Thursday

Family Caregivers - Present or Future - Prepare to Care

Thu 4:00 PM - 5:30 PM    start: 10/11/2018  end: 10/25/2018
Tucson Place - Palo Verde
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $45.00

Course Description

No matter where you are in the journey of family caregiving, having a solid plan to guide you and your loved one will make the process easier. Learn the 5 steps: how to start the conversation, forming a team, making a family plan, finding support and importance of self-care. AARP wants family caregivers to know that support and resources are available to help make this important work a little easier!

Study Group Leader(s)

Maria Ramirez-Trillo
Has been with AARP for a total of 15 years, five years with the AARP Arizona State Office Team as an Associate State Director-Community Outreach and the rest with the AARP Foundation as Program Director of the Senior Community Service Employment Program (SCSEP). Prior employment with the State of Arizona-Aging & Adult Administration, the National Council on Aging and the Association for Hispanic Elderly. Native of Arizona and an alumnus of the University of Arizona. Currently on a caregiving journey with parents who are both 88 years old.

How to Get Your U of A Cat Cards - Parts 1 & 2

Thu 4:00 PM - 5:30 PM    start: 10/11/2018  end: 11/1/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $0.00

Course Description

Whether you're a first-time CatCard applicant or someone who has attempted the CatCard application process before, this is the class for you! In the first session, you'll learn about the CatCard and its benefits. Then, I'll cover application process and assist you in taking the first step towards getting your CatCard. In the second session, I'll provide assistance to those who get stuck in the process or who have
not yet completed their application for a CatCard. By the time you leave, you'll be ready to head down to the CatCard office to get your CatCard!

**Study Group Leader(s)**

**Kat Schumann**

Kat Schumann is the current Program Coordinator at OLLI-UA.

## Chinese Music Appreciation

**Thu 4:00 PM - 5:30 PM  start: 10/11/2018  end: 11/15/2018**

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $90.00

### Course Description

This class will be led by a group of Chinese musicians from the Confucius Institute at the University of Arizona. They will introduce famous Chinese music pieces through live performances, and recordings. Demonstrations of different Chinese instruments will be provided. Participants will be able to appreciate Chinese music through direct interactions with these outstanding Chinese musicians and by touching music instruments to experience different sound effects. The culture background of each music piece and its health benefit in Chinese philosophy will be discussed.

**Study Group Leader(s)**

**Dr. Zhao Chen**

Dr. Zhao Chen is director of the Confucius Institute at the University of Arizona. She is Professor of Epidemiology and director of the Division of Epidemiology and Biostatistics at the Mel and Enid Zuckerman College of Public Health (MEZCOPH). She is an affiliated faculty member of the School of Anthropology and a faculty member of the Arizona Center on Aging, Bio5 Institute and Arizona Cancer Center. Chen has a Bachelor of Science degree in Biology from Beijing Normal University, China and a Master's degree in Physical Anthropology from the Institute of Vertebrate Paleontology and Paleoanthropology, Chinese Academy of Sciences, also in Beijing. In mid-1990s, Chen received a PhD degree in Anthropology with a minor in Nutritional Science, and a Master of Public Health degree, both from the University of Arizona. She received extensive training in epidemiology during her postdoctoral work facilitated by a National Institute of Health (NIH) career development award. Dr. Chen's research has focused on the epidemiology of genetic and environmental risk factors of complex chronic diseases, including osteoporosis, sarcopenia, anemia, cancer and obesity in aging and minority populations. She directs the UA’s Healthy Aging Lab, which has been supported by multimillion dollar research funding from the NIH, the Department of Defense and private foundations. She is one of the leading researchers of the Nationwide Women's Health Initiative longitudinal study. Chen has collaborated with researchers in China on body composition research in minority populations, including the Tibetan people. She has been invited to hold body composition workshops and give keynote speeches at national and international conferences in China.
SS: Physics: The Surprising Link Between Your Cell Phone and Napoleon’s Invasion of Egypt

Thu 4:00 PM - 5:30 PM  start: 10/18/2018  end: 10/18/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

In May 1798, a 20,000-strong military force under the command of General Napoleon Bonaparte started the unannounced invasion of Egypt. 167 eminent French scholars joined the expedition, reflecting the French Revolution’s ideology of commitment to scientific progress. Among the scholars was Joseph Fourier (1768-1830) a mathematician and physicist. After Fourier’s return to France, he published “On the propagation of heat in solid bodies”, where he introduced math techniques, now known as Fourier series, Fourier transform, and Fourier analysis. Every piece of electronic equipment we have nowadays -to listen music, voice or to watch movies- uses information that has been decomposed by a Fourier transform before it is sent to us, and then it is reconstructed by an anti-transform to be enjoyed by our senses.

