

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

INSIDE THIS ISSUE:

Extra Zoomies 2

TELOS Class
Reviews 2

Food for Thought 3

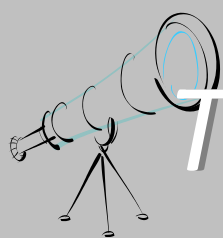
Joining TSO Clubs 3

Seminar
Reviews 4

Conversation
with Stacey Lowe
Almgren 5

TSO Council News 6

Important Dates 7



TELOScope

LIFELONG LEARNING
2022 WINTER QUARTER

A Season for Learning

Winter in the Pacific Northwest often brings with it, grey skies and days made for umbrellas and rain gear. But one of the benefits of such a season is how outdoor conditions encourage indoor activities such as continuous learning and social interactions.

The Bellevue College TELOS program provides the perfect opportunity for just such activities. Taking classes from this inventive program allows you to investigate new subjects and open yourself to stimulating ideas while enjoying a warm social environment with others who also seek lifetime learning. Many different worlds are waiting for you at TELOS this season such as

Literature, Stage, Screen & Music – Charles Dickens' Little Dorrit, Roots of Rock & Roll 1940s-50s, Roots of Rock & Roll 1950s-60s, Creative Writing, Self-Publish Your Writing, Readers Theater, Golden Age of Broadway: 1970s, Reel



Racism in Hollywood, Shakespeare: Measure 4 Measure, Women Who Changed Literature, World War I and Modernism, The "New Yorker" Discussion Group

History, Culture & Current Events – Views of the News, 1960s—Creating a Divided Nation, Gothic Glories 1100-1200s, The Haitian Revolution, The Homefront During World War II, Highlights of Ancient Egypt

Science & Technology – All New iPhone, Create!...On your iPad, Fire + Ice: Geology of Washington, Master Your Mac, Space Age 2.0: A New Space Race

Health & Well Being – Life After Retirement, Stable walking, Uniquely You Organizing, Gentle Yoga and Pilates,

Visual Arts – Intro to Drawing, Intro to Watercolor, Still Life in Oils, Winter Landscapes in Acrylics

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>

The Added Benefit of Those Extra Zoomies

By Sue Black

Since the COVID pandemic rules have limited our opportunities to take part in most social gatherings, many of us have become “regulars” in zoom meetings and classes. Learning to participate in this technology requires not only being aware of how to use the tools that are provided (like selecting your preferred view setting and video background, how to use the chat function to ask questions or offer comments) but also the social norms that make a zoom experience more positive. Most participants quickly learn how to stabilize the camera view to avoid causing others to experience “see-sickness” and mute their microphones to eliminate extraneous noises. Soon, the population of participants in a zoom session becomes a familiar sight and creates a comfortable encounter.

As we get more used to these meetings, however, I have noticed something. As the level of comfort that people experience in zoom meetings increases, so too does the potential for additional “zoomie participants.” These added group members are usually happy, curious and covered in fur. If they are of the feline persuasion, they usually wander back and forth in front of the camera often walking on the computer keyboard. The canine zoomies usually make their appearance known in response to home deliveries or wildlife outside the windows. Regardless of the specific species, I find the result of these added zoom participants seems to be a more casual atmosphere ... a benefit not available if we were still meeting in person.



TELOS Class Reviews

Stories from the Eastside Past with Jane Morton



“I loved Jane’s pictures of how the Eastside looked in the 20th century and her narrative that went along with the pictures. I selected this course because I was looking for something to do during the Covid isolated winter and the subject mildly interested me. I ended up looking forward to the course every week and have set out to explore the areas she described. Her enthusiasm of the subject was catching.”

Photostyle: The Art of Arranging with Ray Pfortner



“Ray is an excellent instructor. The quality of work presented by the students, regardless of experience or equipment, was quite good. More classes like this one, please. This class is an excellent example of how online (Zoom) learning can be presented. For those of us not living around Bellevue, we get a chance to get training, otherwise not accessible. It provided great interaction during discussions which doesn’t necessarily occur in a classroom. I have learned a lot from the comments by the instructor and other classmates. It is really an eye opening class for me. I love it that the instructor made the class environment very casual and encouraging. I would love to take more of his classes. Thank you.”

