



Teloscope

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2015 SPRING QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.



INSIDE THIS ISSUE:

Coffee & Wisdom 2

TELOSian in the Hall 2

Beyond TELOS academic benefits 2

Take a new TELOS class 3

TSO Events Series 3

Spring Course Preview 4

Opportunities for Spring Training

Spring is the season for the “boys of summer” to fine tune their gifts and perhaps discover new talents. As a TELOS student, now is also when you can return to topics of past interest, determine new subjects to investigate or even gain completely new skills. Spring quarter classes from the TELOS program at the North Campus of Bellevue College will offer a wide range of subjects and learning environments from which to choose. Whether you are looking for an opportunity to acquire knowledge from a stimulating lecture series, to absorb new experiences with hands-on training or to share in collaborative learning situations with other students, TELOS classes can provide what you seek.



Here are some of the class topics you can hear more about in the Spring Quarter Course Preview on March 13 (See page 4 for details):

History (American trends 1900-1950/ Russian / Black Death / Quilts / Egyptian / Myths / Stigmas / Your own personal history – Genealogy)

Current Events (Views of the News / Left vs Right / Middle East in Perspective /

Presidential Greatness / Ideas Worth Spreading)

Arts and Literature (Looking at art / Art of India / Drawing / Watercolor / Creative writing / Films / Decameron / Anna Karenina)

Health and Well-being (Brain power / American Health / Issues around aging / T'ai chi)

Philosophy and Religion (Bible / Mormonism / Philosophy of Religion / Islam & Sufism)

Science and Technology (Space – the Final Frontier / Steam Railroading / Wind energy basics / How birds live / Social Media)

TSO Holiday Party 2014

Holidays are the perfect time to enjoy friends and good food. And that is exactly what the happy crowd did on December 11th at the TSO 2014 holiday party. Jerry Harkleroad, TSO Events Chair, and the tireless members of his committee put on a wonderful cele-

bration for all who attended. And, if the enthusiasm that was apparent among those in line at the refreshment table is any indication, the food provided by Poppinjay's was enjoyed by all. Thanks to everyone who helped make this a fun success.



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TELOS students gather for *Coffee and Wisdom*

By Penny Rathbun



Photo by Penny Rathbun

TELOS instructor Audrey Becker launched the new TSO *Coffee and Wisdom* series with her talk on Boost Your Brain Power and Health. The series offers monthly speakers and is free to all TELOS students.

The new TELOS Student Organization (TSO) launched a new lecture series last quarter for the benefit of all TELOS students.

Coffee and Wisdom is a series of

monthly speakers held at Bellevue College north campus. The speakers are TELOS instructors, book authors, artists or community leaders or all four.

Audrey Becker was the first *Coffee and Wisdom* speaker. She is a TELOS instructor and specializes in brain research and what it takes to keep the brain healthy. She teaches a TELOS class on Boost Your Brain Power and Health. Her *Coffee and Wisdom* lecture was on the same topic.

Dr. Stephen Bezruchka of the University of Washington School of

Public Health will be speaking in March on Income Inequality as a Public Health Issue.

The series is organized by TELOS instructor and student Jim Cushing. “*Coffee and Wisdom* is a wonderful glimpse into what TELOS is about which is sharing knowledge, adding some wisdom and drinking coffee,” Cushing said.

Attending *Coffee and Wisdom* is Free, but seating is limited and it is necessary to register in advance by email at info.telosso@gmail.com

TELOSian in the Hall*

By Penny Rathbun

TELOS students volunteered the answer to this question for this issue of the *TELOScope*: **On what subject would you like to see a TELOS class offered and why?**

Karen Wear said she would like to see a class in downsizing and clutter reduction because, she said, “I have one bedroom and I act like I have four bedrooms.” (Continued on page 3)

TELOS class benefits more than academic

By Angela Young, M.S [TELOS Program Manager]

One of the things I like most about the TELOS program is that there is no other program like it on the eastside. Most TELOS classes meet once a week for eight weeks. This format allows time to cover most material as well as encourage rich discussions. We are very proud of our highly educated instructors and students as the additional information gained from discussions can create additional learned material.

This Spring Quarter will include a few more additions to our courses. One class that will likely spur discussion in the upcoming spring quarter is Social Media Made Easy. While our TELOS classes are college or even graduate

level, a few classes have been added to reflect some of the students’ needs. Our students will learn how to use Pinterest, Facebook and other social media programs. Hopefully, this will bridge another way our seniors remain socially active.

There’s also social life that develops around classes as a major feature of the TELOS program. Dependent upon the class, sometimes our instructors incorporate additional learning opportunities by taking trips to enhance learning. Also, our TSO (TELOS Student Organization) plays an important role of keeping our seniors active.

