



AT IOWA STATE UNIVERSITY...

WINTER 2022 COURSE CATALOG

Lifelong Learning for ages 50 and above!



ONLINE REGISTRATION BEGINS

on DEC. 10, 2021 at 8:30 AM CT

CLASSES BEGIN JAN. 11, 2022

A PROGRAM OF



IOWA STATE UNIVERSITY

ALUMNI

"WAITING FOR SPRING" BY JUDY LEVINGS

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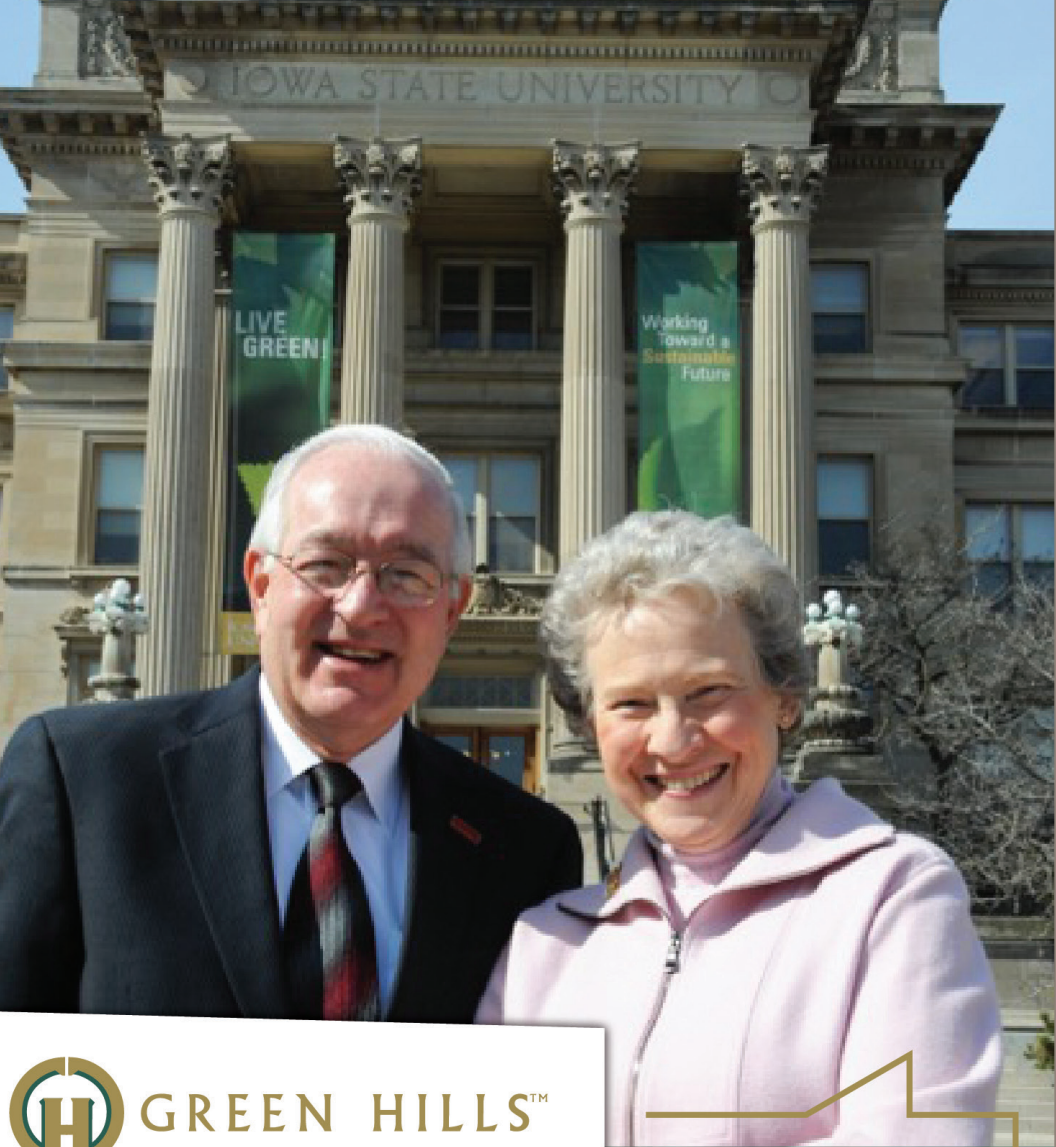


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FROM THE DIRECTOR



Dear Colleagues,

This is our second winter with all classes being held online with Zoom. I have to admit, having the classes online was more relaxing for me as I didn't need to worry about OLLI members and/or presenters driving and then walking into the building. Being the "superintendent" and determining if classes should be held is not very relaxing. I'm looking forward to a second winter of all online classes and knowing that each of you are safe at home with your OLLI mug filled with your favorite hot beverage and wearing your bunny slippers.

This winter you will have the opportunity to register for 19 different classes and enjoy a members-only lecture. The classes range from a single 90-minute course to four-week courses. Some of your favorite instructors are back, and I am pleased to welcome some new instructors.

