



FRESNO STATE
Continuing and Global Education

FALL 2020 CATALOG

Keynote Speakers

Short Courses

Book Club

Activities

All offered online only

For those age 50 and better!



Live Inspired!

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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!

1

BECOME A MEMBER

You can join OLLI anytime of the year. Memberships for spring and fall semesters are \$40 each, and the summer session is \$15. Membership fees are non-refundable and non-transferable.

NOTE: All of our Fall 2020 offerings are online only.

- Members Receive:
- Admission to all Keynote Speeches for the term of the membership
 - Opportunity to register for OLLI courses and adventures
 - OLLI newsletter delivered by email

2

REGISTER FOR OLLI COURSES AND ACTIVITIES

- All of our fall offerings are online only
- Courses and activities are open ONLY to OLLI members
- Enjoy a wide variety of interesting topics
- OLLI Courses and activities are self-supporting - a minimum enrollment is required
- Course fees vary according to course length
- Registrations processed on a first-come, first-served basis

3

REGISTER ONLINE

- Our summer members discovered how quick and easy it is to register and pay online. No paperwork to complete or mailing to do – just register online, pay through the secure payment portal, and you'll be registered in a flash.
- When you first use the online registration system, you will be prompted to provide information and you'll select a username and password. When you return to register in the future, all your information is already saved – just login and register!
- If you need help, please call 559.278.0008 and we will answer your questions.
- When you register online, you'll receive confirmation emails. Soon after, you'll receive specific information on how to participate in the class via Zoom. We will again email your Zoom registration information the day before your first class meeting.

NOTE: You may register by mail; however, expect significant delays. Due to campus operations impacted by COVID-19, mail delivery is limited. You CANNOT visit campus to drop-off registration forms – our offices are CLOSED. We cannot accept any registrations by phone.

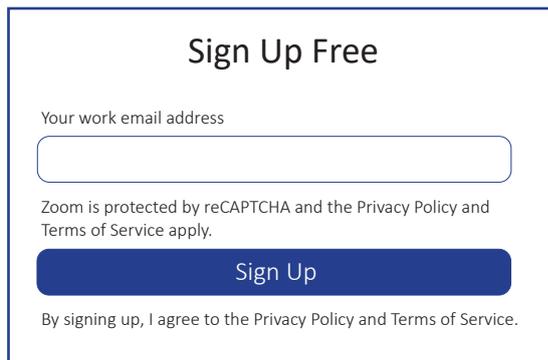
4

INSTALL ZOOM

Zoom is the platform we use for our OLLI offerings. It takes just a minute to get a FREE Zoom account. Please do not be intimidated: You can learn anything!

From your desktop or laptop computer:

- Go to **www.zoom.us** and click the blue box that says "sign up".



The screenshot shows a web form titled "Sign Up Free". It includes a text input field for "Your work email address". Below the input field, there is a line of text: "Zoom is protected by reCAPTCHA and the Privacy Policy and Terms of Service apply." At the bottom of the form is a dark blue button labeled "Sign Up". Below the button, a small line of text reads: "By signing up, I agree to the Privacy Policy and Terms of Service."

From your phone or tablet:

- Apple device (iPhone, iPad):
Download Zoom from the Apple App store.
- Android device (phone or tablet that's not an Apple product)
Download Zoom from the Google Play Store.
- To participate in live video, Zoom will use the camera on your device (phone, laptop, tablet) if it has one.
- If you do not have a camera on your device, you can listen in by phone but others won't be able to see you.

NOTE: You do not need to upgrade or pay for your account to participate in the OLLI Zoom. Our license is through the university and allows you to participate fully. If you decide to host your own Zoom meetings with family, friends or interest groups, you may wish to upgrade someday - but there is no need to for OLLI.

If you cannot log in to a video platform, you can listen to classes via telephone. The phone number to dial in to will be provided once you register.

5

SHARE THE OLLI ENTHUSIASM

- Invite your friends and family to join OLLI
- Post about your OLLI classes on your social media
- Follow the Fresno State OLLI on Facebook at www.facebook.com/FresnoStateOLLI/

KEYNOTE SPEAKERS



Dr. Jonathan Biggane

The Happiest People

SEPTEMBER 10 | Thursday | 1 - 2:30 p.m.

Join Dr. Jonathan Biggane as he discusses his new book, *The Happiest People*, and learn about current research on positive emotions, what makes a life worth living, and how to cultivate happiness. His book is a practical guide to well-being that uses interventions and research from the fields of positive psychology, neuroscience, and business. Dr. Biggane is an Associate Professor in the department of management at Fresno State whose research focuses on intra-organizational relationships, with a particular emphasis on employee well-being.



Dr. Ethan Kytle

Lessons from Fresno's 1918-19 Influenza Pandemic

SEPTEMBER 23 | Wednesday | 1 - 2:30 p.m.

Few, if any of us, have lived through something like the COVID-19 pandemic. Schools closed, restaurants shuttered, and people ordered to shelter in place. But these extraordinary developments are not, in fact, unprecedented - we've been here before. This talk will explore Fresno's response to the deadly 1918-19 influenza pandemic, highlighting the lessons it can teach us as we confront our own viral outbreak a century later.

KEYNOTE SPEAKERS



Brandi Orth

COVID. Safety. Democracy. Voting.

SEPTEMBER 30 | Wednesday | 2 - 2:30 p.m.

Voting may have a different look this year, and we'll learn about it from Fresno County Clerk and Registrar of Voters Brandi Orth. Ms. Orth was elected in 2012 and oversees elections in Fresno County. You'll get the latest information about the upcoming election in November with plenty of time to ask questions.



Dr. Leo Nguyen

**Mechanical Engineers:
Changing the World and Our Community**

OCTOBER 16 | Friday | 1 - 2:30 p.m.

