



OLLI

SUMMER 2015 CATALOG

Meet. Learn. Grow.

University-level non-credit courses, lectures and field trips for those age 50 and better.

CELEBRATING 10 YEARS OF LEARNING FOR THE LOVE OF 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. Come learn for the love of learning!



Membership Information

\$10 Summer Special Celebrating our 10th Anniversary!

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 Field Trips by paying the non-member registration fees for those individual trips (see details under Field Trip listings in this brochure).

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, the OLLI leadership has decided 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 wheelchair 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.

Photograph and Media Release

(and Guardian if participant is a minor)

This release grants permission to Fresno State and OLLI to use Participant's image appearing in any photographs, videotape, 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 or activity.

General Membership \$10 Per Person (Summer 2015 only)

Admission to all scheduled General Sessions during Summer 2015.

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 of Fresno State events via email.

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 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.

OLLI Summer 2015 General Session Descriptions

1:30 - 3 p.m. Location: Satellite Student Union

JUNE 8 MONDAY **Boom and Bust: The Politics of the California Budget**

Presenter: Dr. Jeffrey Cummins



The California budget has been the major issue confronting the state over the last few decades. We will discuss the roots of California's budget problems, current conditions, and what it will take to avoid these problems in the future. Dr. Jeff Cummins is associate professor of Political Science at California State University, Fresno. He is the author of "Boom and Bust: The Politics of the California Budget", and co-author of "California: The Politics of Diversity."

1:30 - 3 p.m. Location: Satellite Student Union

JUNE 10 WEDNESDAY **Social Media Demystified!**

Presenter: Betsy A. Hayes, APR, Fellow PRSA



Join Fresno State Public Relations professor Betsy Hays for an afternoon of fun and adventure as she explores and demystifies the fun and often confusing world of social media. You'll learn the ins and outs of Facebook, Twitter and Instagram, and why you might want to consider jumping in (the water's fine!) or stepping up your social media game. Bring your questions!

Ms. Hays is an author, keynote speaker and workshop presenter who specializes in social media, public relations, communication and career topics. She is also the lead Public Relations professor for the Department of Mass Communication and Journalism at Fresno State — a post she has held since 1999.

1:30 - 3 p.m. Location: Satellite Student Union

JUNE 25 THURSDAY **Time, Money & Happiness**

Presenter: Dr. Robert Levine



This discussion will center on the different ways that people think about, feel about and use time around the world and how these differences impact the quality of their lives. Dr. Levine has been a professor of Psychology at Fresno State, with stints as chairperson of the department and as associate dean of the College of Science and Mathematics. Over the years he's also served as a visiting professor in Brazil, Japan and Sweden and most recently, as a Fellow in the Institute of Advanced Study at Durham University in the UK.

1:30 - 3 p.m. Location: Satellite Student Union

JULY 8 WEDNESDAY **The Real Story of Agriculture**

Presenter: Ryan Jacobsen



Agriculture is a complex, risky venture, operating in a world with complex regulations, minimal resources and sometimes mystifying turns in public opinion. Ryan Jacobsen is CEO of the 3,500-member Fresno County Farm Bureau and a fourth generation farmer who will explain modern agriculture, its challenges and successes, and what he's doing to help more people understand this vital industry.

OLLI Summer 2015 Short Course Descriptions

THURSDAYS

JUNE 4, 11 & 25 \$25

10:00 am to 11:30 am

Location: UBC191

Meditation for Health

Aaron Drake

This series of classes will lead you through the basics of meditation. It will teach you how to harness Chi for self-healing, for stress and pain reduction, and for improving one's overall well-being. Aaron Drake, the creator of Ascension Meditation, has practiced various Oriental and western meditation styles for the last 30 years AND is currently writing a book on applying meditation techniques at the workspace and home.

