



LIFELONG LEARNING
2020 SUMMER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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Gain from free time while 'sheltering in place'

The Spring and Summer of 2020 will certainly be remembered for the challenges presented by the coronavirus, not the least of which was finding things to do while "sheltering in place." Stepping up to that challenge, students at TELOS are pretty creative in the way they report spending time. (See article on page 4 for details of their plans and schedules.)

But, one of the easiest solutions for the challenge of keeping busy is built right into the TELOS program. That solution is taking classes at Bellevue College. Although a few classes that were to be offered in Spring Quarter



could not transition to online in time to meet the social distancing requirements, many others have made the change and are currently available via the Zoom platform starting the last week of April. Check with BCCE (see below) about registering for Spring classes.

Summer Quarter: To keep gaining from your free time, class topics for summer classes include ...

Health & Well Being – Gentle Yoga, Ballet for Balance, Ballet for Balance Level II, Tai Chi—Beginner I, Tai Chi—Beginner II, Tai Chi—

Review and Refine, Aging Well, Calm Under Stress, Intro to Natural Wellness

History, Culture & Current Events – Views of the News, Stories from the Eastside's Past, Sociology Meets Literature: Life Stories, The "New Yorker" Discussion Group

Visual Arts - Observational Drawing 101, Painting the Summer Bloom, Knitting 101, Knitting: Beyond the Basics, Exploring Landscape with Versatile Acrylics, Versatile Acrylics Studio

Literature, Stage, Screen & Music – The Big World of "Little Women," Movies about films / Films about movies, Henry James' "The Portrait of a Lady," Creative Writing, Readers' Theater

Science & Technology — All about our favorite birds

To register for TELOS classes ...



- Online Registration at Bellevue College Community Education website (for detailed class information)
- Phone-In Registration by calling 425-564-2263. Please have your Visa or MasterCard number and expiration date, and course item number to register.
- In Person Registration North Campus, 14673 NE 29th Place, Bellevue, WA 98007

For further information on registering, see a step by step description at
<https://studentweb.bellevuecollege.edu/telos-tso/how-to-register>

How much do you know about Winston Churchill?

Fifty years after his death at 91, Winston Churchill was voted "The greatest Briton who ever lived." Do you understand why? You would if you had taken the TELOS class presented by John Bishop Winter Quarter, 2020. A few of the details from his class:

- Combat experience, in the late 1800's, in Cuba, India, the Sudan and South Africa, including the largest British cavalry charge in history earned him distinguished military medals.
- Simultaneously he wrote five books, established a reputation as a war correspondent and lecturer and was elected to the UK Parliament - all before his twenty-sixth birthday.
- He served six British monarchs, and 18 U.S. presidents from Ulysses S. Grant to Lyndon Johnson.
- Working with President Roosevelt he first helped bring victory to the Allies in 1945 and went on to preserve the freedom of the world by gaining the support of the United States in the restoration of Europe.

'til we meet again...

By Sue Black

As those of you who have taken my "Ideas Worth Spreading" course at TELOS know, I enjoy the class as much if not more than everyone else who takes it. Not only do we get to enjoy the insights (and the wit and humor!) of fellow students but we gain knowledge from watching the TED Talks during each class session. Due to the cancellation of the in-person classes at TELOS, I have truly missed that intellectual experience and I assume many of you might feel the same.

Be assured that, as soon as I can come back to North Campus to teach "Ideas Worth Spreading," I will be there. In the meantime, there is a way for you to enjoy a series of new sessions from TED speakers.

This is a new series featuring experts whose ideas can help us reflect and work through this uncertain time with a sense of responsibility, compassion and wisdom. It is called **TED Connects Community and Hope**. Go to <https://www.ted.com/about/programs-initiatives/ted-connects-community-hope> for more information and to sign up for reminders for the next series of conversations that start April 27.

Message from the President

Dear TELOSians,

We find ourselves in a new paradigm (understatement). I miss seeing all of you every day of the week. I am hopeful we will be back roaming the halls at North Campus soon.

The TSO council is meeting to determine an election process for the upcoming year starting July 1st. The by-laws for election will be strictly followed. Because of the virus, it will not be possible to plan for our August bi-annual meeting which usually comes as a picnic.

It is not too late to sign up for a spring on-line class. They start April 27th. Go on line now and take a look at what is available. It might help you pass the next two months with on-line friends. Rest assured that Community Education is doing everything they can to continue classes and they understand the value of these classes within our community.

I am hoping every one of you stay well and return to TELOS when it is safe.

Best regards,
Sandra.Medendorp@Bellevuecollege.edu
President, TSO

TELOScope is
brought to you by
the TELOS Student
Organization (TSO)

<http://tso-telos.org>



Editor: Sue Black

Thanks to all the hospital workers, service workers, zoom, delivery people, internet, and cell phones for helping us all stay connected. Use the Post Office!



Free stuff for seniors!

By Sue Black

According to an article in the October/November 2019 issue of AARP, The Magazine, there are any number of places we can look for opportunities to take advantage of offers for free goodies. Here are just a few that were mentioned. (For the complete list, go to aarp.org/freestuff)

Free meals for the grandkids – Go to WalletHacks.com/kids-eat-free for a list of restaurants where kids eat free. (Call ahead to confirm that the offer is still available.)

Peace of mind – Free guided meditations (in English or Spanish) are available when you search online for “UCLA Mindful Awareness Research Center.” Other no-cost meditation phone apps include *InsightTimer* and *Stop, Breathe & Think*.

