

FRESN@STATE

FALL 2019 CATALOG

For those age 50 and better * 36 University-level Courses * 6 Fascinating Speakers * 6 Field Trips * Monthly Book Club

Join us on our Spring 2020 trip to Sedona! See page 23 for details

200



OSHER LIFELONG LEARNING INSTITUTE

The Osher Lifelong Learning Institute (OLLI) at Fresno State offers learning opportunities to those age 50 or better. No entrance requirements, tests, grades or papers – just learning for enjoyment, personal growth and intellectual stimulation with like-minded people. Come learn for the love of learning!

Membership Information

At Fresno State's OLLI, you choose how involved you wish to be, depending on your availability and interests.

General Sessions and Short Courses are open ONLY to OLLI members. Seating is limited for some events so be sure to return your registration as soon as possible. Non-members may attend Field Trips by paying the non-member registration fees for those individual trips (see details under Field Trip listings in this catalog).

Membership fees are non-refundable and non-transferable. Members who must cancel their Field Trip or Short Courses will be refunded only if their space can be filled.

You will receive a confirmation letter once we receive your registration and payment. We cannot hold space without a paid registration.

Parking

OLLI provides a parking permit at no cost to you. Members may request a parking permit by checking the option on the registration form. If you request a permit, parking details will be mailed to you. We respectfully ask that you request a permit only if necessary. If there are multiple OLLI members in your household or social group, please consider carpooling to events. Your consideration maintains OLLI's ability to offer quality programs at an affordable price.

OLLI is not responsible for lost or stolen parking permits nor for parking citations received by those not in compliance with campus parking regulations. We charge \$15 to replace lost parking passes.

Keep in mind that Fresno State's campus is very busy and it may take a bit of time to find a parking spot. A parking pass is not a guarantee of an available parking space. Allow yourself enough time to park and walk to the venue.

If you need a disability-related accommodation or wheelchair access information, please contact the OLLI office at 559.278.0008 or send us an email at *osher@csufresno.edu*. Requests must be made at least one week in advance of event.

General Membership

\$40 Per Person

- Admission to all scheduled General Sessions during the semester.
- Opportunity to register for Short Courses, Field Trips/ Activities as outlined on the schedule.
- Optional on-campus parking during all General Session events and Short Courses.
- Privileges to use and check out materials at the Henry Madden Library.
- OLLI activity announcements about Fresno State events via email.

Short Courses

Fee Varies

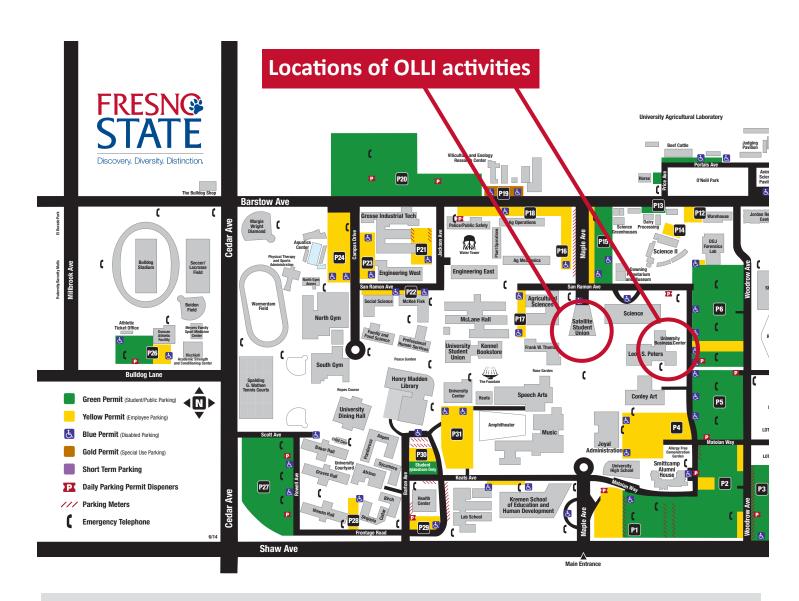
- Open only to OLLI members.
- Enjoy a wide variety of interesting topics.
- Registration is processed on a first-come, first-served basis.
- Short courses are self-supporting. A minimum enrollment is required or courses may be cancelled.

Field Trips

Fee Varies

- Open to members and non-members. Members get a lower price.
- Registration is processed on a first-come, first-served basis.
- Field Trips are self-supporting. A minimum enrollment is required or trips may be cancelled.
- Consumption of alcoholic beverages is not permitted in vehicles operated or provided by OLLI.
- Caregivers for members MUST pay for Field Trip participation.

Field Trip Note: There may be delays on field trips beyond our control: weather, traffic or other unanticipated issues. We ask for your patience.



Osher Lifelong Learning Institute

5245 N. Backer Avenue, M/S PB5 Fresno, CA 93740 559.278.0008 Email osher@csufresno.edu

www.FresnoState.edu/olli

Disabled Parking: Fresno State parking lots have clearly designated parking spaces for the disabled. A valid DMV placard or disabled license plate, **as well as a campus parking permit, is required to be displayed.** The Osher Lifelong Learning Institute is not responsible for parking violations.

OLLI Advisory Council

Nancy Busch Leticia Reyna Cano Dawn Diestelkamp Alcidia Freitas Gomes Nancy Kast Lanny Larson

Scott Moore, PhD Dean, Continuing and Global Education

Jill Wagner, APR Executive Director *Katie Bewarder* Development Director

Judy MacDonald

MaryEllen Ogle

Lois Rigsbee Valerie Vuicich

Jim Wilson

Classroom Temperature: The temperatures in rooms of OLLI classes may vary and we often don't have local control of the thermostats. If you are sensitive to ranging temperatures, we suggest you dress in layers so you can make adjustments to ensure personal comfort.

Please note: Should you register for a specialized class, you should have access to the materials/equipment needed for the class. Examples: If you register for an iPhone class, you should have an iPhone to learn on; if you register for a digital photography class, you should have access to a digital camera.

Members of the Fresno State OLLI must comply with the University Code of Conduct for Students.

OLLI Fall 2019 General Session Descriptions



3 - 4:30 p.m. Satellite Student Union

U.S. - Mexico Relations: Distant Neighbors or Closer Friends?