Self-Publish Your Writing with Eric Stathers

“We all have a story to tell and if you are getting ready to publish yours, this class is a MUST! As a brand-new author, I needed support and accountability to finish my story. In addition, I connected with others who were at various stages of writing, editing, and publishing. Several of us read and critiqued other writers’ work outside of class. We learned to use the self-publishing tools in a methodical and hands-on way. I highly recommend Eric Stathers and his class. I could not have finished my story without him!”

TELOScope is
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the TELOS Student
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<http://tso-telos.org>
For further information or
to submit comments,
send emails to
info.telosso@gmail.com



TELOS

Editor: Sue Black

Food For Thought

By Linda Wilson

We are now heading into the winter months and thoughts of exquisite soups and new tastes start entering our minds. No, this isn't a recipe column. I'm seeking inspiration! Here are my recommendations for viewing and for ideas. I have three movies, three series, and three miscellaneous suggestions.

Movies:

Fantastic Fungi (Netflix) offers fabulous cinematography of mushrooms growing which could have been enough, but goes on to show their use in foods, medicine, and let's not forget the Timothy Leary years. Well worth your time.

Haute Cuisine (Amazon Prime) offers a marvelous French chef cooking in the head of state's personal kitchen. It's like leafing through photos in Bon Appetite! Plus there is a good story.

Paris Can Wait (rent on Amazon) is another great foodies movie with delights of restaurants and foods from Cannes to Paris. And a possible little romance thrown in.

Series:

High on the Hog (Netflix) has been renewed for a Season 2. You still have time to catch up by watching Season 1. One of my personal favorites combining food and history. No date set.

Searching for Italy with Stanley Tucci presented by CNN was salivatingly (yes, new word) delicious. Rumors are that there will be another season, but no date set. Catch up now! **(Cont'd on page 5)**

Joining TSO Clubs

By Sandi Medendorp

There are several clubs that TELOS students can join that meet online. If you are interested, send your email address to info.telosso@gmail.com asking to join any or all of the following clubs. Your name will be sent to the club moderator to be entered on the zoom invitation list. New members to the clubs are always welcome.

Book Club: This is long standing book club that meets monthly, third Friday of each month. Monthly selections in 2021 are available on line: https://studentweb.bellevuecollege.edu/telos-tso/wp-content/uploads/sites/24/2021/01/TSO_Book_Club_Picks-2021.pdf

Constitution Club: The Constitution Club was formed in March of 2017. It meets every Friday at 9:30, except on the first Friday of every month. Under the guidance of an attorney familiar with the Constitution, members discuss current events as they relate to constitutional issues.

Politics Book Club: The Politics Book Club was formed in 2017. The book schedule can be found on <https://studentweb.bellevuecollege.edu/telos-tso/page-2/calendar-of-events/>.

American History Book Club: This club was newly formed in July 2020. Focused on books about American History, it meets online. Books are selected at each meeting. Meets first Friday of the month.

Movie Club and **Memoir Club** are in need of moderators. Please apply at info.telosso@gmail.com.

Between Quarter Seminar Reviews

By Donna Oberembt

9/8/21 *The ABCs of a Successful Doctor Visit* by Robin Shapiro, founder of WASHAA—Washington State Health Advocacy Association

If you ever left your doctor's office and wished you had asked more questions or had more time, Robin Shapiro's seminar about how to get better results and be respectful of your very busy doctor's time helped us figure out better ways to make sure we have better outcomes. Her ABCs are:

A = Agenda—make an agenda for your visit

1. What is the main reason I am here today?
2. Other concerns you may have
3. Ask questions about medications or recommended procedures
4. What should I do following this visit?

B = Be engaged—Be your own health care advocate by always asking questions such as—do I need this medication/test/procedure? what are the risks and side affects?; are there other simpler, safer methods?; what happens if I don't do anything?; how much does it cost and will insurance pay for it?