TUESDAY

JUNE 9 \$10

10:00 am to 11:30 am

Location: UBC191

When Scotland Turned Tartan: A History of Scottish National Dress

Brenna Ariel Barks, MSc

Very few things conjure up a particular culture and country than national dress, be that the saree of India, the kimono of Japan, or Highland dress in Scotland. Except that the kilt was not widely adopted – even in the Highlands – until the 17th century, and the fabric we now think of as tartan only came into being in the 16th century. Looking back at the origins of both the kilt and tartan through archaeological evidence and art and material culture, and explaining the evolution of what is now considered "Scottish Dress" from its earliest origins to Andy Murray's recent wedding attire, this class will examine the historical influences on Scotland and how a single fabric captured the romantic fantasies of the world.

OLLI Summer 2015 **Short Course Descriptions** *Continued*

TUESDAY

JUNE 9

\$5

1:30 pm to 3:00 pm

Location: Henry Madden
Library Room 2124

Creating and Using Your First Email Account

Email is a great and inexpensive tool to connect quickly with those in your life and keep on top of your favorite activities. Come learn email basics so you are comfortable communicating this way.

WEDNESDAY

JUNE 10

\$10

10:00 am to 11:30 am

Location: PB191

Interpersonal Communication

Dr. James Schmidtko

This session will use a skills-based approach to improve interpersonal communication skills with exercises and opportunities to practice effective techniques. The goal is to help individuals develop effective strategies for improving daily communications.

THURSDAY

JUNE 11

\$5

1:30 pm to 3:00 pm

Location: Henry Madden
Library Room 2124

Connecting With Family on Facebook

There are many social channels through which you can connect with friends and families. Come learn the best features of Facebook and build your confidence.

TUESDAY

JUNE 23

\$5

1:30 pm to 3:00 pm

Location: Henry Madden
Library Room 2124

Video Calling On Skype

You can have face-to-face conversations with people near or far using Skype technology. Learn to use Skype for real-time video conversations.

TUESDAY & WEDNESDAY

JUNE 23 & 24

\$20

10:00 am to 11:30 pm

Location: UBC191

Back to Your Future: A Look at the Future as Prophesied in Popular Films of the 20th Century

Paul Kaser

Review with us film scenes portraying various futures: utopian and dystopian. Which aspects of our lives today were accurately predicted and which were not anticipated? Films to be reviewed include 1984, Things to Come, Forbidden Planet, THX 1138, Colossus: The Forbin Project, Metropolis, Brave New World, and/or other films you may choose to consider.

WEDNESDAY

JUNE 24

\$5

1:30 pm to 3:00 pm

Location: Henry Madden
Library Room 2124

Downloading and Reading iBooks

So many books; so much to read! Learn to use Apple's iBooks, to browse, sample or buy books to read on your Apple device.

TUESDAY

JULY 7

\$5

10:00 am to 11:30 am

Location: Henry Madden
Library Room 2124

Find and Listen to Free Music On Spotify

Why not be surrounded by your favorite music, for free, without commercials? Come learn about Spotify.

TUESDAYS

JULY 7, 14 & 21

\$25

1:30 pm to 3:00 pm

Location: UBC191

Sex and Human Sacrifice at Moche Huacas

Caution – Mature content

Dr. James Kus

The Moche culture dominated northern coastal Peru from about the time of Christ to about 800 A.D. For more than a century, our knowledge of the Moche came mainly from the study of their ceramics, which are among the best in the ancient world - both as sculptural models and as surfaces on which elaborate scenes were painted. Among the subjects shown on the Moche ceramics are detailed sexual scenes, as well as evidence of human sacrifice. Since the late 1980s, however, impressive new archaeological excavations at a number of major Moche sites have added much to our knowledge of the Moche culture.

THURSDAYS

JULY 9, 16 & 23

\$25

10:00 am to 11:30 pm

Location: UBC191

Energy Healing

Krista E. Erickson

You have the innate ability to ease your pains naturally by focusing your energy and attention. Discover your inner healer and become an active participant in your in health by taking healing into your own hands.

