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OSHER  
LIFELONG  
LEARNING  
INSTITUTE

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# FALL 2017 CATALOG

*For those age 50 and better!*

- \* **University-level Courses**
- \* **Fascinating Keynote Speakers**
- \* **Field Trips and Experiences**
- \* **Book Club**
- \* **Welcome Reception**

# Live Inspired!



# Live Inspired!

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 Trips 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 incurs a parking charge; however, we do not to pass this expense 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 lost or stolen parking permits nor for parking citations received by those not in compliance with campus parking regulations.**

We charge a \$15 fee to replace lost parking passes.

Keep in mind that Fresno State's student population is growing and it may take a bit of time to find a parking spot. 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](mailto:osher@csufresno.edu). Requests should be made at least one week in advance of the event.



## General Membership

\$40 Per Person

- Admission to all scheduled General Sessions during the semester.
- Opportunity to register for Short Courses and Field Trips 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

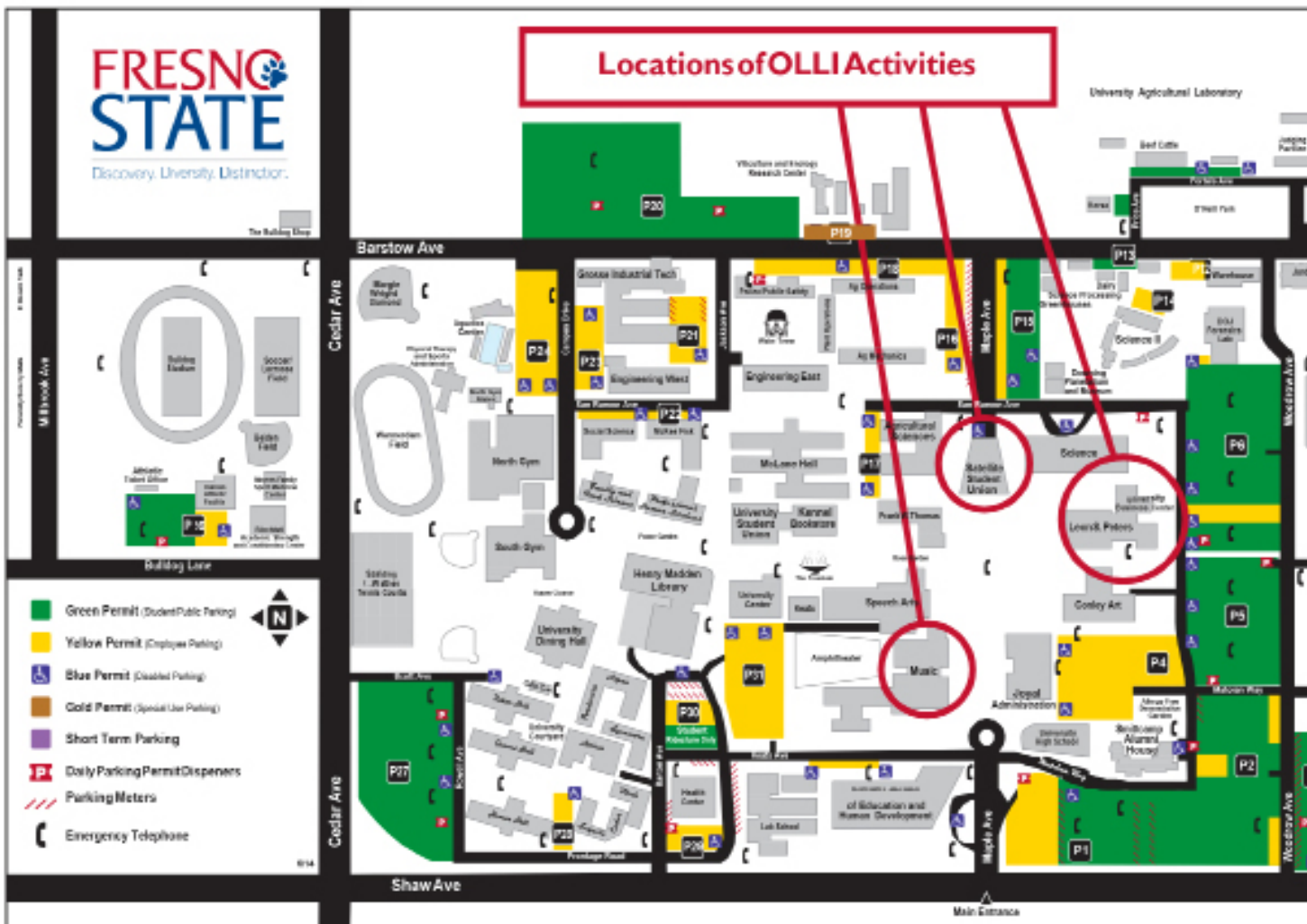
- Open only to OLLI members.
- Enjoy a wide variety of interesting topics.
- Registration is processed on a first-come, first-served basis.
- Short courses are self-supporting. A minimum enrollment is required or courses may be cancelled.