Dr. Alex Saragoza

This lecture will examine three issues that vex the contemporary relationship between Mexico and the United States: the revisions of the former NAFTA accord; immigration and the border wall; and the illicit drug trade. The recent election of a new Mexican president, and the upcoming 2020 presidential contest in the U.S., point toward a testy, tense scenario for the relations between the two nations. The talk will also give specific attention to how the Central Valley figures in this binational context. Dr. Saragoza is a professor emeritus at UC Berkeley and a valley native.



3 - 4:30 p.m. Satellite Student Union

Stories Written In Bones

Dr. Chelsey Juarez

Bones can tell more than one story about a person. The skeleton, teeth and hair can give insight into a person's life and help determine the cause of an individual's death. Forensic anthropologists can even use their research and expertise to determine where a person was born. Dr. Juarez is an assistant professor of anthropology and a practicing forensic anthropologist with 15 years of experience, performing forensic case work in California, North Carolina, Virginia, Illinois, and Missouri. She will provide an overview of what forensic anthropologists do and how they do it. The audience will then see evidence from an adjudicated death penalty case and make their own determinations based on the evidence as honorary forensic anthropologists.

3 - 4:30 p.m. Satellite Student Union

Soul Calling: A Photographic Journey Through the Hmong Diaspora

Joel Pickford

Photographer/author Joel Pickford will present an informative slide lecture about his eight year project documenting Hmong culture, from the vegetable farms of California to the mountains of Laos. Joel's book, Soul Calling, follows the exodus of Hmong refugees from the aftermath of the CIA's secret war in Laos to squalid refugee camps in Thailand, and finally to a challenging new life in America. The book was a finalist for the 2013 Northern California Book Award in Creative Nonfiction. Joel will sign copies of the book for those who bring them. You can purchase the book on the publisher's website at: www.heydaybooks.com/ book/soul-calling



OCTOBER

OCTOBER 30 Wednesday 3 - 4:30 p.m. Satellite Student Union

Understanding Gender -Changing Definitions in A Changing World

Dr. Kathryn Forbes

Gender variation has existed throughout history and all over the world. And in every society, some people do not conform to the dominant ways of thinking about sex and gender. This cross-cultural record is instructive for it encourages us to re-examine our own ideas about gender, biological sex, and sexual identity. Come learn what scholars, especially anthropologists, are saying about contemporary understandings of gender and sexual identity. Through respectful dialogue, we will explore how gender variation in the U.S. challenges our assumptions about biological difference, behavior, and social roles.

NOVEMBER 6 Wednesday

DECEMBER

Tuesday

3 - 4:30 p.m. Satellite Student Union

The Dreamt Land: Chasing Water and Dust Across California

Mark Arax

Acclaimed author and journalist Mark Arax will discuss his bestselling book, The Dreamt Land: Chasing Water and Dust Across California. The Dreamt Land is a vivid, searching journey into California's capture of water and soil – the epic story of a people's defiance of nature and the wonders, and ruin, it has wrought. This is a heartfelt, beautifully written book about the land and the people who have worked it – from gold miners to wheat ranchers to small fruit farmers and today's big ag. Mark Arax is from a family of Central Valley farmers, a writer with deep ties to the land who has watched the battles over water intensify even as California lurches from drought to flood and back again. The Dreamt Land has earned critical praise and sits on two bestseller lists.

3 - 4:30 p.m. Satellite Student Union

Taco Bout Progress: How Food Events Have

Changed Peoples' Minds About Fresno

Mike Osegueda

Have tacos changed Fresno's national reputation? It sure seems like they have. Have food trucks and breweries helped kickstart the revitalization of Downtown Fresno? Indeed they have. Mike Osegueda is the man behind Fresno's nationally-known Taco Truck Throwdown, the downtown-filling FresYes Fest and popular monthly events such as Tacos, Brews & Jams and Fresno Street Eats. Before he was throwing some of Fresno's biggest food events, he was chronicling our city, its inferiority complex and its national reputation as a columnist for The Fresno Bee. He'll tell you how the road to a better Fresno is lined with taco trucks.

OLLI Fall 2019 Short Course Descriptions

September 4, 11, 18, 25 WEDNESDAYS	 1 - 2:30 p.m. PB194 Tai Chi Presenter: David Ortiz Tai Chi builds strength, stamina and improves balance, as well as physical and mental concentration. Tai Chi is an ancient Chinese style of martial arts comprised of exercises that emphasize breathing control along with whole body movements with bent knees and slow flowing motions. Tai Chi exercises can be modified according to physical conditions, allowing each person to perform within their range of motion.
September 5, 12, 19, 26 THURSDAYS	10 - 11:30 a.m. PB191 Exploring the California Missions Presenters: Pat Hunter & Janice Stevens Join Pat Hunter and Janice Stevens as they take you on a visual journey of the 21 California Missions and the asistencias (submissions) associated with them. Under the leadership of Father Junipero Serra, followed by friars who continued his work, the missions reflect the earliest days of California's history. Trace the founding fathers' steps on the El Camino Real and diversions from the main road to establish the missions from the earliest in San Diego to the last founded in Sonoma.
September 5, 12, 19, 26 THURSDAYS	10:30 a.m 12 p.m. PB192 The Dutch Golden Age of Frans Hals, Judith Leyster, Rembrandt and Vermeer Presenter: Dr. Gina Strumwasser The Dutch Golden Age examines the visual culture of the Netherlands by focus- ing principally on the artists of the 17th century. Compassionate, ambitious and devout Protestants, the Dutch were the first in Europe to consider the plight of the poor, orphaned, aged and unschooled. The Netherlanders also produced some of the most remarkable painters of the Baroque. The intent of the class is to evaluate the inspired impact of the Dutch Republic during the dynamic period of the 17th century.
September 5, 12, 19 THURSDAYS	2 - 3:30 p.m. PB191 Remote Viewing: Traveling the Entangled Web of Time and Space Presenter: Aaron Drake This class is the culmination of all of Aaron's previous class lectures put into prac- tical use. You'll learn how to remote view and practice the process of navigating across the space-time dimensional constructs. Join us on this voyage of mysticism,

science and intrigue. This is a fun and highly interactive lab type class. No prior

experience is required. Please bring a notebook.