Join Fresno State mechanical engineering professor Dr. The "Leo" Nguyen as he describes the university's program and how he, his colleagues and students are improving our community. He has worked with students on designing low cost prosthetic legs. Dr. Nguyen has also designed and commercialized an external device to help control hand tremors for Essential Tremor patients. Most recently, his students helped protect healthcare workers from COVID-19 by designing and building face shields, masks, and air respirators. Dr. Nguyen will share the principles used by engineers in their creative process, that resonate with other aspects of life.

KEYNOTE SPEAKERS



Dr. Joseph Ross

GMO: Friend or Foe?

NOVEMBER 5 | Thursday | 1 - 2:30 p.m.

Genetically-modified organisms (GMOs) have been described both as Frankenfoods and also among top options for solving nutrition issues for billions of humans across the globe. Are genetically-modified crops more beneficial or more detrimental? Human embryos have recently, for the first time, been genetically modified - is that a path that humanity is willing to tread? GMO mosquitoes have been released into the wild to try to control the spread of mosquito-spread viruses. What are the risks and benefits involved? We will define what it might mean to be called genetically-modified and discuss different types of genetic modifications and their potential risks and benefits. You might be surprised what you already know (and don't know) about GMOs.



Dianne Callahan

Triumphing Over Adversity Through Post-Traumatic Growth

NOVEMBER 19 | Thursday | 1 - 2:30 p.m.

We have all gone through painful experiences and traumas that can hold us back from living meaningful and joy-filled lives. So how do some people overcome these experiences and turn them into triumph? They have learned how to rewrite the narrative of their experiences with bravery and kindness for themselves, and you can too! Rather than accepting a life of stress, despair and hopelessness, you can experience the phenomenon known as post-traumatic growth. This talk will explore these concepts and give you new ways of looking at your own resilience and inner strength.

KEYNOTE SPEAKERS



Dr. Lori Clune

Waging War with Words: U.S. Propaganda, 1945-1963

DECEMBER 1 | Tuesday | 1 - 2:30 p.m.

With the advent of the Cold War, the devastating potential of nuclear conflict soon highlighted the need to exert influence over other countries to assure they were aligned with the United States. This talk will explore the persuasive art of soft power, a range of nonmilitary modes of combat, as used by the presidents of the early Cold War -- Harry Truman, Dwight Eisenhower, and John Kennedy.



Teach for OLLI

Share your expertise with our OLLI members who are interested in a wide variety of topics. Teach about your interests, expertise or talents! We will support you in teaching online for OLLI via Zoom.

Download and complete the Course Proposal Form at:
www.fresnostate.edu/cge/olli.

Please contact Jill Wagner (jiwagner@csufresno.edu) for more information.

OLLI COURSES

Conversations on the Local Arts Scene

TUESDAYS | Sept. 1, 29, Nov. 10, Dec. 1
10 - 11:30 a.m.

\$40

Presenter: Donald Munro

Veteran arts journalist Donald Munro leads a series of four classes devoted to some of the major players on the Fresno-area arts scene. While most of the live scene will likely still be shut down due to the pandemic, there are lots of other ways to enjoy local arts and support performers and artists. Along with tips on how to navigate local virtual offerings, we'll be talking about current artistic issues and expanding your appreciation of various art forms. Guests (via Zoom) will come from the world of theater, visual arts and classical music.



William Saroyan

THURSDAYS | Sept. 3, 10, 17, 24
10 - 11:30 a.m.

\$40

Presenters:

Janice Stevens & Pat Hunter

Fresno's famous son, William Saroyan, will come to life for you in this light biography with watercolor illustrations depicting his birth and death in his beloved Fresno.

Discover the significance of this literary great who received acclaim worldwide.

View the places he frequented in downtown Fresno and his apartment while living in Paris. Imagine him in Fresno riding his bicycle on Santa Clara Street in Armenian Town, barely recognizable to the public, or reading around stacks of books in the libraries, perhaps, relishing grapes grown from the fertile land of the central valley. Excerpts shared are from William Saroyan Places in Time, and Breaking Bread with William Saroyan by Pat Hunter and Janice Stevens.



Four Sure-Fire Ways to Get and Stay Organized

THURSDAY | Sept. 3
1 - 2:30 p.m.

\$10

Presenter: Brenda McElroy

What's keeping you from being organized? Feel paralyzed by your clutter? Don't know where to start? Tried and failed? What you need are Four Sure-fire Ways to Get and Stay Organized! Join Brenda McElroy, owner of Organized By Choice, as she shares simple and practical steps to transform your clutter and chaos into a place of peace and productivity. Having a house you enjoy coming to home to is worth the effort.

Communication and Active Listening

TUESDAY | Sept. 8
10 - 11:30 a.m.

\$10

Presenter: Gia Kazarian

It's important that we are clear in our communication and we are understood. This course will review four different communication styles, identify barriers to communication, review non-verbal communication and identify ways to enhance it. We'll review words that mean different things to different people and how that can impact communication, and we'll go over the elements of active listening. Participants will take an active listening assessment, identify techniques to improve communication and create an action plan for future implementation.



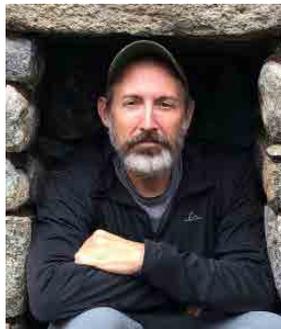
Pandemic Philosophy

TUESDAYS | Sept. 8, 15, 22, 29
2 - 3:30 p.m.