## 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.

# Locations of OLLI Activities at Fresno State



## Osher Lifelong Learning Institute

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

559.278.0008 Email [osher@csufresno.edu](mailto:osher@csufresno.edu)

[www.FresnoState.edu/olli](http://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

Kay Davies

Dawn Diestelkamp

Alcidia Freitas Gomes

Lanny Larson

Judy MacDonald

MaryEllen Ogle

Lois Rigsbee

Valerie Vuicich

Dr. Jim Wilson

Scott Moore, PhD

Dean, Continuing and Global Education

Jill Wagner, APR

Executive Director

**OLLI  
Member  
Reception!**  
September 14  
More info on  
page 18



# General Session Descriptions

SEPTEMBER

6

Wednesday



3 - 4:30 pm Satellite Student Union

## Own Your Uniqueness. Embrace Mutation.

Dr. Joseph Ross

Mutants get a bad rap. However, every plant and animal on the planet is unique. We are all genetically different; we are all mutants. Come learn about the benefits and drawbacks of mutations, from genetically modified organisms (GMOs), to the costs and benefits of genetic testing and society's increasing ability to produce "designer babies." Each of us regularly makes decisions that involve mutations (including what we eat, which political policies we support, what medicines we take, what medical procedures we have, how much water we use and other lifestyle choices). Come develop an understanding of how truly similar we all are, including our shared trait of uniqueness!

FREE OLLI shopping bag  
for members at this session!



OCTOBER

17

Tuesday



3 - 4:30 pm Satellite Student Union

## The Legacy and Impact of the Holocaust

Dr. Melissa Jordine

The legacy of the Holocaust is complex and spans the entirety of the more than six decades since the Third Reich and the mass murder of Jews by Germans and collaborators. This talk will provide a brief overview of the immediate aftermath including Displaced Person Camps. However, the primary focus will be on the long-term impact of the Holocaust within and beyond the borders of Germany and the continuing quest for justice, restitution and other issues.

Presented by:



[www.windhamseniorliving.com](http://www.windhamseniorliving.com)

OCTOBER

24

Tuesday



3 - 4:30 pm Satellite Student Union

## A Living Curiosity: The Story of Julia Pastrana

Dr. Kathleen Godfrey

During the 19th and early 20th centuries, shows that featured those with physical oddities were popular forms of entertainment in the U.S. and abroad. These displays ranged from small traveling "freak" shows to live exhibits of indigenous people at events like the World's Fair. Julia Pastrana was born with a genetic condition that caused her to be covered with black hair, and for entertainment purposes she was identified as a bearded woman (sometimes labeled a "bear woman") who performed all over the eastern U.S. and Europe during the 1850s. Julia demonstrated her intelligence and talent by singing, dancing, and interacting with the audience. We'll explore her life while considering our attitudes towards those who are different, and discuss how art (both making it and consuming it) reveals our concerns and obsessions.

NOVEMBER

2

Thursday

3- 4:30 pm Satellite Student Union

## The Challenges and Triumphs of the Fresno County District Attorney’s Office

District Attorney Lisa Smittcamp

Lisa Smittcamp was elected Fresno County District Attorney in 2014. She serves as the Chief Law Enforcement official in the County with a mission to pursue justice and improve public safety for the people by ethically and aggressively prosecuting those who commit crimes. She leads a department of 290 employees, and oversees a \$45 million budget. Fresno County is diverse and complex. Come hear our District Attorney update you on the challenges and triumphs of this busy department.



NOVEMBER

8

Wednesday

1 - 2:30 pm Satellite Student Union

## Hitler’s American Friends

Dr. Bradley Hart

In the years before Pearl Harbor, Adolf Hitler’s government embarked on a far-reaching effort to subvert American politics and public discourse. This talk will examine the political extremists, Nazi sympathizers and spies who operated on American soil throughout the 1930s. Their efforts to spread disinformation to the American people and keep the U.S. out of Hitler’s European war would only be defeated through the courageous efforts of journalists, politicians and FBI agents who worked tirelessly to expose their machinations.



NOVEMBER

29

Wednesday

1 - 2:30 pm Satellite Student Union

## A Bold Vision

Dr. Joseph Castro and Mary Castro

Fresno State continues to be the beacon for hope and change in California’s central valley as the university of choice for thousands of students, many of whom are the first in their families to attend college. Leading the university’s charge into the future is university president Dr. Joseph Castro, who with his wife Mary, are a dynamic duo in creating change and opportunity for the university and the region. Dr. and Mary Castro will give an update on their progress, their vision for the future, and answer your questions. This talk will be moderated by OLLI Advisory Council member Lanny Larson.



# Short Course Descriptions

September

5, 12, 19, 26

TUESDAYS

\$35

9 - 10:30 am PB191

## Capturing Style: Art and Fashion in 19th-century Paris

Susana Sosa

Paris, the 19th-century capital of art, was also the capital of fashion, which caught the attention of many artists of the time. Edouard Manet, James McNeill Whistler, Jean Béraud and Claude Monet captured the dresses, suits and fashion accessories of their day. This course will look at the intersection of the visual arts and the world of French fashion design during the second half of the 19th-century. Topics include the development of the modern fashion industry, changing clothing styles and concepts of the body, and the role of artists in transmitting new fashion styles to audiences. In conjunction with class content, an optional field trip to San Francisco's Legion of Honor Museum to view the exhibition Degas, Impressionism, and the Paris Millinery Trade is planned.

September

7, 14, 21, 28

THURSDAYS

\$35

10:30 am - 12 pm PB191

## Women Artists of Early Modern Europe

Dr. Gina Strumwasser

Although women painters and sculptors are commonly the focus of academic research, they are infrequently assimilated into traditional art history surveys. This course celebrates women who met the challenge of being female professionals and succeeded as artists at a time when such accomplishments were neither encouraged nor anticipated. Concentrating on Italian history and uncommon destinations, social history as well as the history of art, the course will inspire participants to think about the context in which the women of Early Modern Europe lived. Most importantly, we will consider how these talented women gave voice to their creativity.