September

MONDAYS

MONDAYS

October

7

October

7,14

6 FRIDAY

September

9, 16, 23, 30

September

9, 16, 23, 30

\$40

\$50

1:30 - 3 p.m. PB192

Uber & Lyft

Presenter: Cristian Juarez

It's almost like having a chauffeur! Hire a private driver to pick you up and take you to your destination at a very reasonable rate with the tap of a button on your phone. The nearest driver is often at your pickup location within minutes. *NOTE: Install the free Uber and Lyft apps onto your phone and create an account for yourself before the class. Get them online from the iTunes store, Google Play or other application provider.*

10 - 11:30 a.m. PB194

Jane Austen for the 21st Century Reader, Vol. 2 Presenter: Heather Parish

Take a deep-dive into two of Jane Austen's darker novels, "Sense and Sensibility" and "Mansfield Park". We'll study the novels, their context during Austen's time, and what they have to say to readers in the 21st Century. Primarily focused on class discussion, the course will also present information relevant to the Regency period to enrich the reader's understanding and enjoyment of the novels.

10 - 11:30 a.m. PB192 **Texas Hold 'Em poker**

Presenter: Sky Matsuhashi

Learn strategies that you can confidently implement in your next home game or journey to the local cardroom. We will cover how to play, good starting hand choices, post-flop decisions, player types and how to exploit their weaknesses. Poker is best learned by playing, so most of each class will be dedicated to playing and utilizing the strategies we learn. This class is intended for beginning to intermediate poker players, but all are welcome.

2 - 3:30 p.m. PB191

The Big Fresno Fair

Presenter: Lauri King

Come get an overview of the upcoming 2019 Big Fresno Fair from deputy manager Lauri King, who will help you get excited about planning a personal trip to the fair on your own time. She'll highlight what's new at the fair along with things you won't want to miss.

Note: October 7 is Seniors Day at the fair where those age 62 and better enjoy fair entry for free from 9 a.m. -1 p.m., along with a special Seniors' Lifestyle Expo throughout the grounds.



September



10, 17, 18 TUES & WED

\$25

September

Tuesday 9/10 | 10:30 a.m. - 12 p.m. (lecture) PB191 Tuesday 9/17 and Wednesday 9/18 | 11 a.m. - 12:30 p.m. (visits)

An Understanding of Central Valley Religions

Presenter: Ronald Orozco

Former Fresno Bee reporter Ron Orozco reported on hundreds of places of worship during his time as the newspaper's religion reporter. In this course you'll be introduced to the Jewish and Hindu faiths, first with an in-class instructor overview, followed by onsite visits to learn more. You'll provide your own transportation and meet the instructor at the places of worship. The class will visit Temple Beth Israel on Tuesday, Sept. 17 at 11 a.m. and visit the Hindu Temple of Fresno at 11 a.m. on Sept. 18. Details provided upon registration.

September October 10, 17, 24 1 TUESDAYS

September

13, 20, 27

FRIDAYS

\$35

2:30 - 4 p.m. PB191

Lincoln's Private Secretary John George Nicolay: His White House Persepctives and Creation of the Lincoln Image

Presenter: Dr. Allen Carden

The book titled "John George Nicolay - The Man in Lincoln's Shadow", co-authored by Thomas J. Ebert and Allen Carden, was published in June, 2019. This is the first scholarly biography of the German immigrant who became acquainted with Lincoln in Illinois, served as his presidential private secretary throughout Lincoln's entire time in office, and in 1890 published a 10-volume history/biography of Lincoln and his era. We will explore his life and devotion to Lincoln and his views of life and work in the White House during the Civil War, largely through his voluminous correspondence with his fiancée, Therena Bates.

10 - 11:30 a.m. PB191

Historic Preservation: An Introduction

Presenter: Laura Groves Van Onna

Historic preservation is a conversation with our past about our future. This course introduces histories and theories of historic preservation, as well as a glimpse of its origins and current status in Fresno. Preservation is not necessarily about keeping everything as it is, but about managing development - retaining a sense of place while considering adaptation and innovation for present and future needs. The instructor is an historic preservation specialist for the City of Fresno.

1:30 - 3 p.m. PB194

Publishing for the Aspiring Author

Presenters: Jaguar Bennett & Heather Parish

What's the difference between traditional publishing and self-publishing and which is the best option for you? This overview on the ins-and-outs of the publishing world will help aspiring authors better know what to expect when pursuing a publishing contract or publishing for themselves. Jaguar Bennett and Heather Parish use their 17 years of experience in the industry to guide you to the right options for your book.

September 16 MONDAY

September	October	
16, 23	7, 14	
\$35 MON	DAYS	
September	October	

MONDAYS

7, 14, 21, 28

3 - 4:30 p.m. PB191

Citizenship, Migration & Democracy in Fresno

Presenter: Dr. Sergio Juarez

This course will study the context of migration between Mexico and the U.S. We will detail the economics, political, and cultural factors impacting migration between both countries. We'll dig into past and current factors that impact the Fresno community. You will learn details of migration and the complex rules impacting myriad cases. Additionally, we will explore how the complexity of migration shapes the Fresno political landscape.

1 - 2:30 p.m. PB194 and PB191 (10/21 only)

Basics of Acting

Presenters: Laurie & Emily Pessano

Come learn the basics of acting, whether you plan to audition or not. Acting skills can improve your life in communication, the ability to deliver an authentic message, overcoming shyness, and awareness of how you are perceived. You'll gain a greater understanding of acting, expression and movement. You'll learn what directors seek in casting and from their actors' performances. This isn't just a lecture class - participation is key! Come gain confidence from the best!

2 - 4 p.m. PB192

Limiting Your Tax Exposure in Retirement

Presenter: Aaron McKell

We can all agree it is important to be patriotic, but not overly-patriotic when it comes to paying our taxes. Tax planning is an essential component of a successful financial plan, especially in retirement. Join us to learn simple and effective strategies which can work to lower your tax burden.

• 10 a.m. - 12 p.m. PB192

Radiate Positivity

Presenters: Dianne Callahan & Jill Wagner, APR

Some of the negative issues in our world can leave us exhausted and heartsick. While we may not be able to solve the world's problems as individuals, we can reduce negativity and put more positivity and light into the world. In this fun and interactive workshop, we will work on tangible things we can do - daily, weekly, monthly - to radiate positivity!

1:30 - 3:30 p.m. PB192

Put Siri to Work for You

Presenter: Cristian Juarez

Siri is an intelligent assistant that offers a faster, easier way to get things done on your Apple devices. Siri can make calls or send texts for you, set alarms, timers, and reminders, get directions, and preview your calendar. Siri can do it all without you ever having to pick up a device. Quickly check facts, do calculations, or translate a phrase into another language is as simple as asking. *Note: Please bring your Apple device with you and make sure it is updated to the latest iOS.*



23, 30

\$50

September 27 FRIDAY

September 27 FRIDAY

October

1, 2

TUES. & WED.