\$40

Presenter: Dr. Andy Fiala

This class will consider philosophical issues related to the pandemic, covering bioethics, politics, and spirituality. What are the ethical implications of quarantine, globalization, and concern for public health? What spiritual lessons can we learn about life, death, and meaning? What can ancient and modern philosophy teach us about living well in times such as these? Dr. Andrew Fiala is Professor of Philosophy and Director of Fresno State's Ethics Center. You can follow his blog at www.andrewfiala.com.



Communications Skills for the Virtual World

MONDAY | Sept. 14 | 10 - 11:30 a.m.

\$10

Presenter: Beth Bridges

Communicating over video conferencing seems simple (one you get past the tech setup!). But communicating well, getting your message heard and understanding the other person takes a lot more than watching a video. Learn how to set the stage, get your point across, and enjoy the conversation when communicating using video technology.

Camino de Santiago

THURSDAY | Sept. 17
1 - 2:30 p.m.

\$10

Presenter: 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. 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.

Tax and Market Update: Implications for COVID-19

WEDNESDAY | Sept. 16 | 2 - 3:30 p.m.

\$10

Presenter: Aaron McKell, CPA

The financial markets have changed in the COVID-19. In this course, we'll review the implications of the Secure Act, the Cares Act, and discuss the markets and things to do as a long-term investor. There will be time for your questions, too

The Pioneers of Rock: Little Richard, Fats Domino, Jerry Lee Lewis, Chuck Berry and Buddy Holly

MONDAYS | Sept. 21, 28, Oct. 5, 12
10 - 11:30 a.m.

\$40

Presenter: Robert Joyce

Elvis Presley may have been the king of rock and roll, but five major artists were seminal in making the music more mainstream for radio and younger audiences in the late 1950s. Little Richard, Fats Domino, Jerry Lee Lewis, Chuck Berry and Buddy Holly forged the road to assuring the world that "rock and roll is here to stay." Learn about these five pioneers and their musical contribution to rock & roll.

Memoir Writing During COVID: If Not Now, When?

WEDNESDAYS | Sept. 23, 30, Oct. 7, 14, 21
11 a.m. - 12:30 p.m.

\$50

Presenter: Armen Bacon

The agony and ecstasy of writing life stories while sheltering-in-place. This 5-session course will guide participants through a journey to rediscover hidden memories and defining moments that have shaped and sculpted their lives while also creating a Corona-diary. "Alone together" we will reflect, chronicle, vent, confess and remember. Armen Bacon is an op ed columnist and the author of three books.



OLLI COURSES

20th Century Dictators

THURSDAYS | Sept. 24, Oct. 1, 8, 15
1:30 - 3 p.m.

\$40

Presenter: Dr. Melissa Jordine

This course will focus on the rise to power, key policies, and impact of three of the most well-known European dictators: Mussolini, Stalin, and Hitler. We will look at their internal policies and review a comparative analysis, as these issues are less well-known than issues relating to WWII. The discussion will include primary sources as well as documentaries and films focused on these dictators or their regimes.



All About Dog Body Language

FRIDAY | Oct. 2
1:30 - 3 p.m.

\$10

Presenter: Kit Perry

Dogs are constantly communicating with us, but reading a dog's body language doesn't always come naturally and typically must be learned. How do you know if a dog is safe to pet? Is a wagging tail the only way to tell that a dog is happy? Dog behavior consultant and trainer, Kit Perry of Creature Coach Animal Training, will teach you to read subtle dog body language that usually goes unnoticed. We will cover bite prevention and how to read the warning signals that most people miss so you can learn to strengthen the bond between you and your dog by understanding what they are telling you!

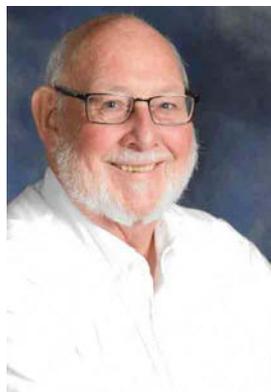
Current Events Discussion

MONDAYS | Sept. 28, Nov. 16
10 - 11:30 a.m.

\$20

Presenter: Lanny Larson

A presidential election is coming and we rely on the media to keep us informed about candidates, issues and how to vote. In our OLLI current events sessions, we'll assess media coverage before and after Election Day with Lanny Larson, a retired reporter and editor.



History of Islam

MONDAYS | Oct. 5, 12, 19, 26
1:30 - 3 p.m.

\$40

Presenter: Dr. Amine Tais

Using a critical academic approach, this course explores the historical development of Islam and the diverse ways in which Muslims have interpreted and practiced their religion past and present. We will cover various important fields of scholarly inquiry within the world of Islam, including theology, law, mysticism, and philosophy as well as popular forms of religious piety.



The Hubble Space Telescope

TUESDAYS | Oct. 6, 13, 20, 27
10 - 11:30 a.m.

\$40

Presenter: Larry Parmeter

Since its launching in 1990, the Hubble Space Telescope has done more to change and shape humanity's view of the universe than any other scientific instrument. There was nothing like it before; there will probably never be anything like it again. This class will discuss the origins of the telescope, the man it was named after, its trials and triumphs in space, and its future and its successors.

Women of Rock and Roll

TUESDAYS | Oct. 6, 13, 20, 27
3 - 4:30 p.m.

\$40

Presenter: Robert Joyce

The 1970s was the decade that women earned their place in rock and roll as commercial, as well as critical partners, in the new art form. This course will feature the music and careers of Janis Joplin, Ann and Nancy Wilson from Heart, Christine McVie and Stevie Nicks of Fleetwood Mac, and the soulful voice of Tina Turner. Other honorable mentions will be presented as well. Learn how these women gave rise to some of the biggest selling albums in rock and roll.

Vienna 1900 - Art, Architecture and Design

WEDNESDAYS | Oct. 7, 14, 21, 28
9 - 10:30 a.m.