Study Group Leader(s)

Juan Gallardo

A retired physicist from Brookhaven National Laboratory (NY) since 2012. I have been an SGL for the last 3 1/2 years. I have led study groups on literature and physics.

SS: Edward Abbey – An American Original

Thu 4:00 PM - 5:30 PM  start: 10/25/2018  end: 10/25/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

To say Edward Abbey was "complicated" would rank with the great understatements. Novelist, essayist, a voice for wilderness, anarchist, atheist, womanizer, friend, father, conservationist, teacher--that's a decent start but barely scratches the surface of the man who wrote "Desert Solitaire" and "The Monkey
Wrench Gang" and so much more. We will examine his oh-so-fascinating life, follow his writing exploits, meet his equally interesting (and complicated) friends and examine his association with a fellow environmentalist Wallace Stegner and his not-so-simple affiliation with the University of Arizona and Tucson.

**Study Group Leader(s)**

**Gene Bryan**

A native of Wyoming, Gene Bryan aspired to be "the world’s greatest sportswriter," but found out he likes to eat! He spent nearly two decades in tourism and event marketing, including serving as director of the Wyoming Travel Commission, executive director of the Cheyenne Frontier Days Committee and General Manager-Promotions for the National Finals Rodeo in Las Vegas. A self-described "history junkie," he is fascinated with everything associated with the Lewis & Clark Expedition.

**SS: Normal versus Complicated Grief**

Thu 4:00 PM - 5:30 PM  start: 11/1/2018  end: 11/1/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

**Course Description**

Mourning for the loss of a loved one is one of life's most challenging experiences. While grief is a personal and individual process we know a predictable course bereavement will take. However, there are circumstances that extend and delay recovery. This session will explore some of these issues in a power point presentation.

**Study Group Leader(s)**

**Nancy O'Connor**

Nancy O'Connor, Ph.D. has served on the faculties of the University of Oregon and the University of Arizona. She has been a clinical psychologist for community mental health programs and in private practice 23 years until her retirement in 1998. The last 12 years of her practice she was the Director of the Grief and Loss Center in Tucson, Arizona. She has extensive experience as a seminar leader, workshop facilitator, teacher, trainer and lecturer. She has worked as a consultant to hospices, hospitals, schools, corporations, nursing homes, police departments and numerous private and public agencies both in the United States and abroad. She is the author of several articles and five books. Letting Go With Love: The Grieving Process is an international bestseller and has sold over 410,000 copies worldwide. How to Grow Up When You're Grown Up: Achieving Balance in Adulthood is holistic approach to adult development and How To Talk To Your Doctor, Lottie's Lot, Letter Therapy Healing Emotional Wounds and a Musical called In The Year 2323.
Cash-in the Treasure in Your Closet: eBay, Craigslist, Charity, etc.

Thu 4:00 PM - 5:30 PM  start: 11/8/2018  end: 11/15/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description

Ways of emptying your closet... with NO financial benefit to you:
• Put it in the trash can or recycling can
• Give it to your kids, family, or friend (but they may not remain your friend!)

Ways of emptying your closet... with SOME financial benefit to you:
• Donate to charity (tax benefit)
• Garage sale; estate sale
• Sell to local store, Tucson Gem Show, etc.
• Sell to local materials recycler (steel, aluminum, circuit boards, insulated wire; etc.)
• Sell on-line: E-Bay (the emphasis of this course) or Craiglist
• Selling on eBay: (includes demos of ebay online)

Other topics:
• What can you sell profitably?
• What is the process of setting up an account, creating an ad, receiving payment, and shipping?
• What are the safeguards, guarantees, and problem resolution systems?
• What are the eBay and PayPal fees?
• Selling on Craigslist?
• What is the process?
• What are the pros and cons for eBay and Craigslist?