Includes wine tasting and

October

2, 9, 16, 23

WEDNESDAYS

commemorative glass.

\$30

\$35

Tuesday 10/1 | 10 - 11:30 a.m. PB191 Wednesday 10/2 | 11 a.m. - 1 p.m. Fresno State Nursery / Farm Market

Fresno State Nursery and Farm Market

Presenter: Calliope Correia

The Fresno State University Agricultural Laboratory is a working, producing farm, offering hands-on practice for students in all aspects of agriculture. In the class-room on Oct. 1, we will discuss farm enterprises, research projects, and review products that are grown and raised at Fresno State, via a (virtual) tour! On October 2, in the shaded courtyard of the Fresno State Horticulture Nursery, we will sample many of the products the farm produces and answer questions about the farm. We will then walk two blocks to the Gibson Farm Market to taste Fresno State wines. Participants will receive a commemorative wine glass. *Note: Part 2 of this class requires walking and standing for long periods of time.*

3 - 4:30 p.m. PB191

American Values and Philosphy

Presenter: Dr. Andy Fiala

This course will explore the question of what it means to be an American from a philosophical perspective, with a special focus on philosophers in the American tradition: Ralph Waldo Emerson, Henry David Thoreau, John Muir, William James, John Dewey, Jane Addams, and others. Topics will include questions about immigration and identity, justice and inclusion, nature and technology, and hope for progress. Contemporary affairs will be discussed from a philosophical perspective.

2 - 3 p.m. PB191

OLLI Annual Overview

Presenters: OLLI Director Jill Wagner & Advisory Committee Members

Join us for an annual overview of your Fresno State OLLI program, including results from the recent survey, and updated membership information. Did you know that the Fresno State OLLI program is self-sustaining and receives no State support? We'll review how courses are developed, how to become a volunteer and where we hope to head in the next year. Free to OLLI members.



Netflix & YouTube TV

Presenter: Cristian Juarez

Why give cable companies hundreds of dollars when the future is here? Use Netflix to watch series and movies on your TV, mobile or tablet device or learn how to use the same devices to watch TV programing through YouTube TV much cheaper than regular providers. Stream full seasons of exclusive series, hit movies, and current episodes with no hidden fees, or equipment rentals. *Note: Please have your Netflix and YouTube TV account(s) established before the session as that will not be covered.*





October

7, 14, 21, 28 MONDAY

October

8, 15, 22, 29

TUESDAYS

\$35

\$35

10 - 11:30 a.m. PB191

The History of Geometry

Presenter: Elena Diestelkamp

Don't be square, come join us as we traverse the history of basic Euclidean geometry, including what it is, where it came from, its uses past and present, and the people who have contributed to its development. This is not a computational class, though there will be hands-on demonstrations. You'll have a great time learning to appreciate geometry, so line up and join the circle!

9 - 10:30 a.m. PB191

Art of the Belle Époque in Paris

Presenter: Susana Sosa

The Belle Époque (Beautiful Age), began in the last decades of the 19th century and ended with the onset of WWI. Inspired by a sense of optimism, popular artists of this time depicted the joyous and fashionable aspects of life in the modern city. Fashion, café society, horse races, opulent balls and other pleasures inspired a number of artists whose works contributed to a long-standing image of Paris as the capital of glamour. In looking at the artworks, we will also consider the ways these idealized images hid tensions and disparity in French society.

and interest? This course will discuss Mars' impact on people throughout the ages, the scientific study of it up to modern times, and how and why humanity

	the ways these facultized infuges hid tensions and disparity in French Society.
October November 15, 22, 29 5, 12 TUESDAYS	1 - 3 p.m. PB192 and PB191 (10/22 only) Stories Save Our Lives. They are the Invisible Thread that Binds Each of Us to the Other Presenter: Armen Bacon
\$50	Everyone has a story. Rediscover yours in this five-week memoir-writing course. Flex your memory muscle with creative writing prompts, lively group discussions and opportunities for sharing as you chronicle defining moments, joys, traumas, passions and dreams that have shaped and sculpted your life. This course in- cludes strategies for unlocking precious and fragile moments often tucked away, lost or forgotten.
October	• 10:30 a.m 12 p.m. PB191
16, 23	Hollywood's West: When Fact Becomes Legend Presenter: Paul Kaser
\$20 WEDNESDAYS	Through a review of popular Westerns, we'll explore how Hollywood in its portrayals of women and men of the frontier characterized, in ways both iconic and ironic, what it means to be an American.
October November	▶ 10 - 11:30 a.m. PB191
17, 24 7, 14	The Allure of Mars Presenter: Larry Parmeter
\$35 THURSDAYS	Mars has fascinated humans ever since the earliest peoples looked into the nighttime sky and saw a blood red dot moving among the stars. Why has Mars, more than any other celestial body, gained such a hold on human imagination

may eventually travel to and live on it.

October

24

October

25

FRIDAY

THURSDAYS

November

7, 14, 21

THURSDAY

\$10

\$10

\$35

October

31

2 - 3:30 p.m. PB191

The Future of Water in California

Presenter: Ben Ewell, Attorney at Law

This talk will look into the future of California's most valuable asset - its water supply. The story of water in the past was that of larger than life people, projects and politics. The story of water in the future is that of more interests - urban, ag and environment - all competing for the same water, with more regulation, the Sustainable Groundwater Management Act and the search for more creative solutions to its use.

1:30 - 3 p.m. PB191

Fresno's Wilson Island Historic District

Presenter: Dr. Jeanine Raymond

Wilson Island, one of four historic districts in Fresno, is part of a 1908 subdivision by landowner Rosanna Cooper Wilson. She took a personal interest in the development of this neighborhood, now part of the Tower District. The high-class residences attracted the wealthy power brokers of the era. Today the architecture of many of its 80 homes has been noted by national experts. Learn about the woman who created it and her connection to Spanish and Mexican land grant families.

2 - 3:30 p.m. PB192 Succeed at Getting the Best Health Care for You - A Guide for the Consumer

Presenter: Ramon Nefueld, M.D., M.P.H.