\$40

Presenter: Susana Sosa

Vienna at the turn of the 20th century was a city in the midst of a unique cultural flowering that encompassed the visual arts, architecture and design. Innovative artists explored modes of expression that intersected with new ideas and styles in modern music (Mahler) and literature. New theories in psychoanalysis (Freud) and philosophy (Wittgenstein) also shaped artists' understanding of the world. This course will look at the Vienna Secession movement, led by Gustav Klimt, Joseph Maria Olbrich and Josef Hoffman.



The Azores: History, People and Traditions

WEDNESDAYS | Oct. 7, 14, 21, 28
1:30 - 3 p.m.

\$40

Presenter: Dennis Borges

The course will focus on the islands of the Azores, where most Californians of Portuguese ancestry can trace their roots. The course will give an overview of the islands, the geography, history, people and traditions. The Azores are islands known for dramatic landscapes, fishing villages, and abundant floral displays.



Adventures in Genius

THURSDAYS | Oct. 8, 15, 22, 29
10 - 11:30 a.m.

\$40

Presenter: Gary Walker

We'll review the lives and legacies of eight giants of history who dominated their own times and then went on to influence their respective areas of expertise in the centuries which followed. We will focus on two geniuses each week: Leonardo da Vinci and Voltaire; Napoleon and Charles Dickens; Benjamin Franklin and Mark Twain; Albert Einstein and J. Robert Oppenheimer.

Brazil: History, Society and Politics

TUESDAYS | Oct. 13, 20, 27, Nov. 3
1 - 2:30 p.m.

\$40

Presenter: David Ross

Take this course for a brief overview of multiple aspects of a fascinating nation's culture, geography, major cities and environmental concerns. Brazil is the world's fifth-largest country by area and the sixth most populous and contains the world's biggest river system and rainforest. This course will help boost your knowledge of and appreciation for Brazil.

The Upanishads

MONDAYS | Oct. 19, 26, Nov. 2, 9
9:30 - 11 a.m.

\$40

Presenter: Dr. Ann Berliner

The Upanishads (1200 B.C.E.), the classical philosophical texts of India, are some of the oldest representations of philosophy that are available today. They have a profound beauty to them and form the foundation of later Asian philosophical thought. Dr. Berliner, Professor Emerita, taught in the Philosophy Department for more than 30 years.

OLLI COURSES

Fresno's History - Late 1800s & Early 1900s

THURSDAYS & FRIDAYS | Oct. 22, 23, 29, 30
1:30 - 3 p.m.

\$40

Presenter: Dr. Jeannine Raymond

Take a visual tour of early Fresno and learn about the city's beginnings through the people who came here - what they did and what they built. Starting in 1872, we will follow the evolution of the town over the next 45 years, highlighting the activities of its early founders.

Learn where to find remnants of those early beginnings still visible in Fresno today but sometimes hidden in plain sight!



Become Your Own Healer

FRIDAYS | Oct. 23, 30 | 10 - 11:30 a.m.

\$20

Presenter: Claudette Hayes

The class will dive deep into powerful tools that will create a bridge between a healthy mind and a healthy body. Fundamental principles of meditation will be taught, explored, and practiced. This helps to connect us with inner joy, become heart-centered, and open the door to endless possibilities.



Jane Austen:

Deep Dive into Pride and Prejudice

MONDAYS | Nov. 2, 9, 16 | 2 - 3:30 p.m.

\$30

Presenter: Heather Parish

Taking a good, long look at Jane Austen's most enduring novel, *Pride and Prejudice*, this course will use group discussion to explore in detail the characters, plot, irony, themes, and language Austen uses to construct a timeless novel and how it is still relevant today. Attendees asked to read through chapter 23 for the first session. Second session: through chapter 46. Third session: end of novel. Discussion leader Heather Parish is a regional coordinator for the Jane Austen Society of North America.



Poetry: Discover Your Truth and Beauty

THURSDAYS | Nov. 5, 12, 19, Dec. 3, 10
10 - 11:30 a.m.

\$50

Presenter: Sally Vogl

Poets are often called the soul of a society. In times of turmoil, they discover kernels of truth, and in nature and human relationships they find beauty. We will learn from great poets from the World War I era to the present. Like many poets, such as John McCrae, Langston Hughes and Marianne Moore, we live in a time of uncertainty. Let us write and share our own truth and beauty, because our lives and our poems matter.



Health Care Issues in the Context of COVID

THURSDAYS | Nov. 5, 12, 19
10 - 11:30 a.m.

\$30

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

This three-part series covers health care issues within the context of the Covid-19 pandemic. Part 1 will focus on understanding the COVID-19 virus and its place in the history of pandemics. Part 2 will focus on healthy aging and prevention along with tips for seeking health care in the time of COVID-19. Part 3 presents the importance for proactive health care decisions and planning for future care.

The Occident and the Orient: A Sampling of Representations of Armenians in Art

MONDAYS | Nov. 30, Dec. 7, 14
10 - 11:30 a.m.

\$30

Presenter: Hazel Antaramian Hofman

This course will canvas presentations of the Armenian (in particular the female Armenian) in works of art over a period of 100 years, beginning with the work of nineteenth-century British Orientalist artist, John Frederick Lewis. Other periods will include early twentieth-century American and British post-WWI Poster Art, and later pre- and post-WWII Soviet Propaganda posters. We will closely look at the 'colonial' interpretative context of these representations as well as conduct in-class formal analysis with regard to style and influences in terms of how each presents the Armenian subject and why.

Fresno Writers Live

Hear the latest literature from Fresno State alumni authors who've published new books. Writers will read from their poetry, stories or essays and answer questions from attendees. This is a great opportunity to hear from a variety of Central Valley literary voices. Information on purchasing their books from their preferred sellers is included below.

