

TELOScope

LIFELONG LEARNING
2024 WINTER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

INSIDE THIS ISSUE:

TSO at Asian Art
Museum 2

Human
Composting 2

President's
Report 3

TSO Seminar
Reviews 3

Recommended
Reads 4

HOLIDAY
Save the Date 4

TSO Political Book
Club 4

Calling All Movie
Buffs! 5

TELOS Then and
Now 5

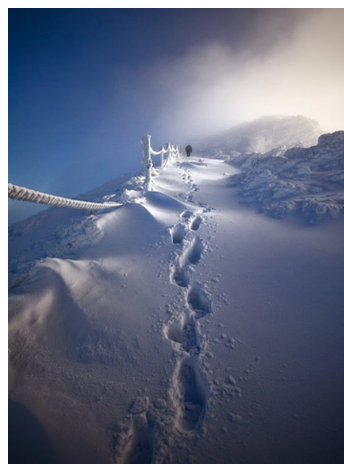
Important Dates 6

Stepping Out in All Seasons

An important lesson to learn as we travel through the years, is that benefits are to be gained by stepping out regardless of conditions. Some seasons, it is easier to make plans and act on them, especially when the sun is shining and the pavement is dry. At other times, it is more challenging to go out even if the destination will be entertaining or instructive.

Winter often presents those challenges.

Opportunities to experience lifelong learning provide benefits that are worth the challenge. With Bellevue College's TELOS program, students can choose from a variety of compelling and fascinating courses designed to focus on learning, growth, and fun — both in-person and via Zoom technology. Registration is currently open for Winter Quarter and some of the topics being offered include ...



History, Culture and Current Events – US/China Relations, Introduction to Buddhism, Views of the News, Perspectives on the News, American History 1860 – 1898, Golden Age of Greece, Ancient Egypt: Queens and Women,

Visual Arts – Introduction to Drawing, Introduction to Watercolor, The Art of the Renaissance, Photography: Share for Feedback, Interwar

Surrealism In France

Literature and Music — Creative Writing, Eight Remarkable Novellas, The Stories of Guy de Maupassant, Rock Year by Year: 1962—1965

Science and Technology – Geology of Terrestrial Planets, Geology of National Parks II, Decoding AI and Its Impact on Humanity

(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/tepos-tso/how-to-register>

TSO MEMBERS GO RENEGADE AT SEATTLE ASIAN ART MUSEUM!

By Andrea Smith-Clarke

The 15 TSO members who visited Seattle Asian Art Museum with TELOS instructor and Art Historian Florence Dusausoy discovered the world of *Renegade Edo*. This show featured the eye-popping work of artist Henri Toulouse-Lautrec, who recorded the Bohemian hangouts and their habits of late 19th century Paris. He created images of courtesans and celebrities in the brothels and bars that were heavily influenced by *Japonisme*. Throughout the show, we were able to compare the artist's work to examples of his Japanese inspiration with Florence's wit and guidance.

Japonisme was a blending of Japanese color and compositional features used in Ukiyo-e (wood block



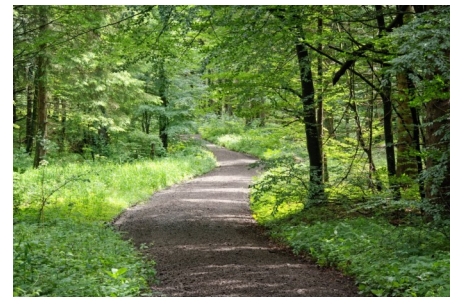
Florence Dusausoy with Toulouse-Lautrec's *Moulin Rouge: La Goulou*, 1891
Photo by Donna Oberembt

prints, the art of their own pop culture and current European art. It was avant-garde for even the Impressionist artists of the time, but it became *the* new thing in Parisian culture as soon as Japan was "opened" by American Commodore Perry in 1854 and Japanese exports began to invade Parisian markets. Ukiyo-e was the art of the people and pleasure quarter in Edo and Toulouse-Lautrec, a denizen of corresponding places in Paris, physically crippled by disease and alcohol, created unforgettable posters for their bars and entertainers – the male patrons, female *chanteuses*, actors and dancers who were all personal friends. His work still looks contemporary with its bold color graphic forms – but it's the artist's subtle touch of humor and cynicism that make it irresistible, especially today.

Human composting - Alternative to cremation

By Arnie Goldstein

On September 6, TELOS students were treated to a presentation about Natural Organic Reduction (human composting). The presentation was conducted by Jake Miller, representing the funeral home called *Return Home* with facilities in Auburn Washington. Seen as an alternative to traditional burial or cremation, Terramation, as it's called, is a process of reducing human remains down to usable, organic compost that would be returned to nature. The overall experience is friendly to the environment, energy consumption, the deceased and the survivors.