Thursday, Dec. 9, is the Learn about Winter Classes online event. As many instructors as possible will join us to give a quick plug for the class they are teaching and answer questions. Online registration will begin the next day – Friday, Dec. 10, at 8:30 AM CT.

I'm looking forward to seeing you online. I'll have an OLLI mug filled with hot cocoa and bunny slippers on my feet.

Jerilyn Logue

Director of OLLI at ISU

515-294-3192

jlogue@iastate.edu

Osher Lifelong Learning Institute at Iowa State University (OLLI at ISU) is a constituent program of the ISU Alumni Association and is partially funded by earnings from the Bernard Osher Foundation Endowment as well as OLLI membership dues, annual gifts, and sponsorship by Green Hills Retirement Community and Clarity Asset Management, Inc. Visit the OLLI at ISU website <http://olli.iastate.edu/> or call (515) 294-3192 for more information or to make a gift.

For information on how you can financially support this and other ISUAA programs, contact Jamie Stowe at the ISU Alumni Association at (515) 294-7441 or 1-877-ISU-ALUM.

ABOUT OLLI

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ONLINE REGISTRATION BEGINS

Friday, Dec. 10, 2021,
at 8:30 AM CT

DATES TO REMEMBER

**Winter 2022 Learn about Winter
Classes ONLINE with Zoom**
December 9, 2021, 1:30 – 3:30 PM CT

First day of Winter 2022 classes
January 11, 2022

**Spring 2022 Learn about Spring Classes
ONLINE with Zoom**
Feb. 17, 2022

First day of Spring 2022 classes
March 21, 2022

CONTACT

ISU Alumni Center
Monday – Friday, 8:00 AM – 5:00 PM CT
OLLI@iastate.edu

Jerilyn Logue, Director
(515) 294-3192
jlogue@iastate.edu

Heather Bristow, Program Assistant
(515) 294-5790
hbristow@iastate.edu

MEMBERSHIP

Become an OLLI Member

ENJOY OUR CLASSES AND OTHER GREAT BENEFITS!

OLLI at ISU is a membership organization that offers courses in a variety of subjects selected to appeal to many interests and backgrounds. Anyone age 50 or older with a current OLLI membership may take courses either for fun or to broaden their interests. The annual membership fee is \$25 per person. The membership year begins on July 1 and ends on June 30 of the following year. Individuals are welcome to join at any time during the year. Tuition for courses is priced separately.

OLLI at ISU membership benefits for 2021-2022 include:

- A minimum of nine members-only lectures throughout the year at no additional cost or registration
- A monthly newsletter delivered via email (or paper copy for those without email)
- Weekly Friday emails during class sessions with updates about what is happening the next week
- Central Iowa Symphony has provided two complimentary concert tickets per OLLI member
- Stephens Auditorium special offer on tickets to select shows on the ISU Campus
- Octagon Center for the Arts reusable 10% discount off a purchase of more than \$25 in the Octagon Gallery shop or on an Octagon class registration
- Continued distribution of Clarity notebooks and mugs to new members (while supplies last)
- **NEW** – Now you can become an annual member of the ISU Alumni Association at a discounted rate of \$47 which is good for one person or a couple

If you want to take advantage of these membership benefits and the engaging experiences through OLLI classes, visit our website at <http://olli.iastate.edu/> to complete the **online form**. Or, you may print a membership form and mail it to:

OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

Give a Gift to OLLI at ISU

When you sign up for membership or register for classes, please consider adding a little extra to go toward the annual giving fund for the needs of today and for the life-long learners of the future. Your continued support and donations to the annual fund are important for us to continue providing quality programs for our learners. Funds will be used to not only purchase additional equipment for the instructors, but also help to keep the membership and class fees as low as possible.

Your contributions help!

In recent years, your donations have purchased the following items: a cart to hold and transport the equipment an instructor needs for classes, hearing devices to take on day trips, five new laptops, speaker stands for the ballroom, a video camera, and a new ELMO visual presenter for the ballroom.

The laptops have proven to be essential as we offer classes online via Zoom. They are not only useful for staff as they host classes but also have been used to assist instructors who have limited resources for online offerings. The technology committee is looking into other items that would make OLLI classes more accessible to our members including items to facilitate hybrid classes (a class with attendees both in person and online).

Donations may be made at any time through the following website:

<http://olli.iastate.edu/>

If you are considering giving a major gift or designating OLLI at ISU in your will, we encourage you to discuss this with Jamie Stowe, the ISU Alumni Association director of development, at (515) 294-7441 or jstowe@foundation.iastate.edu.

MEMBERSHIP GIFTS



All new members of OLLI at ISU will receive an eco-inspired notebook compliments of Clarity Asset Management, Inc. that will be mailed to you with your OLLI membership packet. We also have a limited supply of mugs from last year to distribute to those who request one.

Clarity Asset Management, Inc.

Phone: (515) 233-3152

Email: info@investmentclarity.com

 | **CLARITY**
ASSET MANAGEMENT, INC.