Visits to national parks – National Park Service sites do not charge the normal entry fee on certain days each year. Visit nps.gov/PlanYourVisit/fee-free-parks.htm for a list of dates in 2020.

Free credit monitoring – Sites such as WalletHub.com, CreditSesame.com and CreditKarma.com will monitor your credit score for free. Many other companies require payment after a trial period.

Spotlight on “Rewards of Gardening”

By Linda Wilson

Usually I do interview for the Spotlight selection in person, which is not possible now, so I sent TELOSian and Master Gardener Pat Roome some questions. She answered in such a delightful way, I am using her own words.

“I became a MG [Master Gardener] in 1975. I have gardened my whole life. My parents rented the lower half of a house in Wembley which is in the northwest suburbs of London. You may have heard of the huge stadium there which hosted the 1948 Olympic Games. I was so lucky to grow up with a huge yard which had been planted by the first owners who were avid gardeners. They lost the house in the Great Depression when they could not pay the mortgage after they lost their jobs. I remember transplanting snap dragon seedlings when I was three years old. I threw out the ones with red stems thinking they were weeds. That year the snaps were only white snaps. I learned my gardening skills through experience. In WW2 we depended on home grown vegetables for food. Rationing was severe and we were practically vegetarians by default.”

“I have grown tomatoes all my life. I choose the ones that are easy to grow and flavorful. Try growing them directly in a bag of soil; their roots only grow in the top few inches of soil where ever you plant them. I have lots of favorite flowers, particularly those that are in bloom at the time. My favorite family of flowers has to be the Anemone family.”



“Hands down my favorite garden tool is the garden fork. It will do the jobs of digging better than a spade. It can be used as a rake as it will gather up fallen leaves and turn the compost. Lastly, it makes the best walking stick when walking in the garden. Garden books are boring to read and never tell the reader why they should do the things the writer is telling them to do. I believe that everyone has an atavistic memory inherited from their forbearers. They should practice gardening using their own common sense. I tell people that weeding gives the best opportunity to meditate. You can be sure no one will interrupt you. Oh, and learn to weed with both hands so you won’t distort the fingers of the one hand you use all the time.”

“I have taught gardening in colleges to both students and homeowners and to most of the garden clubs in the Seattle area. I have given talks at the Seattle Flower and Garden Show and for the Master Gardeners. Also Ciscoe Morris is a friend and has written the Foreword to my book ‘Legacy of a Passionate Gardener’ on gardening. He described it as a good read!”

What are you doing on your coronavirus staycation?

By Linda Wilson

Dianne Griffith: "This seemed the perfect time to do something I had always wanted to do with the three kids, but never found the time. My two youngest granddaughters are ages 5 and 7. Both the girls and I have tons of time right now. I'm teaching them Italian(my native tongue). Not the grammar, just vocabulary words. Each session (1/2 hour, 3 or 4 times a week) begins with a new word. I spell it, they write it down. Their homework is to draw a picture illustrating the word. I want nothing more than to hug them again, but for now, what a joy it is for me to hear them speaking their words, perfectly pronounced. And to see their drawings. Their favorite words: "mangia"(eat), "sorella"(sister), and of course, "ciao bella" (hello beautiful)."

Sandi Medendorp: Sandi has been making masks and distributing them to family and friends along with disposable gloves. She also does art classes on line with her grandchildren.

Will Stump: Is focused on his garden with one bed in fruits and one in vegetables. He states, "The therapeutic benefits of quite literally being "grounded" in this activity are manifest." "Listening to recorded books while weeding also enriches the experience." Most of you know that Will plays a double base and he says that playing music helps focus thoughts and feelings to something positive. And that he misses playing with other musicians and zoom doesn't work for that. Will also has chickens and sent a photo of the day's collection which were beautiful. His final words: "The beauty of nature fills my cup and helps me cope with the struggles of the day."

Linda Wilson: "Read the book by Chris Baty, "No Plot, No Problem," and followed his challenge to write a 50,000 word novel in 30 days. I am now a crazed novelist fighting the clock daily."

Steve Gersman: Discovered that National Theatre of London is presenting filmed plays weekly for free and has been spreading the word. Check it out at [Nationaltheatre.org.uk](https://www.nationaltheatre.org.uk) . On the first night, Thursday, the performance is at 7, the rest of the week is click on that button at any time.

Jo Ellen Schill: She is reading Jonathan Karl's new book, "Front Row at the Trump Show" and has mastered the Art of Zoom with the help of her family.

Another great free seminar from TSO

By Sue Black

How many of us have cardboard boxes full of the next "Great American Novel" or descriptions of the secrets behind our family's success ... just waiting to be published? With all of the computer power and software available today, it should be easy to do even on a limited budget, right? Then, why do we still have everything in boxes?

The answer to that is most of us don't know where to begin when it comes to self-publishing. However, those who attended the free TSO seminar on 2/27 with published author, Eric Stathers, received an introduction to

the steps involved in the process. During this seminar, Eric showed us the tricks and tools he has used in preparing and self-publishing six different books (all currently available on Amazon in hard copy and e-book formats!) While using self-publishing software templates appears easy enough, he did warn us that preparing a manuscript to be published can be a long and tedious process. But, thanks to the insights and information he provided, there soon may be an increased number of published authors in the TELOS population.

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