Return Home is a licensed funeral home that was started here and we became the first state to legalize it. Now legal in seven states, they have had services for over 200 individuals, many nationally and internationally. Friends and family may have a celebration/funeral at the *Return Home* location and continue to visit over the 2 1/2 month process if they wish. An explanation of their process, pricing and services, as well as FAQs can be found at their website returnhome.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.telos@gmail.com



Editor: Sue Black

The President's Report

Based on the results of the survey that was recently conducted among TELOS students, there is a core of people who are interested in and really care about the TELOS program. We need to grow the base of TELOS students. TELOS is starting to accept shorter courses starting in the Winter quarter.

TSO Survey Impressions

- Good response rate – 277 opened the email – 180 people responded to the survey
- High level of comments – 94 people made comments
- The people who responded care about TELOS - many passionately
- Many people want to come back to in-person and prefer in-person over zoom
 - o 49% want or prefer in-person classes
 - o 12% gave equal preference to in-person and zoom
 - o 39% want zoom or preferred zoom
- 23% will only do zoom classes
- Retiree classes will be a mix of in-person and zoom classes with a trend going to in-person
 - o The instructor is the person choosing in-person or zoom
- While people want in-person classes; coming to main campus is an issue for many people
- There would be interest in TELOS classes at locations other than BC Main Campus
- We lifelong learners take advantage of many providers of retiree education
- There is a strong desire for more courses and a wide variety of subjects
- There is definite interest in shorter courses at a lower cost

Jerry Bunce
TSO Council President

TSO Seminar Reviews

By Sandi Medendorp

Dinosaur Digs

Presented by Greg Wilson Mantilla, museum curator and UW professor, focused on the amazing world of digging for dinosaurs. He shared the process and people involved in 4 different digs in Montana to unbury bones from dinosaurs that lived 200,000 years before the mass extinction. (Too long ago for a human brain to comprehend – but more like the time man was just beginning to be possible on this planet.)

The bones are found usually by volunteers such as ranch owners or retired volunteers that simply search. Once found, it requires weeks of careful, arduous digging to uncover the bones so that they can be wrapped in plaster, pulled from the ground and transported back to UW for very careful ministrations in order to prepare them for study and for posterity. For further information, go to Burke Museum.

De-stress is for Retired Folks Too

Kate Goldstein presented a “breath taking” study on how to de-stress. Even if you are retired, you may have stress. She introduced the emotional freedom technique through breath and tapping. One can work up or work down in this process. In other words, work from brain to body or from body to brain.

Work with your mind to calm and lower blood pressure or you can work with body (like tapping specific parts) to give your brain some peace. Breathwork examples were in a box: inhale for 4 counts, hold for 4 counts, exhale for 4 counts, inhale for 4 counts, repeat or try inhale for 5 counts and exhale for 7 counts. Tapping on body parts while stating affirmations (labeling) is a body to brain technique. For more information, see kategoldempowerment.com.

Recommended Reads

2023 Book suggestions from two avid readers:

Bill Gates

The Choice by Dr. Edith Eva Eger
Cloud Atlas by David Mitchell
The Ride of a Lifetime by Robert Iger
The Great Influenza by John M. Barry
Good Economics for Hard Times by Abhijit V. Banerjee & Esther Duflo
I Contain Multitudes The Microbes Within Us and a Grandeur View of Life by Ed Young
When Breathe Becomes Air by Paul Kalanithi
Seveneves by Neal Stephenson
Sustainable Materials with Both Eyes Open by Julian M. Allwood and Jonathan M. Cullen
Interventions: A Life in War and Peace by Kofi Annan

Barack Obama

Poverty, by America by Matthew Desmond
Small Mercies by Dennis Lehane
King: A Life by Jonathan Eig
Hello Beautiful by Ann Napolitano
All the Sinners Bleed by S.A. Cosby
Birnam Wood by Eleanor Cattan
What Napoleon Could Not Do by DK Nnuro
The Wager by David Grann
Blue Hour by Tiffany Clarke Harrison



TSO Holiday Date

Save the Date - December 4
 TSO Annual Meeting
 Late Lunch at IPM
 North Bellevue Community Center
 More details to follow.



TSO Political Book Club

The first Friday of every month, you can find political book lovers on line chatting. This TSO club has been meeting for years and gone through many books. The books are selected by a core group of the members and shown on the TSO website (<https://studentweb.bellevuecollege.edu/telos-tso/page-2/calendar-of-events/>). On November 3, the discussion will be about *The Paradox of Democracy: Free Speech, Open Media, and Perilous Persuasion* by Gershberg and Illing. All TSO members are welcome to any of the clubs. If you would like to attend a Political Book Club meeting to take a peek, please email to: Info.telosso@gmail.com to receive the zoom invitation.

Calling all Movie Buffs!

By Sandi Medendorp

Movie Club at TSO is looking to re-form and get going again! If you are interested in helping to restart the film club, please send an email to info.telosso@gmail.com. Previously, the Movie Club would meet once a month on Friday afternoon. A list of movies / TV Shows / Media would be selected by the group for watching and then discussed at the next meeting. The movies / shows / media would be screened on one's own time. This group could either meet on zoom or at the main campus at Bellevue College. Respond now to be at the creation of the new movie club to make it what you want it to be.