September      October

11, 18, 25      2

MONDAYS

\$35

2:30 - 4 pm PB191

## Broadcast News

Dr. James Wilson

In this era of fake news and a lack of respect for the broadcast news media, this course will examine the history of broadcast news from its development in the early years of radio to the current state of television news. From the historical impact of radio's coverage of World War II through the television coverage of the assassination of President John F Kennedy to the 2016 Presidential election campaign, we will see the evolution of the media and of the public attitudes toward broadcast news. James R. Wilson taught radio and television classes for 27 years. Prior to that, he served as News Director, Program Director and General Manager at KMJ Radio in Fresno.

September

14, 15, 21

THURS FRI THURS

\$25

1 - 2:30 pm PB192

## iPhone and iPad

DISCOVERe

Get the most out of your iPhone or iPad and learn the must know about iOS 9, Apple's operating system for the iPhone, iPad and iPod Touch. Explore the ways to interact with iOS 9 device and discover how to extend the functionality of your iPhone or iPad by installing some of the many apps available in the App Store. For a better experience, make sure to bring your Apple device with you.

September October

20, 27

11, 18

WEDNESDAYS

\$40

3 - 5 pm PB191

## The Early Days of Jazz: Dixieland and the Swing Big Bands

Dr. Matthew Darling

Louis Armstrong, Benny Goodman, Ella Fitzgerald, Duke Ellington, Glen Miller, Count Basie, and Tommy Dorsey - these iconic jazz musicians dominated popular music in the 1920s through the 1940s. Early jazz, also known as Dixieland, paved the way for the popular big swing bands to dominate the radio waves through the roaring twenties, the Great Depression, and World War II. Join us as we take a nostalgic journey into the early days of jazz and its musical heroes.

September

22

FRIDAY

\$5

1 - 2:30 pm PB192

## Uber and Lyft

DISCOVERe

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. You can even track your driver's location as they are en route. You must 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, GooglePlay or other application provider.

September

28

THURSDAY

\$5

1 - 2:30 pm PB192

## Facebook

DISCOVERe

Find friends and family and see what they're up to, build your network and learn the newest Facebook lingo. The class will teach you how to post your status, tag photos, sort your news feed and essentials such as privacy and hiding unwanted updates. If you have a handheld device (smart phone, tablet, iPad) bring it along for maximum benefit.

October

3, 10, 17

TUESDAYS

\$25

10:30 am - 12 pm PB191

## Filming the Fabulous, Fateful Fifties: A Nostalgic Review and Search for Deeper Meanings in the Decade's Iconic Films

Paul Kaser

We will review and discuss films that, while showcasing Hollywood's artistic excellence, examined contemporary social conditions such as the status of women, racism, Cold War excesses, juvenile delinquency, and political corruption.

October

5, 12, 19, 26

THURSDAYS

\$35

10 - 11:30 am PB194

## You Can Avoid Verbal Conflict

James Flanagan

This course provides an easy to follow two-step guide to eliminate the possibility of conflict in conversation by avoiding misunderstandings and erroneous assumptions. As stated by William Ury, co-author of Getting to Yes, this is a lesson on how to get what we want while satisfying the needs and concerns of others.

October

5

THURSDAY

free\*

2 - 3 pm PB192

## Teach for OLLI - Showcase Your Expertise, Interests and Hobbies

Jill Wagner

You are a depth of talent and information and we want you to teach for OLLI. Come learn how to share your interests and hobbies with your OLLI friends through a course or special interest section. We are also seeking members to guide special interest sections such as dining, movies, games, hiking and more! Come learn and bring your questions. Fun and prizes!

\* This session is free but you must register.

October

9, 16, 23, 30

MONDAYS

\$35

2 - 3:45 pm Music Building 157

## Intro to Piano

Maria Briggs

This course will introduce students to basic piano techniques and music notation. Each student will have access to a full-size keyboard (bring your own headphones please!) By the end of the course, each student will be able to play and notate a simple piece and develop a better appreciation and understanding of music. For both new and returning students. Come explore music for the fun of it!

October

11, 18, 25

WEDNESDAYS

\$25

10 - 11:30 am PB191

## An Insider's Guide to Getting the Health Care You Need

Dr. Ramon Neufeld

Get the health care you want and need. At the end of this short course, you will be better at finding and choosing a physician, communicating with health care providers, and preparing for medical care visits. You will: learn the basic ins and outs of the health care system, giving you the framework and knowledge to successfully seek out the medical care you want and need; understand doctors and their offices in order to better prepare and better communicate to get the most out of visits; discover the importance of you being engaged and activated to be more successful at getting your health care needs met. Each session will include practical tips, tools and references for action steps you might want to consider.



October November

12, 19, 26 2

\$35

THURSDAYS

1 - 2:30 pm PB191

## Understanding the Civil War and How it Changed America

Dr. Allen Carden

The American Civil War of 1861-1865 continues to capture much popular interest (and resulting battle re-enactments), but actual understanding in the public mind of the causes, complexities, magnitude, and results of the conflict is often lacking or historically inaccurate. While historians continue to debate certain aspects of the Civil War, we can with reasonable assurance come to many important conclusions that can help clarify this central, and most devastating, event in our nation's history. Join us as we attempt to unpack and explain this vitally important period in America's past and see how it helped shape who we are today.

October

17

\$10

TUESDAY

10 - 11:30 am PB192

## The Art & Science of Gratitude

Dianne Callahan and Jill Wagner

*"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend."*

Join us to hear why researchers say that gratitude is the very basis of joy and learn ways to develop a gratitude practice, express your gratitude toward others, and get more of this happiness-builder in your life!

October

18

\$15

WEDNESDAY

9 - 11 am PB192

## Create Your Personal Vision Board

Dianne Callahan

A Vision Board is a unique and personal tool that creates a sacred space to define your dreams, intentions and desires. It can reflect a specific aspect of your life (work, love, family, spiritual growth) or it can combine all of them into one mondo beyondo dream board. After completing a homework assignment that will be sent to you before the class, you will create a collage of images, words, motivating quotes and affirmations that express the essence of your deepest dreams and greatest purpose. Cost includes \$5 materials fee.

