



# TELOScope

LIFELONG LEARNING  
2021 WINTER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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## TELOS Classes: Through the Challenges

With the continuing challenge of the coronavirus restrictions and air pollution from forest fires that made going outside dangerous for many of us, we are all searching for safe opportunities to be entertained, learn new things and engage with others. TELOS classes can provide exactly those opportunities.

Classes for this Winter Quarter start in early January but registration for those classes will be available by mid-October, 2020. Some of the topics being offered include ...

**History, Culture & Current Events** – Views of the News, WW2 Internment of Japanese Americans, More on the Bible's Influence, Egyptian Voices from



the Past: A Day in the Life, The "New Yorker" Discussion Group, A People at War: The Homefront During WW II, The Future of Transatlanticism, Social Media as a Political Tool, The Buddhist Way of Loving Kindness, Winston Churchill—Leadership During Adversity, Stories from the Eastside's Past, A Swift Survey of Chinese History, US—Mexico Borderlands: History, Culture and Identity

**Visual Arts** – Exploring Landscape with Versatile Acrylics, Sketching, Versatile Acrylics Studio, Phone Photography: Composition, Photography: Shoot

to Share for Feedback, Intro to Drawing, Intro to Watercolor, Intro to Digital Photography: Practice, Practice, Practice

**Literature, Stage, Screen & Music** – Sports in Movies, Creative Writing, Self-publish Your Writing, The Roots of Rock & Roll (1920s to 1960s), Sociology Through Films: Expertise and Empathy, The Early Days of Radio, Music, Art and Social Change

**Health & Well Being** – Human Health and Disease, Aging Well, Calm Under Stress, Gentle Yoga and Pilates for Flexibility and Strength, Strong, Comfortable Hands and Shoulders

**Science & Technology** – Gene Editing Application, Create ... On Your iPad, Do More ... Have More Fun with Your iPhone, Master Your Mac

### To register for TELOS classes ...



- Online Registration at Bellevue College Continuing 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>

## TSO Gallery of Creativity

Margaret Quinn died on March 26th of this awful, terrible year. This is one of my favorite poems from her second book *More Poems from the Universe*. Self-publishing her poetry has been my way to sharing my incredible wife and keeping her spirit alive in all of us who loved her. If you would like a copy of one or both of her books of poetry please send me an email at [superduper100@comcast.net](mailto:superduper100@comcast.net). Title it: Send Poetry; include your name and address in the note; and if you want the first and/or the second book.

Many virtual hugs, Jerry Bunce

I AM

I am the iridescent light  
that flickers  
in my mother's womb  
I am her hope and joy  
and sheer happiness

I am a tree  
that branches out  
I flower, and bloom, and preen  
I dream, I desire  
I have roots, I have reach

I am a river  
That courses through my child  
I drift, I flow and ebb  
I flood over with emotions  
I encompass, I nourish

I am a flying ember  
fueled by heat and fire  
I glow, I flicker,  
I dim, I die  
I am an indestructible soul



## TELOS Memories

By Arlene LaTurner

I retired from work early when family and friends were still employed. I was lonely and bored when I saw a flyer from TELOS at the Redmond library. My first class was sumi-e painting at the NW Center for the Arts. Even though sumi-e painting was not my forte, for the next 20 years many other TELOS classes added structure, learning and new friendships to my life.

Memorable during that time were my three years as TSO treasurer, and one year as a member-at-large. It was a pleasure getting better acquainted with the other council members and, being 'in the know' regarding BC and the TELOS program. Also memorable was my favorite instructor, Allan Miller. He's a learned and humble man who treated students seriously and respectfully, but also had a sense of humor. He opened my mind regarding the history of religion and how unquestioning I was regarding certain aspects of religious beliefs.

The most unique aspect of TELOS combines same age and likeminded students with a mind broadening and socially rewarding experience. We need to keep promoting TELOS and working with BC continuing education so the program is viable for the next 20 years. TELOS has been one of the highlights of my life and I would absolutely do 20 years again.

## Safe & Secure: Morning Check-In

By Edie Heppler

Two years ago, living alone, I realized if something happened to me ("Help I have fallen and I can't get up!") no one would know. Yes, I have friends and family that call regularly, but not daily and not with the expectation that I would answer. I asked a few friends if they had anyone checking on them, and they said no, not daily. So "the morning check in" was born. It is simple, there are 5 of us, we each picked an emoji, each morning we just send a group text with just our emoji. We have exchanged emergency contact information, and addresses. Set a deadline time, 10AM to check in. The person who checks in last (the sweep) is responsible for making sure we are all there.

