



TELOScope

LIFELONG LEARNING
2022 FALL QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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Autumn: When trees lose leaves and we gain classes

Fall is the traditional time to return to learning and gaining new friends. With all of the changes the last few years have brought, our learning has included the importance of flexibility and many of us have gained new traditions. In that spirit, the TELOS program at Bellevue College again offers exposure to new knowledge and the opportunity to become acquainted with others who have similar interests.

Some of the topics that are being offered this Fall Quarter include the following ...

Art and Literature – American Short Stories: A Survey, British Cinema: 20th Century, Comedy in the 21st Century, Introduction to Drawing, Introduction to Watercolor, Japanese Cinema - Post World War II, Painting Seasonal Blooms, Photography: Share for Feedback, Roots of



Rock & Roll: 1940s-50s, Roots of Rock & Roll: 1960s, Superstars of Dance, Women Who Changed Literature

Health and Well-being — Ballet for Balance, Chair Yoga, Self-Defense 101, Stable Walking

History and Current Events – American History 1500-1600s, Egyptian Voices: A Day in the Life, Egyptian Voices: The Middle Kingdom, Great Foreign Policy Decisions, Stories from the Eastside's Past, The New Yorker

Discussion Group, Three Meetings Changed Our World, Views of the News, Virtual Visit - European Museums

Science and Technology – Do More with Your Android Phone, Geology of Terrestrial Planets, One Billion Years of WA Geology

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

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.

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

The Language of Collections

By Sue Black

One way to get to know someone is to find what they find interesting enough to collect. An example of collections that indicate a particularly creative approach to life can be found in the Café Collection that is part of the Chihuly Garden and Glass next to the Space Needle at the Seattle Center. Although the café is not currently open for dining, ticketed guests visiting the exhibition can learn a lot about Dale Chihuly's creativity there. Inside the café, each table has been carefully curated by Chihuly from his vast collections of vintage cameras, cast-iron doorstops, dollhouse furniture, fishing decoys, inkwells, pocketknives, radios, and more. This artist's obsessions cover a wide variety of colors, forms and functions

My obsessions were somewhat more focused. The earliest obsession I can remember having was about **horses**. Every wish list of "What I want for my birthday or Christmas" started with "A horse." So, it was not surprising that one of my earliest collections was of horse statues. It included horses of all kinds, in many sizes and made from a variety of materials ... wood,

porcelain, glass and plastic. One of my favorites was a statue of a wild black steed, dramatically poised as he gathered himself to bolt across whatever land was in front of him. I kept my collection of horses until, long into my adult years, I gifted it to the daughter of a friend of mine who exhibited a similar obsession with all things equine.

Another collection that I painstakingly curated as a child was that of "**trading cards**." In my case, the cards in my collection did not arrive in packages of bubble gum, nor were they limited to baseball players. My cards could be categorized by the subject illustrated on the front: animals (not surprisingly horses were the most common but my collection also included many cats, dogs, birds



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Is It TELOS? Is it TSO?

Sandi Medendorp, TSO Council Member

Some of our students think TSO and TELOS are equal and interchangeable terms. Sorry but no. These are two separate things.

TELOS is the educational program fully owned, administrated and controlled by Bellevue College. The college hires and pays the instructors. (TSO can direct good instructor candidates to the college, but TSO does not hire/fire nor pay instructors.) The college creates the course schedule and advertises according to state laws. Classrooms are assigned by the college so it decides where in-person classes will be held. All course scheduling is controlled by the college. There are paid employees at the college who register you, take your phone calls, clean the classrooms and bathrooms.

TSO is a student group that provides additional community opportunities such as "between quarter seminars" and bi-annual meetings (pre-Covid, a summer picnic and winter lunch). TSO enhances the TELOS experience; it does not administrate nor manage TELOS. TSO is council of officers and members voted to represent the TELOS students. They are volunteers with the mission of TELOS: supporting an active lifestyle among retirees. You are a member of TSO if you take a TELOS class. BUT – you need to notify TSO that you want notifications of TSO activities by sending your name and email address to info.telosso@gmail.com.