C = Compassion—be respectful of the doctor who sees 20 -30 patients per day; if you expect to need more time on a doctor visit—ask for it at the time you make an appointment; the doctor, due to her schedule, may not be able to give you more than the average 15 minutes

By following these simple steps you too can have a more satisfying and effective doctor visit.

9/13/21 *Advanced Care Planning* by Kate Greenquist, a certified facilitator for Advance Care Planning based out of Overlake Medical Center in Bellevue

Kate asks the question “What if a sudden illness or injury left you unable to speak for yourself? Would healthcare providers know what treatment you would want? Would your family?”

Most of us probably have a Health Care Directive as a part of our will which spells out end of life care. But many times this document isn't readily available and oftentimes we haven't really had deeper conversations about our end of life choices to our designated health care advocate and our families. If the document isn't readily available and no discussions about our desires known, actions can be taken that are not what we want.

Kate recommends the Advance Care documents be made available to your doctor (they can be downloaded to your medical file); that you give them to and have discussions with your Health care advocate (s)—might want to make one or two alternates--make sure they agree to do this and know and agree to carry out your wishes; and that you talk frankly with your family and let them know who your advocate(s) is/are and what your wishes are and they also agree to carry them out. She also recommends that your Advanced Care Plan include comfort items, items that you might not think about—such as: kind of sheets you want (one lady wanted good flannel sheets); do you want your feet covered or free, do you want your pet (cat, dog etc.) to visit you; do you want plants around you; reading material, audio books or nothing; what kind of music would make you comfortable etc.

I know that I hadn't thought about these type of things to add to my plan and now I will include them. For more information and additional Advanced Care Planning classes Kate recommends you go to the Overlake Hospital website: overlakehospital.org for more info.

A Conversation with Stacey Lowe Almgren - TELOS Art Instructor

1. How long have you been teaching art for TELOS?

I think it's been close to five years (maybe more), it's gone by so fast!

2. How did you find out about TELOS?

I was contacted by the wife of the basketball coach who heard they were looking for an art instructor, specifically for the Intro to Drawing/Watercolor classes.

3. What keeps you coming back to TELOS?

Definitely the awesome students! What a fun group! I feel so honored to teach these amazing, interesting and "willing" artists. It's so rewarding when students find/develop their own style. As an added bonus, I've developed so many friendships from my classes too. Love art friends!

4. Any other comments about TELOS.....

I believe everyone is an artist...it just takes time and a willing spirit to bring it to the surface. TELOS allows for this to happen. I love the community and support created in each class I teach. I'm always a little sad when the session is over but know there is another one right around the corner.

PROFESSIONAL BIO: Stacey Lowe Almgren has exhibited her artwork throughout the US, as well as internationally in Singapore and New Zealand. She continues to create commissions for clients and her collectors can be found internationally as well as nationally. She currently exhibits locally and continues to be inspired by the colors found in nature. She is especially captivated by the trees found in the Pacific Northwest. She lives with her family in Woodinville and is the program director for the Woodinville Arts Alliance. She has done numerous environmental works and was recently commissioned by the City of Woodinville to paint a mural along the Sammamish River Trail. This spring she was named part of the 2021-2022 ShoreLake Arts Artist Roster. She is also an art instructor through her business (Stacey Lowe Design, Inc) and Bellevue College. To view samples of her work visit www.staceylowedesign.com



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Food for Thought (cont'd)

Any season of the Great British Baking Show is just plain adorable. I've fallen in love with so many of the very creative participants. Mary Berry's use of the word "scrummy" has become a family favorite. You may have to curtsy as her real name is Dame Mary Rosa Alleyne Hunnings.

Miscellaneous:

My daughter swears by Chrissy Teigen's three cookbooks. Check out the contents at Amazon.

Our own TELOSian, Steve Dennison, has his own website about cooking Asian foods at www.wokonthewildside.org. Steve has graciously said he would answer questions at his email: sdenison@yahoo.com

My own plug for people I actually know, Cerise Steel, creative director, and Carlo Mantuano, editor-in-chief, is Salt and Pepper Magazine. It is an independent literary food magazine based in New York that publishes fiction and nonfiction with real recipes from the world of every story. The granola recipe is my favorite so far.

