

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

## INSIDE THIS ISSUE:

THANK YOU  
Chris Steele!! 2

TELOS Secret  
Weapon 2

TSO Gallery 3

Seminar on  
Ranked Choice  
Votes 3

Lessons from the  
Quarantine 4

Class Profile 4

Avian Einsteins 5

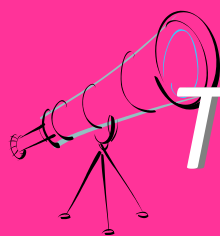
News from TSO  
Council 5

More podcsts 6

Good News 6

Opportunity for  
Future 6

Important Dates 7



# TELOScope

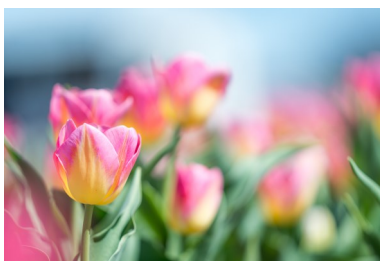
LIFELONG LEARNING  
2021 SPRING QUARTER

## Tiptoe Through the TELOS Tulips ...

With week after week of soggy winter rain, it isn't surprising that many of us start yearning for the warmer sunshine that will encourage a new crop of spring flowers. We look forward to experiencing innovative ways to learn, be entertained and engage with new friends. TELOS classes provide exactly those kinds of opportunities.

Spring classes start in early April but online registration will be available by January 28, 2021. Some of topics being offered include ...

**Literature, Stage, Screen & Music** – Creative Writing, Self-publish Your Writing, The Roots of Rock & Roll (Parts I, II), A Short History of Television, Enjoy Shakespeare: Henry V, The Oresteia of Aeschylus, 60's



Pop Music and Social Change, Why TV is Better Now Than Movies, Dance in the Movies - Part I, Readers Theater, Golden Age of Broadway: 1940s, Music, Art, Social Change - Pt 2

**History, Culture & Current Events** – Views of the News, Technology of the Civil War, Brit on the Border, Great Foreign Policy Decisions, The Home Front in World War II, Culinary History of India, Monuments of Washington, DC, Ancient Egypt Art and Architecture, Survey of Modern Chinese History, The

“New Yorker” Discussion Group

**Visual Arts** - Versatile Acrylics Studio, Photostyle: The Art of Arranging, Focus on Photography Composition, Public Sculpture of Portland, OR, Public Sculpture of Seattle, Intro to Drawing, Intro to Watercolor, Sketching

**Health & Well Being** – Food After 50, Meditation for Stress Reduction, Stay Light on Your Feet, Moving to Heal, Gentle Yoga and Pilates, Health and Wellness, Self-Defense 101

**Science & Technology** – Master Your Mac, Asteroids, Comets and Ocean Worlds, Computer-Based Family History, Create!...On your iPad, Have More Fun with Your iPhone

### To register for TELOS classes ...



TELOS

- 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>

## THANK YOU Chris Steele!!

"Patiently persistent" is the phrase that I think best personifies Chris Steele. She has dedicated many years to the TELOS program and to TSO in its support of that program.

Chris has had to work with numerous College staff constantly rotating in and out of positions affecting her efforts; she has had to deal too often with wrangling rooms at the N. Campus for classes and speakers; she has suffered through the various, varying, and ill-defined "rules" of the College; and yet she still was able to work cheerfully and effectively with volunteers in the Curriculum Committee, which she led for so long. So, "persistence" and "patience" are to me the perfect descriptors for such a unique person as Chris.

Fortunately Chris is not "gone," only pulling back a bit. TSO is going to benefit from her advice and counsel for many more years and will be much the better for it. Thank you Chris for all you have done and all you will continue to do.

Cheering you on!

Ted Watts, President TSO and the TSO Council et al (Alexa, Chuck, Diane, Donna, Edie, Georgann, Jan, Jerry B, Jerry H, Marcia, Paul, Ray, Sandi, Steve, Sue, Ted, Tim and countless others who have benefited from your hard work!)



## Chris Steele: TELOS secret weapon

By Chuck Kimbrough

Chris Steele is retiring from her multifaceted roles in the Telos Student Organization (TSO). I had the privilege to get to know her and work with her over the last 8 years. She was a welcoming ambassador who devoted 20+years of effort to improving the student organization's Telos Auxiliary Group (TAG) later TSO and the Telos retiree academic program. She was heavily involved in finding and developing Telos instructors, and a broad range of interesting class selections as well as promoting and marketing Telos. In part because of her devotion and effort the Telos program became a significant regional academic community asset for retirees. Chris has a curious mind, is a voracious reader, loves traveling outside the U.S. and is one of the best educated women associated with Bellevue Community College (perhaps any College in the Northwest) with 5 degrees.

