

SUMMER 2019 CATALOG FOR THOSE AGE 50 AND BETTER

have a Bau.

# \$10 Summer Membership!

- \* University-level Courses
- \* Fascinating Keynote Speakers
- \* Activities



# Light Summer Learning!

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.

Join us as we live inspired!

#### **Membership Information**

\$10 Summer Membership

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 send in your registration as soon as possible. Non-members may attend Activities by paying the non-member registration fees for those individual activities (see details under the Activities listing in this brochure).

Membership fees are non-refundable and non-transferable. Members who must cancel their Activities or Short Courses will be refunded only if their space can be filled. Any refunds will be processed in August. No membership fees will be refunded.

You will receive a confirmation letter once we receive your registration and payment. We cannot hold space without a paid registration. Members must agree to follow the established University Code of Conduct.

#### **Parking**

OLLI incurs a parking charge; however, we do not to pass this cost on 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 parking citations received by those not in compliance with campus parking regulations.

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

#### **General Membership**

\$10 Per Person (Summer only)

- Admission to all scheduled General Sessions during Summer 2019.
- Opportunity to register for Short Courses and Activities as outlined on the schedule.
- Optional on-campus parking during all General Sessions and Short Courses.
- Privileges to use and check out materials at the Henry Madden Library, if requested.

#### **Short Courses**

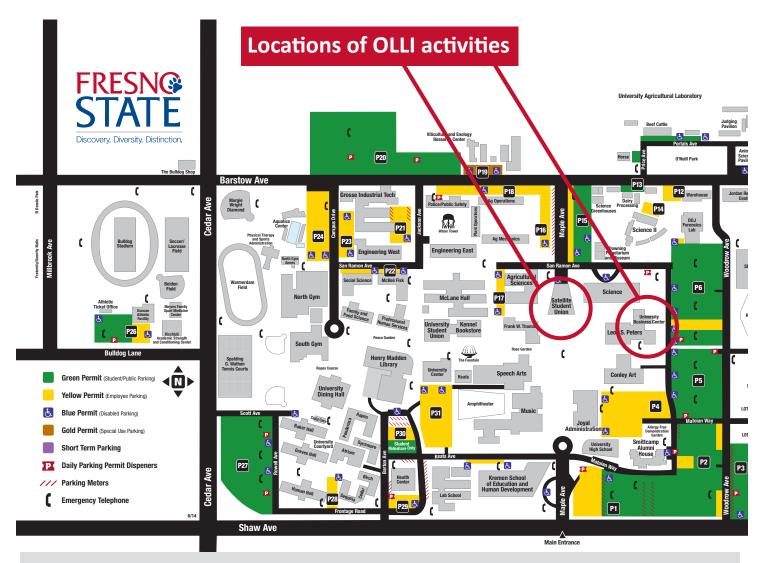
Fee Varies

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

#### **Activities**

Fee Varies

- Open to members and non-members.
- Members get a lower price.
- Registration is processed on a first-come, first-served basis.
- Activities are self-supporting. A minimum enrollment is required or activities may be cancelled.



#### **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 Judy MacDonald MaryEllen Ogle Lois Rigsbee Valerie Vuicich Jim Wilson

Scott Moore, PhD

Dean, Continuing and Global Education

Jill Wagner, APR
Executive Director

Lanny Larson

Katie Bewarder Development Director 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. Some classes provide materials and this is noted in the description.

### **General Sessions**

23
Tuesday

10 - 11:30 a.m. Satellite Student Union

#### A Brief History of Pinedale, CA

#### **David Rodriguez**

Join us for an overview of the little-known history of Pinedale, California. Pinedale was home to the Sugar Pine Lumber Mill in the 1920s and 30s, a detention camp in 1942 for those of Japanese ancestry, and served as Camp Pinedale, the home of the Western Signal Aviation Unit Center - the only post in the Air Force that activated, trained and prepared all Signal Aviation Units for the Army Air Forces for overseas movement.



31
Wednesday

10 - 11:30 a.m. Satellite Student Union

# Stormwater Capture - Turning a Nuisance into an Asset

#### Alan Hoffman

A California law passed in 2014 changed the way groundwater can be managed by local agencies across the State. The law requires critically over-drafted groundwater basins to balance the daily pumping with replenishment. This talk will describe how the Fresno/Clovis area has a unique storm drainage system that captures stormwater and puts it to beneficial use. While many communities look at storm water as a waste and nuisance, attendees will learn how this "nuisance" is captured and turned into an asset for the balance of water resources in our region.



Live Inspired!