MISSION

MISSION

OLLI at ISU provides intellectual, cultural, and social adventures through lifelong learning experiences for all persons age 50+ as they grow and thrive on their life's journey

VISION

To be recognized as the premier, volunteer-based organization of lifelong learning experiences

VALUES

Adaptability, curiosity, integrity, knowledge, and passion

GOALS

- To continue to offer quality classes and experiences led by excellent leaders
- To expand the base from which OLLI participants are drawn
- To strive for financial security and sustainable growth

Give a **Gift Certificate** of Lifelong Learning



When family and friends ask you what you would like for your birthday, do you feel like you don't need any more "stuff?" Request an OLLI gift certificate instead!

The information you learn and the conversations with your fellow OLLI at ISU members are priceless. By the same token, your spouse, siblings, or friends may also like a gift certificate.

Certificates can be purchased in the office or online at www.isualum.org/olligiftcertificate for any amount.

REGISTRATION

Registration

The **Learn about Winter Classes** event will be held online on **Thursday, Dec. 9, starting at 1:30 PM CT**. The online “room” will open at 1:15 PM CT. This will be an opportunity to learn more about the classes.

The link to attend will be located on the event page on our website at <http://olli.iastate.edu>.

Your **first** opportunity to register for Winter 2022 classes will begin at **8:30 AM CT on Friday, Dec. 10. You are strongly encouraged to register online.**

Any mailed registrations received before the end of the day on Friday, Dec. 10, 2021 will be held and processed on Monday, Dec. 13, 2021 in the order they were received.

TWO WAYS TO REGISTER:

- 1. Online:** You may register online at <http://olli.iastate.edu>. In the **OLLI at ISU** menu select the **Register for Courses** option, click the OLLI at ISU winter 2022 online registration link. Please complete one registration per person.
- 2. By mail:** Complete one form per person. The form can be found on page 31. To print a form from our website, go to <http://olli.iastate.edu>. In the **OLLI at ISU** menu select the **Register for Courses** option, click the Download printable PDF registration form link. Send your completed form(s) along with payment by credit card or with a check payable to the ISU Alumni Association to the following address:

OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403

All classes are online for the winter session, so in most cases class size shouldn't be an issue. Some classes do have a participation limit and will be marked as follows:

You MUST register online for this class.

If you need assistance completing the online registration, please contact either Jerilyn, (515) 294-3192, or Heather, (515) 294-5790.

Class assignments are made on a first-come, first-assigned basis according to the order in which you register online or the postmark date of your mailed registration.

Confirmation of your registration will be emailed or mailed to you. **If you do not receive a confirmation by the Friday before your class begins, please contact the OLLI at ISU office.**

OLLI CLASSES ARE ONLINE (OR BY PHONE) WITH ZOOM

The curriculum committee, in agreement with the other OLLI committees and board of directors, has decided that all classes for the winter session will be online. In-person classes will be evaluated as we move forward.

Courses will be delivered using Zoom video conferencing, you do not need your own Zoom account to participate. Instructions for joining the class will be sent via email (or a phone call for those joining by phone) to those who are registered. You will see and hear the instructor, any presentation documents, and other class members on your computer screen. If you have questions, you will be able to ask the instructor or submit them through a chat window.

We know that online presentations cannot replace the in-person experience, but they do provide us the opportunity to participate and continue learning while we can't be together physically.

WHAT YOU NEED TO KNOW TO TAKE AN OLLI CLASS THIS WINTER:

PHONE:

- You don't need a computer or iPad to participate in a class – you can use your telephone to call in and participate as if on a conference call
- A call number is provided by mail in time for your first class

COMPUTER, SMART PHONE, IPHONE, OR IPAD:

- A reliable connection to the internet
- Speakers on your device
- Camera and microphone on your computer are optional to join an online class; it enhances your experience, but is not mandatory

POLICIES

CANCELLATIONS AND REFUNDS

OLLI membership dues are non-refundable.

If a registration is cancelled **before** 4:30 PM CT on Wednesday, **Jan. 5, 2022**, a \$10 service fee must be retained. The \$25 nonrefundable membership fee is also retained if it was paid with the course registration.

There will be no refunds for cancellations made **after** 4:30 PM CT on Wednesday, **Jan. 5, 2022**.

Refunds will be processed after classes begin.