News from the TSO Council

By Ted Watts, President

Dear TSO Members,

As can be expected during these "interesting" times, TSO is challenged in the performance of its TELOS support obligation set out the TSO By-laws. These challenges include:

- Online classes a challenge to our members;
- Instructor reluctance to teach online;
- Reinstitute TELOS course registration fee;
- Possible name change of organization;
- Structural changes in College TELOS staffing;
- High turnover in College TELOS staff;
- Marketing chair vacancy;
- Encouraging more folks to join the TSO;
- Increasing our TELOS class registrations;
- Increasing our "Taste of TELOS" participation;

And, crucially, broadening the participation of TSO members in the TSO committees, Council, and Officer positions. Please join in helping TSO fulfill its significant role in keeping TELOS available to all of us. These challenges and others will not go away by ignoring them. Help TSO deal with them in support of TELOS staff. **Volunteer, we need you!**

None of the challenges listed (and these are only those that come to mind) are insurmountable, but each cannot be ignored. Working with College staff has been more difficult recently because of budget reductions in all College programs. TELOS is no exception. That said, we are getting our fair share of staff attention and for that we thank them profusely.

On the positive side, the committees of TSO are working hard to improve the breadth of class subjects, recruit new instructors, persuade existing instructors to continue, and informing the TSO membership about the class offerings and encourage registration. The between-quarter TSO seminar program has been a huge hit and should add to the interest level in the TELOS class participation. Join it.

Concluding, I ask that more members participate in the TSO governance and activities. I ask that class registrations be a priority for our membership. I ask that all members continue to exercise their minds in TELOS as I know that the last thing we want to lose as we "mature" is our mental ability. **The mind is like a muscle, it deteriorates without exercise!**

Ted Watts, President TSO

Important TELOS / TSO Dates* in December

Wed Dec 1 10 AM “Homewaters”—A Human and Natural History of Puget Sound by David B. Williams

Thurs Dec 2 10 AM “The Science of Giant Earthquakes and Tsunamis: What We Know and What We Don’t” by Prof. Harold Tobin

Thurs Dec 2 12 Noon Creative Writing

Fri Dec 3 9:30 AM TSO Political Book Club

Sat Dec 4 10 AM “COVID19 Pandemic in South Asia”

Sat Dec 4 2 PM Discover Washington

Tues Dec 7 10 AM Taste of Telos

Wed Dec 8 10 AM My Favorite Things at SAM — for Kids by David Turner;

Thurs Dec 9 10 AM Taste of Telos;

Thurs Dec 9 12 Noon Views of the News with Steve;

Thurs Dec 9 12 Noon The Art of the Cinematographer;

Fri Dec 10 9:30 AM TSO Constitutional Club

Mon Dec 13 10 AM Taste of Telos;

Tues Dec 14 10 AM Imogen: A Retrospective with Andrea Smith-Clarke;

Wed Dec 15 10 AM Planning your Vegetable Garden with Pat Roome

Thurs Dec 16 10 AM Seagull Seminar with Connie Sidles;

Thurs Dec 16 3:30 PM TSO Curriculum Committee

Fri Dec 17 9:30 AM TSO Constitutional Club;

Fri Dec 17 1 PM TSO Book Club

Wed Dec 22 10 AM China in Africa—an example of China’s Belt and Road Policy with Carla Barnes

Fri Dec 24 9:30 AM TSO Constitutional Club;

Mon Dec 27 10 AM J Harlen Bretz and the Ice Age Floods by Dale Lehman;

Tues Dec 28 10 AM Between a Rock & a Hard Place: Taiwan’s Global (Re)Emergence Amidst US-China Tensions with Prof. James Lin

Wed Dec 29 3:30 PM TSO Council

Fri Dec 31 9:30 AM TSO Constitutional Club;

Fri Dec 31 11:15 AM TSO American History Book Club



*Club details available at <https://studentweb.bellevuecollege.edu/telos-tso/social-activities/> Email info.telosso@gmail.com for zoom invite to any of these meetings on line.

TSO Reminder: 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. AND THEN, make sure the announcements from TSO do not end up in your SPAM.