



**BELLEVUE
COLLEGE**

**COMMUNITY
EDUCATION**

**TELOS Course
Schedule
SPRING 2022**

Explore a variety of compelling and fascinating courses for retirees, semi-retirees, and active seniors. Designed to focus on learning, growth, and fun—not performance.

**COURSES
AVAILABLE
ONLINE!**





Bellevue College
is a vaccinated campus.
All students and
employees must
complete a COVID-19
vaccination
confirmation form.

2 Ways to Register

- 1. Online Registration** – At bellevuecollege.edu/ce/retiree-programs, click the “Browse Catalog” button on the right side of the homepage. On the Course Catalog page, click Retiree Programs (TELOS) in the left-hand column. You can browse courses by subject matter or day of the week. Follow the instructions after placing a course in your cart to complete your purchase and registration.
- 2. Phone-In Registration** – Call us at **425-564-2263**. Please have your Student I.D. Number, credit card information and course item number ready.

Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, veteran status, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at bellevuecollege.edu/policies/. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2178, Office B126.

Vol. XVI, no. 2 *Community Education* is published quarterly by: Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484. USPS 019-147 periodicals postage paid at Bellevue, WA, and additional mailing offices. Postmaster: Please send address changes to: Community Education, Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484. Every effort is made to ensure that information and fees are accurate; however, changes, corrections, or cancellations of courses or fees may occur. Community Education reserves the right to cancel any class. For the most current information, check BCcontd.com.



Since the TELOS program began in 1976, the oak tree has been its distinctive symbol. Telos is the Greek word (τέλος) meaning 'fulfillment.' And that's what the TELOS program offers: an engaging community where adults can fulfill their continuing desire to learn and grow.

TELOS presents a broad range of classes to meet a wide variety of interests. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas. Many students form lasting friendships.

At TELOS the emphasis is on education and growth, not measuring performance. There are no entrance requirements, grades or tests.

MONDAYS

Broadway Theater in the 1980s

The 1980s was an exciting time for musical theater with seasoned composers such as Stephen Sondheim redefining Broadway history with innovative shows like *Sunday in the Park with George* and *Into the Woods*. Today, we still owe credit, for better or worse, to the 1980s for introducing audiences to the longest running musicals, *Cats* and *Phantom of the Opera*. The 80s also saw its fair share of disasters, such as the musical flop of *Carrie*. Dramatic plays also reflected the ever-changing political and social landscape, with plays tackling difficult and controversial subject matter. This course will take an analytical but fun look at each year of the decade. An abundance of video clips should appeal to theatregoers everywhere. Fee: \$85

Item G34327

Frederic Silber

Online

8 Mondays

Apr 11–Jun 6

12:00–1:30pm

NO CLASS MAY 30

Egyptian Voices: Old Kingdom

The Old Kingdom was the matrix of the entire Egyptian culture which lasted 3000 years. They were the first people on earth to create a nation-state and they developed characteristic ideas and patterns which were modified over the years, but never fundamentally changed. This course will reconstruct the political, social and economic history of the Old Kingdom by looking at the archaeological evidence found in architecture, literature and art. Fee: \$85

Item G34291

Cynthia Smith

Online

8 Mondays

Apr 18–Jun 13

10:00–11:30am

NO CLASS MAY 30

Four Noble Truths of Buddhism

Buddha gave many profound teachings, called Dharma, to help us overcome our problems and find lasting happiness. In this course we will go more deeply into Buddha's Four Noble Truths from a practical standpoint, and will learn methods to overcome anger, cope with suffering, develop patience, and find more joy in our busy lives. Each class includes a breathing meditation, teaching, meditation on the class topic, and discussion. (Book recommended but not required: *How to Solve Our Human Problems* by Geshe Kelsang Gyatso, ISBN-10 0978906713) Fee: \$85