Monique Quintana

WEDNESDAY | Sept. 23

11 a.m. - 12:30 p.m.

\$10



Cenote City, the debut novella from Fresno writer Monique Quintana, reads like a gothic fairytale for Brown girls everywhere with an unapologetic, booming heart. A widely published author since earning her Master of Fine Arts degree from Fresno State in 2016, Quintana is a contributor at Luna Luna Magazine. She has been awarded artist residencies to Yaddo, the Mineral School, and Sundress Academy of the Arts. She won Amplify's inaugural Writer of Color Fellowship. She lives in Fresno's Tower District.

Purchase book: clashbooks.com Author's website: moniquequintana.com

Ronald Dzerigian

THURSDAY | Oct. 1

10 - 11:30 a.m.

\$10



Rough Fire, the debut poetry collection from Fresno writer Ronald Dzerigian, does no less than alchemize California's central valley—its landscape, its inhabitants, its literary giants (Philip Levine, Larry Levis), and, most notably, the poet's family, made and given into a recipe for living. A widely published poet since earning his Master of Fine Arts degree from Fresno State in 2016, Dzerigian's poems have appeared in the Australian Book Review, Comstock Review, Prairie Schooner, RHINO, Salamander, and others. He lives with his wife and two daughters in a small farming community in Fresno County.

Purchase book: bookshop.org Author's website: rdzerigian.com

Ethan Chatagnier

TUESDAY | Nov. 17

2 - 3:30 p.m.

\$10



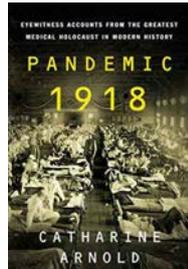
Warnings from the Future, the debut story collection from Fresno writer Ethan Chatagnier, moves quickly from character to character, as the stories expose systems of terrifying power in familiar settings—cops, corporations, dogmas, and demagogues—[with] unexpected complexities and inverted dynamics. Widely published in the Kenyon Review, Cincinnati Review, Glimmer Train, and elsewhere, Chatagnier's stories have won a Pushcart Prize and been listed as notable in Best American Short Stories and the Million Writers Award. He holds a bachelor's degree from Fresno State and a master's degree in Publishing and Writing from Emerson College. He lives with his family in Fresno.

Purchase book: bookshop.org Author's website: ethanchatagnier.com

BOOK CLUB

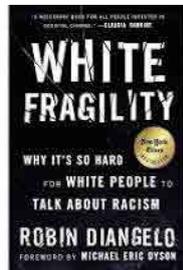
Presenter: Kay Davies
FRIDAYS | 9:30 - 11 a.m.
\$15 for all 5 sessions

► **FRIDAY, SEPTEMBER 4**
Pandemic 1918
by *Catharine Arnold*



Before AIDS or Ebola, there was the Spanish Flu. In January 1918, as World War I raged on, a new and terrifying virus began to spread across the globe. In three successive waves, from 1918 to 1919, influenza killed more than 50 million people. German soldiers termed it Blitzkatarrh, British soldiers referred to it as Flanders Grippe, but world-wide, the pandemic gained the notorious title of Spanish Flu. Nowhere on earth escaped: the United States recorded 550,000 deaths while European deaths totaled over two million. Even as entire battalions were decimated, with both the Allies and the Germans suffering massive casualties, the details of many servicemen's deaths were hidden to protect public morale.

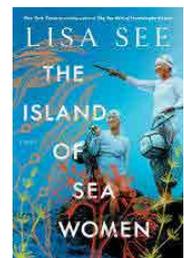
► **FRIDAY, OCTOBER 2**
White Fragility
by *Robin DiAngelo*



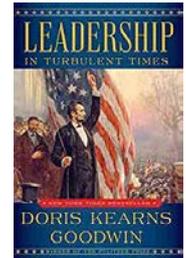
This book explores the counter-productive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. The author illuminates the phenomenon of white fragility and helps us to understand racism as a practice. Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. The book examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively..

► **FRIDAY, DECEMBER 18**
The Island of Sea Women by *Lisa See*

Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends that come from very different backgrounds. When they are old enough, they begin working in the sea with their village's all-female diving collective known as Haenyo, led by Young-sook's mother. As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility but also danger. The Island of Sea Women is an epoch set over many decades, beginning during a period of Japanese colonialism in the 1930s and 1940s, followed by World War II, the Korean War and its aftermath, through the era of cell phones and wet suits for the women divers.



► **FRIDAY, NOVEMBER 6**
Leadership in Turbulent Times
by *Doris Kearns Goodwin*



The author draws upon the four presidents she has studied most closely--Abraham Lincoln, Theodore Roosevelt, Franklin D. Roosevelt, and Lyndon B. Johnson--to show how they recognized leadership qualities within themselves and were recognized as leaders by others. This book tells the story of how they all collided with dramatic reversals that disrupted their lives and threatened to shatter forever their ambitions. At moments of great challenge, they were able to summon their talents to enlarge the opportunities and lives of others. Does the leader make the times or do the times make the leader? In today's polarized world, these stories of authentic leadership in times of apprehension and fracture take on a singular urgency.

► **FRIDAY, DECEMBER 4**
The Splendid and the Vile
by *Erik Larson*



An intimate chronicle of Winston Churchill and London during the Blitz—an inspiring portrait of courage and leadership in a time of unprecedented crisis. Adolf Hitler invaded Holland and Belgium. Poland and Czechoslovakia had already fallen, and the Dunkirk evacuation was just two weeks away. For the next twelve months, Hitler would wage a relentless bombing campaign, killing 45,000 Britons. It was up to Churchill to hold his country together and persuade President Franklin Roosevelt that Britain was a worthy ally—and willing to fight to the end.