For more information about courses or registration, contact our office or visit www.isualum.org/olliatisu

Jerilyn Logue, Director, (515) 294-3192

Heather Bristow, Program Assistant, (515) 294-5790

Monday – Friday 8:00 AM – 5:00 PM CT

Email: OLLI@iastate.edu

CLASSES BY DAY

	Times are CT	Sessions	#	Title	Pg.
TUESDAY	9:00 – 10:30 AM	<i>Four weeks</i>	01	Does Lady Justice Peek Under Her Blindfold?	14
	11:00 AM – 12:30 PM	<i>One day</i>	02	Psychological Studies That Offer Hope	14
	11:00 AM – 12:30 PM	<i>One day</i>	03	The Margaret Sloss Center for Women and Gender Equity: Then and Now	16
	11:00 AM – 12:30 PM	<i>One day</i>	04	The Underground Railroad in Iowa - Truth and Fiction	16
	1:00 – 2:30 PM	<i>Four weeks</i>	05	Intermediate Native American Style Flute: Storytelling and Connection	17
	3:00 – 4:30 PM	<i>Three weeks</i>	06	Managing Your Digital Stuff	17
	3:00 – 4:30 PM	<i>One day</i>	07	Privacy When Using the Internet	18
WEDNESDAY	9:00 – 10:30 AM	<i>Four weeks</i>	08	Understanding Global Climate Change	19
	11:00 AM – 12:30 PM	<i>Four weeks</i>	09	Rise to Power of the Chinese Communist Party	19
	1:00 – 2:30 PM	<i>One day</i>	10	Winter Tonic Tea Tasting	21
	1:00 – 2:30 PM	<i>One day</i>	11	Space Force: The Newest Armed Forces Division of the Military	21
	1:00 – 2:30 PM	<i>One day</i>	12	The Murder of Captain James A. King and the Origin of the Teddy Bear	22
	3:00 – 4:30 PM	<i>One day</i>	13	Armchair Tour of Art on Campus	22
	3:00 – 4:30 PM	<i>One day</i>	14	OLLI Writers - A Celebration of Stories	23
	3:00 – 4:30 PM	<i>One day</i>	15	Soto Zen Meditation	23

	Times are CT	Sessions	#	Title	Pg.
THURSDAY	9:00 – 10:30 AM	<i>Four weeks</i>	16	Home Computer Security	24
	11:00 AM – 12:30 PM	<i>Four weeks</i>	17	Personalities in Early Ames	24
	1:00 – 2:30 PM	<i>Four weeks</i>	18	Meditation Foundations	25
	3:00 – 4:30 PM	<i>Three weeks</i>	19	Grandparents, Parents, and Caring Adults Help Children Read to Succeed	26

COURSE DESCRIPTIONS

TUESDAY

#01 – Does Lady Justice Peek Under Her Blindfold?

Four weeks: *Tuesday, Jan. 11, 2022 - Tuesday, Feb. 1, 2022*

9:00 - 10:30 AM CT

Cost: \$44

What happens in the court system after a crime has been committed? Did you ever wonder why the preliminary hearing virtually never happens? Does it seem like “the fix is in” when the vast majority of cases end in plea agreements? Does our system really operate the same no matter the race, gender, ethnicity, or religion of the defendant? Take this class and see how our justice system functions.

As Story County Attorney for twenty years, **Mary Richards** was responsible for the prosecution of all crimes committed under state law within the borders of the county. Richards looks forward to discussing the statutes, rules, and procedures of the Iowa criminal justice system in a cultural context.

#02 – Psychological Studies That Offer Hope

One day: *Tuesday, Jan. 11, 2022*

11:00 AM - 12:30 PM CT

Cost: \$20

Class Limit 25 – You MUST register online for this class


When reading reports of psychological studies in the news, it is often easy to feel discouraged or pessimistic about human nature. This single session presentation offers an introduction to a growing body of research showing that most people want to help others and that doing so can make their lives more fulfilling.

Ron Palumbo is a retired teacher and social worker. Palumbo has previously offered OLLI courses on Abraham Maslow and on Introvert or Extravert - What's the Difference?

4-SHOW

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#03 – The Margaret Sloss Center for Women and Gender Equity: Then and Now

One day: *Tuesday, Jan. 18, 2022*

11:00 AM - 12:30 PM CT

Cost: \$20

This class will explore the early founding of a feminist center at ISU and trace the history of the Margaret Sloss Center for Women and Gender Equity. We will also explore what was/is important to women on ISU’s campus from the 1970s through today. This session will present archival documents, photographs, and primary sources tracing the origin story, investigating the complex history around campus advocacy for gender and racial equity.

Ruxandra Marcu serves as the director of the Margaret Sloss Center for Women and Gender Equity and faculty affiliate in the Program for Women’s and Gender Studies. Marcu holds a Ph.D. from Washington University in St. Louis. At ISU, she taught and advised students in World Languages and Cultures before taking the role as current director of the Sloss Center.

#04 – The Underground Railroad in Iowa - Truth and Fiction

One day: *Tuesday, Feb. 1, 2022*

11:00 AM - 12:30 PM CT

Cost: \$20

The term “Underground Railroad” often conjures thoughts of the mid-south, the Ohio valley, and Maryland. But the Underground Railroad also existed in Iowa, aiding some fleeing slavery in Missouri and Arkansas. Abolitionist John Brown knew many lowans along one particular route from southwest Iowa through Des Moines to the Iowa City area. Read an adventure story about the Iowa Underground Railroad and discuss it with the author. Learn about some of the real stories of fugitives aided in Iowa, and the characters involved.