Her kind, humble, quiet and always willing to help selfless nature was in part one of the reasons she led from behind. She did not like to stand out and would not agree to be a TSO elected officer yet she did an incredible amount of important work for TSO and Telos, primarily in her role as Curriculum & Instructor Committee Chair. She loved Telos and TSO, so despite her introvert nature, she took on the role as a welcoming ambassador for the Telos retiree academic program and as result the program flourished. Chris created the between BC quarters speaker's programs so that TSO retiree members would be engaged and strengthen the retiree community. On occasion she could be verbally forceful, such as in two meetings with the Bellevue College Presidents setting out factual information, history of Telos and TSO and strong suggestions for improvement.

Chris' actions over the years represent the best of activism on the Eastside. In my opinion she should be the clear winner for the 2020 award of First Citizen of Bellevue.

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

<http://tso-telos.org>  
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[info.telosso@gmail.com](mailto:info.telosso@gmail.com)



TELOS

Editor: Sue Black

## *TSO Gallery of Creativity: \*Through the Eyes of a Granddaughter*

By Catherine Lhamon

Donnelly Wilburn is a fascinating, cultured and independent individual. Growing up in the 50's, she was not able to travel as easily as we are today. This dilemma trapped her in Omaha, Nebraska for most of her childhood. Little did young Donnelly know, a Young Life trip would soon change her life forever, sparking a love for art and travel that would never subside.

In 1962 Donnelly and some of her peers embarked on a 24 hour bus ride to Seattle for the World's Fair, a famous celebration of cultures and diversity. There she tried delicacies from countries oceans away from her hometown, and interacted with other children from across the globe. After her time at the fair the Young Life kids were transported to a church camp in Malibu Canada. It was there she learned of her love for travel.

Fast forward to 1966 and her travel to the art museums in Paris. During her visits there, the art pieces were not as

heavily guarded as they are today and she was able to see pieces like the Mona Lisa up close, no plexiglass casing. She spent her days traveling from art museum to art museum, flanked by groups of local boys craning to get a better look. She continued to travel in search of these famous paintings with her family and friends and has since passed that role down to me and my family, supporting our adventures with the many air-miles she had built up.

She is also the advisor for the program at the Seattle Art Museum that provides tours with audio descriptions for people with limited or no vision and loves every minute of it. My grandmother truly knows everything there is to know about art history and continues her love for it after the loss of her vision. New technology allows her to receive audio descriptions of the art and the stories of it's past. Her passion for art is rooted in her love of exotic cultures and I am confident that nothing can quench her thirst.



\*NOTE: The above article was written by Donnelly's granddaughter, Catherine Lhamon, when she was a junior in high school.

In addition to learning enough about art and art history to become an advisor at the Seattle Art Museum, before losing her sight, Donnelly also exhibited a high level of artistic talent in her own works. Two examples are shown here.



## *Free TSO Seminar on "Ranked Choice Voting"*

By Linda Wilson

In a TSO seminar on December 15, Lisa Ayrault, Kip Muehlman and Sawyer Morgan from the FairVote organization informed TSO members about ranked choice voting. Ranked choice voting (RCV) is a simple improvement to the way we vote per their website at [fairvotewa.org](http://fairvotewa.org). In their presentation to TSO they mentioned how sometimes we may feel our vote isn't counted and that we are voting for the lesser of two evils which creates voter apathy. With ranked choice voting we get to make a first choice, and a second choice, and maybe even a third choice. RCV promotes a civil, issues focused campaign, and a more equitable representation of the voters choices. Gerrymandering becomes irrelevant. Election costs are saved. Candidates save campaign money. RCV is widely used in the U.S. already.

Washington State current law prevents local jurisdictions in our state from adopting RCV. The Local Options Bill now making its way through the State Legislature gives control to jurisdictions that want to use RCV. If you are interested in changing how we vote, please visit their website to find out how you can help.

# Lessons from the Quarantine

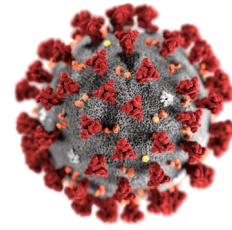
By Sue Black

With the quarantine limitations that have been assigned to us in the last year, we have learned a number of general lessons. *Tolerance* of the needs and habits of others in our households that we may not have been so acutely aware of previously when we could spend at least some time away from each other. *Awareness* of the “connectedness” and potential impact we each have on others we may not even know whether we mean to or not. The *transitory nature of life itself* as we watch the COVID numbers continuously climb.

But beyond the existential themes, some of our lessons are more practical. Many of us have become proficient in finding and using new sources of connection and entertainment. Zoom meetings have taken the place of going out to connect with friends for drinks or coffee. Video conferences have replaced many medical appointments. Podcasts and streaming services are now the foundation of leisure activities.

