

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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# TELOScope

LIFELONG LEARNING  
2022 SPRING QUARTER

## After the Storms ...

Springtime brings with it a welcome relief from winter storms. This year, we would like to hope that the season will also bring relief from the challenges and limitations we have faced from the pandemic.

This Spring, the Bellevue College TELOS program will offer opportunities for that relief. 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 Spring such as ....

**Literature, Stage, Screen & Music** – Homer's Odyssey, Roots of Rock & Roll 1940s-50s, Roots of Rock & Roll 1950s-60s, Roots of Rock & Roll 1960s, Creative Writing, Readers Theater, Golden Age of Broadway, Broadway Theater in the 1980s, The "New Yorker" Discussion Group, Italian Cinema 20th Century



**History, Culture & Current Events** – Views of the News, Late Medieval: Phoenix Rising, Egyptian Voices from the Past: The Old Kingdom, Four Noble Truths of Buddhism, Great Foreign Policy Decisions, The Weimar Republic

**Science & Technology** - How to Build Habitable Planets, Rocks: Geology of WA State, Travel Photography, Master Your Mac

**Health & Well Being** – Ballet for Balance, Stable Walking, Uniquely You Organizing, Gentle Yoga and Pilates, Exploring the Enneagram

**Visual Arts** - Intro to Drawing, Intro to Watercolor, Landscapes in Acrylics

(Please see the TELOS website for the most recent details on classes at [www.bellevuecollege.edu/ce/retiree-programs/](http://www.bellevuecollege.edu/ce/retiree-programs/) )

### 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.

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

# Lessons Taught and Learned at TELOS

By Frederic Silber

My name is Frederic Silber, and I have been teaching at TELOS for more than five years, during which time I have taught more than two dozen courses, on film, theatre, literature, copyright law, American history, the Constitution, sometimes combining these subject matters into a single course.

Teaching at TELOS allows me to take a lifetime of education and work experiences, and shape them into opportunities to share those experiences with an assortment of adults, from varying backgrounds and lives, and from whom I can also learn. What I most enjoy about teaching at TELOS is not only the diversity of courses that are available, but also the openness and willingness of the "students" to actively participate and expand their horizons. I call them "students," but, if truth be told, I almost

always end up learning as much from them as they do from me. The varied backgrounds and life experiences of the members of my class are always a pleasure to behold and encounter.

To be sure these past two years, teaching on-line, via ZOOM, has been challenging and frustrating, since I most miss the in-person interaction that can only happen in the confines of an actual space. But I have also had the opportunity to meet more people, some of whom would not have been able to attend in person, and that has been most rewarding. While I look forward to returning to the classroom at some point, the essentials of TELOS remains the same, whether in-person or in virtual reality: the vibrant and dynamic process of teaching AND learning, and the exuberant joy of sharing. That's what TELOS has always been and will remain to be.

## Please Note:

- The **election** for the officers of the TELOS Student Organization (TSO) will be held this Spring. Please consider applying for one of the positions. See <https://studentweb.bellevuecollege.edu/tepos-tso/> for election details.
- Due to a TELOS class conflict on Fridays, the **TSO Book Club** will meet at 2 PM rather than 1 PM on the 3rd Friday for the months of January and February.

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

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



TELOS

Editor: Sue Black

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# The Many Benefits of TELOS Classes

By Tim Hay

I'm old. You have to be to have been taking TELOS classes for 23 years. I got 'hooked' starting with John Whitmer's geology classes. But as it turned out, TELOS was far more about making new friends. People with whom, at first, I didn't think I shared anything in particular. But they became friends, - - and well, every time I see them now, in person or in a zoomed class, we invariably have 'stuff' to talk about.

TELOS classes had been bounced from pillar to post, - - finally landing at our present North Campus location. I'd begun taking a wide variety of classes. That's when my sense of 'belonging' kicked-in: It was late 2013. Our TELOS Student Organization (TSO) had just been formed. Somebody asked me if I wanted to be 'on the board'. "Sure! Why not?" Within 3 months I found myself in the heart of TSO's defense of our then-current per-class cost of \$75. A since-departed college staffer had decided that we should pay \$125! A 67% increase - - Yipe! We managed to fend-off that incursion. But that process netted me more new friends, plus the realization that I could be of real use to TELOS.

