

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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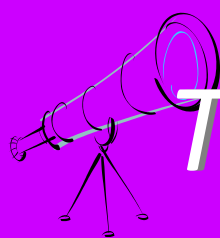
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# TELOScope

LIFELONG LEARNING  
2021 SUMMER QUARTER

## Tasting New Topics this Summer

In past years, one might have anticipated summer with thoughts of relaxing in a quiet, sunny spot – perhaps by yourself in your own back yard. However, after a year of quarantining in the same place with the same group of people (although they are loved ones), you are perhaps more than ready to have new experiences and meet new friends. As students in the Bellevue College TELOS program, you can do just that. Taking classes from this inventive program will allow you to investigate new topics, open yourself to stimulating ideas and information while enjoying a warm social environment with others who also seek lifetime learning.

Many different worlds are waiting for you at TELOS this summer quarter. Some of the online lectures will expose you to classical philosophies and relate them to current times. Other courses will provide an exciting opportunity to share your opinions and discuss new ideas with other students. Still other classes will enhance your skills and artistic abilities.

Here are some of the topics that will be offered this summer. Before you register for the



quarter, if you would like to meet some of the program's popular instructors and get a better idea of the classes they will be teaching this summer, see page 4 in this newsletter for information about experiencing a "taste of TELOS."

**Literature, Stage & Screen** – Creative Writing, Orson Welles: The Man & The Myth, Thackeray's Vanity Fair, Readers Theater, Golden Age of Broadway: 1950s, The "New Yorker" Discussion Group

**Health & Well Being** – Ballet for Balance, Moving to Heal, Gentle Yoga and Pilates, Recover from and Prevent Injury, Self-Defense 101

**History, Culture & Current Events** – Views of the News, Stories from Eastside's Past, New Decade, New Virus, Gene Editing: How it Works, Gene Application

**Visual Arts** - Painting Birds in Watercolor

### 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/tepos-tso/how-to-register>

## Viewing the News at TELOS

By Jerry Bunce

The TELOS Views of the News classes have been a popular discussion-based class since 2010. The teacher is more of a facilitator and guide. They provide a space for respectful discussion of current events including politics (of course), technology, industry, a dash of history, religion (if you dare), and sometimes even sports. A good facilitator recognizes that extroverts want to go first, last and loudest but space must be made for introverts who provide thoughtful insights when ready to share. Everyone's thoughts and opinions are to be valued and respected but not required.

The Views classes are popular and often fill up very quickly because the News is always changing. Many people become regulars and sign up with their favorite host every quarter. A few new people each quarter always brings some new perspectives and new friendships.

Jim Farrell started the first News class in 2010 soon to be joined by Dee Koger. John Humphrey took over the class when Jim was ready to pass the baton. Jerry Bunce started a third Views class in 2017. He started to share the class with Steve Gersman in 2018 and turned the class over to Steve in 2019. Fall quarter of 2021 should see a return to three Views classes with Steve, Jerry and Arnie Goldstein as hosts. Sign up early!

## TELOS: Rx for a Successful Retirement

By Michael Schuffler, MD

I always knew I wanted to be a doctor. My uncle was a GP and I remember looking through his medical books when I was 11 or 12 years old. I was fascinated and from that point on, was laser focused on achieving my goal. I sailed through my medical studies, never turning my head from right to left, eventually becoming an internist specializing in gastroenterology. I had an excellent education in the sciences, but because of my hurried undergraduate studies, I missed out on the humanities, art, history, and philosophy, subjects which I became interested in during my later years, but never had a chance to pursue while leading the life of a very busy physician.



And then I retired. With this new found freedom and with plenty of time on my hands, I took up golf and bridge. But they were not enough. I wanted to go back to school and learn about those subjects I never had time for during my pre-med years. I learned about the TELOS program for retirees at Bellevue College and started taking classes in history, photography, and our constitution. Because I wanted to know more about the uses of the iPhone and iPad, I took classes with Paul Schmid, who taught me how to more effectively use these devices.