Item G34359

Cecilia Watson

Online

8 Mondays

Apr 4–May 23

10:00–11:30am

Great Foreign Policy Decisions

Great Decisions is a discussion course offered by the Foreign Policy Association (FPA). In this class we will watch a DVD and then discuss the topic. Discussions are lively and interesting. The topics for 2022 are Outer Space, Changing Demographics, Climate Change, Russia, Myanmar and ASEAN (organization of SE Asia), Quad Alliance (U.S., India, Japan, Australia), Industrial Policy, Drug Policy in Latin America, and Biden's Agenda. Prepare to discuss the world. Students need to purchase *Great Decisions 2022 Briefing Book* from FPA.org. Fee: \$105

Item G32151

Carla Barnes

Online

9 Mondays

Apr 4–Jun 6

2:00–3:30pm

NO CLASS MAY 30

Rocks: Geology of WA State

This course will look at our Washington state geology in terms of Plate Tectonic Theory. Our earthquakes, volcanoes, landslides + mountains will be explained in terms of the interactions between Earth's past and present tectonic plates.

Fee: \$85

Item G34303

Dale Lehman

Online

8 Mondays

Apr 11–Jun 6

12:00–1:30pm

NO CLASS MAY 30

Uniquely You Organizing

If you've felt messy and disorganized your whole life, this course is for you. If you've tried and failed to keep organized in your home, this course is for you. If the way others you live with organize their lives makes you crazy, this course is for you. Your unique organizational personality type determines why you organize the way you do. This course will help you discover what your type is, ways to organize your things in a way that makes sense for the way you live and how to co-exist with others who don't share your organizational style. Join us to connect the dots and STAY organized for the rest of your life – less stress, more time, and more sanity. Fee: \$85

Item G32244

Sandra Hare

Online

8 Mondays

Apr 18–Jun 13

12:00–1:30pm

NO CLASS MAY 30

Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$85

Item G32166
8 Mondays

Charles Watts
Apr 18–Jun 13

Online
10:00–11:30am

NO CLASS MAY 30

TUESDAYS

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Fee: \$99

Item G28433
7 Tuesdays

Doris Northstrom
Apr 12–May 24

Online
10:00am–12:00pm

Item G32180
7 Tuesdays

Doris Northstrom
Apr 12–May 24

Online
12:30–2:30pm

Exploring the Enneagram

Are you ever curious about how you came to be the wonderful, unique person you are? Do you hope for a tool to better relate to your family and friends? If so, you are in for a treat with this introductory exploration of the Enneagram. This course covers the basics of what you need to know to understand how the Enneagram works and begin your journey of self-discovery. We will interact and have fun on our journey. Fee: \$85

Item G34307
8 Tuesdays

Jillian Hostenske
Apr 19–Jun 7

Online
6:00–7:30pm

Introduction to Drawing

Draw with confidence. Learn to see differently and gain skills quickly while developing your line, form and perspective techniques. Exercises include contour drawing, value studies and creating depth. We will be working with pencil and using the season as our inspiration. All levels welcome! Fee: \$89

Item G32258
6 Tuesdays

Stacey Almgren
Apr 12–May 24

Online
9:30–11:30am

NO CLASS APR 19



Introduction to Watercolor

Try your hand at a spontaneous medium. Develop basic watercolor painting skills in a relaxed environment. Study composition, color mixing and color relationships. Through demonstrations and experimentation, you will create a variety of artwork from abstract to landscape. We will be using the seasons as our inspiration. All levels welcome! Fee: \$89

Item G32269

Stacey Almgren

Online

6 Tuesdays

Apr 12–May 24

12:00–2:00pm

NO CLASS APR 19

Readers' Theater

Readers' Theater is a simple style of performance—no scenery, no costumes, and no memorizing! It's all done with pages right in front of you. Students will analyze and rehearse a script, and then perform a one-hour show in the final class session. No previous acting experience is required. Fee: \$85

Item G32233

Mark Waldstein

Online

8 Tuesdays

Apr 19–Jun 7

2:00–3:30pm

Roots of Rock & Roll: 1940s–50s

Take a fascinating, informative and entertaining journey with Bay Area broadcaster John Jensen as we seek the roots of rock. 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. You'll hear how Rhythm and Blues, Gospel, and Country intersected during that first decade and became the bedrock of Rock n' Roll. Along the way we'll hear the musicians, the singers, the guy and girl groups, the personal stories and the influence of radio, television and big business. You'll play 50s rock trivia, hear rare studio sessions and see how the music impacted American culture during those early days. Fee: \$85