I'm now perhaps too busy. In addition to two classes per quarter and a near-full complement of between-quarter seminars, I'm involved in 4 TSO groups, 3 'discussion' groups formed by TELOS people, and in 3 major outside groups. Literature, history and theater classes stretch me intellectually. The many women in those classes offer-up thoughts and opinions which I don't often hear. My entire outlook benefits from this. As a part of my 'senior learning experience', I'm certainly the better for it.

## TSO Jumps into Foreign Affairs

By Sandi Medendorp

Between quarter seminars included two on foreign affairs. First was *China in Africa: Example of Belt and Road Initiative* and the second was *Taiwan's Global (Re) Emergence Amidst US-China Tensions*. China in Africa was presented as an introduction to the TELOS class Great Decisions developed by the Foreign Policy Association. Carla Barnes and I presented the seminar much as it is produced in the classroom. We are hoping to provide the 2022 class starting in Spring Quarter. With Carla's experience and enthusiasm, the seminar surpassed the FPA outline by also delving into the BRI in South America. Look for the class on Spring Schedule.



The Taiwan subject was presented separately by Prof. James Lin, UW Jackson School of International Studies. He addressed the Taiwan-China relations, economic ties, and finally Taiwan-USA relations. Taiwan is the home of TSMC, one of only three computer chip manufacturers in the world. That fact alone should give us pause to seriously consider consequences of Chinese takeover of Taiwan. Prof. Lin concluded by taking the position that an active war between USA and China is not looming, but relations between the two need very careful attention. Watch for Prof. Lin to come up in future TSO seminars. He promised to come speak again on related topics.

To attend free TSO seminars as a TELOS student, send your name and email address to [info.telosso@gmail.com](mailto:info.telosso@gmail.com)

## TELOS Helps You Live Longer

By Ted Watts

A recent TED talk makes the easily acceptable case for group participation and personal interaction and friendships as very strong correlates to living longer. Here is a chart from that TED talk and a link:



[https://www.ted.com/talks/susan\\_pinker\\_the\\_secret\\_to\\_living\\_longer\\_may\\_be\\_your\\_social\\_life](https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life)

[pinker\\_the\\_secret\\_to\\_living\\_longer\\_may\\_be\\_your\\_social\\_life](https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life)

Note the near-perfect correlation between; “social integration” and living longer. Even online TELOS classes are great “social integration” and online classes include discussion and “integrative” participation of students. The class tuition is a small price to pay for the benefits obtained. The TELOS benefits are indeed real but incalculable. TELOS Student Organization (TSO) has as its foundational purpose the support of the Bellevue College TELOS program. To accomplish its

purpose, TSO needs the cooperation of the College staff in the sharing of information. We currently are not getting the “cooperation” we need. One example is that TSO is now being required to go through the Public Records Request procedure to get even the most basic TELOS class registration numbers so we can know where to focus our recruitment efforts. Until this year that information was provided voluntarily. Why the school is putting up fences is a mystery to me. This is just one example of the frustrations felt by TSO in the pursuit of its purpose. The TSO student fee quandary is another example. We will continue to try to work collaboratively, but more reciprocity would be better.

The College tried in-person TELOS classes Winter Quarter, but the latest virus scourge caused a fallback. Is there room for both in-person and online instruction in the TELOS future? Online broadens our student population geographically and for some, conveniently. Maybe a mix of both styles is worth consideration?

See you in class, online for now. Ted Watts, Current President TSO

## Should TSO Pack It's Bags?

By Jerry Bunce

I have heard rumblings about TSO members suggesting that they are unhappy with Bellevue College and it's time to go find someplace else that will treat us as we so desire. After all, we are retired and very successful businesspeople, educators, lawyers, entrepreneurs, and non-profit managers. We know how to make decisions and get things done.