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

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Editor: Sue Black

# Streaming Guide to Movies and TV Shows

By Steve Gersman

With Covid-19 lockdown means movie theaters, concerts, plays and more are no longer accessible. Many of us have turned to streaming services for our entertainment. It's been a lifeline. And while more venues will open at some point, there is a consensus that streaming will continue as a source of entertainment.

Here are a number of streaming apps, most available on TVs, tablets and even smartphones either through an app or directly on websites. Many offer a broad range of entertainment, both English language and foreign (most with subtitles and some with a dubbed option), everything from TV shows, movies, documentaries, travel shows, interviews, news and more. The days of cable may be gone.

**Please note:** Many shows start on one platform then later move to another. That has been very true of shows I first watched on AcornTV which are now available on Netflix or Amazon Prime. All platforms add new shows - none as often or as many as Netflix, even during the pandemic.

**Also note:** Some services charge a monthly fee then some shows and movies cost an additional sum per viewing. This is not true of Netflix and AcornTV. Most offer a free trial. And, some have a tier of prices, some cheaper if you accept commercials.

**All prices are at the time of writing and subject to change.**

For further information or to submit comments, send emails to [info.telosso@gmail.com](mailto:info.telosso@gmail.com)

Service, Cost Where to get it	Why get it
IMDb Free App stores	Essential app to get quick synopsis of a movie or show, even a trailer. NOT recommended for its ratings
Netflix \$8.99—\$15.99 a month no extra costs App stores	The largest and most diverse collection of entertainment from US & around the world
Amazon Prime \$8.99 a month App stores	Excellent collection of movies and TV shows
HBO \$14.99 a month App stores	Good selection of movies and TV shows
Hulu \$5.99 a month App stores	Good selection of movies and TV shows
AcornTV \$5.99 a month	US & other English language programs plus choice foreign language too. No extra costs
BritBox Approx. \$6.99 a month	Overlap between AcornTV and PBS. Check offerings and pick which one works best.
PBS Free (Passport is extra \$5 per month)	Current PBS fare without waiting for broadcasting time. Passport offers huge array of additional programming.
Kanopy Free with Library card # and password	Offers independent and documentary films, The Great Courses. Max. 5 shows per month
Hoopla Free with Library card # and password	Offers movies, music, audiobooks, ebooks, comics and TV shows. Max. 10 shows per month
YouTube Some free, some paid per show \$2.99 - \$5.99	Huge selection of movie offerings. Often cheaper than other paid shows elsewhere
iTunes Free app with charges per program	Huge selection of movie offerings. Often cheaper than other paid shows elsewhere
TV5Monde Cost depends on whether you use the web-based subscription or your local cable provider	Exclusively French movies and TV shows, most with subtitles.
Sundance Now, Starz, The Criterion Channel Check for latest prices	All good collections, each with its own focus
Peacock Free to \$9.99 a month	NBC and affiliates programs
National Theatre on YouTube Usually free	Amazing collection of live stage shows from Broadway and West End (e.g. Rent, In the Heights by Lin-Manuel Miranda) Go to YouTube in National Theatre ("re") then browse the shows.
Digital Theater £9.99 (approx. \$12.50) / month - No extra charges	UK stage performances <a href="https://www.digitaltheatre.com/consumer">https://www.digitaltheatre.com/consumer</a>

## TSO Seminar on Retirement Living Options

By Sue Black

As many people “get on” in years, decisions regarding where to live become more important. There are a number of potential directions and the differences between them are often confusing. On August 25<sup>th</sup>, Joan Rettmann, Area Community Relations Director of ERA Living provided information on important ways to think about the options that could be involved when planning for our future. Even the most basic question of “*How can I better understand if it’s the right time for me to move?*” can be difficult to sort out. Some of the questions she suggested to help answer that include ...

*• How does your life compare now to 5 years ago? • What do you envision it will look like 5 years from now? • Are you surviving or thriving in your current home? • How often do you socialize with others – Daily? Monthly? • Are you living on processed foods and microwavable meals? • Are you a caregiver for a spouse/partner and feeling that is your primary identity? • Have you had a fall or health scare in the past year? • Have you been diagnosed with MCI (Mild Cognitive Impairment) or a form of dementia? • How would moving affect your time with family?*

Then the trickier topic of the kind of housing community to select becomes the focus. The options here need to be carefully studied. There are several different types of retirement communities that can provide what you need but you should look into the details of what each provides and what will be required from you if you decide to become a resident. If you missed this seminar and have questions, contact Joan at (425) 688-1900 or [Joan.Rettmann@eraliving.com](mailto:Joan.Rettmann@eraliving.com)

## Class Profile: Self-Publish Your Writing

This is a class taught by Eric Stathers, a popular local author. Eric has previously conducted a between quarters seminar at TELOS on self-publishing. This is the full class version. It is available in the TELOS Winter Quarter.