Cooking Lessons Presented by Hillori Hansen



Farm Fresh Vegetarian Dishes

SEPTEMBER 18 | Friday | 10 - 11:30 a.m.

Price: \$10 per person

- ▶ Smokey Eggplant Dip with Crispy Cucumbers
- ▶ Black Rice Veggie Bowls with Carrot Ginger Dressing
- ▶ Roasted Beet Steaks with Goat Cheese, Fresh Dill & Champagne Vinaigrette

Easy Chicken Dinners

SEPTEMBER 25 | Friday | 10 - 11:30 a.m.

Price: \$10 per person

- ▶ Crispy Oven Fried Chicken
- ▶ Buffalo Chicken Baked Potatoes with Easy Ranch Dressing
- ▶ 5-ingredient Teriyaki Chicken

Flavors of Fall

OCTOBER 9 | Friday | 10 - 11:30 a.m.

Price: \$10 per person

- ▶ Prosciutto Wrapped Persimmons
- ▶ Penne Pasta with Pumpkin Sage Butter and Parmesan
- ▶ Vegan Pumpkin Pie Ice Cream

Comfort Cooking in Quarantine

NOVEMBER 13 | Friday | 10 - 11:30 a.m.

Price: \$10 per person

- ▶ Savory Meatloaf with a Chinese 5-spice BBQ Sauce
- ▶ Creamy Mashers with Clarified Butter and Chives
- ▶ Cast Iron Chocolate Chip Buckwheat Cookie with Flaked Salt and Vanilla Bean Ice Cream

Italian Christmas Dinner

DECEMBER 11 | Friday | 10 - 11:30 a.m.

Price: \$10 per person

- ▶ Italian Herb Roasted Turkey
- ▶ Cranberry Apple Mostarda
- ▶ Delicata Squash Salad with Pancetta and Warm Balsamic Dressing
- ▶ Hot Cocoa Affogato

ACTIVITIES

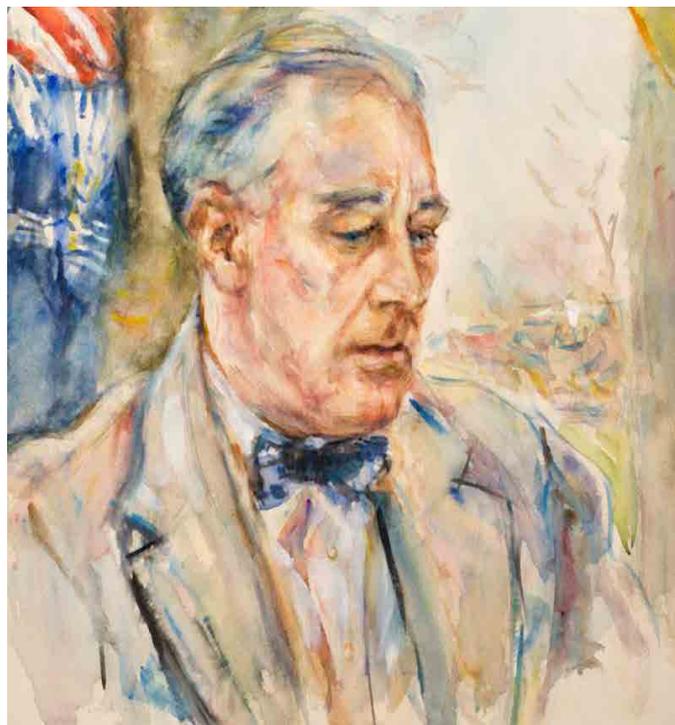
Meet the Presidents

Presenter:
New York Historical Society Museum

SEPTEMBER 18 | Friday | 1 - 2:30 p.m.

► **Price:** \$10 per person

The Meet the Presidents Gallery traces, through artwork and objects, the evolution of the presidency and executive branch and how presidents have interpreted and fulfilled their leadership role. Highlights include the actual Bible used during George Washington's inauguration in 1789 and a student scrapbook from 1962 chronicling JFK's leadership during the Cuban Missile Crisis. A docent will lead you through the gallery live on Zoom.



Women March

Presenter:
New York Historical Society Museum

OCTOBER 9 | Friday | 1 - 2:30 p.m.

► **Price:** \$10 per person

Discover 200 years of women's activism and celebrate the centennial of the 19th Amendment with curators of our Center for Women's History exhibition Women March. Photographs, campaign posters, and historic footage illustrate the stories of women who organized and rallied to end slavery, win the vote, and protect reproductive rights. A docent will lead you through the exhibition live on Zoom.



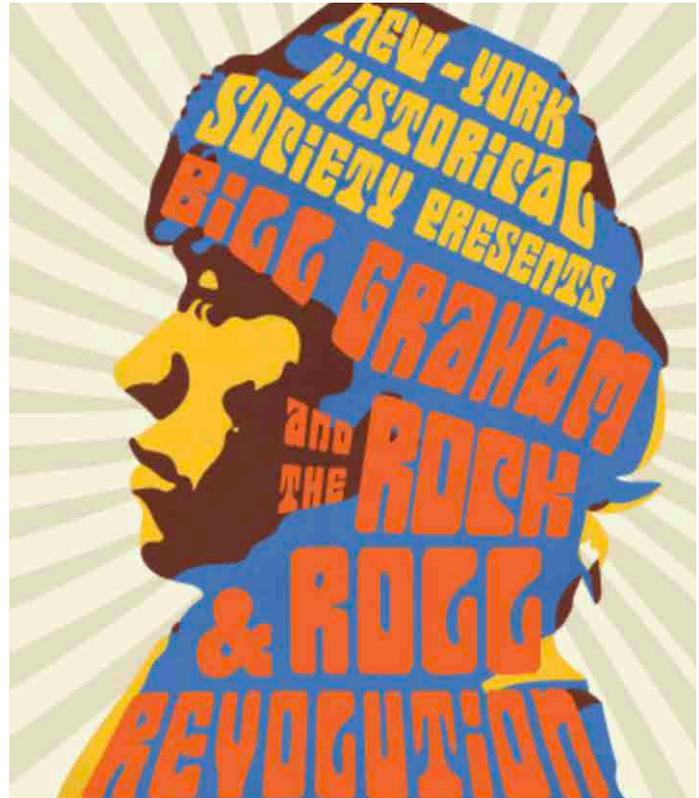
Bill Graham and the Rock & Roll Revolution

Presenter:
New York Historical Society Museum

NOVEMBER 6 | Friday | 1 - 2:30 p.m.