Learn the ins and outs of health care to successfully get the best medical care you want and need. This course provides skills, tips and tools related to receiving healthcare. Learn more about our health care system; effective preventive care and healthy aging; coping and caregiving strategies as one receives health care services; improving health care decisions related to your care at the end of life; and tips for successful navigation of the health care world.

10 a.m. - 12:30 p.m. PB194

Painting for Stress Relief

Presenter: Laura Fraedrich

This class is perfect for the self-proclaimed 'non-artist' as well as anyone else that wants a relaxing and creative experience as we explore the beauty that can come from an easy and simplistic painting technique. You'll get watercolor tiles to draw simple, basic shapes on, then we will use richly pigmented watercolor paint to color them in. You will become mesmerized by watching the colors blend and dance together on each tile, creating beautiful textures and shades.

10 - 11:30 a.m. PB191

The U.S. Becomes an Imperial Power 1846-1945

Presenter: Gary Walker

An analysis of the Mexican War, 1846-48; the Spanish-American War, 1898; World War I, 1917-18; and World War II, 1941-45. We'll discuss why we fought, the cost in dollars and manpower, the caliber of our civilian and military leaders, and the short and long-term ramifications of each conflict.



November 5, 12, 19 TUESDAYS November

7, 14, 21 THURSDAYS

November

8

FRIDAY

November

12

\$25

\$10

10:30 a.m. - 12 p.m. PB192

Current Events

Presenter: Lanny Larson

Information comes at us with such velocity and volume; it is hard to keep up. And it seems harder still to express our opinions about what we read, see, hear and hear about in a thoughtful way, even with others who don't share our point of view. Lanny Larson, retired from a 50-year career editing and reporting news, will lead discussions about current events, reliable sources, civilized disagreement and more.

▶ 1:30 - 3:30 p.m. PB192

iOS13

Presenter: Cristian Juarez

Get the most out of your iPhone or iPad and learn about iOS 13 - Apple's operating system to be released this fall with a long list of new features. Discover the functionality and potential of your iPhone or iPad with the newest updates to the operating system. *Note: Bring your Apple device with you and make sure it is updated to the latest iOS.*

2 - 4:30 p.m. PB194

Watercolor Greeting Cards

Presenter: Laura Fraedrich

Nothing says "I love you," like a handmade gift so give your loved ones a card that you created yourself! This workshop will feature watercolor painting, plus a few other odds and ends for embellishing. You'll create several beautiful cards that will both impress and warm the hearts of the lucky recipients. There will be lots of inspiration to choose from, or come with your own ideas! You'll leave with extra blank cards and supplies so you can make even more at home!

2 - 4:30 p.m. PB194

Mosaic Holiday Ornaments

Presenter: Laura Fraedrich

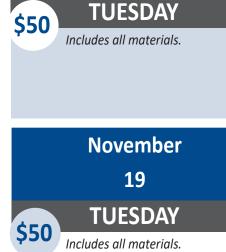
Create beautiful textures and colors with polymer clay and turn them into sparkly holiday ornaments that will be the focal point on your Christmas tree! You'll learn the basics of working with clay, how to bake it, and how to use different techniques to make unique and colorful designs. You'll make a variety of clay tiles, then arrange them into three eye-catching ornament sized mosaics.

2 - 3:30 p.m. PB191

Picking the Perfect Dog

Presenter: Kit Perry

Dog behavior consultant and trainer, Kit Perry, owner of Creature Coach Animal Training, will guide you through the many choices of choosing a new dog or puppy. Choosing just the right dog that suits your lifestyle can be the difference between complete joy or years of stress and frustration. Should you adopt from a shelter or purchase from a breeder? What should you look for in a good rescue organization or breeder? We will touch on things to do when first bringing home a new dog and how to properly introduce them to pets you may already have.



November 20 \$10 WEDNESDAY

Coro Solare Choir

If you want to sing with a choir, consider joining Coro Solare.

 Coro Solare operates under the auspices of the Fresno Community Chorus Inc. There are no auditions and previous experience is helpful, but not essential. Designed to be a choir that meets only during daylight hours, Coro Solare rehearses
 Tuesdays from 2-4 p.m. at the Willow Avenue Mennonite Church at 2529 Willow Ave., Clovis, CA 93612. The church is exceptional with its lighting, handicap accessibility, and parking.

While there are some singalong possibilities in Coro Solare, the focus of the group is on presenting classical concerts with professional accompaniment. Yearly dues currently are \$70, and members are asked to purchase their own music (typically under \$25 per concert).

For information contact:

Charlotte Gordon (559) 855-2113 | charlotte93667@gmail.com Kathy Nesbit: kathieanddavenes6@gmail.com or Anna Hamre: ahamre@csufresno.edu

You don't need to work through OLLI – you make your own arrangements to participate. If you are interested, make contact as soon as possible.





LIFELONG LEARNING LIVES HERE.

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As a proud sponsor of the **OSHER LIFELONG LEARNING PROGRAM**, we believe in the power of engaging the mind, energizing the body and enlivening the spirit.

At The Windham, you'll discover an intentional community of like-minded peers living fulfilling lives during retirement. Located in one of the most desirable neighborhoods in Fresno, The Windham takes a holistic approach to lifestyle, health and wellness with supportive services that enrich, encourage and enhance life.

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Book Club

9:30 - 11 a.m. FRIDAYS



Presenter: Kay Davies

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
6	4	1	6
PB194	PB194	PB194	PB194

Friday Endurance

September 6

PB194

A veteran of four space flights and the American record holder for consecutive days spent in space, Scott Kelly has experienced things very few have. Now, he takes us inside a sphere utterly hostile to human life. He describes navigating the extreme challenges of long-term spaceflight—the devastating effects on the body, the isolation from everyone he loves and the comforts of Earth, the pressures of constant close cohabitation, and the catastrophic risks of depressurization or colliding with space junk. But perhaps the most haunting challenge is that of being unable to help should tragedy strike at home, something Kelly knows about firsthand. Kelly's humanity, compassion, humor, and passion resonate throughout, as he recalls his rough-and-tumble New Jersey childhood and the youthful inspiration that sparked his astounding career.

Friday Becoming

October 4

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America-the first African American to serve PB194 in that role—she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare. In her memoir, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address.

