

SEEKING

ACTIVE SENIORS,

RETIREEES,

SEMI-RETIREEES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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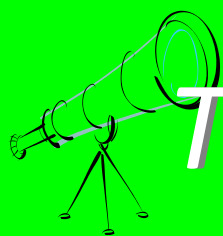
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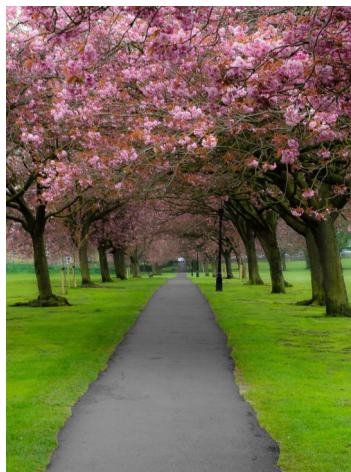
TELOScope

LIFELONG LEARNING
2023 SPRING QUARTER

Spring = New Growth and Opportunities

After weeks of soggy winter rain, it isn't surprising that many of us start yearning for the sunshine that will bring with it new growth and opportunities. We look forward to experiencing innovative ways to learn, be entertained and engage with new friends. TELOS classes provide exactly those kinds of opportunities.

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. Topics being offered include



History and Current Events – Egyptian Voices: Late Period to Cleopatra, Views of the News, The Original Philadelphia Story 1787, Golden Age of Broadcasting, Great Foreign Policy Decisions, The Homefront During World War II, US-China Relations

Art and Literature – Introduction to Drawing, Introduction to Watercolor, The Art of the Renaissance,

Impressionism: light, color and moment, American Short Stories: A Survey, Eight Remarkable Novellas, Chinese Classical Poetry

Science and Technology – Volcanoes of the Western US, Create on your iPad, Master your Mac, Cybersecurity Basics, Basic Photography Principles, Photography Practicum, Climate Change Consequences

(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 artists among us

By Sue Black

One of the major reasons that students enjoy TELOS so much is the opportunity to meet other people who are drawn to the program. Many who are attracted here can be described as artists – whether exploring a new found interest or refining a talent long practiced. In photography, the artist can communicate both reality and emotion. As Alfred Stieglitz said, “In photography there is a reality so subtle that it becomes more real than reality.”



© Jerry Bunce



© Jerry Bunce

And, well known photographer, Annie Leibovitz pointed out “A thing that you see in my pictures is that I was not afraid to fall in love with these people.”

The photographic art experienced and shared by TSO past president, Jerry Bunce includes a variety of subjects and delivers striking impressions. Pictured here are two of his favorites.

Resolving for 2023*

By Sandi Medendorp

How to approach new year's resolutions in five easy steps:

1. Make meaningful, value-driven resolutions. (Goals that fit your priorities.)
2. Get super specific with how you'll work towards your goals. (Make a plan.)
3. Break your resolution down into mini-goals. (Break goals down into tasks/steps.)
4. Make your mini-goals fun and rewarding!!! (Associate your goal/steps with pleasure.)
5. Be prepared for when you mess up or want to quit. (If necessary, put “get out of jail free” days into your plan.)

If you cannot think of your own resolutions, try these –

1. Food Choices:
 - a. Consider production, processing, packaging and transportation.
 - b. Buy Local.
 - c. Limit meat consumption.
 - d. Keep food waste to a minimum.
2. Conserve water. You can think of a million small ways.
3. Shop less. (or maybe buy it secondhand!)



4. Use alternative transportation:
 - a. Walking or cycling.
 - b. Public transportation or car pools.
5. Do some GREEN HOME updates. (How about a vertical garden?)
6. Avoid single-use plastics.
7. Recycle electronics.
8. Help change legislation.

One of the most effective ways a single person can change the world for the better is to use their voice to influence decision-makers in government.

*All ideas from The Optimist Daily at optimistdaily.com

**TELOScope is
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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

How TELOS Began

By Jan Reha



Following their inception, the early and mid 70's was a time of innovation in community colleges. Many of the newly hired administrators were attempting to find ways to meet the needs of their communities. Certainly, Bellevue Community College was at the forefront of promoting and advancing new programs.

At this time a young 32-year-old woman, Joy Carey, employed in the counseling center at BCC, became inspired by a 76-year-old advisory board member. The woman, Helen Ainsley, lamented, "We are so much more than we think we are." Her statement resonated with Joy who recognized how amazing alive and vibrant Helen was at 76. Joy realized that she wanted to possess a similar attitude when she reached Helen's age. By the way, at the time of this interview she has passed that landmark.