Item G32205
8 Tuesdays

John Jensen
Apr 12–May 31

Online
10:00–11:30am

Roots of Rock & Roll: 1950s–60s

Take a fascinating, informative and entertaining journey with former Bay Area radio broadcaster John Jensen as we review the roots of rock. 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. You'll hear how girl groups became so popular and explore the popularity of the guys and girl groups who became teen idols. We'll also examine the many genre of rock including the popularity of doowop, folkrock, surf and the sounds of the British Invasion. Along the way we'll hear the personal stories and the influence of radio, television and big business on this incredible movement. We'll hear rare outtakes and studio sessions and learn how this music impacted America during those times. Fee: \$85

Item G32202
8 Tuesdays

John Jensen
Apr 12–May 31

Online
1:00–2:30pm

The Weimar Republic

This course will explore the promise and tragedy of Germany's Weimar Republic. Emerging in the immediate aftermath of World War I, the Weimar Republic was one of the most imaginative and highly liberal political democracies in the world until it collapsed under the pressure of relentless attacks on its democratic values by factions like Hitler's Nazi party. This course will examine Weimar politics, economics, culture, and society and consider the factors that precipitated the rise of the Nazi regime. Fee: \$85

Item G34317
8 Tuesdays

Michael King
Apr 12–May 31

Online
6:00–7:30pm

WEDNESDAYS

Climate Change Overview

The biggest threat to the continuation of life on Earth is climate change. This course will focus on evidence for human-caused change in climate since the Industrial Revolution, effects of climate change on humans and other species, and what we can do individually, collectively, and in government to reduce and mitigate the current situation and prevent further climate change. Fee: \$99

Item G36633	Fran Solomon	Online
8 Wednesdays	Apr 20–Jun 8	10:00–11:30am

Gentle Yoga and Pilates

Hatha Yoga (in the Iyengar Style). The class will incorporate poses that will include stretching, balance and mobility. Pilates is incorporated for core strength. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self-direction and gain information about your body. Please have a “sticky” mat available for the first class (available where yoga supplies are sold). Fee: \$85

REQUIRED FORM: All fitness class students are required to complete the “Activity Release, Limitation of Liability and Assumption of Risk” form, found at bellevuecollege.edu/ce, and email to: ce-programs@bellevuecollege.edu.

Item G32238	Marna Hanneman	Online
8 Wednesdays	Apr 27–Jun 15	6:00–7:30pm

Italian Cinema 20th Century

This course provides a comprehensive but selective overview and analysis of the landmarks of Italian cinema, from its beginnings in the Silent era, through the influential neo-realist films of DeSica, Visconti and Rossellini, straight through to the visual splendors of Fellini and his progeny and the political engagement of Bertolucci and many others. Through plentiful film clips, the course examines the ways in which Italian cinema reflects the evolution of modern Italy in terms of the social, political, economic and cultural developments which characterizes 20th century Italian life. Fee: \$85

Item G34341	Frederic Silber	Online
8 Wednesdays	Apr 13–Jun 1	12:00–1:30pm

Herbert (Ron) Hobbs

As a young man, Ron wanted to go to Mars. When that turned out to be unlikely, he began exploring the planet of his birth, hiking and climbing the mountains of North America. He never lost his interest in the other worlds of the Solar System however, and in 2000 he discovered that NASA was recruiting enthusiastic volunteers to share the excitement of space exploration with the general public. Ron has been a Solar System Ambassador by NASA's Jet Propulsion Laboratory since 2001. That led to working for the Museum of Flight in Seattle, hosting astronauts, astronomers and planetary scientists for Public Programs. Currently, Ron teaches classes for life-long learning venues, including over 10 years at Bellevue College Community Education.



This spring, Ron is teaching **How to Build Habitable Planets**. As we stand on the verge of discovering habitable worlds elsewhere in the galaxy, this course will review what we know about how planets form from the stuff of stars and how they become capable of hosting living ecosystems. Humanity has become a geological force on the only habitable planet known and we will review how we can sustain that habitability over geologic timescales.