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



Editor: Sue Black

The President's Report

Any of you who have spent time in London know what it is like to cross a street looking, as we in Bellevue are supposed to do, left for traffic. In London the surprise of a lifetime comes when the approaching traffic is from the right! Talk about being blindsided! Well, the TELOS program just received a surprise from the College. The North Campus building has been leased out and in two years, or so, will become unavailable to TELOS. In the meantime TELOS classes will be limited to the second floor of the building. The College is experiencing severe financial stress currently due to lower enrollment and straitened state funding. Hence the "surplusing" of the North Campus building.

What that means for a move to Main Campus in South Bellevue is currently in the "planning" stage and we do not have a location on that campus to share with you. Parking is a key factor and the staff working on the move knows it. Any of you who have visited the Main Campus know that there can be some distance and slope challenges in parking there. This is very much a factor in the relocation site decision we are assured by staff. At present the College plans are in such flux that the best TSO can do is to increase the frequency of our reports to members as information is received. We will do this, so watch your emails.

On other matters, more in-person classes are planned, but the College continues to allow instructors to select online as a preference. If students have a preference, read carefully the course description. At least on a temporary basis, the polished printed TELOS catalogs will be discontinued. Again, a cost issue for the College. Course information will be online and the TSO will continue to publish this information for the benefits of its members. Registration procedures will be unchanged.

There are relatively fewer courses offered in the current Summer Quarter, as is always the case. But there are some good ones so take the opportunity to stay sharp over the summer by registering. Fall promises to be a great quarter so don't miss it. Depending on the COVID situation, we could see many more classes in person at the N. Campus site then. There will not be a printed catalog for Fall, so check the TSO or the College site for course descriptions.

All of us have lived long enough in this uncertain life to know that to survive one has to learn to "Make lemonade out of lemons." That's exactly what the resilient TELOS student will do with the relocation. Grin and bear it. Change is always a learning experience. The only constant in life is change, and so on.

Tell your friends about TELOS. It is a wonderful experience and the word needs to spread. Growth of the student body is crucial to the prospering of TELOS. Please help spread the good word.

See you in class.

Ted Watts, President, TSO

Reflections on Color

By Linda Wilson

Fall is the term we prefer to use, as "autumn" seems to think highly of itself. It is all about the leaves, the bronzes and burgundies, the yellow and golds. And while they are in their glowing beauty, we are aware that they must fall to the ground replenishing the soil and providing winter shelter for the tiniest of beings.

What are we planning on learning this fall to replenish ourselves as we hunker down in our homes when daylight begins to limit itself? What transitions are we planning? Do you have a collection of "round to its" to complete before we say hello to our warm winter wardrobe?

Fall brings gathering our harvest to enjoy in the



winter months. As my grandmother used to say, time for putting up our gardens. A time for making delicious soups and pumpkin pies. Freezing or canning fruits and vegetables to make our holiday dinners delicious. Memories and inspirations come from these activities. Allow yourself to be surprised by your thoughts. Then go and act on them.

What is TSO Doing?

Do you ever wonder what the TELOS Student Organization is doing? Go to <https://studentweb.bellevuecollege.edu/telos-tso/>, click on the TSO drop down button mid-page and then click on Bylaws & Minutes. There you will find complete Bylaws and also all minutes of Council and Committee meetings.

Council meets quite regularly on the fourth Wednesday of every month and students are welcome to attend (request zoom invite from info.telosso@gmail.com). Following is a sample from the April meeting:

Reports from Officers

President: Ted Watts

1. "The purpose of TELOS is to support the policies of Bellevue College in all of its decisions and activities.";
2. Jerry Harkleroad was able to contact Governor Locke at Bellevue College's "Sunrise Breakfast"; Gov. Locke was amenable to meeting with TELOS representatives to discuss ongoing issues. Appointed to formulate an agenda and attend this meeting are Ted Watts, President; Jerry Bunce, Jerry Harkleroad, Chuck Kimbrough, and Chris Steele

Treasurer: Jan Reha

Balance is \$14,470 following disbursement of \$1,000 for Seminar speakers

Reports from Committees

Events: Steve Denison

1. Candidates are proposed for every office in the upcoming election.
2. Steve used a Google form to create a ballot that requires only a button response to register results
3. Steve is planning with Donna for an in-person return to North Campus welcome