### **Short Courses**

June July 25 2, 9 TUESDAYS



**10 - 11:30 a.m.** PB194 (July 9 location is outside TBD)

#### The Kindness Rock Project

Valerie Wolf

Let us take this opportunity to provide a moment of kindness with others. One message at the right moment can change someone's day and outlook. We will explore our creative selves by painting rocks with a message or quote on them. In the last session, we will place the rocks where others can find them. Materials will be supplied in class.





July August
1, 8, 15, 22, 29 5
MONDAYS

• **10** - **11:30** a.m. PB192 (July 8 & 22) PB194 (July 1, 15, 29, August 5)

#### Learn How to Play Texas Hold'Em Poker

Sky Matsuhashi

You will learn strategies that you can confidently implement in your next home game or journey to the local cardroom. We will cover how to play including good starting hand choices, post-flop decisions, player types and exploiting 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.

July 8, 15, 22, 29 MONDAYS

**9 - 10:30 a.m.** PB191

#### An Academic Introduction to Islam

Dr. Amine Tais

Using a critical academic lens, the course explores the development of Islam, covering various fields like theology, law, and mysticism as well as popular religiosity. Students will gain a solid grasp of many key concepts and important questions, including Sharia, jihad, gender issues and more. The book "A New Introduction to Islam, 3rd Edition" by Daniel Brown is suggested, but not required.

July 8, 15, 29 MONDAYS

1 - 2:30 p.m. PB191

### The Three Jewels - Discovering the Dynamic Unification of Mind-Body-Spirit

Aaron Drake

This class covers the Three Jewels known as mind, body, and spirit. We'll discover how each part relates to the other and how to influence their energies for improved overall health. Energy balancing, grounding, shielding, and other various aspects of energy work you might have heard about will be explained in depth. ESP is deeply related to one's energy, hence, there will be fun and easy exercises to enhance your abilities. This is a free flowing, highly interactive class. Questions about energy, paranormal, metaphysics and the like are encouraged.

July
11
THURSDAY

**10 a.m. - 12 p.m.** PB192

# Love, Loss and Networking: How to Survive Anything

**Beth Bridges** 

Known as the Networking Motivator, Beth Bridges has attended over 3000 business networking events. But after suffering a terrible loss in 2018, she was sharply reminded of the value of personal networking. Beth will share strategies and the psychology behind them to help you become better connected. These techniques can work for any personality style and skill set. You'll find out how to build and strengthen a personal network that will help you become more successful in every aspect of your life and be more resilient during and after setbacks and challenges.

July 12 \$10 FRIDAY **10 a.m. - 12 p.m.** PB194

#### **Editing to Write it Right**

Lanny Larson

Although editing usually improves our writing, most of us have only spell check and auto-complete programs to help. Whether you write for business, publication, personal correspondence, email, texts, tweets or social media, you want to be clear, concise and impressive. Editor and writer Lanny Larson draws on decades of experience for suggestions to help you be a better self-editor and more-effective writer.

July 12, 19, 26 FRIDAYS

10 - 11:30 a.m. PB192

#### **Use Your Digital Camera for Practical Projects**

Ken McCoy

This course will explain the basics of your digital camera use for special projects in everyday language in an interactive and fun way. Popular camera symbols/icons will be explained. Also, time-saving tips to preserve your camera investment - lenses, bag, travel, memory cards - will be shared. Please bring your camera to class.

July August
12, 19, 26 2
FRIDAYS

1 - 2:30 p.m. PB194

#### Tai Chi

**David Ortiz** 

A wellness exercise program for everyone and every body, 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. Tai Chi builds strength, stamina and improves balance, as well as physical and mental concentration.

July 16 TUESDAY

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

#### **How to Audition**

Terry Lewis

Have you ever thought about auditioning for a play or musical, but lost your nerve? Fear not! In this class, you'll learn where to get information on auditions, how to prepare, what to wear, and how to calm your nerves. Local all-around-talented-actor-singer Terry Lewis will give you tips and techniques based on his vast experience, and also let you know what directors are looking for in auditions.

July 16 TUESDAY **10 a.m. - 12 p.m.** PB194

#### **Speed Friending - How to Make New Friends**

Jill Wagner and Dianne Callahan

It was easy to make friends in school, and even when your kids were in school. Common activities threw you together with people who became friends. But through life, it seems harder to cultivate friendships, whether it's lack of time, lack of creativity or you honestly don't know how to make friends as an adult without feeling weird. This FUN session will help you recognize the things that could be holding you back from making friends, along with lots of strategies to find folks to be friends with. This is an active workshop so tell your inner introvert to shush for a few hours as we learn to "speed friend."