The Founding Mothers Who Raised Our Nation Friday

November 1 While much has been written about the men who signed the Declaration of Independence, battled the British, and framed the Constitution, the wives, mothers, sisters and daughters they left behind have been little noticed PB194 by history. New York Times bestselling author Cokie Roberts brings us women who fought the Revolution as valiantly as the men, often defending their very doorsteps. Drawing upon personal correspondence, private journals, and even favored recipes, Roberts reveals the often surprising stories of these fascinating women, bringing to life the everyday trials and extraordinary triumphs of individuals like Abigail Adams, Mercy Otis Warren, Deborah Read Franklin, Eliza Pinckney, Catherine Littlefield Green, Esther DeBerdt Reed and Martha Washington and proving that without our exemplary women, the new country might have never survived.

Friday The Ravenmaster - My Life with the Ravens at the Tower of London

December 6

The ravens at the Tower of London are of mighty importance: rumor has it that if a raven from the Tower should PB194 ever leave, the city will fall. The title of Ravenmaster, therefore, is a serious title indeed, and after decades of serving the Queen, Yeoman Warder Christopher Skaife took on the added responsibility of caring for the infamous ravens. In The Ravenmaster, he lets us in on his life as he feeds his birds raw meat and biscuits soaked in blood, buys their food at Smithfield Market, and ensures that these unusual, misunderstood, and utterly brilliant corvids are healthy, happy, and ready to captivate the four million tourists who flock to the Tower every year. A rewarding, intimate, and inspiring partnership has developed between the ravens and their charismatic and charming human, the Ravenmaster, who shares the folklore, history, and superstitions surrounding the ravens and the Tower.

by Cokie Roberts

by Christopher Skaife

by Michelle Obama

by Scott Kelly

OLLI Fall 2019 Field Trips

Field Trip Note: There may be delays on field trips beyond our control: weather, traffic or other unanticipated issues. We ask for your patience.

SEPTEMBER **26** Thursday

5:30 a.m. - 7 p.m.

San Francisco Giants vs. Colorado Rockies Game And Private Batting Practice

Location: Willie Mays Plaza, San Francisco, CA Members \$150 Non-Members \$190 Price includes transportation, tour and game admission.

Maximum Capacity: 30

Last Day To Register: August 29



It's the ballpark where home runs can be "splash hits", the breathtaking Bay views rival the action on the field and where one of baseball's most hallowed franchises plays inside an architectural landmark. A special pre-game tour will allow us to walk through the public areas of the stadium, including the Giant Vault, before the gates are opened to the public. During the guided tour you will learn about the history of the team and their beautiful waterfront wonder of a ballpark. You may also have a chance to sit and watch the Giants begin on-field batting practice after which we will cheer the Giants on as they play the Colorado Rockies in the battle of the NL West.

NOTE: The Private Batting Practice is subject to the players' willingness to have one before the game, there is a small chance players choose not to have one. It is anticipated that we will tour before the batting practice and the length will vary based on whether or not the batting practice takes place.

OCTOBER **10** Thursday

7 a.m. - 7 p.m.

California Academy of Sciences Behind-the-Scenes Tour

Location: Golden Gate Park, San Francisco, CA Members \$150 Non-Members \$190 Price includes transportation behind-the-scenes i

Price includes transportation, behind-the-scenes tour and general admission.

Maximum Capacity: 30

Last Day To Register: September 10

Life-changing moments. World-changing science. It's an aquarium, planetarium, rainforest, and natural history museum in the heart of San Francisco's Golden Gate Park—and a powerful voice for biodiversity research and exploration, environmental education, and sustainability across the globe. Come join us for a behind-the-scenes tour and an opportunity to view the Osher Rainforest - a magnificent neotropical rainforest that stretches 90 feet above with 1,600+ live plants and animals. The San Francisco-based Bernard Osher Foundation made a \$20 million donation to the new Academy project in support of the living roof and the four-story Osher Rainforest exhibit.



12 - 2 p.m. Disover Your Family Tree through Genealogy

Location: Fresno Heritage Center at the Central Library 2420 Mariposa Street, Fresno, CA

Members \$20 Non-Members \$35

Price includes admission only.

Maximum Capacity: 40

Last Day To Register: October 4

Learn how to get started researching your family's story at the Heritage Center of the Fresno County Public Library Central Branch. Melissa Scroggins and volunteers from the Fresno County Genealogical Society will introduce you to the resources available locally and online.



• 10 a.m.

Hiking on the McKenzie Table Mountain Preserve

Location: McKenzie Preserve - registrants will receive information on where to park and meet. Members \$15 Non-Members \$25 Price includes registration.

Maximum Capacity: 30

Last Day To Register: September 23

Enjoy the beauty of the great outdoors with this approximately 3-hour hike on the McKenzie preserve. This docent-led hike along the Discovery Trail on the McKenzie Preserve is an easy, family-friendly hike filled to the brim with cultural and natural information about this iconic Preserve. You don't want to miss this opportunity to enjoy nature at its finest on this legacy landscape. This hike is organized by the Sierra Foothill Conservancy.

NOTE: This is a 3-hour hike outdoors that requires hiking, walking and standing on uneven, unpaved surfaces. This is not a stroll through the mall. Those registering will get instructions on what to bring.





10 a.m. or 11 a.m. The San Joaquin and Sierra Railroad Tour

Location: Clovis, CA - Adress will be provided Members \$15 Non-Members \$20 Price includes behind-the-scenes tour. Maximum Capacity: 40 (20 for 10 a.m. tour; 20 for 11 a.m. tour)

Last Day To Register: November 8



The San Joaquin and Sierra Railroad is a G gauge garden railroad established in 2009 in a private backyard. The level of detail and the collection delights both railroad enthusiasts and those who appreciate the detail that goes into scaled-down models. Charm and authentic detail will capture all visitors to the Railroad Garden. The San Joaquin & Sierra RR operates using AirWire 900 remote control and Phoenix sound. Engines are electric with a roster of 1:20.3 engines and 1:29 engines. The layout generally represents the 1930s through the 1980s and is mostly rural in nature. Buildings are made of either detailed welded steel or precision board construction. Switches are pneumatically controlled. All vegetation is real and watered using drip irrigation.

NOTE: This is a 45-minute walking tour with little seating available and no bathroom facilities. The yard is NOT accessible for wheelchairs or walkers.



10 a.m. - 5:30 p.m.

94th Annual Trek to the Nation's Christmas Tree Location: Sequoia and Kings Canyon National Parks Members \$85 Non-Members \$85

Price includes transportation from Sanger, champagne brunch and park admission.