Study Group Leader(s)

William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent ("CPA for taxes"). He instructed for H&R Block for 7 years.
SS: An American Tourist in the Baltic

Thu 4:00 PM - 5:30 PM  start: 11/15/2018  end: 11/15/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

This course will be based on a three week trip in the fall of 2018 that includes Vilnius, Riga, Talinn, Helsinki, St Petersburgh and Moscow. The emphasis will be on the history and culture of the countries that live in the shadow of Russia.

Study Group Leader(s)

Meg Hovell

Meg is a retired IBM executive who enjoys educational travel - as well as the classes at OLLI. She and her husband Peter have led classes on some of their travels, including Cuba and Iran.

Augustine: Sinner and Saint

Thu 6:00 PM - 7:30 PM  start: 10/11/2018  end: 10/25/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $45.00

Course Description

Augustine: sinner and saint, the celebrated theologian who served as bishop from 396 - 430 C.E. is widely regarded as one of the most influential thinkers in the western world. Come and discover the man behind the headlines, a true adventure.

Study Group Leader(s)

Mark Horton

Dr. Mark A. Horton has taught Humanities/Philosophy for the last 20 years at Western Connecticut State University. His interests include Ethics and the Search for Meaning along the life cycle. He is married and has one adult daughter and two wonderful grandsons. Mark moved to Green Valley this January.
How to Design a GizmoGadget

Thu 6:00 PM - 7:30 PM   start: 10/11/2018   end: 10/25/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $45.00

Course Description

Ever wonder about what goes into the design of all the gizmogadgets ... smart phones, computers, televisions, telephones, automobiles, and more we live with today? While many are quite complex, designing a gizmo gadget usually starts as a relatively simple exercise. Understanding the process of creating a new gizmo gadget is a good way of understanding how existing devices operate. In this three session class designed specifically for non-techies, we'll use an analytical tool called a HITO chart to dissect several existing gizmogadgets, from simple to complex. We'll then use the HITO tool as a group to create our own device concept.

Study Group Leader(s)

James Jindrick

Director of Corporate Engagement in the Office of Research, Discovery, and Innovation at the University of Arizona (Tucson) Innovator: Developed products and ventures that generated well over a billion dollars lifetime revenue to date. Engineer: 30+ years technology R&D experience. Inventor: 7 US and 37 international patents. Manager: Corporate experience at large, medium, and small companies. Entrepreneur: Launched internal corporate ventures, spin-off and spin-in companies, and independent startups. Mentor and consultant: advised over 200 new venture planning, development, and launch teams. Angel Investor: pre-launch, startup, and early-stage companies. Educator: 20+ years teaching entrepreneurship and engineering classes. Author: 5280 Tips for Innovators and Entrepreneurs ... [Amazon.com/author/jimjindrick]

The Most Rewarding and Healthiest Pet You'll Ever Have

Thu 6:00 PM - 7:30 PM   start: 10/11/2018   end: 11/1/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $60.00

Course Description

After running a full-service veterinary hospital in St. Louis for 33 years, I sold my clinic and moved to Tucson where I limit my practice to house calls and enjoy spending a lot of time with each of my clients. A few years ago, I had a book published: LAUGHTER AND TEARS, A Veterinarian's Memoir and Advice. The first two-thirds of the book is an autobiography of my years in practice; the last third of
the book is what these classes are all about. These are the 13 lessons I found myself teaching year after year to client after client. These range from picking the right pet, training and taking the best care of that pet to saying goodbye to your cherished pet. I look at these classes as a win for you and for your veterinarian because yes, you will be spending a lot less on veterinary visits, but when your pet gets sick, you’ll spend anything to take care of him because he will be the best pet you ever had!!

**Study Group Leader(s)**

Ken Cohn

I graduated from the University of Missouri Veterinary School in 1975 and ran a full-service veterinary hospital in St. Louis for 33 years. My wife and I moved to Tucson in 2008 and I enjoy a house call practice here. In late 2014 I had a book published: Laughter and Tears, A Veterinarian's Memoir and Advice. The first part of the book is a chronology of many of my adventures as a vet over the years. The last third of the book is what these classes are all about: the important lessons I found myself teaching year after year to client after client.

