
  Thursdays: 9:30 - 11:30
  4 classes: Jan 16, 23, 30, Feb 6
  Presenter: Sue Burdette

Continued on next page
### Making Friends with Yourself: Developing a Mindfulness Practice
- **Thursdays:** 9:30 - 11:30
- **4 classes:** Jan 16, 23, 30, Feb 6
- **Presenter:** Kara Traikoff

### The Heroine’s Journey: Where Are You in Your Yellow Brick Road of Life?
- **Thursdays:** 1:00 - 3:00
- **4 classes:** Jan 16, 23, 30, Feb 6
- **Presenter:** Coleene Frances

### Learn to Create Greeting Cards with Watercolors
- **Thursdays:** 1:00 - 3:00
- **4 classes:** Jan 16, 23, 30, Feb 6
- **Presenter:** Mitra Verma

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## Second Four Weeks

### Speaker Series: “Tuesday Mornings on Campus with Coffee and Bagels”
- **Tuesdays,** 9:30 – 11:30 pm
- **4 sessions:** Feb 11, 18, 25, March 3
- **Presenters:** Various Presenters

### “Lunch Bunch” – Mindful Movement & Meditation
- **Tuesdays,** 11:45 - 12:45 p.m.
- **4 classes:** Feb 11, 18, 25, March 3
- **Presenter:** Kara Traikoff

### From Famine to Flour Mill: An Irish Immigrant’s Path of Success (Book Club)
- **Tuesdays:** 1:00 – 3:00
- **4 classes:** Feb 11, 18, 25, March 3
- **Presenter:** Linda Keller

### Mastering Digital Photography II: Mastering Your Camera, Basic Post-Production Techniques, and Developing Your Vision
- **Tuesdays:** 1:00 – 3:00
- **4 classes:** Feb 11, 18, 25, March 3
- **Presenter:** Mark Payler

### Art after Abstract Expressionism, 1950s to 1970s
- **Wednesdays:** 9:30 - 11:30
- **4 classes:** Feb 12, 19, 26, March 4
- **Presenter:** Dr. Valerie Hellstein

*Continued on next page*
<table>
<thead>
<tr>
<th>Course Title</th>
<th>Schedule</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>American Labor Writing: The Farm, the Factory and Beyond</td>
<td>Wednesdays: 9:30 - 11:30</td>
<td>Julia Madsen</td>
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<tr>
<td>Finding Your Irish Roots: Trials, Triumphs and Treasures (Genealogy)</td>
<td>Wednesdays: 1:00 - 3:00</td>
<td>Sylvia Tracy-Doolos</td>
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<tr>
<td>Roots of Irish Identity: From Celts to Monks (A Documentary Film Course on the Treasures of Ancient Ireland)</td>
<td>Wednesdays: 1:00 - 3:00</td>
<td>Jacqueline Wyant</td>
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<tr>
<td>The Irish Diaspora (Great Emigration)</td>
<td>Thursdays: 9:30 - 11:30</td>
<td>Dr. James Walsh</td>
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<tr>
<td>Making Friends with Yourself: Developing a Mindfulness Practice</td>
<td>Thursdays: 1:00 - 3:00</td>
<td>Kara Traikoff</td>
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<tr>
<td>The Heroine’s Journey: Where Are You in Your Yellow Brick Road of Life?</td>
<td>Thursdays: 9:30 - 11:30</td>
<td>Coleene Frances</td>
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<tr>
<td>Gond Painting: Painted Songs, Folklore and Stories on the Walls</td>
<td>Thursdays: 1:00 - 3:00</td>
<td>Mitra Verma</td>
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OLLI-on-Campus SPEAKER SERIES
Winter 2020 Term

“Tuesday Mornings on Campus with Coffee and Bagels”
9:30-11:30 a.m.
University of Denver, Katherine A. Ruffatto Hall, Room 202
Coffee & baked goods provided

SPEAKER SERIES #1: FIRST FOUR WEEKS (1/14 - 2/4)

<table>
<thead>
<tr>
<th>DATE</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tu 1/14</td>
<td>Barbara Bauer: Myanmar: Land of Golden Temples</td>
</tr>
<tr>
<td>Tu 1/21</td>
<td>Nicole Eubanks: Friendship Bridge: Friendship Bridge: Creating Opportunities to Empower Guatemalan Women to Build a Better Life</td>
</tr>
<tr>
<td>Tu 1/28</td>
<td>Donna DeNomme: “The Playful, Potent, and Unpredictable PEN!”</td>
</tr>
<tr>
<td>Tu 2/4</td>
<td>Dr. Kent Rautenstraus: Getting Under the Hood of Your Life: Exploring the Mind through Writing</td>
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SPEAKER SERIES #2: SECOND FOUR WEEKS (2/11 - 3/3)

<table>
<thead>
<tr>
<th>DATE</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Tu 2/11</td>
<td>Rabbi Yossi Serebryanski: From Age-ing to Sage-ing: A Revolutionary Approach to Growing Old from the Work of Zalman Schachter-Shalomi</td>
</tr>
<tr>
<td>Tu 2/18</td>
<td>Suzanne Walters: Great Libraries of the World</td>
</tr>
<tr>
<td>Tu 2/25</td>
<td>Mitra Verma: The Art &amp; Culture of India</td>
</tr>
<tr>
<td>Tu 3/3</td>
<td>Peggy Williams: Roses and the Stories They Tell</td>
</tr>
</tbody>
</table>

Registration for one or both 4-weeks sessions begins on NOVEMBER 18, 2019.