TELOS has been with Bellevue College for over 45 years. Is our relationship with BC perfect? Of course not. Are we easy students to support? Nope. We are often demanding and expecting the deference we often had in our careers. If you are paying attention to the news you know that Colleges and Universities are suffering from low enrollment over the pandemic years. This puts a lot of strain on the College and especially Continuing Education which must be self-supporting and gets no funding from the State.

In my humble opinion, TELOS is a very good fit with Bellevue College on the North Campus. There is no place for us to go or any other organization that really wants us. I think TELOS is the best retiree education program in the State and one of the best in the nation. I'll see you in class.

Jerry Bunce, TSO President 2019

# Volunteerism is Good for Your Health

By Janice Reha

TELOS is calling upon you to contribute your talents, skills, and experience for ensuring the health, and longevity of our valuable program and community. During these darkest times, many of us have sought solace, knowledge, and comfort from attending TELOS classes and seminars to lighten our days. Through their leadership functions, very diligent volunteers have carried Telos through the challenges brought about by Covid.

Our leaders, the board members, counsel, and committee chairs mustered their skills and talents to ensure the continuation and vitality of TELOS. As these members retire TELOS confronts the potential reality of vacant leadership. Our TELOS Community faces challenges ahead including the lack of financial support, the inability to find new instructors and the decline of membership. We need your support to meet this challenge.

In fact, longevity experts and researchers cite the following benefits of volunteering.

## Volunteering:

*Grows Friendships*--It allows you to meet others who share your passions and values, as well as those who can help expand your understanding of differing viewpoints.

*Builds Community*--It helps build our TELOS Community. No matter what sort of volunteering opportunities you come across, those opportunities usually have the common goal of bettering the community and working towards the common good of Telos.

*Improves Mood*--Giving of ourselves and sharing in others' efforts to positively impact society is rewarding and fulfilling. Even though some volunteering opportunities could be more emotionally taxing than others, you will walk away feeling accomplished and at peace with the help, assistance, and connection that you were able to offer.

*Offers Health Benefits*—Spending meaningful time with others can reduce stress leading to better sleep, getting sick less often and even preventing heart disease.

*Provides a Sense of Purpose*—It gives you a sense of accomplishment and increases feelings of happiness.

By volunteering you will not only contribute to your own health and longevity; you will ensure the health and longevity of our TELOS program and community.

Please contact any of the following to volunteer your skills and talents:

TSO Board President: Ted Watts  
ctedwatts@gmail.com

Curriculum Chair: Donna Oberembt  
doberembt@comcast.net

Communications Chair: Sandi Medendorp  
info.telosso@gmail.com

Marketing: Currently vacant

## Sources:

*Age Power*—Ken Dychtwald

*The Longevity Factor*--Lydia Bronte

*Successful Aging*—Rowe and Kahn

*Don't Stop the Career Clock*—Helen Harkness

*Chasing Life: New Discoveries in the Search for Immortality to You Age Less Today*—Sanjay Gupta



# Ah, Spring!

By Linda Wilson



It is finally here and we have made it through another winter of our discontent and/or Covid. Like the seedling emerging from the soil, what will we do with the fresh air and the sunshine? Enjoy life, that's what! TELOS has many excellent classes to take. Walks need to be taken in our lovely parks. Lakes and rivers need to be stared at while wondering where did the water come from and where is it going. Oh, and watch for the ducklings on our smaller streams and ponds. What little balls of fluffy joy! Leaves on the trees move from a light green to a more mature solid green. Some trees are in full color like the pink dogwood. The color spectrum arises from the grasses and gardens and shoots up and up through the trees. Joy! Joyful! Joyous!

Of course, to obtain this we do have to have shorter bits of rain sprinkled with rainbows. On these days why not visit some movies we enjoyed in the past: *April in Paris*, *Enchanted April*, *Easter Parade*, *Emma*, *The April Fools*. Plan your gardens while viewing: *Greenfingers*, a delightful British film; *A Little Chaos*, sensing a British trend here; *Dare to be Wild* involves the Chelsea Flower Show; *This Beautiful Fantastic*. British three season series called *Rosemary and Thyme* is about two women who become sleuths while gardening in many locations.