Leave a legacy of your memories. In this fun, interactive hands-on course you will create a sample manuscript for self-publishing your own content. You may have written a few stories, completed some chapters of your memoirs, written a few family history pages, recorded oral interviews, have photographs from old albums, or worked on your family tree but have never shared it with your family and friends. Where do you start and what are the options for sharing your legacy on a limited budget? You can benefit from this class if you are interested in learning about independent self-publishing using local printing and Cloud computing services. This class will help you learn practical tools, techniques, and give you hands on experience.

### Instructor Bio

Eric Stathers is the author of six self-published books that cover wide-ranging topics such as railroad wrecks, sailing clippers, steamships, horticultural nurseries, and fly fishing. They include *IN THE DITCH*, *MY STORY*, *JAAP AND EMMY*, *SAILOR BILL AND MARY*, *STATHERS-MANTEN FAMILY GENEALOGY*, and *FLY FISHING TALES*. Recently Eric has been nominated as a finalist for the Nancy Pearl Book Award for *FLY FISHING TALES*. He graduated with honors from the University of British Columbia with an M.B.A. and B.Sc. in Agriculture, and is a graduate of the Stanford University Executive Management Program. Eric spent thirty years in the US computer software industry. Eric is married and has lived in Bellevue for 15 years. He has two children and one granddaughter.



# Podcasts: More sources of info / entertainment

By Sue Black

In this continuing time of covid limitations, anyone searching for more sources of information and/or entertainment should consider *podcasts*. The dictionary definition of a podcast is “A digital audio file made available on the internet for downloading to a computer or mobile device. It usually takes the form of a series of episodes.” The variety of topics currently discussed in podcasts is almost limitless. A person can find entertaining discussions regardless of their particular areas of interest. And, with the flexibility offered by downloading episodes of your choice, you can listen whenever it is most convenient for you. Here are a few that I have on my “favorites list.” Send your suggestions to [info.telosso@gmail.com](mailto:info.telosso@gmail.com) and we’ll include them in the next issue of TELOScope.

**“Revisionist History”** – Malcolm Gladwell: Journey through the overlooked and the misunderstood. Each episode examines something from the past – an event, person, idea, song – and asks whether we got it right the first time. Sometimes the past deserves a second chance.

**“Unlocking Us”** – Brene Brown: Join researcher and #1 NY Times best-selling author Brene Brown as she unpacks the ideas, stories, experiences, books, film and music that reflect the universal experience of being human from the bravest moments to the most heartbreaking.

**“Why is this happening?”** – Chris Hayes: Every week, MSNBC commentator Chris Hayes asks writers, experts and thinkers the big questions that keep him up at night. How do we make sense of this unprecedented moment in world history?

## Latest news from TSO Council

By Ted Watts

The TSO is not immune from the consequences of the coronavirus any more than is the College and the TELOS program that it supports. We are facing only online instruction programs, not to mention club meetings and the business meetings of the Council itself. We are responding very well to these challenges.

We are in the near-completion stage of adopting new Bylaws and Standing Rules for our operation ably prepared by Steve Denison and the Events Committee. We hope to submit the Bylaws to the membership before the end of the year. They will modernize the program substantially.

We have established two new Committees to work with the Council in Marketing and in studying the Future of TSO and the TELOS support it offers. We as always focus on the Curriculum Committee and its head, Chris Steele, who is very much a linchpin in our TELOS support. We also continue our efforts through VP Chuck Kimbrough to re-establish the ability to receive a student fee for our financial support.

We have had a successful and gratifying introductory meeting with the new interim President (who does not embrace the title), Gary Locke. He listened to and then responded to our interests. He is supportive of the TELOS program and we look forward to a great relationship with the College administration. But we are now facing a loss of two staff members important to us: Dipali Desai and Miste Damrill. We wish them well and are sorry that the reduction of other Community Education programs required this force reduction. We are glad to have survived this economizing cutback.

TSO needs the continuing support of its entire membership: in participating in online courses, in referring new course and instructor ideas, and in being active in the TSO organization. We will get through the virus stronger than ever but only with your active support.

Ted Watts, President TSO

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