Maximum Capacity: 50

Last Day To Register: November 20



The Fresno State OLLI is proud to partner with the Sanger Chamber of Commerce for the 94th Annual Trek to the Nation's Christmas Tree. The 1700 year-old General Grant Tree was declared the Nation's Christmas Tree in 1926 by President Coolidge. In 1956, President Eisenhower declared the tree a National Shrine as a memory to honor those who have given their lives for their country. The ceremony includes brief speeches, a choir singing Christmas songs, and the laying of a wreath at the base of the tree honoring those who made the ultimate sacrifice. It's a moving and memorable ceremony.

You'll drive to the Sanger Chamber office where you'll be welcomed with treats, coffee and mimosas. From there you'll be transported via luxury bus to the Sequoia and Kings Canyon National Parks where you'll enjoy a champagne brunch at the Grant Grove Restaurant. Then, we'll bus to the parking lot near the General Grant Tree and walk about ¼ of a mile on a paved walkway to the ceremony area. After the ceremony, we return to Sanger.

Note: The National Park Service transports those with limited mobility from the base of the trailhead to the ceremony area and back. They can only take a few people at a time so if you use this service, please be patient.

OLLI Fall 2019 Calendar

General Sessions Courses Field Trips

SEPTEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	10:30 AM Sedona Trip 4 Info Session 1 PM Tai Chi	10 AM CA Missions510:30 AM Dutch GoldenAge2 PM Remote Viewing	9:30 AM Book Club 6 1:30 PM Uber & Lyft
10 AM Jane Austen910 AM Texas Hold Em2 PM Big Fresno Fair	10:30 AM Central10Valley Religions2:30 PM Lincoln'sPrivate Secretary	1 PM Tai Chi 11 3 PM U.S Mexico Relations	10 AM CA Missions 12 10:30 AM Dutch Golden Age 2 PM Remote Viewing	10 AM Historic 13 Preservation
10 AM Jane Austen1610 AM Texas Hold Em1:30 PM Publishing3 PM Citizenship	11 AM Central17Valley Religions2:30 PM Lincoln'sPrivate Secretary	11 AM Central18Valley Religions1 PM Tai Chi3 PM Stories Written inBones	10 AM CA Missions 19 10:30 AM Dutch Golden Age 2 PM Remote Viewing	10 AM Historic 20 Preservation
10 AM Jane Austen2310 AM Texas Hold Em1 PM Basics of Acting3 PM Citizenship	2:30 PM Lincoln's 24 Private Secretary	1 PM Tai Chi 25 2 PM Tax Exposure	5:30 AM Giants Game 26 10 AM CA Missions 10:30 AM Dutch Golden Age	10 AM Historic27Preservation10 AM Radiate Positivity1:30 PM Siri
10 AM Jane Austen3010 AM Texas Hold Em1 PM Basics of Acting				

OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10:30 AM Fresno 1 Nursery & Farm Market 2:30 PM Lincoln's Private Secretary	11 AM Fresno Nursery ² & Farm Market 3 PM American Values & Philosphy	2 PM OLLI Annual 3 Review	9:30 AM Book Club 4 1:30 PM Netflix & YouTube TV
10 AM Jane Austen 10 AM Texas Hold Em 10 AM Geometry 1 PM Basics of Acting 3 PM Citizenship	9 AM Belle Epoque 8	3 PM American Values ⁹ & Philosphy	7 AM California 10 Academy of Sciences Behind-the-Scenes Tour	11
10 AM Texas Hold Em ¹⁴ 10 AM Geometry 1 PM Basics of Acting 3 PM Citizenship	9 AM Belle Epoque 15 1 PM Stories Save Lives	10:30 AM16Hollywood's West3 PM American Values& Philosphy	10 AM Allure of Mars ¹⁷ 3 PM Soul Calling: A Photographic Journey Through the Hmong Diaspora	18
10 AM Geometry 21 1 PM Basics of Acting	9 AM Belle Epoque 22 1 PM Stories Save Lives	10:30 AM23Hollywood's West3 PM American Values& Philosphy	10 AM Allure of Mars ²⁴ 12 PM Genealogy at Fresno Heritage Center 2 PM Future of Water	1:30 PM Wilson Islan ²⁵ Historic District
10 AM Geometry 28 1 PM Basics of Acting	9 AM Belle Epoque 29 1 PM Stories Save Lives	10 AM Hiking on the 30 Mckenzie Preserve 3 PM Understanding Gender - Changing Definitions	2 PM Best Health 31 Care	

General Sessions Courses Field Trips

NOVEMBER					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				9:30 AM Book Club	1
10 AM Painting for 4 Stress Relief	10 AM U.S. Becomes 5 Imperial Power 1 PM Stories Save Lives	3 PM The Dreamt Land 6 Chasing Water and Dust Across CA	10 AM Allure of Mars 7 10:30 AM Current Events 2 PM Best Health Care	1:30 PM iOS13	8
11 VETERANS DAY	10 AM U.S. Becomes 12 Imperial Power 1 PM Stories Save Lives 2 PM Watercolor Greeting Cards	13	10 AM Allure of Mars 14 10:30 AM Current Events 2 PM Best Health Care		15
18	10 AM U.S. Becomes 19 Imperial Power 2 PM Mosaic Holiday Ornaments	2 PM Picking the 20 Perfect Dog	10:30 AM Current 21 Events 2 PM Best Health Care		22
10 AM San Joaquin 25 and Sierra Railroad Tour	26	27	28		29

		DECEMBER		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUNDAY	2 3 PM Taco Bout 3 Progress - How Food Events Have Changed Peoples' Minds about Fresno	4	5	9:30 AM Book Club 6
10 AM 94th Annual Trek to the Nation's Christmas Tree	8			
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(See You	in the N	ew Yea	r