July 17 WEDNESDAY 10:30 a.m. - 1 p.m. PB191

#### Vertigo

Paul Kaser

Join us to view and discuss Alfred Hitchcock's classic 1958 film Vertigo, starring James Stewart and Kim Novak. Filmed on locations around San Francisco and in San Juan Bautista, Vertigo is considered by fans and film historians to be a classic of its kind (psychological thriller) and one of Hitchcock's greatest creations, enhanced by imaginative filming techniques, fine acting, and Bernard Herrmann's remarkable score. The class will follow-up with an optional guided on-site, film-related tour of San Juan Bautista. See the Field Trip section for more information.

July
17

WEDNESDAY
Includes materials

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

#### **Painted Lyrics**

Laura Fraedrich

Turn the words from your favorite song into a work of visual art! You'll use a paint pen to write out lyrics and then a variety of acrylic paints to turn it into your personal masterpiece. Use as few or as many of the lyrics as you'd like, or use a favorite quote or passage from a book. No experience is required for this fun and creative class which will be led by artist Laura Fraedrich.

July 18

**THURSDAY** 

Includes materials

\$50

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

#### **Mixed Media Collage**

Laura Fraedrich

Whether you suffer from "blank canvas syndrome" or you want to explore a different style of painting, this class will help your creativity flow. You'll use a variety of methods to apply paint (other than a paintbrush) and build layers until your background is complete. Then you'll paint your subject on top of the background. No experience is required for this fun and creative class which will be led by artist Laura Fraedrich.

July 18 THURSDAY **10 a.m. - 12 p.m.** PB192

#### Age Well, Drive Smart

Justin Foraker, CHP

The Age Well/Drive Smart program reviews how to keep you driving safely for as long as possible. This program is designed to help older drivers tune-up their driving skills, as well as provide a refresher of the rules of the road. We will also learn about normal age-related physical changes and how to make small adjustments to deal with them.

July August 19, 26 2, 9 FRIDAYS

**10 - 11:30 a.m.** PB194

#### **Learn How to Play Bridge**

Mary Lou Pease

Bridge is a super fun card game that's at the center of many social activities. Come learn how to play bridge if you have never played before and know little or nothing about the game. Learn in a supportive and stress-free environment from a bridge expert. Bridge sharpens your memory and is a great social game where you will meet many interesting people. Not only is bridge is competitive and great fun, you'll improve your strategic skills!

July 25 THURSDAY

**10 a.m. - 12 p.m.** PB193

#### **Hiking in Our Region**

Allyson Brooks

The Sierra Foothill Conservancy is a nonprofit organization that protects wildlife and preserves native flora and historic rangelands and provides educational and recreational opportunities for the community among other things. Allyson Brooks will tell you more about the Conservancy and will highlight the many hiking opportunities offered by the organization via docents.

July 30 TUESDAY

\$10

10 - 11:30 a.m. PB191

# Just the Right Amount! A Maximalist's Guide to Living Minimally without Sacrificing It All

Erin Melkonian

My name is Erin and I'm a maximalist. This has been my mantra for most of my adult life...more place settings to ensure I can throw the perfect dinner party, more picture frames to show off my incredibly cute family, etc. What I didn't realize amongst all the MORE was that I was actually ending up with LESS. I spent less time with my family due to the increased time it took to organize all my things. I had less money to save for my family's future. And a lot less room in my home for the things that actually brought me great satisfaction and joy. Join me as I take you through my journey of decluttering my home and creating the ultimate Happy Place.

August 1

\$35

\$35

**THURSDAY** 

Includes materials

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

#### **Artist Trading Card Workshop**

Laura Fraedrich

Join us in making miniature works of art using a variety of fun art supplies! Learn about the history of Artist Trading Cards and see hundreds of examples of techniques that people have used to make their master-pieces. There are no rules except one: they must be 2.5"x 3.5", the size of a baseball card. You'll make several of your own cards using products like watercolor paints, markers, colored pencils, stamps, stencils and more! You can trade with your fellow classmates if you wish, or keep them to make greeting cards, frame, or add them to a portfolio. The possibilities are endless! No experience necessary and all supplies are included.

July 9 TUESDAY **10 a.m. - 12 p.m.** PB191

#### **Protecting Yourself from Identity Theft & Scams**

Det. Dave Passmore

Det. Dave Passmore from the Fresno Police Department Financial Crimes/ Elder Abuse Unit will review ways to protect your private information from identity theft. He'll also outline scams being operated by those who are trying to get your money or personal details.