TELOS then and now

By Janice Reha

(Editor's Note: With the TELOS program having reached almost fifty years, it is interesting to see how it has changed through the years. The following is a summary of comparisons between the program at it's 25th year and the most recent version.)

How has TELOS changed or remained the same in the last 22 years? A TELOS Spring Quarter 2001 25th Anniversary Year Course Schedule offers interesting comparisons. The TELOS mission outlined in the Schedule states, "TELOS is a daytime educational program which offers older adults an opportunity to expand in mind and spirit through a curriculum of courses designed to meet their intellectual and emotional needs and interests" and importantly the emphasis is on learning and growth, not performance. This perspective continues to align with the current view of TELOS in 2023.

Unlike our current situation, however, TELOS had an actual office in Building T located at BCC Factoria Campus on the north side of Factoria Mall. Most of the classes were conducted at the Northwest Arts Center in Clyde Hill which was a former church converted for use as a community center. In addition, TELOS offered classes at Providence Point. In 2023 TELOS does not have an office or class center.

On the first page of the 2001 Course Schedule is an outline of Non Credit classes offered through Bellevue Community College including some of the following:

One class @\$12
Two Classes @ \$40
3 classes or more were free

Computer class @ \$79
Bridge class @ \$43

CONT'D ON PAGE 6

Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at www.bellevuecollege.edu/policies/. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, [425-564-2641](tel:425-564-2641), Office C227, and EEOC/504 Compliance Officer, [425-564-2266](tel:425-564-2266), Office R130.

TELOS Then and Now (cont'd)

Like our current classes, these classes were offered once a week for an hour and half on Monday through Thursday. Now each class is \$99 with no financial incentives for taking more classes. It appears some time previously a TELOS Advisory Guild was established and offered the following Membership Categories:

Regular Membership \$8

Sustaining Membership \$25

Century Club \$100

Contributing Membership \$10

Patron \$50

Lifetime \$500

TELOS today no longer offers these memberships.

It is interesting to note that some twenty-six classes offered at TELOS in 2001 reflect many of our current offerings including: Views of the News, Creating Writing, two Shakespeare classes, the Marvelous Geologic History of the Rocky Mountains, and Masterpieces of Poetry. Also reflective of the time was the number of computer classes offered. We now offer classes on Create! On your iPad. For those of us who enjoy playing bridge, in 2001, TELOS had an actual School of Bridge that met on Mondays at TELOS House offering Bridge Basics and Intermediate Bridge lessons.

Now we no longer have an actual center for TELOS thereby losing a place for building and sustaining community integral to the growth and vitality of our program. The loss of the North Campus has further contributed to the demise of our membership. Now the critical question facing TELOS is will it survive another 25 years? Please share your thoughts about the future of TELOS. We look forward to hearing from you. Feel free to send comments to info.telosso@gmail.com

Important TELOS / TSO Dates* in December

The following is informational only at this time. It is provided to help students save the date and encourage attendance at these TSO seminars. The information is subject to change. Please keep an eye out for updates with additional details.

12/5 Planning Ahead for End of Life and Deathcare by Chris Ronk, Managing Funeral Director at the Co-op Funeral Home in Seattle / This seminar will explore and provide tools you can use to put your end of life and deathcare wishes in writing. These tools will help you start a conversation with your loved ones, so they know what's important to you.

12/6 SAM Tour: The Stories We Carry by Andrea Smith-Clarke, TSO Curriculum member and SAM docent / An in-person tour at Seattle Art Museum funded by TSO to take an in-depth look at native American art and discuss what stories we carry within ourselves.

12/7 US and China: Cold War, George Liu, TSO Instructor / Given the unprecedented awareness and interest in the U.S.-China bilateral relations, esp. after the recent flurry of high-profile events, this seminar will be examining how more than 20 years of hostility between the two countries was first thawed by a small ping-pong ball back in early 1970s, yet icing up again by a giant BALloon half a century later right in front of our eyes.

12/11 Shakespeare and the Opera Composers Who Loved Him by Erica Miner, Award winning Author, Screenwriter, Lecturer, Journalist / The works of Shakespeare inspired numerous composers to write operas based on his plays. Erica explores these operatic works and their

corresponding plays in vivid detail, illustrating her presentation with fascinating videos.

12/13 The History of The Bellevue Botanical Garden by Pat Roome, retired landscape architect / The talk will be a first hand account of how Cal and Harriet Shorts achieved their

dream of a Botanical Garden in Bellevue. This seminar will discuss how Bellevue developed from a Seattle suburb in the 1950's to the city of today. The Garden was a big part of that transformation. Pat Roome, the speaker, helped to develop the Bellevue Botanical Gardens.

12/14 Keeping an Eye on Legislation Affecting Retirees by Judy Stenberg (Regional Director for NRLN—National Retiree Legislative Network) / In-person review of legislation that will affect retirees in the State of Washington. Who is the NRLN? / Funding Social Security now and for the future / Preventing the privatization of Medicare / Work being done to make permanent the Health Coverage Tax Credit



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