1) Sign up for a FOUR WEEK session as you would for any other OLLI-on-Campus course through our online registration or mail-in registration (SESSION #1 is first 4 talks and SESSION #2 is second 4 talks).

2) OLLI members (anyone who has registered for an OLLI course at any of our six sites for the WINTER 2020 Term) who wish to attend single sessions may pay $10 at the door.
Did you know?

The Enrichment Program at the University of Denver offers short evening and weekend courses for the curious adult. Taught by DU Faculty and industry experts, more than 40 courses are offered during two terms (fall and winter/spring). Classes meet once per week for two hours. There are no tests or grades — come to meet other lifelong learners and to expand your horizons. Subjects ranging from science and history to current events and the arts are offered each term. Here is just a sampling of some of what is coming this January to May. For more information please visit the Enrichment Program website at: https://universitycollege.du.edu/enrichment/.

OLLI members receive a 20% discount on all DU Enrichment courses!

Women’s Suffrage – 100th anniversary 7:00 - 9:00 p.m.
Mondays: March 23, 30, April 6, 13

Join a distinguished list of Colorado women as they explore the history of women’s suffrage in America, the role of women of color in the movement, Colorado’s unique role in women’s rights, and an examination of rights since the 19th Amendment passed.

The Literary Genius of John Williams: A One-Day Celebration of STONER and the Man Who Wrote the Perfect Novel 9:00 a.m. – 4p.m.
Saturday, March 28

This one-day celebration, on the 55th anniversary of STONER’S publication, honors the novelist and University of Denver professor and his masterpiece by offering speakers including his colleagues at the University of Denver and at the Denver Quarterly, his archivist at the University of Arkansas and a former student, amongst others.

Jump Start your Memoir Time TBD
Saturday May 16

You’ve lived through an amazing experience and know you have a story to tell, but you’re having trouble getting started. Where do you begin? How should the story be structured? Why would anybody care? Get to the bottom of those questions in this day-long writing workshop led by long-time Enrichment Program instructor Shari Caudron, writer and author.
Want More Ireland? - Ireland: The Present is Rooted in the Past

6:30-8:30 p.m.
Mondays: Feb. 17, 24, Mar. 2, 9

From ancient Celtic tribes battling for power, to British colonization, the Famine, Bloody Sunday and now Brexit’s confusion, one might wonder whether the term, “Luck of the Irish,” is actually an oxymoron. And yet, the emerald land that has faced such peril also gave us Newgrange, Yeats, Ulysses, U2 and, yes, Guinness. Join Jodie Kreider, Visiting Teaching Associate Professor of History, as she leads you on a cultural, historical and geographical tour of Ireland, starting with ancient, Celtic Ireland.

Anti-Semitism: Past, Present and Future

7:00 - 9:00 p.m.
Tuesdays: Jan. 21, 28, Feb. 4, 11

This year marks the 75th Anniversary of the liberation of Auschwitz and the end of the Holocaust. Yet, today we are still battling some of the same forces that brought to bear these horrific events. Why are anti-Semitism, hate speech and hate crimes on the rise not only in the U.S., but also around the world? Join historian, Dr. Julie Lieber, to examine this troubling contemporary trend.

Seeing the Past Through Maps

6:30-8:30 p.m.
Wednesdays: Feb. 19, 26, Mar. 4, 11

From the voyages of imperial exploration to the digital age, maps have been central to American history. Whether designed as instruments of navigation, weapons of war, handmaidens of diplomacy or tools of social reform, maps have mattered at all stages of the nation’s past. Join Susan Schulten, DU professor of history, as she explores the crucial role that maps have played in our shared history over the last five centuries.
Who are OLLI 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 DVDs 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 either Site Manager for OLLI-on-Campus (Joanne Ihrig – joanne.ihrig@du.edu, or Jackie Wyant – Jacqueline.wyant@du.edu ). They will be delighted to answer your questions and offer suggestions. Many of our facilitators decide to co-teach a class with a friend in order to “get their feet wet.” Once you have decided to take the plunge, the process is easy:

1) Fill out a course proposal form and return to Joanne Ihrig - joanne.ihrig@du.edu
2) Once approved by the Site Managers, you will be assisted in completing a course description, a short bio, an instructor agreement form, and a selection of day of week (Tuesday, Wednesday, or Thursday) and time to offer your course (9:30-11:30am or 1:00-3:00 pm)
3) Further develop your course syllabus using assistance from Joanne or Jackie

OLLI-on-Campus is GROWING and we will be forming a Curriculum Committee similar to our other OLLI at DU sites. If you are interested in serving on this committee, please contact Jackie Wyant or Joanne Ihrig.
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 will be offering six courses on Ireland during the Winter Term. Jackie Wyant, will be offering a course on Ancient Ireland.

**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).