► **Price:** \$10 per person

The New York Historical Society presents the rock & roll world of Bill Graham (1931–1991), one of the most influential concert promoters of all time. Bill Graham and the Rock & Roll Revolution explores the life and work of the legendary music impresario who worked with the biggest names in rock music—including the Grateful Dead, Jefferson Airplane, Jimi Hendrix, Santana, Led Zeppelin, and the Rolling Stones—and launched the careers of countless music luminaries at his famed Fillmore Auditorium in San Francisco and the Fillmore East in New York City. A docent will lead you through the exhibition live on Zoom.



DAY of GIVING
FRESNO STATE **D.O.G.**

Fresno State's Day of Giving is November 17

Gifts to OLLI are accepted at any time, and especially on the university's Day of Giving. The Fresno State OLLI is a vital and vibrant part of our member's lives and our region.

Your support helps us continue to inspire our community of learners who are dedicated to thriving in life's second half. Our program is self-supporting and we receive no funding from the university, counting on members and sponsors to continue our program.

As a donor to the Fresno State OLLI, you make lifelong education possible, the university greater and our community stronger. No matter how big or small, every gift truly matters.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 AM Conversations on the Local Arts Scene	2	3 10 AM William Saroyan 1 PM Get & Stay Organized	4 9:30 AM Book Club
7 LABOR DAY HOLIDAY	8 10 AM Communication and Active Listening 2 PM Pandemic Philosophy	9	10 10 AM William Saroyan 1 PM The Happiest People	11
14 10 AM Communication Skills	15 2 PM Pandemic Philosophy	16 2 PM Tax & Market Update	17 10 AM William Saroyan 1 PM Camino de Santiago	18 10 AM Cooking Lesson 1 PM Meet the Presidents Virtual Tour
21 10 AM The Pioneers of Rock	22 2 PM Pandemic Philosophy	23 11 AM Memoir Writing 11 AM Author Monique Quintana 1 PM Lessons from Fresno's 1918-19 Flu Pandemic	24 10 AM William Saroyan 1:30 PM 20th Century Dictators	25 10 AM Cooking Lesson
28 10 AM The Pioneers of Rock 10 AM Current Events Discussion	29 10 AM Conversations on the Local Arts Scene 2 PM Pandemic Philosophy	30 11 AM Memoir Writing 2 PM COVID. Safety. Democracy. Voting.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10 AM Author Ronald Dzerigan 1:30 PM 20th Century Dictators	2 9:30 AM Book Club 1 PM Dog Body Language
5 10 AM The Pioneers of Rock 1:30 PM History of Islam	6 10 AM Hubble Space Telescope 3 PM Women of Rock & Roll	7 9 AM Vienna 1900 - Art, Architecture and Design 11 AM Memoir Writing 1:30 PM The Azores	8 10 AM Adventures in Genius 1:30 PM 20th Century Dictators	9 10 AM Cooking Lesson 1 PM Women March Virtual Tour
12 10 AM The Pioneers of Rock 1:30 PM History of Islam	13 10 AM Hubble Space Telescope 1 PM Brazil History 3 PM Women of Rock & Roll	14 9 AM Vienna 1900 - Art, Architecture and Design 11 AM Memoir Writing 1:30 PM The Azores	15 10 AM Adventures in Genius 1:30 PM 20th Century Dictators	16 1 PM Mechanical Engineers Changing Our World
19 9:30 AM The Upanishads 1:30 PM History of Islam	20 10 AM Hubble Space Telescope 1 PM Brazil History 3 PM Women of Rock & Roll	21 9 AM Vienna 1900 - Art, Architecture and Design 11 AM Memoir Writing 1:30 PM The Azores	22 10 AM Adventures in Genius 1:30 PM Fresno's History	23 10 AM Become Your Own Healer 1:30 PM Fresno's History
26 9:30 AM The Upanishads 1:30 PM History of Islam	27 10 AM Hubble Space Telescope 1 PM Brazil History 3 PM Women of Rock & Roll	28 9 AM Vienna 1900 - Art, Architecture and Design 1:30 PM The Azores	29 10 AM Adventures in Genius 1:30 PM Fresno's History	10 AM Become Your Own Healer 1:30 PM Fresno's History



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 AM The Upanishads 2 PM Jane Austen	3 1 PM Brazil History	4	5 10 AM Healthcare - COVID 10 AM Poetry 1 PM GMO: Friend or Foe?	6 9:30 AM Book Club 1 PM Bill Graham and the Rock & Roll Revolution
9 9:30 AM The Upanishads 2 PM Jane Austen	10 10 AM Conversations on the Local Arts Scene	11 VETERANS DAY HOLIDAY	12 10 AM Healthcare - COVID 10 AM Poetry	13 10 AM Cooking Lesson
16 10 AM Current Events Discussion 2 PM Jane Austen	17 2 PM Author Ethan Chatagnier	18	19 10 AM Healthcare - COVID 10 AM Poetry 1 PM Post Traumatic Growth	20
23	24	25	26 THANKSGIVING DAY	27
30 10 AM The Occident and the Orient				

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 AM Conversations on the Local Arts Scene 1 PM Waging War with Words	2	3 10 AM Poetry	4 9:30 AM Book Club
7 10 AM The Occident and the Orient	8	9	10 10 AM Poetry	11 10 AM Cooking Lesson
14 10 AM The Occident and the Orient	15	16	17	18 9:30 AM Book Club



OLLI Registration Form

FALL 2020

- New Member
- Returning Member

▶ You may register by mail; however, expect significant delays. Due to campus operations impacted by COVID-19, mail delivery is limited. You CANNOT visit campus to drop-off registration forms – our offices are CLOSED. We cannot accept any registrations by phone.