July 8, 15, 22 & 29 MONDAYS

1 - 2:30 p.m. PB192

#### Sailing

Tom Andersen

Come learn how to sail and improve your skills and knowledge of sailing. You'll learn basic sailing, sail control, boating safety, equipment, knots, what boat would be right for you, sail care and cleaning, maintenance, and rules on the water. At the end of the course there will be an optional sailing day at Huntington Lake. The date will be set in class (your own transportation to the lake). Instructor Tom Andersen has more than 35 years of sailing experience and is an ASA Certified Sailing Instructor. (Requires completed Release of Liability Form, pages 13 &14.)



## **Activities**

July
11
THURSDAY

12 p.m

Fresno Heritage Center - 3111 N. Millbrook Ave., Fresno

#### Genealogy

Members \$20 Non-Members \$30

Price includes admission only.

Maximum Capacity: 20 Last Day To Register: June 28

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.

July 23 TUESDAY

1 - 3 p.m.

The Vineyards at the California Armenian Home - 6720 E. Kings Canyon Road, Fresno

#### **Armenian Cooking**

Members \$25 Non-Members \$35

Price includes admission only.

Maximum Capacity: 50 Last Day To Register: July 12

Luci Kazanjian Greyson, president of the California Armenian Home board and long-time creator of specialty Armenian dishes, will present her delicious interpretation of classic Armenian dishes. Featured on the menu: an eggplant appetizer and Yalanchi, a cold rice and grape leaf delicacy. Bring your curiosity and appetite! You will have the opportunity to take home recipes to create culinary traditions in your own kitchen.

July
25
August -or1
THURSDAY

NOTE: The tour is identical and will be offered twice to accommodate OLLI. Select the date that is best for you.

1 - 3 p.m.

IdeaWorks Makerspaces - 1730 H Street, Fresno

#### **IdeaWorks Makerspaces Tour**

Members \$20 Non-Members \$30

Price includes the tour only.

Maximum Capacity: 20 Last Day To Register: July 18

The definition of a maker space is: a place in which people with shared interests can gather to work on projects while sharing ideas, equipment, and knowledge. Fresno IdeaWorks Makerspaces is a nonprofit organization that provides you with a place to create. Whether you are skilled, or want to learn a skill, IdeaWorks provides equipment and teaching so you can create. You can learn (or teach) welding, woodworking, glass and ceramics, sewing, electronics, fabrication, blacksmithing, laser cutting, 3-D printing, bicycle repair and much more! All the equipment and expertise is there – just join IdeaWorks to learn to create. This is the shop (and creative space) you always wished you had.

8 a.m. - 8 p.m. San Juan Batista, CA

#### **Mission San Juan Bautista**

#### Members \$90 Non-Members \$100

Price includes transportation and partial admission.

Admission is included to the State Historic Park; however, you will need to bring \$3 in cash to see the mission.

#### Maximum Capacity: 33 Last Day To Register: July 3

Join us for a guided tour of Mission San Juan Bautista, which served as a location for part of the Alfred Hitchcock film Vertigo. OLLI Instructor Paul Kaser offers a viewing and discussion of the movie in our summer course offerings. This trip connects to the course, or you may attend independently. The park is part of a nationally recognized historic landmark adjacent to California's 15th Spanish era mission. The park and its Plaza represent what was once the "town square" of the largest towns in central California and a vital crossroad for travel between northern and southern California. Visitors can gain an appreciation of California's people, from Native Americans through the Spanish and Mexican cultural influences, right up to the American period in the late 19th century. San Juan Bautista offers the best opportunity to see and appreciate the California of 160 years ago. There are some 30 historic buildings in the 12-block area surrounding the Spanish Plaza, the only original one remaining in the state.

Join us for the course and discussion on Vertigo July 17. See course details on page 8.



# RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND AGREEMENT TO PAY CLAIMS

Activity: Osher Lifelong Learning Institute – Summer 2019 Activities

Activity Dates(s), Time(s) and Location(s): See reverse side for all initialed activities attending

In consideration for being allowed to participate in these Activities, on behalf of myself and my next of kin, heirs and representatives, I release from all liability and promise not to sue the State of California, the Trustees of The California State University, California State University, Fresno and their employees, officers, directors, volunteers and agents (collectively "University") from any and all claims, including claims of the University's, negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss I may suffer because of my participation in these Activities, including travel to, from and during the Activities.