Patricia Kimle is an artist and craft designer and avid reader. Historical fiction is Kimle’s favorite, and her husband also loves history. Working on the “The Only Free Road,” she was researcher and writer, and Kevin was story consultant.

#05 – Intermediate Native American Style Flute: Storytelling and Connection

Four weeks: *Tuesday, Jan. 11, 2022 - Tuesday, Feb. 1, 2022*

1:00 - 2:30 PM CT

Cost: \$44

Class limit 10 – You MUST register online for this class

We continue our journey by learning to use our flutes to tell stories, create songs, and make connections. In week two, Robin Gentlewolf will teach us her intuitive method for writing out songs that doesn't require musical knowledge. There will be an optional opportunity to make a music video of your song. This is not an introductory level class. We will be using A-minor flutes.

Mary Lou Nosco has been playing the Native American Style Flute for five years. Nosco has taken lessons from Scott August for two years and is a Master Apprentice in the Jan Michael Looking Wolf NASF Apprentice Academy where Robin Gentlewolf is her mentor.

Robin Gentlewolf (RG) is a Native American Flute educator, performing and recording artist. Gentlewolf is a multi-Global Music Award winner and received Best Native American Music Album of the Year from One World Music Radio Awards, is the Executive Director of NASFA and the Lead Mentor for the NASF Apprenticeship Program.

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#06 –Managing Your Digital Stuff

Three weeks: *Tuesday, Jan. 11, 2022 - Tuesday, Jan. 25, 2022*

3:00 - 4:30 PM CT

Cost: \$38

Email, photos, videos, podcasts, apps, etc. can quickly get out of hand and become overwhelming. This class provides guidelines, good practices, and tips so that you can practice good digital housekeeping to reduce stress, increase efficiency, and simplify life. This information is for your smart phones, tablets, and computers.

Sam Wormley is a retired associate scientist and principal investigator, CNDE/IPRT/AL at Iowa State and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#07 – Privacy When Using the Internet

One day: *Tuesday, Feb. 1, 2022*

3:00 - 4:30 PM CT

Cost: \$20

Thirty years ago, Tim Berner-Lee created the World Wide Web and has been quoted as saying, “selling private citizens’ browsing data is disgusting.” According to Berner-Lee, we have become the product and not the customer, and there are dossiers on each of us - name, contact information, spending habits, income level, mortgages, and a whole lot more. This class will help you regain some privacy and anonymity when using the internet.

Sam Wormley is a retired associate scientist and principal investigator, CNDE/IPRT/AL at Iowa State and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

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Certificates can be purchased in the office or online at www.isualum.org/olligiftcertificate for any amount.

WEDNESDAY

#08 – Understanding Global Climate Change

Four weeks: *Wednesday, Jan. 12, 2022 - Wednesday, Feb. 2, 2022*

9:00 - 10:30 AM CT

Cost: \$44

Understanding global climate change provides an overview of what climatologists have learned about our changing climate. We avoid the political rhetoric and look at what the science says. The goal is for each of us to better understand what is happening to climate, why, and how we will live with the changes.

Sam Wormley is a retired associate scientist and principal investigator, CNDE/IPRT/AL at Iowa State and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#09 – Rise to Power of the Chinese Communist Party

Four weeks: *Wednesday, Jan. 12, 2022 - Wednesday, Feb. 2, 2022*

11:00 AM - 12:30 PM CT

Cost: \$44

This class examines the history of the Chinese Communist Party (CCP) from its beginning in 1921 to the establishment of the People's Republic of China. In twenty-eight years, this organization of about a dozen rebellious intellectuals overthrew the Republic of China establishing a Communist regime that has ruled from 1949 to today. What contributed to the CCP rising? To what extent was it a Soviet export or a Chinese organization? What strategies were adopted to secure its success?

Tao Wang, ISU assistant professor of history, teaches courses on modern China, U.S. foreign relations, and the Cold War. Native to northwestern China, Wang came to Georgetown University for a Ph.D., and has lived in the United States for eighteen years. Columbia University Press recently published his first book, and he is currently working on two more books.



OFFICE CLOSED:
December 24, 27, and 31
January 17

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#10 – Winter Tonic Tea Tasting

One day: *Wednesday, Jan. 12, 2022*

1:00 - 2:30 PM CT

Cost: \$40.00 local pick up / \$50.00 shipped

Botanical tea blends are one of the easiest, most delicious ways to incorporate herbalist traditions in your winter routine. As part of this tasting class, we will brew four blends of winter tea and discuss the key ingredients. Please note, this tea tasting is for entertainment and educational purposes only.

A tea tasting box is included in the pricing for this course. It may be picked up at Little Woods in downtown Ames (136 Main St.) or shipped to you. The box includes a tasting booklet, tea profile pages, samples of four teas, and fillable tea bags. To receive your kit in time (if it is shipped), you **MUST** register for this course by **5:00 PM CT on Tuesday, Dec. 28.**

Kristin M. Roach is most well known for her business Little Woods (www.littlewoodsherbal.com), an apothecary style tea shop in Downtown Ames; her art practice (www.kristinmroach.com); and book “Mend it Better” (www.craftleftovers.com). Native to the Midwest, she and her family have called Ames home since 2008.