**El Camino del Diablo - The Devil's Highway**

Thu 6:00 PM - 7:30 PM   start: 10/11/2018   end: 10/11/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

**Course Description**

Retired from National Park Service after 35 years as a ranger/superintendent in 11 national park areas, including Grand Canyon, Yosemite, Sequoia, Kings Canyon, Glacier, Death Valley, Lake Mead and Glen Canyon. Tucson High School graduate and a BS in Zoology from the U of AZ and a MS from Cal State-Fresno in Public Administration. Three years on the Tucson Police Department and a graduate of the FBI Academy. Have five books published on Park Ranger-related subjects. Am an Eagle Scout and have explored and researched Southern Arizona for much of my life.

**Study Group Leader(s)**

Charles R. "Butch" Farabee, Jr.

Retired from National Park Service after 35 years as a ranger/superintendent in 11 national park areas, including Grand Canyon, Yosemite, Sequoia, Kings Canyon, Glacier, Death Valley, Lake Mead and Glen Canyon. Tucson High School graduate and a BS in Zoology from the U of AZ and a MS from Cal State-Fresno in Public Administration. Three years on the Tucson Police Department and a graduate of the FBI Academy. Have five books published on Park Ranger-related subjects. Am an Eagle Scout and have explored and researched Southern Arizona for much of my life.
SS: TEP Home Energizer Workshop

Thu 6:00 PM - 7:30 PM   start: 10/18/2018  end: 10/18/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

Attend a TEP Home Energizer Workshop! Learn free and low-cost energy efficiency measures you can implement at home to save energy and money. All workshop participants will receive a free Energy Efficiency Kit worth more than $40 that includes LED light bulbs, a low-flow shower head, weather stripping and much more. The 60-minute workshop is offered for free, courtesy of TEP.

Study Group Leader(s)

Owen Daly-Forseth

Owen Daly-Forseth is a transplant to the Tucson desert, moving here shortly after completing his Communication degree in New Jersey. He soon began working for the Exchange as a historical reenactor, teaching 4th graders about the Anza Trail Expedition. Although a first time presenting specifically to kids, Owen has had experience presenting to audiences for over 10 years. With skills learned while pursuing his BA in Communication, Owen understands the necessities of a good presentation and the impact it can have on an audience. Now presenting 5 different programs, Owen has proven to be an effective outreach presenter who can relay information efficiently in an enjoyable way.

SS: Medicare for All

Thu 6:00 PM - 7:30 PM   start: 10/25/2018  end: 10/25/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

There has been increasing discussion in the political arena about the failures in our current health care system and the possibility of Medicare for All. This session will review what is meant by Medicare for All and compare it to our current system. As local experts in health care policy, we hope to provide participants with the necessary information to make informed decisions regarding the policy debate in health care.
Study Group Leader(s)

Eve Shapiro
I am a pediatrician practicing in Tucson for 30 years, with a specialty in adolescent medicine. I have been involved with access to health care issues for many years, chairing the Prop 204 committee which increased access to Medicaid to over 250,000 Arizona residents. I have also worked on women’s access to reproductive services and have been on the Planned Parenthood Advocacy Board for over 6 years.

Paul Gordon
Dr. Paul Gordon is a Professor of Family Medicine in the College of Medicine at the University of Arizona. He has held many leadership positions including Department Head, Chief of Staff and Chair of the College P&T committee and hospital credentials comm

Traveling in Europe: Portugal and the Cotswold’s of England

Thu 6:00 PM - 7:30 PM  start: 11/1/2018  end: 11/8/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description

Traveling the length of Portugal from the Lisbon capitol to the north at Porto where we board our riverboat on the Douro River. We explore this beautiful nation’s geography, it’s fascinating history and modern life. In the Cotswold’s region of England we are delighted by these area's well-rewarded natural beauty, thatched roofed stone houses, charming small villages, lovely gardens, history and culture.

Study Group Leader(s)

Gordon McCall
BA, MA, professional educator in Psychology and World History, world traveler, student of world cultures, videography, producer of professional quality educational travel videos.
**Income Tax Changes for 2018**

Thu 6:00 PM - 7:30 PM  start: 11/8/2018  end: 11/15/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

**Course Description**

The 10-year cost to the US Treasury of the new Tax Cuts and Jobs Act (TCJA) is $1.35 trillion for business-related tax cuts; but the remaining $150 billion of tax cuts (net of various increases) have many ramifications on individuals’ tax returns, starting primarily in 2018. This course reviews all of the major changes, with emphasis being the effect on individuals. I also discuss in the detail the effects on partnerships, LLC’s, S-Corps, and sole proprietors (Schedule C). The course presumes that the student is moderately familiar with income tax in general. If this is not the case, you should consider taking the course I will teach in the Spring: “Income Tax: Tax Prep, History, Theory, and Saving Money” in twelve 2-hour sessions – a longer, more comprehensive overview from the ground up.