Many studies have shown that

there are medical benefits that result from intellectual activity. These benefits include potentially reduced risk for cardiovascular problems, Alzheimer’s disease and mental health issues such as depression.

In an article on this topic, a senior health expert, Marian Anne Eure, said, “We are dependent on one another for everything from food and clothing to health. Studies have shown that people who are isolated and lonely have a higher incidence of health problems.”

I think our program stands apart because of the higher level of classes and the social aspect of it all. I look forward to seeing all of you at the Spring Course Preview on March 13. Sign up for a class and participate in lifelong learning through TELOS.

* Our version of “Man on the street” interviews.

Take a *new* TELOS class all week long

By Penny Rathbun

A student could sign up for a new class that has not been offered before in the TELOS program every day of the week in the spring quarter.

Mormonism and its relationship with mainstream Christianity is offered on **Monday**. Stigma and what it means in the 21st century is also available on Monday as well as a class on the Bible and its influence on the church and Western culture.

On **Tuesdays** the TELOS student can study The Decameron or take a class that looks at presidential greatness. If Russian literature is your interest you can take an eight-week look at the novel Anna Karenina. Myth and legend

will be explored in Myth: Its History and Meaning. According to the class description “Art is about visceral reactions!” Learn more about that in Looking at Art. Also on Tuesday the American health care system will be explored in the class Americans Have Shorter Lives and Poorer Health. Why?

Wednesdays are busy with studying The Black Death: Human Disaster in Medieval Europe. The Future of Islam and Sufism and a class titled The Middle East in Perspective. Wednesday students can steam ahead in Steam: 19th Century Railroads in the US or learn about the history of the com-

forter they take on the journey in Quilt History: Modernism 1920 – Present. Wednesday birders can learn more about How Birds Live and for the history buffs there is Russian History: Part A.

A variety of interests can be studied in these classes on **Thursday**: The Art of India, Wind Energy Basics, Social Media Made Easy and Cultural Explosion: A Look at American Trends 1900 – 1950. Also on Thursday the TELOSian can discover What Matters in the End, a class that will look at issues around aging such as companionship and medical decisions.

Finish the week on **Friday** with the class The Films of Woody Allen, Part B.

TELOSian in the Hall (cont'd)

Max Lohn would like to take a TELOS class to study the future effect of technology in relation to health and science. He would also like to take a class that looks in-depth at novels such as Portnoy's Complaint or Uncle Tom's Cabin.

A class on the plight of the middle class in the current economy would be on Steve Funk's class schedule. “This is interesting because nobody really seems to have an answer to what is happening with the middle class,” he said.

“There's no class for people that want to indulge in arts and crafts, hands on,” Irene Bloom said. “Local artists could come in to teach what they know.”

Cathleen Blackburn would like to see a class on wills and family transitions. “Our culture does not have a framework for dealing with loss of a spouse or other family member,” she said.

Regio, Hobbs launch TSO events series

By Penny Rathbun

About 100 TELOSians took advantage of the opportunity to hear two seminars presented by recent TELOS instructor Alessandro Regio.

In December Regio drew on his expertise as founder of the Students for Ethical Governance and Policymaking at the Monterey Institute to present Arab Spring: 3 Years On and Human Rights:

Theory and Reality. A lively question-and-answer period followed both seminars.

In January TELOS instructor Ron Hobbs lead two tours of the Museum of Flight in Seattle. Hobbs has served as a volunteer Solar System Ambassador for NASA's Jet Propulsion Laboratory. He has also given a Coffee and Wisdom presentation.

This TELOS Student Organization-sponsored speaker series also includes the Great Decisions discussion group. In February and March this group discussed foreign policy challenges facing Americans today. The group is guided by the Great Decisions booklet.

There is a charge for this speaker series and discussion group.



Photo by Penny Rathbun
Alessandro Regio, popular TELOS instructor, presenting seminars for TELOS students.

Email
info.telosso@gmail.com
for information on future events.

SAVE THE DATE!

Are You Ready for 2015 Spring Classes?

Discover what you want to learn!

Bellevue College Continuing Education TELOS Program presents a **Spring Course Preview** where you can learn about classes designed to enrich your life. Short presentations about classes will begin at 1:00 pm and in-person conversations with instructors will be available afterwards.

Join us to hear overviews of many classes that are offered for the 2015 Winter Quarter:

Literature Current Events Science Philosophy
History Genealogy T'ai Chi Creative Writing

And **many** more.....

TELOS provides a wide variety of cultural and academic enrichment classes designed to fit your lifestyle and interests. All classes are held weekday mornings or afternoons at the Bellevue College North Campus.

Friday, March 13 —1:00pm to 3:00pm

Bellevue College North Campus — Room #1125

14673 NE 29th Place, Bellevue

Bellevue College TELOS Program

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