World Languages

Italian

The World Languages program offers the most comprehensive, non-credit selection of language classes in Washington state. Whether your goals include travel, hobby learning or enhancing your career, you will find our courses to be affordable and accommodating.

PROGRAM AREAS:

Chinese (Mandarin), French, German, Italian, Japanese, Korean, and Spanish

Go to bellevuecollege.edu/ce/language to register.

The New Yorker Discussion Group

The New Yorker is an American magazine of reportage, commentary, criticism, essays, fiction, satire, cartoons, and poetry. Despite its name, it has a wide audience outside of New York and is read internationally. This class will be a discussion group who each week will choose three to five articles, reviews, poems, stories or cartoons to discuss. A subscription or access to the magazine is required. Fee: \$85

Item G32181	Frederic Silber	Online
8 Wednesdays	Apr 13–Jun 1	2:00–3:30pm

Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$85

Item G32182	Gerald Bunce	Online
8 Wednesdays	Apr 13–Jun 1	12:00–1:30pm

THURSDAYS

Ballet for Balance

Using ballet basics, brain dance and Pilates principles, this class begins in chairs and moves to ballet barre, with occasional center work at the end of class. Improve your posture, balance, range of motion, and physical well-being with these fun ballet exercises performed to beautiful music. Feel like a dancer and take these new movement patterns with you for better walking, sitting, and enhanced confidence in all your activities. No experience needed. Bare feet socks, no dance shoes. Fee: \$99

Item G32176	Claudia Lawrey	Online
8 Thursdays	Apr 28–Jun 16	10:00–11:30am

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Fee: \$99

Item G32179	Doris Northstrom	Online
7 Thursdays	Apr 14–Jun 2	12:30–2:30pm

NO CLASS APR 21

Golden Age of Broadcasting

Former Bay Area broadcaster John Jensen presents a review of the early pioneers of broadcast radio as it swept the nation in the 1920s, 30s and 40s. You'll hear examples of innovative ways in which "Theatre of the Mind" blossomed with special emphasis on the trailblazers who paved the way. Featured will be excerpts of actual radio programs of the period including dramas, comedies, variety shows, newscasts and children's programs. We'll examine causes behind the demise of this art form and radio's rebirth with deejays. Fee: \$85

Item G34352	John Jensen	Online
8 Thursdays	Apr 14–Jun 9	10:00–11:30am

NO CLASS APR 21

How to Build Habitable Planets

As we stand on the verge of discovering habitable worlds elsewhere in the galaxy, this course will review what we know about how planets form from the stuff of stars and how they become capable of hosting living ecosystems. Humanity has become a geological force on the only habitable planet known and we will review how we can sustain that habitability over geologic timescales. Fee: \$85

Item G34320	Herbert Hobbs	Online
8 Thursdays	Apr 7–Jun 2	2:00–3:30pm

NO CLASS APR 21

Landscapes in Acrylics

This art course takes inspiration from seasonal landscapes. A perfect way to appreciate the beauty of the Pacific Northwest. With step-by-step instructions and lots of exercises, students will learn to draw and paint from their reference. This course will take students through the basics of acrylic painting starting with the types of materials and tools that one can use, to the techniques in handling the medium. Students will learn about value, basic composition, color mixing, blending and the mechanics of acrylics. Approaches such as "wet in wet" and working in layers will be introduced. With demonstrations and individual guidance, students will be able to start working on their own piece at their own pace. This course will equip students with basic knowledge and understanding of the medium. Fee: \$85

Item G32209	Lalitha Bandaru	Online
8 Thursdays	Apr 14–Jun 2	10:00–11:30am

Late Medieval: Phoenix Rising

We will examine the calamities of the closing of the Middle Ages; from papal disarray, to the deadliest of plagues, to the horrific Hundred Years War. From the ashes of these disasters will rise the Scientific Revolution, the Reformation, and the Renaissance itself. We will delve into how math and science completely altered art, the beginnings of vernacular literature from Chaucer and Dante, the expansion of musical forms, and the end of tolerance in Spain. Fee: \$85