I am voluntarily participating in these Activities. I am aware of the risks associated with traveling to/from and participating in these Activities, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcome may arise from my own or other's actions, inaction, or negligence; conditions related to travel; or the condition of the Activities locations. Nonetheless, I assume all related risks, both known or unknown to me, of my participation in these Activities, including travel to, from and during the Activities.

I agree to **hold** the University **harmless** from any and all claims, including attorney's fees or damage to my personal property, which may occur as a result of my participation in these Activities, including travel to, from and during the Activities. If the University incurs any of these types of expenses, I agree to reimburse the University. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am 18 years or older. I understand the legal consequences of signing this document, including (a) releasing the University from all liability, (b) promising not to sue the University, (c) and assuming all risks of participating in these Activities, including travel to, from and during these Activities.

I understand that this document is written to be as broad and inclusive as legally permitted by the State of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms.

I have read this document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Participant Name (Print):	
Participant Signature:	Date:

I have initialed by each of the following Activities listed below and confirm that I have reviewed the detailed information contained in the OLLI Summer 2019 catalog for each of the activities. As such, I understand the unique risks associated with each event.

#### **SUMMER 2019 ACTIVITIES**

Genealogy	July 11, 2019	12 p.m.	Fresno Heritage Center
Mission San Juan Bautista	July 18, 2019	8 a.m.	San Juan Bautista, CA
Armenian Cooking	July 23, 2019	1 p.m.	California Armenian Home, Fresno
IdeaWorks Tour	July 25, 2019	1 p.m.	IdeaWorks Makerspaces, Fresno
IdeaWorks Tour	August 1, 2019	1 p.m.	IdeaWorks Makerspaces, Fresno
Sailing Excursion	August, 2019	tbd	Huntington Lake, CA

## **Credit Card Payment**

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

Name on card:				
Credit card type	□Visa □MasterCard □Am Ex	Expiration Date: _		
Card number:			Security Code:	

#### Osher Lifelong Learning Institute Registration – Summer 2019

Member(s) Name(s)	
Mailing Address/City/Zip	
Mode of contact: (in case of changes or cancellations)	
Email address	Phone
How did you hear about the Fresno State OLLI?	
Previously a member Heard from a friend Newspaper Catalog	Other
Your age group □50-60 □61-70 □71-80 □80+	
SUMMER MEMBERSHIP FEE	
General Membership \$10 per person (non-refundable)	_
Please check if you need an OLLI Parking Pass	
SHORT COURSES - Available only with a paid membership	
☐ Kindness Rock Project (3 Tuesdays)	\$25/person \$
Texas Hold'Em (6 Mondays)	\$50/person \$
Academic Introduction to Islam (4 Mondays)	\$35/person \$
The Three Jewels (3 Mondays)	\$35/person \$
Love, Loss and Networking (1 Thursday)	\$10/person \$
Editing to Write it Right (1 Friday)	\$10/person \$
How to Use Your Digital Camera for Practical Projects (3 Fridays)	\$25/person \$
Tai Chi (4 Fridays)	\$35/person \$
How to Audition (1 Tuesday)	\$35/person \$\$10/person \$
Speed Friending (1 Tuesday)	\$10/person \$
□ Vertigo (1 Wednesday)	\$10/person \$
	\$50/person \$
Mixed Media Collage (1 Thursday)	\$50/person \$
Age Well Drive Smart (1 Thursday)	\$10/person \$
Learn How to Play Bridge (4 Fridays)	\$35/person \$
Hiking in our Region (1 Thursday)	\$10/person \$
Just the Right Amount! (1 Tuesday)	\$10/person \$
Artist Trading card Workshop (1 Thursday)	\$35/person \$
Protecting Yourself from Identity Theft (1 Tuesday)	\$10/person \$
Sailing (4 Mondays)	\$35/person \$
ACTIVITIES – Available to members and non-members Member	Non-Member
Genealogy	\$30
Armenian Cooking	\$35
July 25 IdeaWorks Tour	\$30
August 1 IdeaWorks Tour         \$20	\$30
Mission San Juan Bautista	\$100
Please return this form with payment to:	Total for Courses \$
Fresno State OLLI	Total for Activities \$
5245 N. Backer Avenue, M/S PB5	
Fresno, CA 93740	
559-278-0008	TOTAL AMOUNT ENCLOSED \$
Places note summer hours are 7 AM 2:20 PM	I O IAL AIVIOUNT LINCLUSED Ş

PAYMENT: We accept checks or money orders made payable to FRESNO STATE FOUNDATION. To pay by credit card, complete the form at the bottom of page 14 and return it with your registration.



FRESN@STATE.

Continuing and Global Education

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

**CHANGE SERVICE REQUESTED** 