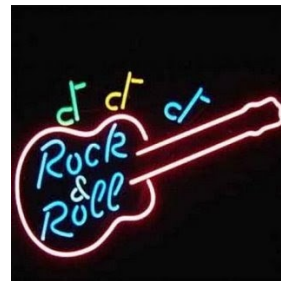
But in my case, living alone without a built-in “handy man” among the in-house population, I have benefited from even more practical lessons of the quarantine. Specifically, I have been offered the opportunity to become intimately knowledgeable about the mechanics of replacing a toilet seat. In the “before times,” I would have hired someone to come in and accomplish such a task rather than take it on myself. But instead of inviting someone into my home with an unknown number of viral connections, I added this skill to my growing list of practical talents.

So my question to you is, what else might I learn from these exciting times? What other lessons are TELOSians learning from the quarantine? Send your lessons to [info.telosso@gmail.com](mailto:info.telosso@gmail.com) We'll include them in the next issue.



## Class Profile: Roots of Rock and Roll

Given the demographics of the TELOS student body, it is not a stretch to say that most of us listened to some forms of “rock & roll” as we grew up. It is not a surprise then to learn that some of the most popular classes that have been taught at TELOS have referenced a time period when such music played in the background. How much do we remember about the artists and songs of that genre? This Spring quarter, students will be able to reach back into life at that time with the help of two classes on the *Roots of Rock & Roll - Parts I & II*.



In both of these entertaining classes you'll hear great music, see rare film and video clips while examining the legacies of the pioneers who contributed greatly to this popular music genre. In Part I, you'll hear how Rhythm and Blues, Gospel, and Country intersected during that first decade and became the bedrock of Rock n' Roll. That includes the musicians, the singers, the guy and girl groups, the personal stories and the influence of radio, television and big business. The class sessions in Part II will cover how girl groups became the rage and explore the popularity of the guys and guy groups who many went on to become teen idols. We'll also examine the many types of rock including the popularity of doo-wop and folk-rock. In both classes, students will hear rare outtakes and studio sessions and learn how this music impacted America during those times.

**Instructor Bio:** A former San Francisco broadcaster, *John Jensen* has been an avid collector of music, movies, and radio broadcasts of the 1930s through the 1960s. Early fascination led to employment as an on-air personality and later as general manager of KMPX, a radio station devoted to playing the music and radio broadcasts of those years. During his time there, he produced a world-wide radio broadcast heard over Armed Forces radio honoring the US Navy's 200th Anniversary, starring, in person, Bing Crosby, Mel Blanc, and a host of other radio stars from the 1940s. In 1992 he directed the 50th Anniversary of Armed Forces Radio that was heard world-wide over armed forces radio. As an audio historian, he has provided research and assorted media to filmmakers, such as Frances Ford Coppola, George Lucas and Jack Haley, Jr.

# Crows: The Avian Einsteins

By Donna Oberembt

On December 16, Connie Sidles, master birder, long-time member of the Seattle Audubon Society and past TELOS Instructor gave us a highly informative and wonderfully entertaining and very well attended seminar on Crows. Crows are a member of the CORVID family of birds which include ravens, magpies and jays. This family is noted for their sturdy build and stout bill. They are also one of the smartest of all birds—have a large brain for their size; show a high level of cooperation with each other (unlike most bird species); excel in their use of tools and being able to figure out problems in order to get to accomplish tasks (mostly to know how to get food); demonstrate social learning among their flocks and pass that knowledge on to their progeny. Various video clips showed us how very clever they are. Quite eye opening. One really has to admire these clever birds even if they can be annoying.



Bottom line—be aware that if you ever run afoul of a crow—they will let you will know it. Additionally, they will remember you! And their flock and offspring will remember you too!

Hats off to crows and to the wonderful Curriculum Committee at TSO for providing such an informative and well attended event. This was one of the best attended seminars offered this session AND Connie is coming back next March for Hummingbirds!!!! Watch for the sign up.

## Latest news from TSO Council

By Ted Watts

It has been a challenging and rewarding TSO year- 2020. The challenge is moving a TELOS program from one featuring face-to-face social interaction and instruction to the relatively solitary realm of online "relationships" and instruction. TSO has met the challenge by supporting the College staff in finding instructors who are willing and able (or willing to become able) to teach online, and then encouraging and educating class participation by a demographic not known for its receptivity to modern cyber technology. The reward is the response of the TSO Council and officers to the challenge. The membership has also responded with a willingness to accept change and learn to live with it. Online instruction receptivity is reflected by the large number of participants in the online "how to" classes offered by TSO and TELOS.