Going outside now. Go forth, explore, and prosper!

## What's in a Name?

By Andrea Smith-Clarke, TSO Instructor Liaison, Member of Curriculum Committee

*liaison* ('lē-ə-zān) – *Noun*. A liaison can be and has been many things, including dangereuse – but let's not go there. This is a short blurb to let everyone know that TELOS Student Organization now has its own Liaison to TSO Seminar presenters and Taste of TELOS instructors to help keep these most important moving parts of our collaborative TSO educational project on track and on schedule. This position evolved, or has broken off like a chunk of Antarctica, from the giant communication and coordination effort that Sandi Medendorp provides for us as TSO Database Manager and member of the Curriculum Committee.

The job is really the nuts and bolts of communication between TELOS Instructors and anything Taste of TELOS / between-quarters Seminars. The TSO Liaison emails notifications and reminders to TELOS instructors about Course Proposals, invitations to participate in Taste of TELOS and promote their classes, the dates and time schedule for doing so and, of course, a huge

thank you to them for presenting a Taste spot and to guest-speakers for a Seminar. The Liaison also rides herd on the Active Instructor List, making sure it's current and complete, as well as requesting any missing Instructor bios.

Sounds like the details grinding along underneath the big Concept, right? It is – but as both an Art Historian and former Medical Record Coder, I can appreciate how they need to fit together, otherwise there is no clarity between the idea and the way it's actually carried out, which is disastrous for our TSO project and the positive relationships that we're trying to build with current and prospective Instructors, as well as Bellevue College.

So whether you prefer to think of a liaison as a contact, a connection, an intermediary or a link – your TSO Instructor Liaison is all of those and my goal is to help TSO Seminars and Taste of TELOS run smoothly!

# Important TELOS / TSO Dates\* in March

**Thurs Mar 3** 12:00 Noon "Politics of Hong Kong by Prof Simon Shen"

**Fri Mar 4** 9:30 AM TSO Political Book Club

**Mon Mar 7** 12:00 Noon Taste of TELOS

**Tues Mar 8** 10 AM "After the Blast: 40 years of lessons from Mt. St. Helens"

**Thurs Mar 10** 12:00 Noon Taste of TELOS

**Fri Mar 11** 9:30 AM TSO Constitutional Club

**Tues Mar 14** 12:00 Noon Taste of TELOS

**Tues Mar 15** 10 AM "The World of Folk Music with John Jensen"

**Thurs Mar 17** 12:00 Noon "KCLS Library Programs with Wendy Pender"

**Thurs Mar 17** 3:30 PM TSO Curriculum Committee

**Fri Mar 18** 9:30 AM TSO Constitutional Club

**Fri Mar 18** 1:00 PM TSO Book Club

**Tues Mar 22** 10 AM "Portland Public Sculptors 1900-2003 with Fred Poyner IV"

**Wed Mar 23** 3:30 PM TSO Council

**Thurs Mar 24** 10 AM "Ranked Choice Voting with Lisa Ayrault"

**Fri Mar 25** 9:30 AM TSO Constitutional Club

**Fri Mar 25** 11:15 AM TSO American History Book Club



**Mon Mar 28** 10 AM "KCTS Events/Activities with Ron Dunlop"

**Tues Mar 29** 10 AM "The History and Art of Bonsai with Bruce Williams"

**Wed Mar 30** 10 AM "Woodpeckers: Talented Drummers of the Avian World by Connie Sidles"

**Thurs Mar 31** 10 AM "Food Insecurity with the Issaquah Food Bank"

\*Club details available at <https://studentweb.bellevuecollege.edu/telos-tso/social-activities/> Email [info.telosso@gmail.com](mailto: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](mailto:info.telosso@gmail.com). AND THEN, make sure the announcements from TSO do not end up in your SPAM.

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