Osher Lifelong Learning Institute Registration – FALL 2019

PLEASE SEE REVERSE FOR MORE

Me	mber(s) Name(s)		
	iling Address/City/Zip		
Мо	de of contact: (in case of changes or cancellations)		
	Email address Phone		
	w did you hear about the Fresno State OLLI?		
	Previously a member Heard from a friend Newspaper Catalog Other		
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	MEMBERSHIP FEE		
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	SHORT COURSES – Available only with a paid membership		
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	Tai Chi (4 Wednesdays)	\$35/person	
	Exploring the California Missions (4 Thursdays)	\$35/person	
	The Dutch Golden Age (4 Thursdays)	\$35/person	
_	Remote Viewing: Traveling the Entangled Web of Time and Space (3 Thursdays)	\$25/person	
	Uber & Lyft (1 Friday)	\$10/person	
	Jane Austen for the 21st Century Reader, Vol. 2 (5 Mondays)	\$40/person	
	Texas Hold 'Em Poker (6 Mondays)	\$50/person	
	The Big Fresno Fair (1 Monday)	\$5/person	\$
	An Understanding of Central Valley Religions (2 Tuesdays & 1 Wednesday)	\$25/person	
	Lincoln's Private Secretary John Goerge Nicolay (4 Tuesdays)	\$35/person	
	Historic Preservation: An Introduction (3 Fridays)	\$35/person	
	Publishing for the Aspiring Author (1 Monday)	\$10/person	
	Citizenship, Migration & Democracy in Fresno (4 Mondays)	\$35/person	
	Basics of Acting (6 Mondays)	\$50/person	
	Limiting Your Tax Exposure in Retirement (1 Wednesday)	\$10/person	
	Radiate Positivity (1 Friday)	\$10/person \$10/person	
	Put Siri to Work for You (1 Friday)	\$30/person	
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	American Values and Philosophy (4 Wednesdays)	\$35/person	
	Netflix & YouTube TV (1 Friday)	\$10/person	
	The History of Geometry (4 Mondays)	\$35/person	
	Art of the Belle Epoque in Paris (4 Tuesdays)	\$35/person	
		\$50/person	
	Hollywood's West: When Fact becomes Legend (2 Wednesdays)	\$20/person	
	The Allure of Mars (4 Thursdays)	\$35/person \$10/person	
	Fresno's Wilson Island Historic District (1 Friday)	\$10/person	
		\$35/person	
	Succeed at Getting the Best health Care for You (4 Thursdays)	\$50/person	
	The U.S. Becomes an Imperial Power 1846-1945 (3 Tuesdays)	\$25/person	
	Current Events (3 Thursdays)	\$25/person	
	iOS13 (1 Friday)	\$25/person \$10/person	
	Watercolor Greeting Cards (1 Tuesday)	\$10/person	
	Mosaic Holiday Ornaments (1 Tuesday)	\$50/person	
	Picking the Perfect Dog (1 Wednesday)	\$30/person	
	Book Club (4 Fridays)	\$10/person	
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Osher Lifelong Learning Institute Registration – FALL 2019 page 2

FIELD TRIPS – Available to members and non-members	Member	Non-Member
San Francisco Giants vs. Colorado Rockies Game & Private Batting Pract	ice \$150	\$190
California Academy of Sciences Behind-the-Scenes Tour	\$150	\$190 \$
Discover Your Family Tree Through Genealogy	\$20	\$35 \$
Hiking on the McKenzie Table Mountain Preserve		\$25\$\$
The San Joaquin and Sierra Railroad Tour	\$15	\$20
94th Annual Trek to the Nation's Christmas Tree		\$85
		FIELD TRIP TOTAL \$ TOTAL FROM PAGE 1 \$
		* ANY ADDITIONAL GIFT TO OLLI \$

If you need a disability-related accommodation of wheelchair access information, please contact the OLLI office at 559.278.0008 or send an email to osher@csufresno.edu. Requests should be made at least one week in advance.

Photograph and media release (and Guardian if Participant is a minor) grants permission to Fresno State and the Osher Institute to use Participant's image appearing in any photographs, videotapes, motion picture or any other media for any of Fresno State's advertising or promotional purposes whatsoever, in perpetuity, throughout the world. If you do not agree please notify OLLI in writing prior to your participation in any OLLI event.

Please return this form with payment to: Fresno State OLLI 5245 N. Backer Avenue, M/S PB5 Fresno, CA 93740

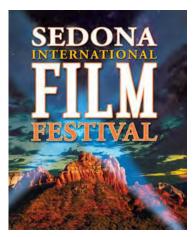
PAYMENT: We accept checks or money orders made payable to FRESNO STATE FOUNDATION. We cannot accept any registrations by phone.

CREDIT CARDS: If you are paying by credit card, please complete the information below and return with your registration form. This information will be destroyed after registration is processed.

Credit Card Type:	□Visa □MasterCard	□AmEx□	Expiration Date:	
Card Number:				Security Code:

Sedona International Film Festival: Cinematic Art Amid Red Rock Beauty

February 25 - March 1, 2020



The Sedona International Film Festival takes place among the grandeur of some of nature's most magnificent displays – the red rocks of Sedona. The Fresno State OLLI is partnering with Road Scholar to bring this travel program to you!

Engage in in-depth study of all aspects of cinema while attending the Sedona International Film Festival and Workshop. The Festival has achieved worldwide recognition as a lively showcase where

enthusiastic audiences and the next generation of filmmakers come together to participate in an inspiring celebration of independent film.

Attend premieres of six first-run and independent films (pre-chosen by the festival director andscreening committee because many films sell out in advance)

Go behind the scenes for discussions with filmmakers, producers and actors in conjunction with the Sedona Film School

Explore of this area famed for its red sandstone formations including field trips to the Frank Lloyd Wright-inspired Chapel of the Holy Cross, the Mexican-themed arts village of Tlaquepaque, and the historic mining town of Jerome





The Fresno State OLLI Travel Series

What is included

- 5 nights of accommodations
- 13 meals (5B, 4L, 4D)
- 8 expert-led field trips
- 3 expert-led lectures
- 2 performances
- An experienced Group Leader
- Road Scholar Assurance Plan
- Taxes and customary gratuities

\$100 deposit holds your spot

Courtyard Sedona \$1,549 per person, double occupancy; \$2,149 single. The new, upscale Courtyard Sedona is located on the edge of town, adjacent to Sedona's wilderness environs and nearby festival events; rooms and patio provide breathtaking views.

Learn more

Complete details and itinerary at www.fresnostate.edu/cge/olli

Attend a session about the trip:

Wednesday, September 4 10:30 - 11:30 a.m. PB191

Book now!

Call 1.800.454.5768 and let our Advisors know you're part of the group "OLLI at Fresno State." Program Number #16974PCR





California State University, Fresno 5245 N. Backer Avenue, M/S PB5 Fresno, CA 93740

CHANGE SERVICE REQUESTED

Join us on our Spring 2020 trip to Sedona!

See page 23 for details

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