It turns out that Paul also has a great interest in Shakespeare. I had seen a number of Shakespeare's plays in Ashland, Oregon many years ago but hadn't pursued this in recent years. Paul invited me to join a class on Richard II and I was hooked. I continued onto Henry IV, parts I&2 and am taking Henry V this spring.

I am so excited about learning subjects I never had time for in my earlier life and am so grateful to Bellevue College and its TELOS program which makes it possible for retirees like me to continue to learn and by so doing, enjoy the senior years. You could say that my prescription as a physician and as a TELOS student, is to take two TELOS classes and to tell your friends all about our lifelong learning community.

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

<http://tso-telos.org>  
For further information or  
to submit comments,  
send emails to  
[info.telosso@gmail.com](mailto:info.telosso@gmail.com)



TELOS

Editor: Sue Black

# Don't Miss the TSO Seminars

By Linda Wilson

If you haven't been attending the fabulous free seminars provided by TSO, then you are missing some humdingers!!

And speaking of hummers, Connie Sidles charmingly told us everything we needed to know about **Hummingbirds**. Our local ones are Anna's and Rufous. Make sure you have red and yellow flowers for them. Fuchsia and Salmon berry are among their favorites. Keep their feeders clean. For their size, they are fierce. Mine just informed me through my deck window that the feeder was low and then actually hummed me with his wings when I went to fill it.

**Aging Stronger** with Autumn Needles was another great presentation with a work out you could do as she spoke. I did it. Speaking for myself it is either use it or lose it and she presented simple exercises most of us can do. Even small steps can make a difference in our aging process.

Claudia Lawrey introduced Alejandra Valarino Boyer to tell us what is happening at the **Seattle Opera**. Alejandra is the Director of Programs and Partnerships at the Seattle Opera. The children's Hawaiian opera was a delightful video. There are many opportunities to check out at [seattleopera.org](http://seattleopera.org). I suggest you do that. They are looking forward to having audiences back and providing many classes.

One of our very own Telosians, Pat Roome, told us about **Gardening Basics**. Soil must be good and only use organic fertilizers. Buy locally grown plants was a great tip. I took four pages of notes. If you missed it, Pat has several books that she recently published on Amazon. (As an active octogenarian, she is starting her fourth book.) My favorite easy to do hint from Pat, was buy a 1.5 cubic foot bag of good soil, put some drain holes on the side you put next to the ground, cut a hole in the top large enough for a tomato plant and water it. Can't get much easier than that!

(As a TSO member, you will receive email notices for upcoming seminars. Seminar details are sent in announcements from [info.telosso@gmail.com](mailto:info.telosso@gmail.com). Make sure these do not end up in your SPAM. To plan ahead, go to the TSO website <http://tso-telos.org> and look under TSO Calendar. Or, look on the last page of this newsletter for a summary in: *Important TSO / TELOS Dates in June*. Seminars are listed in "quotation marks.")

## TSO Launches "Welcome to Zoom" Workshop Series

By Paul Schmid, TSO Marketing Committee Chair

To support the overnight transition from in-classroom (the North Campus) to online learning (Zoom), the TSO Marketing Committee launched the "Welcome to Zoom" workshop series. The Marketing Committee conducted more than 15 workshops and reached more than 200 members from September through March 2021.

The next step is to work with our instructors. Steve Denison, TSO Event Committee Chair, has created a **Zoom for TSO Instructors**. This is a small-group, hands-on workshop designed by instructors for instructors. About the new program, Steve says: "TELOS instructors are vital to our life-long learning community. I am honored to help instructors take their virtual teaching game to the next level."

During these small-group, hands-on sessions, instructors will learn to use...

- Advanced Scheduling - including scheduling recurring meetings for an entire 8-week class
- Advanced Zoom Windows Management - so instructors can always see their computer screen and their students at the same time.
- Advanced Screen Sharing - so instructors can include multi-media presentations into their classes with ease and panache.