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#11 – Space Force: The Newest Armed Forces Division of the Military

One day: *Wednesday, Jan. 19, 2022*

1:00 - 2:30 PM CT

Cost: \$20

The Space Force is responsible for protecting and defending our entire way of life. Working in the space domain, guardians launch rockets, operate, and maintain our satellites, gather intelligence, and develop new technology to stay ahead of our adversaries. If we don't effectively protect our satellites life as we know it ceases. If cell phones fail, we lose our ability to navigate our forces, and our enemies gain the advantage.

TSgt George Dombeck is a Space Force recruiter assigned to Offutt Air Force base. TSgt Dombeck has been in the Air Force for 10 years and previously worked as a C-17 globemaster III crew chief. With his commanding officer's approval TSgt Dombeck will present this OLLI class.

#12 – The Murder of Captain James A. King and the Origin of the Teddy Bear

One day: *Wednesday, Jan. 26, 2022*

1:00 - 2:30 PM CT

Cost: \$20

Class limit 25 – You MUST register online for this class

This is the story of a Union army officer from Jasper County, Iowa, who had a deadly encounter in the cane breaks of the Mississippi Delta with a former Confederate soldier who happened to be an ex-slave and ends with a legendary tale of President Theodore Roosevelt.

Tom Hoover's professional career spanned 40 years as a 7-12 social studies teacher and K-12 school district administrator. Along the way, Hoover earned a master's and doctorate degree in education. Since retiring from the Newton Community School District, he is devoted to researching and writing about the history of the Maytag Company and other local stories of interest such as the tale of James King and Holt Collier.

#13 – Armchair Tour of Art on Campus

One day: *Wednesday, Jan. 12, 2022*

3:00 - 4:30 PM CT

Cost: \$20

Did you know there are over 2,500 artworks in Iowa State University's Art on Campus Collection, making it one of the largest campus public art collections in the United States? That doesn't include the artworks in the Brunnier and Farm House Museums! We will share ideas as we examine together a number of artworks in this vast collection. You'll have a chance to recreate one of the sculptures, so have a piece of paper (about 4" by 6") handy.

Rae Reilly has a special love for the art found all over the beautiful ISU campus. Reilly has shared that love as a docent for University Museums since around 1997. Earlier, she was an extension specialist on the faculty of textiles and clothing.

#14 – OLLI Writers - A Celebration of Stories

One day: *Wednesday, Jan. 19, 2022*

3:00 - 4:30 PM CT

Cost: \$20

For the past two years, OLLI writers have come together in Ana McCracken's writing classes *Writing Small in Memoir*, *Writing with Prompts*, and *How Place Shaped My Life*. Writers have written passionately about life experiences and their classmates have laughed and cried as stories have been read to one another. Join these writers during our first author reading series, and together we will celebrate the art of storytelling.

Ana McCracken received her MFA in Creative Writing and Environment from Iowa State University. McCracken's personal essays are published in *The California Writers Club Literary Review*, the anthologies "*Nothing But the Truth So Help Me God*" and "*The Joy of Adoption*," and her poetry in *Telepoem Booth® Iowa*. She is the founder of the Ames Writers Collective, an organization committed to building and uplifting communities through the art of writing and storytelling, while advancing the literary arts in Ames, Iowa.

#15 – Soto Zen Meditation

One Day: *Wednesday, Jan. 26, 2022*

3:00 - 4:30 PM CT

Cost: \$20

Class limit 35 – You MUST register online for this class

Daishin will offer details of how to conduct the body for seated zen and introduce "Beginner's Mind." We will practice sitting in silence for 10 - 15 minutes, followed by walking meditation, a second seated meditation, and then a Q and A session.

Daishin McCabe of Zen Fields in Ames did a 15-year traditional apprenticeship to become a certified teacher of Soto Zen both in the U.S. and abroad. McCabe has a B.A. in religion and biology from Bucknell University and five units of CPE as a behavioral health chaplain.

THURSDAY

#16 – Home Computer Security

Four weeks: *Thursday, Jan. 13, 2022 - Thursday, Feb. 3, 2022*

9:00 - 10:30 AM CT

Cost: \$44

Problems continue to be found in hardware, operating systems, software applications, networks, and technology. There is an ongoing battle between the good guys finding and fixing problems and the bad guys finding and exploiting problems. Your role is important in this ongoing drama! This course is designed to make you aware of the threats, teach you safe practices, and give you the resources to check and secure your computers and home networks. This material is suitable for all computer and mobile device owners.

Sam Wormley is a retired associate scientist and principal investigator, CNDE/IPRT/AL at Iowa State and taught as an adjunct professor of astronomy at Marshalltown Community College for 17 years. Wormley regularly teaches science and technology classes for OLLI at Iowa State.

#17 – Personalities in Early Ames

This class is sponsored by Clarity Asset Management, Inc.