For the future, the question is how long will the shut-down of the North Campus building last, how long before our members will be effectively vaccinated, will online instruction continue beyond the reopening of in-class instruction, whether proof of vaccination will be required to participate, and the extent of the rebound of TELOS in-person class size post-vaccine and ultimately post-pandemic.

Challenges persist with maintaining and enhancing the co-operative relationship between TSO and the College staff. TSO is working on that all the time and we believe the staff recognizes the value of our program to the continued success of TELOS. We are fortunate to have Gov. Gary Locke as the Acting President of the College as he has shown us his strong support of the TELOS "lifelong learning" program.

TSO and TELOS have survived the pandemic so far and will continue to do so, especially if the vaccine proves out and the "jab" is received by all students. Our demographic has seen a lot in its lifetime: world war and "limited" police actions, severe recession, threat of nuclear devastation, 9-11, and financial setbacks are a few, but we have learned to adapt. The pandemic is one more "bump in the road" that we will successfully live through. This challenge we will be rewarded with surviving and challenged to learn from.

TSO and TELOS will help with your support. Take classes, become an instructor, get involved in TSO. **We are partners in lifelong learning.**

Ted Watts, President TSO



## *Podcasts: More sources of info / entertainment*

As the covid quarantine continues on, the need for sources of information and entertainment also persists. In the last issue of TELOScope, we suggested audio podcasts as good locations to consider when looking for such entertainment. I mentioned several podcasts that are some of my favorites. Adding to that list, Donna Oberemba sent us three of her favorites.

**“Hidden Brain”** - Shankar Vedantam: Helps curious people understand the world and themselves. Uses science and storytelling to reveal the unconscious patterns that drive human behavior.

**“Fresh Air”** - Terry Gross: An insightful and talented interviewer. The podcast features “intimate” conversations with current “luminaries”—authors, artists and interesting personalities.

**“Proof”** - Bridget Lancaster: Bridget is familiar to many as co-host of America’s Test Kitchen. This podcast goes beyond recipes and cooking to investigate the foods we love and don’t love and asks the big questions (where do food cravings come from?) and uncover the hidden back stories.

Other favorite podcasts were suggested by Marty Wilhelm.

Informative/entertaining: **“Ted Radio Hour,” “Hidden Brain”** (See above), **“This American Life,” “Freakonomics,” “Radio Lab”**

For fun: **“Wait, Wait, Don’t Tell Me,” “Car Talk”**

Stories: **“Moth Radio Hour,” “Snap Judgement”**

What are some of the podcasts that you enjoy? Send your suggestions to [info.telosso@gmail.com](mailto:info.telosso@gmail.com) and we’ll include them in the next issue of TELOScope.

## *Good news for TELOS and Bellevue College*

TSO welcomes the news that Gov. Gary Locke has been asked to continue as acting Bellevue College President at least into 2023. Gov. Locke has been very supportive to the TELOS program and of our TSO in its support role. Further details can be found at <https://www.seattletimes.com/seattle-news/education/bellevue-college-votes-to-extend-gary-lockes-contract-as-interim-president/>

## *Opportunity for the Future*

By Ted Watts, President, TSO

TELOSians, we are all concerned about the impact of fossil fuel generated CO2 on our children and grandchildren and future generations. If you want to be concerned AND effective, consider volunteering for the new citizen Task Force to be formed by the City of Bellevue to assist staff in the implementation of its new "Environmental Stewardship Plan." Get involved! Contact City Manager Brad Miyake <[bmiyake@bellevuewa.gov](mailto:bmiyake@bellevuewa.gov)> and volunteer. I am.

# Important TELOS / TSO Dates\*



**Monday 2/15/21** Instructor course proposals need to be received by Bellevue College to teach for Summer quarter

**Friday, 3/5/21** 9:30 AM TSO Political Book Club

**Monday 3/8/21** 10:00 AM “Age Stronger: Developing Physical Vigor and Confidence in the second Half of Life” with Autumn Needles, PMT-CPT, Licensed Buff Bones instructor

**Thursday 3/11/21** 10:00 AM “Cryptocurrencies” with Ted Watts

**Friday 3/12/21** 10:00 AM TSO Constitution Club

**Tuesday 3/16/21** 10:00 AM “Hummingbirds: Masters of the Air” by Connie Sidles, Master Birder

**Friday 3/19/21** 1:00 PM TSO Book Club

**Monday 3/22/21** 10:00 AM “Seattle Opera and the effect of 2020 events on its operations” by Alejandra Valarino Boyer, Director of Programs and Partnerships

**Friday 3/26/21** 10:00 AM TSO Constitution Club

**Friday 3/26/21** 11:15 AM TSO American History Book Club

\*Club details available at <https://studentweb.bellevuecollege.edu/telos-tso/social-activities/>

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



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