**Study Group Leader(s)**

William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent (“CPA for taxes”). He instructed for H&R Block for 7 years.

**SS: Hopi Mythology and The Kachina**

Thu 6:00 PM - 7:30 PM  start: 11/15/2018  end: 11/15/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

**Course Description**

We will look at Hopi Mythology and Religion and the place of The Katsinam (Hopi Spirits) and the Kachina Doll within Hopi tradition. We will cover an overview of Hopi beliefs in the first hour and the role of the kachina doll in the cultural life, art,
and economy of the Hopi in the second hour. I will bring in examples of both the traditional style and the modern style of carving from my own collection.

**Study Group Leader(s)**

**Ray Baxter**
Ray Baxter is retired and has been living in Tucson since 2009. He was CEO of a $300 million food company for 22 years. He has also served for two years as Chairman and interim CEO of a rational process capability development and consulting company prior to his full retirement. He has a BA in political science and an MA in Japanese Area Studies from the University of Michigan and an MBA from the Harvard Business School. Currently, Ray is a volunteer with SCORE, providing pro bono mentoring and education for Tucson residents wanting to start a small business or improve their existing business. Ray's teaching experiences includes conducting numerous workshops on rational process capability, organization change management and leadership.

**Saturday**

**SS: Are We Alone: Extraterrestrial Technological Life in Our Galaxy**

Sat 9:00 AM - 10:30 AM  start: 10/13/2018  end: 10/13/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

**Course Description**

A summary of exoplanets, the possible number in the habitable zones of stars, and the possibility of present day technological life.

**Study Group Leader(s)**

**Robert Strom**

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.
Understanding China

Sat 9:00 AM - 10:30 AM  start: 10/13/2018  end: 11/17/2018
Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $90.00

Course Description

China in the past twenty years has emerged onto the world scene. It is the world's most populous country. It has, or soon will have, the world's largest economy. To understand China, it is necessary to know something of its history, culture and diversity, what socialism with Chinese characteristics is, and its efforts to engage with the world through its Confucian Institutes and its Belt and Road Initiative. This course is designed to help us better understand the China of today.

Study Group Leader(s)

David Shawver

Dr. David Shawver lived and worked in Guangzhou (Canton), PR China, from 1998-2007. He served as Director of the American International School of Guangzhou. During his tenure, he supervised the location, construction, and opening of two school campuses. Dr. Shawver also served as the President of the Association of Mongolia and China International Schools and on the Board of the East Asian Regional Council of International Schools while at AISG. These responsibilities required him to travel widely in China during a period of great change.

Using Federal Statistical Data in the Public and Private Sectors

Sat 9:00 AM - 10:30 AM  start: 10/13/2018  end: 10/20/2018
Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description

The federal government collects data on population, race/ethnicity, health, economics, education and many others. How does this system work, how accurate and timely are the data, who uses them, and what does the future hold for the "system?" Time will be spent reviewing the upcoming Decennial Census – with some emphasis on the new citizenship question. Then, a review of key data produced by the agencies will be discussed - including such issues as independence,
accuracy, timeliness and usability. The course will go further into specific public and private sector uses. New approaches to data collection will also be discussed.

**Study Group Leader(s)**

**Edward Spar**

Mr. Spar has had a number of careers. As a statistician he started out writing regression and other statistical programs. He moved on to managing a sampling and statistics department in a market research firm. Working for someone else was not his thing and built his own demographic research company, producing population and socio-economic estimate for counties and cities. After 21 years, he knew it was time to move on, and went to Washington to build a struggling non-profit association: The Council of Professional Associations on Federal Statistics. At the same time, he taught at the graduate level on uses of demography in the private sector. Later, he then taught at the U.S. Census Bureau to post graduate students who were looking to move up in the government world. Throughout this, he was an international consultant to statistical agencies in countries including Egypt, Ghana, Kuwait, Laos, Kyrgyzstan and others. Mr. Spar is now retired and lives all-year-around in Tucson. He has given lectures at the University but is interested in reaching out to a wider audience.