OLLI Summer 2015

Short Course Descriptions

Continued

THURSDAY

JULY 9

\$5

1:30 pm to 3:00 pm Location: Henry Madden Library Room 2124

Read the News on Your Tablet

Enjoy reading news from around the world on your tablet device. You'll learn about the best sources, as well as tips and techniques.

WEDNESDAY

JULY 15

\$10

1:30 pm to 3:00 pm Location: UBC191

The Motown Sound: the 1960s

Dr. Matthew Darling

Enjoy in-depth look at Motown Records, one of the most successful U.S. record companies in the 1960s. Owner Barry Gordy Jr.'s company provided a haven for young and talented black music artists during a time when white-owned record companies ruled the airwaves. Motown's immensely popular music crossed over racial lines and helped bring our nation together during its most tumultuous decade of the 20th Century.

OLLI Summer 2015

Field Trips Descriptions

7 a.m. - 7 p.m.

July

10

Friday

Carmel-by-the-Sea (Bus Trip)

Members - \$90, Non Members - \$95
Maximum Capacity: 50
Last Day to Register - June 18, 2015

Price includes roundtrip transportation and admission.

Enjoy an enchanting two-hour guided walk that introduces you to the special charms of Carmel through secret pathways, award winning gardens, and enchanting fairytale cottages as you discover the history, character, and customs that make Carmel unique. After the tour is free time allowing you to explore.

6 a.m. - 7 p.m.

July

17

Friday

Autry National Museum (Bus Trip)

Members - \$70, Non Members - \$80
Maximum Capacity: 50
Last Day to Register - June 19, 2015

The Autry National Center of the American West is a museum dedicated to exploring and sharing the stories, experiences, and perceptions of the diverse peoples of the American West. The Autry brings together the diverse experiences, collections, and creativity that symbolize the West. The Autry's collection of more than 500,000 pieces of art and artifacts includes the Southwest Museum of the American Indian Collection, one of the largest and most significant in the United States.

MONDAY & TUESDAY

JULY 20 & 21

\$20

10:00 am to 11:30 am Location: UBC191

Seeing Nature: Landscape Painting in 19th-century Britain

Susana L. Sosa

Landscape painting emerged as a major genre of art in the early 19th century, as British artists captured the beauty and changing terrain of nature, which took on new meaning in the age of urbanization and industrialization. This course will focus on the art of two of the greatest landscape painters of British Romanticism: John Constable and J.M.W. Turner.

MONDAY

JULY 20

\$5

1:30 pm to 3:00 pm Location: Henry Madden Library Room 2124

Keep Your Brain Healthy With Lumosity

Can games keep your brain pistons firing? Yes! Lumosity is designed to keep your brain engaged through play. Have fun learning about it and challenge your gray matter through play.

THURSDAY

JULY 23

\$5

1:30 pm to 3:00 pm Location: Henry Madden Library Room 2124

Learn a New Language with Duolingo

In this information age, you can do so much online for free, including learning a new language. If you've always wanted to know another language for travel or fun, attend this class!

6 a.m. - 7 p.m.

July

22

Wednesday

J.M.W Turner: Painting Set Free – de Young Museum (Bus Trip)

Members - \$80, Non Members - \$85
Maximum Capacity: 50
Last Day to Register - July 2, 2015

Price includes roundtrip transportation and admission.

Joseph Mallord William Turner (1775–1851) was one of the greatest British artists of the 19th century. His paintings are revered for their spectacular effects of light and color, and have influenced generations of artists.

6 a.m. - 7 p.m.

July

24

Friday

Alcatraz (Bus Trip)

Members - \$85, Non Members - \$95
Maximum Capacity: 50
Last Day to Register - July 10, 2015

Price includes roundtrip transportation and admission.

Alcatraz and history go hand in hand. Once home to some of America's most notorious criminals, Alcatraz is best known as one of the world's most legendary prisons. Many people, though, are unaware of the wealth of other stories to be learned on the island. Alcatraz is now home to rare flowers and plants, marine wildlife, and thousands of roosting and nesting sea birds. Civil War-era buildings dotting the island give insight into the 19th century when the island served as both a harbor defense fort and a military prison.