NOTE: All of our Fall 2020 offerings are online only.

Member Information

Name(s) _____

Mailing Address _____

City _____ State _____ Zip _____

Email Address _____

Phone _____ Cell Phone _____

Prior or Current Occupation _____

Are you a Fresno State Alumna/us? Yes No Year of graduation _____ Degree _____

Your Age Group 50-60 61-70 71-80 81-90 90+

How did you hear about the Fresno State OLLI?

Previously a member Friend Newspaper Catalog Online Other: _____

FALL 2020 Selections

Membership Fee \$40 _____ x \$40 \$_____

Total for OLLI Courses (from side 2) \$_____

Total for Book Club (from side 2) \$_____

Total for Activities (from side 2) \$_____

Any Additional Gift to OLLI \$_____

TOTAL DUE \$_____

OLLI Members and friends of the Osher Institute are encouraged to consider making a tax deductible gift to the Osher Lifelong Learning Institute. Yours is a gift of learning that helps us continue to provide excellent lifelong learning opportunities and to keep OLLI fees affordable.

PAYMENT

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

We cannot accept any registrations by phone.

Please return this form and payment to:

Fresno State OLLI
5005 N. Maple Avenue M/S ED76
Fresno, CA 93740-8025

NOTE: Please see note at top of page about registering by mail.

Credit Cards: If you are paying by credit card, please complete the form below. This information will be destroyed after registration is processed.

Card Type Visa MasterCard AmEx

Name on card _____

Card Number _____

Expiration Date _____ Security Code _____

OLLI Courses ▶ Available only to current members

Select	Start	Course	Fee	Total
	9/1	Conversations: Local Arts Scene	\$40	
	9/3	William Saroyan	\$40	
	9/3	Get & Stay Organized	\$10	
	9/8	Communication and Active Listening	\$10	
	9/8	Pandemic Philosophy	\$40	
	9/14	Communications - Virtual World	\$10	
	9/16	Tax & Market Update (COVID-19)	\$10	
	9/17	Camino de Santiago	\$10	
	9/21	The Pioneers of Rock	\$40	
	9/23	Memoir Writing: If Not Now, When?	\$50	
	9/24	20th Century Dictators	\$40	
	9/28	Current Events Discussion	\$20	
	10/2	Dog Body Language	\$10	
	10/5	History of Islam	\$40	
	10/6	The Hubble Space Telescope	\$40	
	10/6	Women of Rock and Roll	\$40	
	10/7	Vienna 1900 - Art, Architecture	\$40	
	10/7	The Azores: People, Traditions	\$40	
	10/8	Adventures in Genius	\$40	
	10/13	Brazil: History, Society and Politics	\$40	
	10/19	The Upanishads	\$40	
	10/22	Fresno's History - 1800s 1900s	\$40	
	10/23	Become Your Own Healer	\$20	
	11/2	Jane Austen: Pride and Prejudice	\$30	
	11/5	Poetry: Discover Your Truth & Beauty	\$50	
	11/5	Health Care Issues - Covid-19	\$30	
	11/30	Representations of Armenians in Art	\$30	
	9/23	Fresno Writers - Monique Quintana	\$10	
	10/1	Fresno Writers - Ronald Dzerigian	\$10	
	11/17	Fresno Writers - Ethan Chatagnier	\$10	

TOTAL: COURSES \$_____

TOTAL: BOOK CLUB \$_____

TOTAL: ACTIVITIES \$_____

By participating in online OLLI offerings, when you register you agree that you grant permission for your name and likeness to be visible to OLLI staff, other members and the instructor - just like when you attend offerings in person.

Book Club

▶ Available only to current members
 ____ \$15 \$_____ Total

Activities

▶ Available only to current members

Date	Activity
9/18	Cooking Lesson: Farm Fresh Vegetarian Dishes ____ \$10 Member \$_____ Total
9/25	Cooking Lesson: Easy Chicken Dinners ____ \$10 Member \$_____ Total
10/10	Cooking Lesson: Flavors of Fall ____ \$10 Member \$_____ Total
11/13	Cooking Lesson: Comfort Cooking in Quarantine ____ \$10 Member \$_____ Total
12/11	Cooking Lesson: Italian Christmas Dinner ____ \$10 Member \$_____ Total
9/18	Meet the Presidents <i>Presented by the New York Historical Society Museum</i> ____ \$10 Member \$_____ Total
10/9	Women March <i>Presented by the New York Historical Society Museum</i> ____ \$10 Member \$_____ Total
11/6	Bill Graham and the Rock & Roll Revolution <i>Presented by the New York Historical Society Museum</i> ____ \$10 Member \$_____ Total



Leaving a **BOLD** Legacy

Did you know that you can leave a future gift to the Osher Lifelong Learning Institute?

Make a bold statement by remembering Fresno State's Osher Lifelong Learning Institute through your will, trust, retirement plans or life income gift. The office of Planned Giving can help you identify creative giving strategies that provide for you and your loved ones, while also leaving a legacy that will bring new resources for a future of living inspired.

fresnostate.giftlegacy.com

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CHANGE SERVICE REQUESTED

Live Inspired!



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