**Tai Chi and Qigong for Wellness**

Sat 9:00 AM - 10:30 AM  start: 10/20/2018  end: 11/17/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $75.00

**Course Description**

Dr. Chen and Mr. Zhang have extensive experience working with older adults, from Tai Chi beginners to advanced levels of Tai Chi practitioners. Focusing on improving balance, coordination, and overall wellbeing for individuals with different levels of fitness, Dr. Chen and Mr. Zhang will introduce the history, principals, and forms of Tai Chi and Health Qigong to the group. Participants will learn the basic movements of yang style Tai Chi and one form of Health Qigong, Ba Duan Jin. They will practice these mind-body exercises with Dr. Chen and Mr. Zhang at each session.

**Study Group Leader(s)**

**Dr. Zhao Chen**

Dr. Zhao Chen is the director of the Confucius Institute at the University of Arizona, distinguished professor and department chair of Epidemiology and Biostatistics at the Mel and Enid Zuckerman College of Public Health (MEZCOPH). She is an affiliated faculty member of the School of Anthropology and a faculty member of the Arizona Center on Aging, Bio5 Institute and Arizona Cancer Center. Dr. Chen has a Bachelor of Science degree in Biology from Beijing Normal University, China, and a Master’s degree in Physical Anthropology from the Institute of Vertebrate Paleontology and Paleoanthropology, Chinese Academy of Sciences, also in Beijing. In mid-1990s, Chen received a PhD degree in Anthropology with a minor in Nutritional Science, and a Master of Public Health degree, both from the University of Arizona. Dr. Chen’s research has focused on the epidemiology of genetic and environmental risk factors of complex chronic diseases, including osteoporosis, sarcopenia, anemia, cancer and obesity in aging and minority populations. She directs the UA’s Healthy Aging Lab.
Xintuo Zhang

Master Xintuo Zhang’s home institution is the Songshan Shaolin Wushu College, from which he holds a Master’s degree in Teaching Chinese to Speakers of Other Languages. He has over 15 years of experience in Wushu practice, including 8 years of professional.

Investing 101

Sat 9:00 AM - 10:30 AM  start: 10/27/2018  end: 11/3/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description

Want to increase your knowledge of investing? Join us to learn about the different types of investments, Investment costs, the importance of compounding and overall investment knowledge.

Study Group Leader(s)

Matthew Haertzen

Matt Haertzen is a Senior Investment Advisor for WT Wealth Management (WTWM). Prior to joining WTWM, Matt was a founding partner of Four Peaks Wealth Management. Matt also serves as a lecturer of finance for the Eller College of Management at the University of Arizona and is a CFA® Charterholder. His investing passion and career success both stem from extensive work experience in the investment community. After graduating from the University of Minnesota with an MBA, Matt began his career with Ameriprise Financial, where he managed a staff of three analysts supporting the quantitative mutual fund product line. From there, he went on to work for the University of Minnesota Endowment, a $650 million fund where he was responsible for asset allocation and manager selection. Matt then joined a trust company in Washington, where he was responsible for managing $600 million in large capitalization stocks. After his time in Washington, Matt moved to Boise Idaho, where he managed a combined $1 billion in assets for the Idaho Endowment Fund, Judge’s Retirement System and the Idaho State Insurance Fund. Matt then joined Cogent Partners where he designed a global timber fund that traded publicly on the London AIM Exchange. Matt recently moved with his wife to Oro Valley from Flagstaff where their son attends Northern Arizona University. In his free time, he enjoys golf, mountain biking, camping and fishing.

Uncovering Hidden Investment Fees

Sat 9:00 AM - 10:30 AM  start: 11/10/2018  end: 11/17/2018

Tucson Place - Palo Verde

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description

One of the hidden secrets in the investment world is fees. Far too often, managers take a "don't ask, don't tell" approach to management fees. In this workshop we will focus on making investment management fees as transparent and
understandable as possible. During this workshop you will learn about hidden fees your broker may receive for selling you certain assets and we will help you to learn the right questions to ask when an investment option is presented to you.