October

20

\$5

FRIDAY

1 - 2:30 pm PB192

## Netflix and YouTube TV

DISCOVERe

Why give cable companies hundreds of dollars when the future is here? Netflix is the world's leading subscription service for watching TV episodes and movies on your TV, mobile or tablet device. Join us to discover how to stay updated on your favorite shows and more. YouTube TV is a TV streaming service that lets you watch live TV from major broadcast and popular cable networks. Enjoy local and national live sports, and must-see shows the moment they air. Record all your favorites without storage space limits, and stream wherever you go while not breaking the bank. For a better experience, please have your Netflix and YouTube TV account(s) established before the session as that will not be covered.

October

27

FRIDAY

\$10

10 - 11:30 am PB191

## The Healing Powers & Benefits of Essential Oils

Claudette Hayes

Essential oils are a natural gift from the Earth! With the rise of western medicine, we sometimes forget that Mother Nature has provided us with natural remedies for common ailments. Join Claudette Hayes, a Certified Inspirational Coach and Heal Your Life Teacher, for an introduction into the wonderful world of essential oils. Essential oils are a natural way to heal, support, and sustain good health. This class will cover the benefits of using therapeutic oils for sleep, energy, pain control and much more.

October

27

FRIDAY

\$5

1 - 2:30 pm PB192

## Gmail & Google Drive

DISCOVERe

This course will teach you how to create an email account in Gmail, sync your contacts, calendars, mail, photos, passwords and also drop and go actions. Learn how to store and sort with Google Drive If you have a handheld device (smart phone, tablet, iPad) bring it along for maximum benefit.

Oct.

Nov.

Dec.

31

7, 14, 21, 28

5

TUESDAYS

\$50

3 - 4:30 pm PB192

## Embracing Your Life Story

Armen Bacon

Everyone has a story. Find yours in this six-week memoir-writing course. Explore your dreams, passions, and chronicle defining moments that have shaped and sculpted your life. This course includes strategies for unlocking precious and fragile moments often tucked away, lost or forgotten. Flex your memory muscle with creative writing prompts, group discussions and opportunities for sharing. Armen Bacon is a storyteller, memory-keeper, successful author and columnist.

November

3

FRIDAY

\$5

1 - 2:30 pm PB192

## Amazon & Amazon Prime

DISCOVERe

Do you love shopping but dislike crowds and parking issues? We have just the thing for you! Come and find out all the cool things you have access to by using the Amazon App or website and learn how to do all your shopping in one place. If you have a handheld device (smart phone, tablet, iPad) bring it along for maximum benefit.

November

6

MONDAY

\$10

10 am - 12 pm PB191

## Plants That Help Us Heal

Calliope Correia

Therapeutic horticulture is the use of plants and nature to help improve quality of life and enrich experiences. We will look at some programs utilizing the practices of therapeutic horticulture currently being implemented in different settings, including a newly funded program at a local prison. We will also discuss the benefits of plants and the natural world, even if you do not have access to a plot of soil.

November

6

MONDAY

\$10

2 - 4 pm PB191

## Camino de Santiago

Bill Lucido

For more than 1,000 years, pilgrims have walked from all over the world to the cathedral in Santiago, Spain, the legendary burial site of Saint James the Apostle. Come and learn why Deacon Bill Lucido walked 500 miles from St. Jean Pied de Port, France, to Santiago along the Camino de Santiago, praying, losing 22 pounds, growing a beard and learning more about himself and his ministry.

November

7, 14, 21, 28

TUESDAYS

\$35

10 - 11:30 am PB191

## Weather Forecasting with the Experts

Sean Boyd and Kristian Mattarochia

This course will cover the history of weather forecasting and how forecasts are developed in modern meteorology with numerical guidance and computer models. We will also cover day-to-day operations of a local National Weather Service office, and other similar centers, which issue specialized forecasts for hurricanes and severe weather, as well as weather patterns in central California.

November

December

8, 15, 29

6

WEDNESDAYS

\$35

3 - 4:30 pm PB191

## Wisdom and the Good Life

Dr. Andy Fiala

This course will consider attempts to discover a common core of teachings about wisdom, ethics and happiness. Topics will include ancient philosophy, global traditions, and efforts to understand what Aldous Huxley called the perennial philosophy. Along the way we will consider whether wisdom exists, what is it, how we can find it--and what it is good for?

November

16

THURSDAY

\$10

2 - 3:30 pm PB191

## Planned Giving for Everyone

Elizabeth Garvin

Come learn methods for determining what your legacy gifts will benefit and how your family and friends will remember you. Planned gifts not only provide for charities but also can help preserve the assets of your estate from unnecessary taxation and better transfer goods and assets to family and friends. Working with your advisors and planned giving professionals will help you feel confident that your estate gift will be used in the specific way you desire.

November

13, 20, 27

MONDAYS

\$25

2 - 3:30 pm PB191

## How to Meditate

Aaron Drake

This course is an easy to follow step-by-step guide to meditation. You will learn the basics of proper posture, breathing technique, and a simple yet effective Taoist meditation practice. This course is for those that are both new and returning. Everyone can benefit from meditation. Join us in this relaxed, welcoming class.