For some time, Joy pondered about how to tap into the rich and now seemingly unused wisdom, talent, and skills that "old" people possessed in the Bellevue community. With this intention in mind, she set upon the idea of creating a program for this group. Initially, Joy met with the Academic Dean to explore the idea. Her next step was to explore this possibility with the college's academic instructors and to gain their consent for providing classes to the seniors. Upon their support and agreement, Joy wrote a proposal that permitted instructors to provide classes to this population. Her next step was to find space. Moving forward, Joy contacted Bellevue Parks and Recreation who agreed to provide free rooms for the classes.

The core of Joy's idea was to provide a place for seniors where they could share their talent and knowledge with their fellow seniors. Too, they would be responsible for the group. To do this, Joy initiated an Advisory Board of "old" people as they referred to themselves. The group developed a brochure but lacked a title for their new entity. Joy reflected upon various ways to identify the fledging idea. While flying home from a seminar, Joy was struck with the word TELOS. The next morning, she called an acquaintance for the derivation of the word, who informed her that it means "to grow from a seed into the flowering of self". The advisory group chose the symbol of an oak tree to place on the front page of on their brochure. Under the tree they placed the inscription: TELOS means in Greek, fulfillment. The TELOS of an acorn is an oak tree.

(CONT'D on Page 6)

Lessons in Chemistry by Bonnie Garmus

Review By Steve Gersman

"Imagine if all men took women seriously. Education would change. The workforce would revolutionize. Marriage counselors would go out of business. Do you see my point?" Bonnie Garmus

This is the best novel I've read in many years. It's a treat as delicious as your favorite dessert and will linger much longer. I loved the gamut of emotions I experienced when reading it: I was laughing then frustrated, then angry, then smiling again.

The story is about Elizabeth Zott, a brilliant woman research scientist in the early 1960s struggling to be taken seriously in a misogynistic world. What makes this book so interesting is the interlacing of this serious topic with the humorous style in which it's told. Women readers will recognize the challenge of the time,

even our time, but this is not only for women: It's also for men who care about women. The book is laced with wonderful anecdotes interspersed with a scientist's approach to life. The protagonist, a strong, unflinching woman, takes on every challenge. Some knock her down, but she is never completely defeated. The supporting cast of characters is colorful, sometimes humorous, always surprising and eccentric. One of the characters who serves as an observer is so unexpected that it adds yet another dimension to the narrative.

Garmus writes in a smart and quite unique voice, one that you don't hear much in literature. It's funny. It's quick-witted. It cuts right to the point. Zott never gives up. This is not a new story for women, of course, but it is told in a totally new way.

Letter from the President

The Winter Solstice, the shortest daylight hours of the year occurred a few weeks ago. Here will be the shortest TSO president's letter of the year. Why, because TSO is in a holding pattern with the important issues of the Main Campus move, College personnel stability, and increasing class opportunities.

The Main Campus move is the subject of close collaboration with the College staff in a "decider" position. The problem is that there do not seem to be a lot of facilities on Main that have the attributes of the North Campus building. But, we are working on it and hope to have the best possible situation by summer even though the move itself is still over a year away. College personnel turnover in the Continuing Education department is still a challenge. It seems that as soon as we in TSO develop a relationship with a staff member a change is made. We are however blessed with our very long standing and patient adviser, Chris Stoykov who has worked with us for quite a while. Thank you Chris.

Class size and variety continues to improve but the stasis regarding in-person class classroom offerings makes it difficult for instructors. Hopefully we are getting more used to online instruction and will find it a satisfactory alternative until the in-person can return. Online may be the coming thing for most community education for seniors/retirees now that we are getting more used to the methodology. TSO is improving its promotional assistance to the TELOS program through more online social network offerings. We also continue with the pre-registration yard sign placement by volunteers. Thank you volunteers!

In closing, I give a shout out to the TSO Council members and to the dedicated volunteer committee chairpersons. My job is easy compared to the hard work they put in to help make the Bellevue College TELOS program the best in the country. Join us in this effort-it's worth it. Be a TSO volunteer. Get to know your fellow learners.

Ted Watts-President, TELOS Student Organization

Questions for TSO

Recently there have been a number of questions sent to TSO regarding when we might see in-person classes again in the TELOS program.

There is one class planned for in-person in Spring Quarter. It will be a Discussion Group - Current Events with Jerry Bunce. It will be on Main Campus because the elevator at North Campus is not going to be repaired soon due to supply chain issues.