**Study Group Leader(s)**

**Matthew Haertzen**

Matt Haertzen is a Senior Investment Advisor for WT Wealth Management (WTWM). Prior to joining WTWM, Matt was a founding partner of Four Peaks Wealth Management. Matt also serves as a lecturer of finance for the Eller College of Management at the University of Arizona and is a CFA® Charterholder. His investing passion and career success both stem from extensive work experience in the investment community. After graduating from the University of Minnesota with an MBA, Matt began his career with Ameriprise Financial, where he managed a staff of three analysts supporting the quantitative mutual fund product line. From there, he went on to work for the University of Minnesota Endowment, a $650 million fund where he was responsible for asset allocation and manager selection. Matt then joined a trust company in Washington, where he was responsible for managing $600 million in large capitalization stocks. After his time in Washington, Matt moved to Boise Idaho, where he managed a combined $1 billion in assets for the Idaho Endowment Fund, Judge’s Retirement System and the Idaho State Insurance Fund. Matt then joined Cogent Partners where he designed a global timber fund that traded publicly on the London AIM Exchange. Matt recently moved with his wife to Oro Valley from Flagstaff where their son attends Northern Arizona University. In his free time, he enjoys golf, mountain biking, camping and fishing.

**Global Warming: How Serious Is It?**

Sat 11:00 AM - 12:30 PM start: 10/13/2018  end: 10/20/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

**Course Description**

An explanation of global warming, its causes, and possible mitigation.

**Study Group Leader(s)**

**Robert Strom**

Professor Emeritus, Lunar and Planetary Laboratory, University of Arizona. I have served on several NASA missions including the Apollo, Mariner 10, Voyager, and MESSENGER missions. My specialty is planetary geology, impact cratering, exoplanets and climate change. I have been given several awards including Career Distinguished Teaching Award, and G. K. Gilbert Award from the Geological Society of America. I have given several classes at OLLI on climate change and possible existence extraterrestrial life. I will send a detailed Vita later if desired.
Personal Investing Discussion Group

Sat 11:00 AM - 12:30 PM start: 10/13/2018 end: 11/17/2018
Tucson Place - Palo Verde
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $90.00

Course Description
Discussion Group focused on learning from each other how to invest, do research, self-directed vs. managed portfolio, better understand statements and any other ideas that come to mind. This would be especially interesting to women to get more comfortable with investments. It will also address different kinds of investments.

Study Group Leader(s)
Helga Russell
I am a retired accountant with over 50 years in the industry, both as college professor and self-employed accountant. I taught accounting, tax, finance and intro to investments. I was always interested in investing of all kinds and run our own portfolio. I am particularly interested in attracting women to the subject.

WHY SING? Sing Yourself to Better Health and Well-Being

Sat 11:00 AM - 12:30 PM start: 10/20/2018 end: 10/27/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $30.00

Course Description
The impact of singing on health and well-being has seen a dramatic increase in the number of research projects in recent years. This class will include an overview and discussion of current and recent scientific research attesting to the health benefits of singing, especially for older adults. Class participants will also sing traditional rounds and part-songs while singing in unison and harmony. No previous musical training or singing experience is necessary. Through physical and vocal exercises, and a variety of song styles, participants will explore strategies and techniques to strengthen their singing voice and activate the health benefits of singing.
Study Group Leader(s)

Priscilla Zimmermann

I am a retired music teacher from the Santa Fe Public Schools (New Mexico) and semi-retired from Santa Fe Community College. My specialty is teaching the techniques and love of singing to older adults who may have never sung before or who would like to refresh their singing skills. I firmly believe that singing is a learned skill and people of any age can learn these skills. I teach basic singing techniques through vocal exercises and songs of various styles.

Gods In Everyman – An Exploration

Sat 11:00 AM - 12:30 PM start: 10/27/2018  end: 11/17/2018

Tucson Place – Saguaro

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $60.00

Course Description

The basis for the course is the book “Gods In Everyman”, by Jean Shinoda Bolen, a Jungian Analyst. Here is the description of the book on her web site: “The major Greek gods as male archetypal patterns which shape personality and relationships, favor or handicap the achievement of power and success in a patriarchal society, and are sources of meaning as well as pathology.” There will be a short presentation at the start of each class, but the course is designed for open discussion, during which we will explore Bolen’s approach to male archetypes and how they integrate into men’s lives. Discussion questions will be sent to participants several days in advance of each class. Reading the book is helpful but not necessary. To learn more about the author go to her web site at http://jeanshinodabolen.com. The book is available in e-book, hardback, and paperback through on-line vendors, your local bookstore, and perhaps your local library.