Four weeks: *Thursday, Jan. 13, 2022 - Thursday, Feb. 3, 2022*

11:00 AM - 12:30 PM CT

Cost: \$44

There were a lot of people involved in the Ames community growth in early years. We often only hear a few names and not much information even then. This course will cast a wider net and offer as much information about some of these individuals as the instructor has been able to find.

Peter Hallock moved to Ames about 12 years ago because the Department of Transportation transferred his job. Hallock bought a house in the Old Town Historic District and started researching Ames history. After retiring, he ended up with more time to research. He is the kind of person who likes to walk or drive down a street and visualize what was going on there in a bygone era and share that with others.

#18 – Meditation Foundations

Four weeks: *Thursday, Jan. 13, 2022 - Thursday, Feb. 3, 2022*

1:00 - 2:30 PM CT

Cost: \$44

Class limit 15 – You MUST register online for this class

Learn Deepak Chopra, M.D.'s mantra-based meditation foundations and principles as well as tools and techniques to build a mindfulness routine. Get your personalized mantra, clear your mind, and transform your daily wellness practice.

Colleen Schwartz is a podiatrist and health and wellness expert. Schwartz is a certified meditation instructor from Dr. Deepak Chopra's Wellness Center. Featured previously on NPR, her focus is on balance whether it be through meditation, Pilates, acupuncture, or fall prevention. She is passionate about establishing a firm foundation by wellness routines (especially meditation) and by wearing comfortable shoes.



Assisted Living Memory Care

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TO MAKE A
RESERVATION!

Ames, IA
NorthridgeVillage.com
515.232.1000



#19 – Grandparents, Parents, and Caring Adults Help Children Read to Succeed

This class is sponsored by Clarity Asset Management, Inc.

Three weeks: *Thursday, Jan. 13, 2022 - Jan. 20, 2022 and Feb. 3, 2022*

3:00 - 4:30 PM CT

Cost: \$38

Reading and talking with babies, toddlers, preschoolers, and school-age children is an investment with a life-long return. Learn about early brain development. Discover how Raising Readers in Story County and our partners help create literacy-rich environments that benefit children and families. Be inspired by demonstrations, stories, and creative ideas for promoting the early language and literacy development of the special children in your life and even vulnerable children in your community.

Lynne Carey recently retired from a rewarding 36-year career at the Ames Public Library. As president of the Raising Readers Board of Directors, Carey is passionate about promoting language and literacy development and a love of books. She leads in community building through collaboration.

Constance Beecher is an associate professor at ISU and a Raising Readers in Story County Board Member. Beecher works with communities to promote talking and reading with young children. Her research focuses on early language and literacy development for children and families considered at risk.

Neil Rowe is the father of three young girls and an associate researcher with the Center for Public Partnerships and Research Achievement and Assessment Institute, University of Kansas. As a Raising Readers in Story County Board Member, Rowe promotes community involvement in working toward all children becoming proficient readers.

Malai Amfahr is an employee of United Way of Story County. As the director of Story County Reads, Amfahr works with a network of community, family, and school partners to ensure all Story County children read and comprehend at or above grade level.

Carolyn Jons is a community volunteer striving for a world in which all people can maximize their potentials. This starts in the earliest years when the foundation is laid for the rest of life. Parents, grandparents, and caring adults can make all the difference in promoting children's development.

MEMBERS-ONLY LECTURE

Pre-registration is not required to view Member's-Only Lectures online. The only requirement to attend is to be a current annual OLLI at ISU member. If you are not a current annual member, you can join the Zoom session by paying the \$25 membership fee at <https://www.isualum.org/ollimembership>.

Members-only lectures will be available exclusively ONLINE through Zoom videoconferencing. You will be able to join the lecture live from home through your computer or receive a link to a recorded version (if approved by the presenter) of the lecture to watch later.

A link to the "room" will be sent to current OLLI members by email on the Friday before the lecture, and a link to a recording will be sent the day after the lecture to those OLLI members who request it.

For more information about what is needed to participate in these lectures online, go to page 10.

WINTER 2022 MEMBERS-ONLY LECTURE

Wednesday, Feb. 2, 2022, 3:00 – 4:30 PM CT

Online with Zoom

Presentation description was not available at the time of printing. The Lecture title and description will be listed on our event page at <http://olli.iastate.edu> once they are available.

Michael Roof is the Chief Technology Officer (CTO) for the Vaccines and Immunotherapeutics research and innovation platform at Iowa State University, which supports the state of Iowa's biosciences-based economic growth initiative.

COURSE LOCATION

All courses will be online through Zoom videoconferencing for the Winter 2022 session.