# Book Club

9:30 - 11 am

**FRIDAYS**

**\$10**

FOR ALL 4 SESSIONS

**Presenter: Kay Davies**

September	October	November	December
1	13	3	1
PB194	PB194	PB194	PB194

**Friday**  
**September 1**

PB194

**And Then All Hell Broke Loose: Two Decades in the Middle East**

by Richard Engel

Based on two decades of reporting, NBC's chief foreign correspondent's riveting story of the Middle East revolutions. In two decades Engel has been under fire, blown out of hotel beds, and taken hostage. He has watched Mubarak and Morsi in Egypt arrested and condemned, reported from Jerusalem, been through the Lebanese war, covered the whole shooting match in Iraq, interviewed Libyan rebels who toppled Gaddafi, reported from Syria as Al-Qaeda stepped in, and was kidnapped in the Syrian crosscurrents of fighting. It is a succinct and authoritative account of the ever-changing currents in dangerous lands.

**Friday**  
**October 13**

PB194

**Killers of the Flower Moon: The Osage Murders and the Birth of the**

**FBI** by David Grann

In the 1920s, the richest people per capita in the world were members of the Osage Indian nation in Oklahoma. After oil was discovered beneath their land, they rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, the Osage began to be killed off. Many of those who dared to investigate the killings were themselves murdered. As the death toll climbed to more than 24, the FBI took up the case. It was one of the organization's first major homicide investigations and the bureau badly bungled the case. In desperation, the young director, J. Edgar Hoover, turned to a former Texas Ranger named Tom White to unravel the mystery. Together with the Osage they began to expose one of the most chilling conspiracies in American history.

**Friday**  
**November 3**

PB194

**A Season for All Things** by Larry Parmeter

Written by one of our own Osher book club members, the book is about a middle aged man who struggles to regain his life in the wake of his beloved wife's death. With the help of family, friends, people he never previously knew, and even animals, he learns to live and love again. His is a journey, literal and metaphorical, through the landscape of cancer and its aftermath.

**Friday**  
**December 1**

PB194

**The Autistic Brian: Helping Different Kinds of Minds Succeed**

by Temple Grandin

Temple Grandin may be the most famous person with autism, a condition that affects 1 in 88 children. Since her birth in 1947, our understanding of it has undergone a great transformation, leading to more hope than ever before that we may finally learn the causes of and treatments for autism. Weaving her own experience with remarkable new discoveries, Grandin introduces the advances in neuroimaging and genetic research that link brain science to behavior, even sharing her own brain scan to show which anomalies might explain common symptoms. The Autistic Brain brings Grandin's singular perspective into the heart of the autism revolution.



# Field Trips

## Cooking Classes at Whole Foods

SEPTEMBER

8

Friday

11 am - 1 pm

### End of Summer Harvest Dinner

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: September 1**

Heirloom Tomato Bruschetta, Eggplant Pizza  
Blackberry Balsamic Chicken  
Peach Crisp

OCTOBER

20

Friday

11 am - 1 pm

### Cooking with Pumpkin

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: October 13**

Grilled Shrimp with Pumpkin Seed Pesto over Baby Greens  
Turkey Pumpkin Chili  
Pumpkin Spice Latte  
Pumpkin Spice Maple Popcorn

SEPTEMBER

22

Friday

11 am - 1 pm

### Cooking with Olive Oil

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: September 15**

Red Pepper Chimichurri with Goat Cheese & Toasted Sourdough  
Spicy Lettuce Salad with Pecorino & Toasted Almonds  
Pomodoro Pasta with Fresh Basil  
Olive Oil Banana Bread

NOVEMBER

3

Friday

11 am - 1 pm

### Thanksgiving Leftovers

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: October 27**

Stuffing and Parmesan Stuffed Mushrooms  
Turkey Pot Pie  
Vanilla Bean Glazed Carrots  
Cranberry Carrot Muffins

OCTOBER

6

Friday

11 am - 1 pm

### Flavors of Fall

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: September 29**

Sweet Potato Salmon Caper Toast  
Baby Kale and Cranberry Salad  
Oven Roast Pork Loin  
Baked Apples

DECEMBER

1

Friday

11 am - 1 pm

### Holiday Favorites

Members \$25 Non-Members \$30

*Price includes admission.*

**Maximum Capacity: 20**

**Last Day To Register: November 27**

Kale and Cranberry Salad  
Potato Celery Root Puree  
Holiday Roast  
Nutty Dark Chocolate Bark

SEPTEMBER

13

Wednesday

6 am - 6 pm

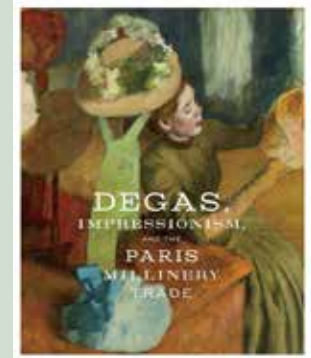
## Legion of Honor Museum, SF Degas, Impressionism and the Paris Millinery Trade

Members \$95 Non-Members \$110

Price includes transportation and admission.

Maximum Capacity: 48

Last Day To Register: September 6



Degas, Impressionism, and the Paris Millinery Trade features approximately 40 Impressionist paintings and pastels, including key works by Degas—many never before exhibited in the United States—as well as those by Pierre-Auguste Renoir, Édouard Manet, Mary Cassatt, Henri de Toulouse-Lautrec and 40 exquisite examples of period hats. The exhibition focuses on the intersection between the historical context of the Parisian millinery trade and the contemporaneous, avant-garde art of Degas and the Impressionists. Degas explored the theme of millinery in 27 works, focusing particularly on hats, their creators, and consumers. These are often radical in their experimentation with color and abstracted forms, and are central to his portrayal of women, fashion, and Parisian modern life.

SEPTEMBER

15

Friday

8 am - 3 pm

## Lemoore Naval Air Station I

Members \$35 Non-Members \$50

Price includes transportation and admission.