Study Group Leader(s)

Lois Connell

Lois Connell retired to Green Valley in 2010 after a career in Employee Benefits and Pension Administration. She was nurtured in a life-long love of reading by her parents. In retirement Lois satisfies her curiosity through reading and exploring new horizons with other retirees.
SS: Saturday Tech Talk with Nemo – iPhone iPad Mac Basics and More

Sat 11:00 AM - 12:30 PM start: 11/3/2018  end: 11/3/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

iPhone -- iPad -- MacBook! Have them charged and you be ready to learn in our exciting and informative hands-on open discussion plus Q & A on everything iPhone, iPad, digital photography, music, Macintosh, and more. Bring your questions, charging cables, headphones, PASSWORDS, paper and pen, plus sense of humor and cooperation with your fellow tech talk explorers.

Study Group Leader(s)

John Nemerovski
John Nemo uses his iPad and iPhone to take and edit and share photos every day. He is an experienced iPad and iPhone instructor who leads the monthly iPad and iPhone Basics class at Tucson’s Macintosh User Group in addition to his regular courses for The Learning Curve and his private tutorial workshops.

SS: The Notorious Lady Bandit and The First Lady Lawyer in the State of Arizona

Sat 11:00 AM - 12:30 PM start: 11/10/2018  end: 11/10/2018
Tucson Place – Ocotillo
Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

Pearl Hart, the first and only lady stagecoach robber, she escaped from the Tucson jail, was captured and was the only female at the notorious Yuma Territorial Prison. Sarah Sorin, Arizona's first female lawyer, she was the first female attorney to try a case before the U.S. Supreme Court unassisted by a male attorney. She practiced in Tombstone, Tucson and Globe.
Study Group Leader(s)

Shirley Pinkerton
Shirley is Treasurer of the Southern Arizona Board of Directors of the Arizona Historical Society. She is a historic reenactor, tour director, author, and resident of Arizona since 1942.

Ginny Ginn
Ginny is Treasurer of the Board of Directors of Los Amigos, a support group for the Arizona History Museum. She is a historic reenactor and tour director.

SS: History of the Container: It Made China Supplier to the World

Sat 11:00 AM - 12:30 PM start: 11/17/2018  end: 11/17/2018

Tucson Place – Ocotillo

Class Cost: Unlimited Membership: $0.00; Pay Per Class Membership: $15.00

Course Description

Containerization has transformed the global shipping industry, causing fundamental changes in global trade costs, volume, and patterns, inventory management, supplier patterns, and size of national economies. Before the 1950’s, shipping of mixed materials (i.e., other than bulk materials, such as grain, oil, etc.) was extremely inefficient. Ships were loaded by hand (e.g., men carrying bags of coffee, or maneuvering wooden barrels, piles of lumber by hand or forklift). Cargo was mixed in the same compartment of a ship; loads would shift in transit, causing damage. More than half of total shipping time was spent in ports, typically 5/10 days in each. Shipping cost for many materials was more than 10% of the material cost. This precluded most materials being sold nationally or internationally.

Although many industries understood the theoretical advantages of containerization, it could not become practical until a container design could be standardized, so that it could be carried on any shipping line, railroad, or truck. It took 20 years, until 1970, to develop an international standard design (length, width, height, strength, and locking system). With universal acceptance of the container, and the resulting reduction of shipping cost, a global market has been created for goods and labor, thus allowing Chinese labor to compete with Kentucky and Genoa. The economy of China (and other Third World countries) has been transformed, making it a supplier to the world for innumerable goods. Time-to-market has been more than halved, and Just-In-Time supply has been become common. The course will include many video clips.
Study Group Leader(s)

William Couchman

75 years old and not retired yet! Bachelor of Engineering from Yale University with an MBA from Carnegie-Mellon University. Mr. Couchman worked 33 years in management with the Ford Motor Company. Mr. Couchman served as an Adjunct Instructor for Northwestern University, a 13-year tax pro and Master Tax Advisor for BlockAdvisors (former H&R Block Premium) and a 9-year Enrolled Agent (“CPA for taxes”). He instructed for H&R Block for 7 years.