Item G34313	Kristine Busch	Online
8 Thursdays	Apr 7–Jun 9	10:00–11:30am

NO CLASS APR 21 AND MAY 12

Item G34314	Kristine Busch	Online
8 Thursdays	Apr 7–Jun 9	1:00–2:30pm

NO CLASS APR 21 AND MAY 12

Roots of Rock & Roll: 1960s

This course will examine the songs and the performers who shaped the music of this decade. We will review how genres continued to change and morph. With the help of Motown, Rhythm and Blues moved to Soul; The Surf Sound added the Hot Rod scene, Rockabilly became Country Rock and Folk-Rock melded into Psychedelic. Along the way we'll review one hit wonders, examine Top 40 Radio, hear plenty of demos and outtakes and have a fun quiz or two. Fee: \$85

Item G34346	John Jensen	Online
8 Thursdays	Apr 14–Jun 9	1:00–2:30pm

NO CLASS APR 21

Travel Photography

Do you find your travel photographs do not seem to capture the vibrancy and beauty of what you experience when you travel? Do you have plans for travel on the horizon? Learn how to get much more out of your camera, from settings to designing compelling photographs. Explore what to do before, during and after a trip to get the most out of your travel photography. Bring five of your past travel photographs to the first class (as small prints or on a flash drive) to share as part of your introduction. For all skill levels using any digital camera, point and shoot to dSLR to mirrorless, even a smart phone. Fee: \$85

Item G34295	Raymond Pfortner	Online
6 Thursdays	Apr 7–May 19	1:00–3:00pm

NO CLASS APRIL 14

FRIDAYS

Book Club

In this course, students will read and discuss Homer's *The Odyssey* with several background lectures but primarily class discussion. Students should find a copy of the *The Odyssey*, preferably in the translation of Richmond Lattimore or Robert Fagles. Fee: \$85

Item G32137

Bruce Bigley

Online

8 Fridays

Apr 15–Jun 3

12:00–1:30pm

Stable Walking

Turn back the clock a few years by improving your coordination and efficiency in walking. Reduce pain, walk further and faster, and feel more confident on uneven ground and stairs. This classes use the Feldenkrais Method to help you discover easier and more comfortable ways of moving so you can stay more active. Fee: \$85

Item G32198

Irene Pasternack

Online

8 Fridays

Apr 22–Jun 10

10:00–11:30am

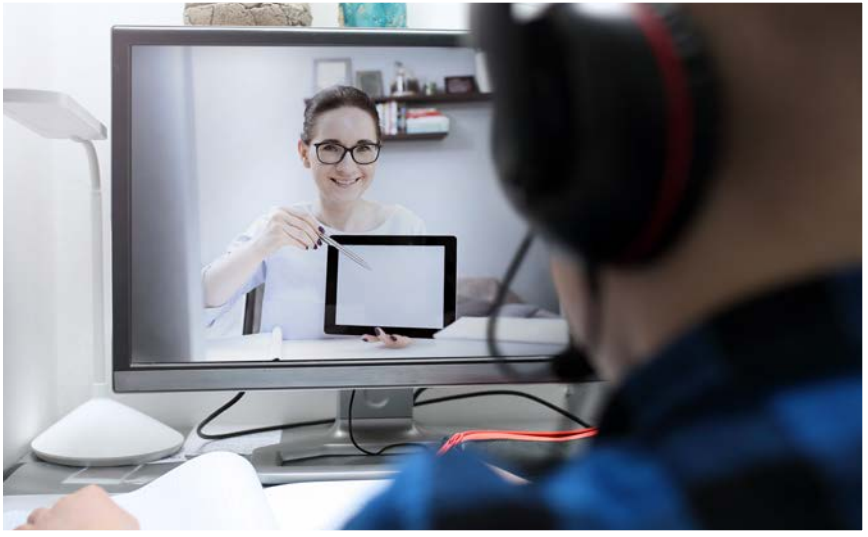


Expanding Community Education Offerings

In addition to adding **in-person courses** for the summer and fall quarters we are now accepting course proposals for fall in Art & Design and Personal Enrichment! To download the course proposal form, click on 'Information and Forms' at bellevuecollege.edu/about. Once completed, you may email them to ce-communityprograms@bellevuecollege.edu.



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