Maximum Capacity: 20

Last Day To Register: September 8



Naval Air Station Lemoore's principal mission is to support Strike-Fighter Wing, U.S. Pacific Fleet and its mission to train, man, and equip west coast Strike-Fighter squadrons. NAS Lemoore hosts the Navy's entire west coast fighter/attack capability. NAS Lemoore was built "from the ground up" as a Master Jet Base and is home to more than a dozen squadrons, including the Tophatters, the Navy's oldest active squadron, formed in 1919. Come get a thorough behind-the-scenes tour of the West Coast's most important military base.

*NOTE: There is much walking on this long tour and it is not recommended for those with limited mobility or who are unable to walk or stand for long periods of time. Those who register will be asked for government ID information which must be provided to the base in advance of the tour. Attendees must wear pants (no skirts or shorts) and closed toe shoes, and bring acceptable government issued ID on the day of the tour. Photography is allowed but limited.*

SEPTEMBER

22

Friday

8 am - 3 pm

## Lemoore Naval Air Station II (repeat of September 15 tour)

Members \$35 Non-Members \$50

Price includes transportation and admission.

Maximum Capacity: 20

Last Day To Register: September 15

See description in Lemoore Naval Air Station I above.

OCTOBER

4

Wednesday

7 am - 7 pm

## San Francisco Chinatown Tour

Members \$95 Non-Members \$105

Price includes transportation and admission. Lunch on your own.

**Maximum Capacity: 50**

**Last Day To Register: September 20**

The tour offers guests a rare insight into the culture and history of the people in Chinatown. We will begin our tour with historical information about how and why the Chinese came to America. Historic landmarks help showcase the unique architecture of the area. Ancient medicinal practices are better understood by visiting an herbal pharmacy. Food, an integral part of any culture, is best seen with a stroll through the Stockton Street food markets. For great fun, guests see how fortune cookies are made. Lastly, religious practices are introduced by visiting a secluded Chinese temple. Lunch on your own after the tour.



OCTOBER

27

Friday

1 - 2:30 pm

## Dia de Los Muertos at Artes Americas

Members \$10 Non-Members \$20

Price includes admission and sugar skull workshop.

**Maximum Capacity: 45**

**Last Day To Register: October 10**

Dia de Los Muertos (day of the dead) is a holiday celebrated throughout Mexico and Latin America and by people of this ancestry living in other places. It's a gathering of family and friends to pray for and remember those who have died, and help support their spiritual journey. At Artes America we'll learn about this festive and colorful celebration and view the exhibition. We will also make sugar skulls, a key component of Dia de Los Muertos.



## OLLI Teaching Opportunities

Share your expertise with our OLLI members who are energized and interested in a wide variety of topics. Teach about your interests, expertise or talents!

**Courses:** Courses are held in classroom format and can run from one to six 90-minute sessions, providing an in-depth exploration into your topic.

**Special Interest Group:** An OLLI Special Interest Group (SIG) is a group of OLLI members who share a common interest and like to meet outside the normal OLLI class environment to discuss and enjoy this mutual interest. Each group is different depending on its focus, and all provide interesting lifelong learning opportunities as well as fun social experiences. Examples: Culinary Adventures; Walking; Hiking; Board Games; Card Games; Movies; etc.

Please contact Jill Wagner ([jjwagner@csufresno.edu](mailto:jjwagner@csufresno.edu)) for more information.

# OLLI Fall 2017 Calendar

General Sessions Field Trips Courses

## SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 AM Book Club 1
4	9 AM Capturing Style: Art & Fashion in 19th Century Paris 5	3 PM Own Your Uniqueness. Embrace Mutation. 6	10:30 AM Women Artists of Early Modern Europe 7	11 AM Whole Foods Cooking Class 8
2:30 PM Broadcast News 11	9 AM Capturing Style: Art & Fashion in 19th Century Paris 12	6 AM Legion of Honor San Francisco - Impressionist Paintings 13	10:30 AM Women Artists of Early Modern Europe 14 1 PM iPhone and iPad	8 AM Lemoore Naval Air Station Tour 15 1 PM iPhone and iPad
2:30 PM Broadcast News 18	9 AM Capturing Style: Art & Fashion in 19th Century Paris 19	3 PM Early Days of Jazz 20	10:30 AM Women Artists of Early Modern Europe 21 1 PM iPhone and iPad	8 AM Lemoore Naval Air Station Tour 22 11 AM Whole Foods Cooking Class 1 PM Uber and Lyft
2:30 PM Broadcast News 25	9 AM Capturing Style: Art & Fashion in 19th Century Paris 26	3 PM Early Days of Jazz 27	10:30 AM Women Artists of Early Modern Europe 28 1 PM Facebook	29

## OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:30 PM Broadcast News 2	10:30 AM Filming the Fabulous Fateful Fifties 3	7 AM San Francisco Chinatown Tour 4	10 AM You Can Avoid Verbal Conflict 5 2 PM How to Teach for OLLI	11 AM Whole Foods Cooking Class 6
2 PM Intro to Piano 9	10:30 AM Filming the Fabulous Fateful Fifties 10	10 AM Getting the Health Care You Need 11 3 PM Early Days of Jazz	10 AM You Can Avoid Verbal Conflict 12 1 PM Understanding the Civil War	9:30 AM Book Club 13
2 PM Intro to Piano 16	10 AM The Art & Science of Gratitude 17 10:30 AM Filming the Fabulous Fateful Fifties 3 PM Legacy of Holocaust	9 AM Create Your Personal Vision Board 18 10 AM Getting the Health Care You Need 3 PM Early Days of Jazz	10 AM You Can Avoid Verbal Conflict 19 1 PM Understanding the Civil War	11 AM Whole Foods Cooking Class 20 1 PM Netflix and YouTube TV
2 PM Intro to Piano 23	3 PM A Living Curiosity: Julia Pastrana 24	10 AM Getting the Health Care You Need 25	10 AM You Can Avoid Verbal Conflict 26 1 PM Understanding the Civil War	10 AM The Healing Powers of Essential Oils 27 1 PM Artes America 1 PM Gmail and Google Drive
2 PM Intro to Piano 30	3 PM Embracing Your Life Story 31			



NOVEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	1 PM Understanding the Civil War 2 3 PM District Attorney Lisa Smittcamp	9:30 AM Book Club 3 11 AM Whole Foods Cooking Class 1 PM Amazon
10 AM Plants That Help Us Heal 6 2 PM Camino de Santiago	10 AM Weather Forecasting with the Experts 7 3PM Embracing Your Life Story	1 PM Hitler's American Friends 8 3 PM Widsom and the Good Life	9	10
2 PM How to Meditate 13	10 AM Weather Forecasting with the Experts 14 3PM Embracing Your Life Story	3 PM Widsom and the Good Life 15	2 PM Planned Giving for Everyone 16	17
2 PM How to Meditate 20	10 AM Weather Forecasting with the Experts 21 3PM Embracing Your Life Story	22	23	24
2 PM How to Meditate 27	10 AM Weather Forecasting with the Experts 28 3PM Embracing Your Life Story	1 PM President Joseph Castro and Mary Castro 29 3 PM Widsom and the Good Life	30	

DECEMBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:30 AM Book Club 1 11 AM Whole Foods Cooking Class
4	3PM Embracing Your Life Story 5	3 PM Widsom and the Good Life 6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	29	29

# Live Inspired!

## Introduce a friend to OLLI!

Fall 2017 OLLI Members  
are cordially invited to a  
**MEMBER RECEPTION**

**Thursday, September 14, 2017  
5-7 PM**

- ~ Fresno State Wines and Beverages
- ~ Hors d'oeuvres
- ~ Meet friends old and new

Please invite a potential **NEW MEMBER**  
as your guest so we can introduce  
them to OLLI!

*The event is free but you must register.  
Watch your mail for the invitation with  
complete details.*



## Seniors' Day at the Big Fresno Fair | Monday, October 9

Seniors 62 and BETTER are able to enjoy the Fair for free! Gates will open at 9 am on this day only. Also, don't miss the special Seniors' Lifestyle Expo from 9 am to 1 pm throughout the grounds featuring a variety of organizations focused on senior health, wellness and financial support. Get more information about the fair at [www.fresnofair.com](http://www.fresnofair.com).

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

**Activity:** Osher Lifelong Learning Institute – Fall 2017 Field Trips

**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: \_\_\_\_\_

**PLEASE SEE REVERSE FOR LIST OF ACTIVITIES**

I have initialed by each of the following field trips listed below and confirm that I have reviewed the detailed information contained in the OLLI Fall 2017 catalog for each of the activities and events. As such, I understand the unique risks associated with each event.

## FALL 2017 FIELD TRIPS

_____	<b>Whole Foods: End of Summer Harvest Dinner</b>		
	September 8, 2017	11:00 AM – 1:00 PM	Fresno, CA
_____	<b>Legion of Honor: Degas, Impressionism and the Paris Millinery Trade</b>		
	September 13, 2017	6:00 AM – 6:00 PM	San Francisco, CA
_____	<b>Lemoore Naval Air Station I</b>		
	September 15, 2017	8:00 AM – 3:00 PM	Lemoore, CA
_____	<b>Lemoore Naval Air Station II</b>		
	September 22, 2017	8:00 AM – 3:00 PM	Lemoore, CA
_____	<b>Whole Foods: Cooking with Olive Oil</b>		
	September 22, 2017	11:00 AM – 1:00 PM	Fresno, CA
_____	<b>San Francisco Chinatown Tour</b>		
	October 4, 2017	7:00 AM - 7:00 PM	San Francisco, CA
_____	<b>Whole Foods: Flavors of Fall</b>		
	October 6, 2017	11:00 AM – 1:00 PM	Fresno, CA
_____	<b>Whole Foods: Cooking with Pumpkin</b>		
	October 20, 2017	11:00 AM – 1:00 PM	Fresno, CA
_____	<b>Dia de Los Muertos at Artes Americas</b>		
	October 27, 2017	1:00 – 2:30 PM	Fresno, CA
_____	<b>Whole Foods: Thanksgiving Leftovers</b>		
	November 3, 2017	11:00 AM – 1:00 PM	Fresno, CA
_____	<b>Whole Foods: Holiday Favorites</b>		
	December 1, 2017	11:00 AM – 1:00 PM	Fresno, CA



# Osher Lifelong Learning Institute Registration – Fall 2017

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+

**MEMBERSHIP FEE**

General Membership \$40 per person (non-refundable) ..... \$ \_\_\_\_\_

Please check if you need an OLLI Parking Permit .....