Summer quarter has not been decided yet. It is hoped that we can find suitable rooms and parking on main campus to sustain the TELOS program. Bellevue College is working on this now.

An invitation from a neighbor

By Jean Garber, President of Eastside Neighbors Network

Are you interested in forming new and lasting friendships and participating in interesting social activities? Eastside Neighbors Network (ENN) may be for you. ENN is a “virtual village” serving the Bellevue area. Like other villages, ENN offers opportunities for older adults whose friends and neighbors may have moved away, to make new friends, stay active and independent and live where they choose. ENN offers free public events (such as community presentations, walks, movies) and activities specifically for members (such as lunches, museum outings, group activities in members’ homes). While we rebuild our volunteer corps, we are encouraging members to assist one another with transportation, light housework, or other neighborly requests.

Our members form new and lasting friendships and enjoy the satisfaction and peace of mind knowing that they are part of the ENN community. For information about ENN, go to www.MyENN.org. While there, be sure to check out our calendar of events.

My Gardening Rules May Be Different than Yours

By Linda Wilson



Don't buy anything you have the remotest chance of killing before you get it planted. This leads to my second rule: Don't over buy. Know the planting limits of your back and knees.

The best part of planning for your garden, whether it is a yard or patio pots, is to focus on the sun and shade spots you will be dealing with.

The best way to do this is to make a cup of coffee or tea and sit facing your project. This phase of gardening could last a good month. During the sitting phase you may become aware of your yard inhabitants, feathered, fluttery, or creepy/crawly. Now that your beverage has been drained, the next step is to make another cup and pick up pen and paper. Return to the your outside chair or, if it is now raining, stare out your window, and start making your “to do” list and “to buy” lists. If you are really lucky, these lists will be handed off to your yard maintenance person.

The early items on your “to do” lists will include dumping old, worn out soils and throwing out those plants that did not winter over. I discovered an entire ant nation in a pot one year. I am partial to perennials because they survive and don't have to be replaced. I also add in some annuals just because they are colorful and happy.

If I have to purchase new flowers and foliage, I buy the ones that make bees and hummingbirds happy. This step often leads to visiting garden stores and botanical gardens which puts a spring in my step. Important here to review those instructions listed in the first paragraph. Happy Spring Adventures!!!

How TELOS Began (cont'd)

One of TELOS first instructors was Rabbi Lavine who taught a history class. His classes were very well received. Some of the early offerings were bridge and literature and painting classes. Now almost 50 years later the acorn has grown into a fully branched oak tree. Google tells me that oak trees can live 400 to 600 years and given the analogy, TELOS, appears to be still in its formative period. And now many years later most of us are Helen's age and older.

In conclusion, let us take this time to offer our appreciation to these founding mothers and fathers by supporting and holding dear their efforts in bringing TELOS to fruition. Most importantly, thank you, Joy, for your inspiration in giving birth to a valuable legacy, TELOS, that continues to nurture and provide a learning community for us "old" people.

Important TELOS / TSO Dates in March*

Fri Mar 3 9:30 AM TSO Political Book Club

Mon Mar 6 10 AM "Taste of TELOS" with Spring Qtr 2023 Instructors (online)

Wed Mar 8 10 AM "Taste of TELOS" with Spring Qtr 2023 Instructors (online)

Thurs Mar 9 10 AM "Jewish Wagons West Part 1" with Andree Brooks (in-person)

Fri Mar 10 9:30 AM TSO Constitutional Club

Thurs Mar 16 10 AM "Jewish Wagons West Part 2" with Andree Brooks (in-person)

Thurs Mar 16 3:30 PM TSO Curriculum Committee

Fri Mar 17 9:30 AM TSO Constitution Club

Fri Mar 17 1 PM TSO Book Club

Tues Mar 21 10 AM "Climate Change and the PNW Garden" with Molly van den Burch and Jim Littles (online)

Wed Mar 22 10 AM "Seattle Opera" with Alex Minami (online)

Wed Mar 22 3:30 PM TSO Council Meeting

Thurs Mar 23 10 AM "Banning the Bard" with Leah Adcock-Starr (online)

Fri Mar 24 9:30 AM TSO Constitution Club

Wed Mar 29 10 AM "Pacific Fishermen, Inc. 150 Years of Norwegian Heritage Shipbuilding" with Fred Poyner IV (online)



Fri Mar 31 9:30 AM TSO Constitution Club

Fri Mar 31 2 PM 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.