If you're a TELOS instructor contact Steve at [sdenison@yahoo.com](mailto:sdenison@yahoo.com) to reserve your spot today! Space is limited.

## Upcoming TSO Elections

As we look forward to life after COVID-19, we will need leadership in our TSO Student Organization. The current terms of all the Officers and Council members will be ending **on June 30**. Officers and Council members are elected for a one-year term and may serve for a total of 3 years if re-elected. **Several Officers and Council members will not be running for re-election, so we need more members to become involved with the TSO leadership team.**

This is an invitation to consider joining the TSO (TELOS Student Organization) board, becoming a TSO Officer (President, VP, or Treasurer), or join one of the committees. We need a few people to run for TSO Officers and positions on the TSO Board in June (term starting in July). You can also help the program by joining one of our three committees without being on the TSO Board:

- Curriculum Committee
- Events Committee
- Marketing Committee

**Elections for TSO officers and Council members will be held in May.**

To run for a TSO office or Council position, submit an email to [Info@telosso@gmail.com](mailto:Info@telosso@gmail.com) by **April 30**.

All applications must include:

- A short biographical statement and reason for seeking office
- A picture (image JPEG).

If you have any questions, please contact:

Steve Denison,  
Event Committee Chairman  
[sdenison@yahoo.com](mailto:sdenison@yahoo.com)

## Next Time, Try a Taste of TELOS

By Sandi Medendorp



Have you ever read a TELOS description and thought “Well, that sounds interesting but what is the instructor like and how will that course be taught?” Do you hesitate making that tuition investment without more information? I have the solution for you. At the end of March, TSO recreated the Taste of TELOS. Eleven instructors presented previews to twenty-one courses offered in the TELOS program for Spring. The college agreed to keep registrations open until the seminars were completed.

The instructors were amazing! I learned so much just by watching fifteen minute snapshots of the broadest spectrum of classes:

How to stretch my neck.  
Shakespeare’s lessons apply today.  
What was it really like on the Home Front during World War II?  
Why is our Northern Border so interesting?

Anything Apple: Mac and iThings all.  
The real science of Health and Wellness.  
Photography with my phone is something I have to look into.  
The Civil War had technology!

During the four morning sessions, Zoom gave us a “TELOScopic” view into who these instructors are that are displaying audacious enthusiasm and their plans for presenting a topic.

TSO will repeat this process at next quarter break. See the last page of this newsletter for Important Dates in June and watch for announcements from [info.telosso@gmail.com](mailto:info.telosso@gmail.com).

## COVID Entertainment Recommendations

As we have provided in the past, here are a few more recommendations for ways to keep entertained as the covid quarantine (hopefully!) is winding down.

**SistersInLaw Podcasts** is a round table style weekly podcast with four women legal heavy-weights. Boston's Global Opinion columnist Kimberly Atkins and three former U. S. Attorneys Barb McQuade, Joyce White Vance, and Jill Wine-Banks form the group. Discussions center around current issues that make learning about the law easier to understand with a bit of fun thrown in. It is like sitting around a table of friends chatting while having a cup of coffee. Take a listen. (Linda Wilson)

### Netflix Documentaries with Positive Environmental News:

**"Kiss the Ground"** - An optimistic climate documentary narrated by Woody Harrelson argues for the healing power of soil, which could offer a solution to the climate crisis.

**"Chasing Coral"** - Coral reefs around the world are vanishing at an unprecedented rate. Divers, photographers and scientists set out on an ocean adventure to discover why the reefs are disappearing and to reveal the underwater mystery to the world.

**"Brave Blue World"** - 'Brave Blue World' is the first honest and hopeful documentary that will paint an optimistic picture of how humanity is adopting new technologies and innovations (Sue Black)

## News from the TSO Council

By Ted Watts

TSO, like all of us in the COVID year is dealing with challenges unprecedented in kind and scope. We have not been able to use the North Campus for in-person classes and meetings. We are online instead with a generation that did not grow up with an electronic device glued to their ear (OK, we remember the rotary dial Princess phone and the "party line" and the 4-6 digit phone number). We are hoping to get back to the in-person soon but it does not look like this Fall for TELOS.