COURSE FEES • WINTER 2022

- #01 - Does Lady Justice Peek Under Her Blindfold? Cost: \$44.00
- #02 - Psychological Studies That Offer Hope Cost: \$20.00
- #03 - The Margaret Sloss Center for Women and Gender Equity: Then and Now
Cost: \$20.00
- #04 - The Underground Railroad in Iowa - Truth and Fiction Cost: \$20.00
- #05 - Intermediate Native American Style Flute: Storytelling and Connection
Cost: \$44.00
- #06 - Managing Your Digital Stuff Cost: \$38.00
- #07 - Privacy When Using the Internet Cost: \$20.00
- #08 - Understanding Global Climate Change Cost: \$44.00
- #09 - Rise to Power of the Chinese Communist Party Cost: \$44.00
- #10 - Winter Tonic Tea Tasting Cost: \$40.00 local pick up / \$50.00 shipped
- #11 - Space Force: The Newest Armed Forces Division of the Military Cost: \$20.00
- #12 - The Murder of Captain James A. King and the Origin of the Teddy Bear
Cost: \$20.00
- #13 - Armchair Tour of Art on Campus Cost: \$20.00
- #14 - OLLI Writers - A Celebration of Stories *Cost: \$20.00*
- #15 - Soto Zen Meditation Cost: \$20.00
- #16 - Home Computer Security Cost: \$44.00
- #17 - Personalities in Early Ames Cost: \$44.00
- #18 - Meditation Foundations Cost: \$44.00
- #19 - Grandparents, Parents, and Caring Adults Help Children Read to Succeed
Cost: \$38.00

OLLI LEADERSHIP

OLLI at ISU Board 2021 – 2022

The OLLI at ISU Board includes the chair, chair-elect, past chair, secretary, chairs of each of the standing committees, and the director. Feel free to talk with any of these individuals with course ideas or concerns.

Jim Patton, *Chair*

Tom Carlson, *Chair-elect*

LeRoy Kester, *Past chair*

Diane Smith, *Secretary*

Committee Members 2021 - 2022

Standing committees include ambassador, curriculum, evaluation, finance, long-range planning, marketing, technology, and volunteer.

Ambassador

Jim Patton, *Chair*

Jim Carlson

Karen Selby

Gail Wiebke

Linda Wild

Curriculum

Tom Carlson, *Chair*

Jim Carlson

Sondra Eddings

Douglas Finnemore

Peter Hallock

Jay Hinkhouse

Tim Hooper

Debra Johnson

Kathy Jones

Marg Junkhan

LeRoy Kester

Beth Larabee

Ron McFarland

Mary Lou Nosco

Jim Patton

Bonnie Reck

Paula Toms

Betty Toot

Sam Wormley

LoAnne Worth

Evaluation

Mike Meetz, *Chair*

Sharon Drake

Nancy Franz

Linda Hagedorn

Diana Shonrock

Mary Wells

Finance

LeRoy Kester, *Chair*

Curt Hoff

Jerry Holtan

Long-Range Planning

Tom Glanville, *Chair*

Char Hulsebus

Kathy Jones

Larry Koehrsen

Jim Patton

Sam Wormley

Brent Wynja

Marketing

Char Hulsebus, *Chair*

Mary Jo Glanville

Joyce Greving

LeRoy Kester

Peggy Miller

Jim Patton

Jane Punke

Karen Selby

Technology

Tom Logue, *Chair*

Jim Carlson

LeRoy Kester

David Meek

Dean Phillips

Volunteer

John Wilson



2021
2022
SEASON

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Symphony

The Central Iowa Symphony is a community orchestra, united by a love of music and dedication to the art of orchestral performance. Our collective goal is to foster quality performances, offer satisfying musical experiences, and nurture educational and cultural growth in central Iowa.

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OLLI REGISTRATION • WINTER 2022 (front and back)

ONE PERSON AGE 50+ MAY REGISTER PER FORM. PLEASE PRINT.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Course #	Course Title	Cost
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

SUBTOTAL _____

I would like to give a tax-deductible gift to OLLI at ISU _____

YES, I am a 2021-2022 member

NO, I am not a 2021-2022 OLLI at ISU Member (add \$25) _____

You must be a current member to participate in classes.

TOTAL AMOUNT OF PAYMENT (all subtotals)

PAYMENT INFORMATION

Check (payable to ISU Alumni Association)

Cash

Gift certificate/coupon (Please attach to this form)

Visa Mastercard American Express Discover

Card# _____ Exp.(mm/yyyy) _____

Name on Card _____

Signature _____

MAILING LIST CHANGES AND VOLUNTEER OPPORTUNITIES

- Please add my name to the OLLI at ISU mailing list
- Please add my email address for receiving OLLI newsletter and information about member benefits and events
- Please remove my name from the OLLI at ISU mailing list
- Please change my address and contact info as stated below:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please contact me for the following volunteer opportunities at OLLI at ISU:

- Serve on a committee
- Be an ambassador for OLLI

Please consider these topics for future OLLI courses:

Please mail this completed form to:

**OLLI at ISU
ISU Alumni Center
429 Alumni Lane
Ames, IA 50011-1403**

OLLI REGISTRATION • WINTER 2022 (front and back)

ONE PERSON AGE 50+ MAY REGISTER PER FORM. PLEASE PRINT.

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_____	_____	_____
_____	_____	_____

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Name on Card _____

Signature _____

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