**GENERAL SESSIONS**

**Own Your Uniqueness** - Wednesday, September 6

**The Legacy & Impact of the Holocaust** – Tuesday, October 17

**A Living Curiosity: Julia Pastrana** – Tuesday, October 24

**Fresno County District Attorney** – Thursday, November 2

**Hitler’s American Friends** – Wednesday, November 8

**A Bold Vision** - Wednesday, November 29

**SHORT COURSES – Available only with a paid membership**

- Capturing Style (four Tuesdays)..... x\$35/person \$ \_\_\_\_\_
- Women Artists of Early Modern Europe (four Thursdays)..... x\$35/person \$ \_\_\_\_\_
- Broadcast News (four Mondays)..... x\$35/person \$ \_\_\_\_\_
- \*iPhone and iPad (two Thursdays and one Friday)..... x\$25/person \$ \_\_\_\_\_
- The Early Days of Jazz (four Wednesdays)..... x\$40/person \$ \_\_\_\_\_
- \*Uber and Lyft (one Friday)..... x\$5/person \$ \_\_\_\_\_
- \*Facebook (one Thursday)..... x\$5/person \$ \_\_\_\_\_
- Filming the Fabulous, Fateful Fifties (three Tuesdays)..... x\$25/person \$ \_\_\_\_\_
- You Can Avoid Verbal Conflict (four Thursdays) ..... x\$35/person \$ \_\_\_\_\_
- Teach for OLLI (one Thursday)..... free/person \$ \_\_\_\_\_
- Intro to Piano (four Mondays)..... x\$35/person \$ \_\_\_\_\_
- Getting the Health Care You Need (three Wednesdays)..... x\$25/person \$ \_\_\_\_\_
- Understanding the Civil War (four Thursdays)..... x\$35/person \$ \_\_\_\_\_
- The Art and Science of Gratitude (one Tuesday)..... x\$10/person \$ \_\_\_\_\_
- Create Your Personal Vision Board (one Wednesday)..... x\$15/person \$ \_\_\_\_\_
- \*Netflix and YouTube TV (one Friday)..... x\$5/person \$ \_\_\_\_\_
- The Healing Powers of Essential Oils (one Friday)..... x\$10/person \$ \_\_\_\_\_
- \*Gmail and Google Drive (one Friday)..... x\$5/person \$ \_\_\_\_\_
- Embracing Your Life Story (six Tuesdays)..... x\$50/person \$ \_\_\_\_\_
- \*Amazon and Amazon Prime (one Friday)..... x\$5/person \$ \_\_\_\_\_
- Plants That Help Us Heal (one Monday)..... x\$10/person \$ \_\_\_\_\_
- Camino de Santiago (one Monday)..... x\$10/person \$ \_\_\_\_\_
- Weather Forecasting with the Experts (four Tuesdays)..... x\$35/person \$ \_\_\_\_\_
- Wisdom and the Good Life (four Wednesdays)..... x\$35/person \$ \_\_\_\_\_
- Planned Giving for Everyone (one Thursday)..... x\$10/person \$ \_\_\_\_\_
- How to Meditate (three Mondays)..... x\$25/person \$ \_\_\_\_\_
- Book Club with Kay Davies (four Fridays)..... x\$10/person \$ \_\_\_\_\_

\* = This special pricing is possible through partnership with the campus DISCOVERe program

**PLEASE SEE REVERSE FOR MORE**

# Osher Lifelong Learning Institute Registration – FALL 2017 page 2

■ FIELD TRIPS – Available to members and non-members	Member	Non-Member
End of Summer Harvest Dinner Cooking Class - Whole Foods . . . . .	\$25	----- \$30 . . . . . \$ _____
Legion of Honor: Degas, Impressionism and the Paris Millinery Trade . . . . .	\$95	----- \$110 . . . . . \$ _____
Lemoore Naval Air Station I . . . . .	\$30	----- \$50 . . . . . \$ _____
Cooking with Olive Oil Cooking Class - Whole Foods. . . . .	\$25	----- \$30 . . . . . \$ _____
Lemoore Naval Air Station II . . . . .	\$30	----- \$50 . . . . . \$ _____
San Francisco Chinatown Tour - San Francisco . . . . .	\$95	----- \$105 . . . . . \$ _____
Flavors of Fall Cooking Class - Whole Foods . . . . .	\$25	----- \$30 . . . . . \$ _____
Cooking with Pumpkin Cooking Class - Whole Foods . . . . .	\$25	----- \$30 . . . . . \$ _____
Dia de Los Muertos at Artes Americas - Fresno . . . . .	\$10	----- \$20 . . . . . \$ _____
Thanksgiving Leftovers Cooking Class - Whole Foods . . . . .	\$25	----- \$30 . . . . . \$ _____
Holiday Favorites Cooking Class - Whole Foods . . . . .	\$25	----- \$30 . . . . . \$ _____

**FOR ALL FIELD TRIPS SIGN BOTH SIDES OF LIABILITY FORM IN THIS CATALOG AND SEND WITH REGISTRATION**

**FIELD TRIP TOTAL** \$ \_\_\_\_\_  
**TOTAL FROM PAGE 1** \$ \_\_\_\_\_  
**TOTAL ENCLOSED** \$

**MAKE CHECKS PAYABLE TO FRESNO STATE**

*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 Locations of OLLI Activities at  
 Fresno State

Any additional gift for the OLLI program at Fresno State (optional) Checks for gifts must be made in a separate check payable to Fresno State Foundation. Thank you!

\$ \_\_\_\_\_



# Giving to Fresno State OLLI

Your Fresno State OLLI is dedicated to providing excellent educational programs to adults age 50 and better who are interested in learning for the love of learning.

**Thanks to your support, our program is growing.**

We'd like to:

- Expand the number of program offerings
- Increase access to all programs by exploring additional locations and class times
- Deliver high-quality, relevant programs

We are an independent program partially underwritten by interest earnings on the initial endowment from the Bernard Osher Foundation and through class registration fees.

With your support, we can continue to grow and engage those in the valley age 50 and better who have a quest for learning among peers.

*Thank you for your support!*

Checks for gifts must be made payable to the

**Fresno State Foundation**

**Fresno State OLLI**

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

559.278.0008



Continuing and Global Education

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

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