The Mission of TSO is the support of the Bellevue College TELOS lifelong/retiree learning program. It and TSO are fortunate that it has continued during COVID and for that we give our new College acting President Gary Locke a lot of credit. He has been a great supporter of the program and the College and TELOS are fortunate to have him here in that role. Staff continues to be supportive of TELOS and of the TSO support provided. We have seen a new "collaborative" approach with College CE staff that is paying off for all in many ways.

The TSO Council is hard working and knowledgeable. It does all that it is called upon to do, and more. The TSO Committees are active and very effective. Curriculum has a new Chair, Donna Oberembt, who is a whiz at searching out new TELOS instructors and in creating the between-quarter TSO lectures. We are also blessed to have the continuing support of Chris Steele in this, as she has been the mainstay of Curriculum for several decades.

Marketing headed by Paul Schmidt has become energized as never before. It is holding frequent meetings and has put on marketing programs online with great effectiveness. The promotional effort results of Marketing are showing up in improved TELOS and TSO participation in classes and lectures and in a much greater excitement in the community of both programs.

The Events committee headed by Steve Denison gave TSO new Bylaws and Standing Rules this year and is poised to resume in-person meetings and gatherings as soon as possible. A huge thank you to our Communications leader Sandi Medendorp and to our TELOScope publisher, Sue Black. Eric Zocher keeps the online humming for which all of TSO is grateful.

All in all, with the COVID crisis and its many challenges, TELOS and TSO are growing and will survive the virus, as we are hoping all its members will as well. See you in-person at North Campus soon I hope.

Ted Watts, President TSO



# Important TELOS / TSO Dates\* in June

**Thursday 6/3/21** 10:00 AM "Bonsai for the Curious" with Bruce Williams

**Friday 6/4/21** 9:30 AM TSO Political Book Club

**Tuesday 6/8/21** 10:00 AM "TSO Presents Course Preview for Summer Qtr"

**Tuesday 6/8/21** 3:30 PM TSO Marketing Committee Meeting

**Friday 6/11/21** 9:30 AM TSO Constitution Club

**Tuesday 6/15/21** 10:00 AM "TSO Presents Course Preview for Summer Qtr"

**Wednesday 6/16/21** 10:00 AM "Sheldon Plentovich Seminar"

**Thursday 6/17/21** 10:00 AM "Entrepreneurship" with Greg Malkin

**Thursday 6/17/21** 3:30 PM TSO Curriculum Meeting

**Friday 6/18/21** 10:00 AM TSO Constitution Club

**Friday 6/18/21** 1:00 PM TSO Book Club

**Monday 6/21/21** 10:00 AM "Simply Stunning: iPhone Photography & Photo Editing" with Paul Schmid

**Tuesday 6/22/21** 10:00 AM "Storm Warning: Historic Weather in the Evergreen State" with Feliks Banel

**Wednesday 6/23/21** 10:00 AM "TSO Presents Course Preview for Summer Qtr"

**Wednesday 6/23/21** 3:30 PM TSO Council Meeting

**Thursday 6/24/21** 10:00 AM "TSO Presents Course Preview for Summer Qtr"

**Friday 6/25/21** 10:00 AM TSO Constitution Club

**Friday 6/25/21** 1:00 PM TSO American History Book Club

**Monday 6/28/21** 10:00 AM "Geology of Washington State: Scablands" with Bruce Bjornstad

**Tuesday 6/29/21** 10:00 AM "Brain Health" with Dr. Joyce Shaffer

**Wednesday 6/30/21** 10:00 AM "Tiny Houses" by Sound Foundations NW



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

**TSO TIDBIT of the DAY:** In order to receive early notification on all things TSO (including seminar announcements), make sure your email address is in the TSO database by sending your name and email address to [info.telosso@gmail.com](mailto:info.telosso@gmail.com). AND THEN, make sure the announcements from TSO do not end up in your SPAM.



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