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

Activity: Osher Lifelong Learning Institute – Summer 2015 Field Trips

Activity Dates(s), Time(s) and Location(s): See below 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 BELOW 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 Summer 2015 catalog for each of the activities and events. As such, I understand the unique risks associated with each event.

_____ **Carmel-by-the-Sea (Bus Trip)** 7 a.m. – 7 p.m. on July 10, 2015, Carmel, CA

_____ **Autry National Museum (Bus Trip)** 6 a.m. – 7 p.m. on July 17, 2015, Los Angeles, CA

_____ **J.M.W. Turner: Painting Set Free (Bus Trip)** 6 am – 7 pm on July 22, 2015, San Francisco, CA

_____ **Alcatraz (Bus Trip)** 6 a.m. – 7 p.m. on July 24, 2015

Osher Lifelong Learning Institute Registration – Summer 2015

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 Brochure Other

Your age group: 50-60 61-70 71-80 80+

MEMBERSHIP FEE

General Membership* \$10 per person (non-refundable) \$ _____

Please check if you need an OLLI Parking Pass _____

ALL GENERAL SESSIONS ARE AT 1:30 P.M.

Boom and Bust: The Politics of the California Budget Monday, June 8, 2015

Social Media Demystified! Wednesday, June 10, 2015

Time, Money & Happiness Thursday, June 25, 2015

The Real Story of Agriculture Wednesday, July 8, 2015

SHORT COURSES – Available only with a paid membership

- Meditation for Health** (3 Thursdays) x \$25/person \$ _____
- When Scotland Turned Tartan: A History of Scottish National Dress** (1 Tuesday) x \$10/person \$ _____
- Creating and Using Your First Email Account** (1 Tuesday) x \$5/person* \$ _____
- Interpersonal Communication** (1 Wednesday) x \$10/person \$ _____
- Connecting With Family on Facebook** (1 Thursday) x \$5/person* \$ _____
- Video Calling On Skype** (1 Tuesday) x \$5/person* \$ _____
- Back to Your Future: A Look at the Future Through Popular Films** (Tues. & Weds.) x \$20/person \$ _____
- Downloading and Reading eBooks** (1 Wednesday) x \$5/person* \$ _____
- Find and Listen to Free Music On Spotify** (1 Tuesday) x \$5/person* \$ _____
- Sex and Human Sacrifice at Moche Huacas – mature content** (3 Tuesdays) x \$25/person \$ _____
- Energy Healing** (3 Thursdays) x \$25/person \$ _____
- Read the News on Your Tablet** (1 Thursday) x \$5/person* \$ _____
- The Motown Sound: the 1960s** (1 Wednesday) x \$10/person \$ _____
- Seeing Nature: Landscape Painting in 19th-century Britain** (Mon.-Tues.) x \$20/person \$ _____
- Keep Your Brain Healthy With Lumosity** (1 Monday) x \$5/person* \$ _____
- Learn a New Language with Duolingo** (1 Thursday) x \$5/person* \$ _____

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

Any additional gift for the OLLI program at Fresno State (optional) \$ _____

FIELD TRIPS – Available to members and non-members

	Member	Non-member
Carmel-by-the-Sea (bus trip)	\$90	\$95
Autry National Museum (bus trip)	\$70	\$80
DeYoung Museum for J.M.W. Turner exhibition (bus trip)	\$80	\$85
Alcatraz (bus trip)	\$85	\$95

For ALL FIELD TRIPS sign Liability Form in this Catalog and SEND WITH REGISTRATION

TOTAL AMOUNT ENCLOSED \$

***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.

PAYMENT: We accept checks or money orders made payable to **FRESNO STATE**.

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

FRESNO STATE

Continuing and Global Education

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

CHANGE SERVICE REQUESTED

Non-Profit
Organization
U.S. Postage
PAID
Fresno, CA
Permit No. 262