Curriculum: Donna Oberembt

1. Only 65% of those registered to attend Seminars are attending. Among the options discussed to alleviate the low attendance was levying a monthly fee in order to attend any or all Seminars
2. Donna is working with the Events Committee to plan an event possibly in the Fall welcoming people back to in-person classes. It is hoped that by involving people on a social level interest in TELOS will increase
3. Donna mailed a survey to 40 inactive instructors. So far two surveys have been returned with remarks on the need for help with technology and classroom support

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The Language of Collections (cont'd)

and other creatures), mountainous landscapes, ships and other maritime scenes as well as artistic illustrations of social situations from the 30's (think Esquire Magazine). One of possibly the most surprising characteristics of the cards in my collection was that about half of them were actually playing cards. The surprise was how I managed to pilfer them out of my parents' and grandparents' decks of playing cards without getting caught.

Today, the obsession that is easiest to identify for me suggests not just an appreciation for form and color but perhaps function as well. In a glass case in my living room, there is an exhibit of two dozen of my favorite *martini glasses*. Not only can I value the various visual elements of these different approaches to glass art, but I can enjoy the important role they play in adjusting my attitude toward life.

I am curious. What are your collections and what do you think they say about you?

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.

For further information or to submit comments, send emails to info.telosso@gmail.com

Look what happens when you start a TSO club!

By Linda Wilson

Henry Bohne was a TELOS and TSO seminar instructor who taught many of us how to write memoirs. He has since retired from actively teaching. Henry also started the TSO Memoir Club which has met monthly for several years. Writing our memoirs and having group critiques have helped us improve our writing. With Covid keeping us at home we stopped the TSO Memoir Club. We didn't know how to proceed without Henry. But a few of us didn't want to stop writing and met on Zoom from 2020-2022.

This spring we decided to combine some of our best memoirs and publish a book through Amazon. We have another TELOS instructor, Eric Stathers, to thank for teaching us the skills to self-publish. At this time we are still editing and the tentative title is "Tales From a Writer's Circle", an anthology. We are planning for fall publishing through Amazon. The group members are Denise Hauck, Carol Levenson, Kelly C. Malleck, James Wilhoit, and Linda Wilson. We are dedicating the book to Henry F. Bohne, our mentor and memoirist, who inspired our imagination.

I have heard that there may be interest in forming a TSO Memoir Club again. Let me know, if that is the case, and we will help get you started. You can reach me at info.telosso@gmail.com

Obesity, Alzheimer's, Long Covid



What connects all these maladies? We learned from Dr. William Banks that the Blood-Brain Barrier (BBB) plays an incredible role. What is BBB? It is a network of blood vessels and tissue that helps to keep harmful substances from traveling into the brain. Large molecules like pathogens and most antibodies cannot pass through this barrier. But things that can pass through are caffeine, nicotine, and alcohol.

There is some malfunction in BBB that causes obesity – not receiving the signal to

stop eating. Alzheimer's could result from excess plaque that cannot be carried out of the brain. The BBB prevents toxins from leaving the brain. Long Covid 19 and Parkinson's are thought to result from a poor functioning BBB. With further study, important advances should be coming to help us understand how BBB works and how to address these problems.

This was another fascinating and informative seminar presented by TSO.

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What???....I got hacked!!!

By Jerry Bunce

HACKED

Where are my emails? My usual 30 – 40 email messages. Mostly asking for money or selling me something. But always there. OK, check my BECU account. My password doesn't work. What??? OK, call BECU and they help me resent my password. All accounts are fine, no money missing. Did I really type that password wrong three times? OK, call Comcast, diddle around with them for an hour or two. What? My emails are forwarded to some email address I never heard of. Ok, turned that off. We are good, right? Nope.

The next day the emails are forwarded again but none lost. Turn it off again. BECU is OK, I get in and nothing lost. The next day the emails are forwarded again AND I can't login to my BECU account again. Yikes. Call BECU and now I ask when was the last time I changed my password? Answer: 4 am in the morning. Now I know for sure I have been hacked. The BECU service rep creates new accounts and transfers money immediately. I am pleasantly surprised that no money was missing. The old accounts are deleted. Turn off and unplug my computer. I am frozen out of my new accounts until I get my computer fixed. Make an appointment with the Geek Squad at Best Buy. They clean up my computer without losing any files for \$150 plus tax. I reset all my direct deposits and auto payments. Whew!!! I wonder what I clicked on? I'll probably never know. Stay safe out there.



Another great seminar from TSO

In June of this year, TSO again offered an experience in one of its "between quarter seminars" that was a welcome respite from the craziness of the daily news cycle. It was a review of some of the 80 works of art recently included in an exhibit at Seattle Art Museum called "Our Blue Planet: Global Visions of Water." We were led through this collection of the work of artists from a wide variety of countries and Native American tribes by independent art historian and SAM docent, Andrea Smith-Clarke.

The pieces she showed in this seminar included oil and acrylic paintings, sculptures, engravings, carved figures for the prow of traditional canoes, photography, textiles, earthenware and porcelain figures, carvings from red and yellow cedar and more. Each represented the artists' vision of the essence of water and the role it has played in today's cultures and those of the past. Andrea provided insights into the artists

and their works that resulted in a deeper understanding of how water is culturally perceived, how we humans interact with it, and what affects the environmental changes in our environment have had on the water around us. (For those who would like to experience this kind of review in person, Andrea Smith-Clarke will be leading a tour of Seattle Art Museum exhibits in September – See page 7 for more details.)



What is TSO Doing? (cont'd)

Marketing: Jerry Harkleroad

1. Requested biographies from three instructors for inclusion in the TELOS Course Schedule, but 1 of 2 had no response. He then inquired of Jerry Bunce who submitted a biography.
2. Promotion of TELOS by the use of 2-foot by 2-foot signs placed strategically around Bellevue was suggested.

On this same website, you can find minutes from committee meetings. The Curriculum Committee meets regularly on the third Thursday every month. It is the most active committee because it creates and administrates the “between quarter seminars”, finding speakers, setting up zoom meetings, managing registrations. Then also seeks out potential new instructors and course subject. Hopefully Events Committee is going to become active again as we move away from Covid. The Outreach Committee, formerly known as Marketing, desperately needs a volunteer(s) to step up to look for new students. If TELOS is going to survive, it needs constant infusion of new students. Can you volunteer to help move TELOS forward into the future? Please contact info.telosso@gmail.com. We need your love.

Important TELOS / TSO Dates* in September

Thurs Sept 1 10:00 AM “How Pirates Overthrew the British Establishment” with John Bishop (in-person)

Fri Sept 2 9:30 AM TSO Political Book Club

Wed Sept 7 10:00 AM “Too High, Too Steep” book discussion with David Williams (online)

Thurs Sept 8 10 AM Taste of TELOS—Fall Qtr Preview (online)

Fri Sept 9 9:30 AM TSO Constitutional Club

Mon Sept 12 10 AM Taste of TELOS—Fall Qtr Preview (online)

Tues Sept 13 10 AM Taste of TELOS—Fall Qtr Preview (online)

Wed Sept 14 10:00 AM “Field Trip to SAM—A Closer Look (selected objects from the permanent collection)” with Andrea Smith-Clark

Thurs Sept 15 10 AM “Penguins in the Desert” with Eric Wagner (in-person)

Thurs Sept 15 3:30 PM TSO Curriculum Committee

Fri Sept 16 9:30 AM TSO Constitutional Club

Fri Sept 16 2:00 PM TSO Book Club

Mon Sept 19 10 AM “Seattle Sculptors: Monuments, Memorials and Statuary 1909-1962” with Fred Poyner (in-person)

Wed Sept 21 10 AM “Gerontology” with Dr. Nishino (in-person)

Wed Sept 21 3:30 PM TSO Council



Fri Sept 23 9:30 AM TSO Constitutional Club

Mon Sept 26 10 AM “The Haitian Revolution” with Michael King (online)

Tues Sept 27 10 AM “How Aging Affects Brain Function and Thinking” with Dr. Charles Bernick (online)

Wed Sept 28 10 AM “Ageism” with Kate Casey (online)

Fri Sept 30 9:30 AM TSO Constitutional 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.