



TELOScope

LIFELONG LEARNING
2017 SPRING QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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April showers bring May flowers ...

... and great new classes at TELOS! Spring Quarter at the Bellevue College TELOS program offers students many opportunities to gain new knowledge and friendships in approximately 45 different courses — many with new instructors.

Classes start the first week of April and those registering for TELOS courses will have many options from which to choose: classes on weekdays (Monday through Friday) at each of three class times (10:00 to 11:30 a.m., 12:00 noon to 1:30 p.m., 2:00 to 3:30 p.m.)

Some of the topics that will be offered this quarter include ...

Discussion and Interactive Classes – Views of the News / “Ideas Worth Spreading” / Great Decisions / T'ai Chi / Gentle Yoga / Effortless Walking

Arts – Intro to Drawing / Intro to Watercolor / Intro to Acrylics / Art Workshop / Arts and Crafts of India / Neoclassical and Birth of American Art / Composing Good Pictures



US + History – Canada and US—Contrasts between Two Democracies / History of American Foreign Policy / Japanese-Americans in WW II / The US Becomes #1—1916-1946 / History Buffet / British Bobby in Bellevue / Eastside History

Culture - Russian History Part C / Israel and the Middle East—Part D / History of Dance / History of Philosophy—Socrates to Sartre / The Evolution of Clothing Over Time: Part 3 / Etymology: Word Study / Computer-based Genealogy

Stage and Screen – Dance for Stage and Film Part 2 / Screwball Comedies of the 1930s and 1940s / The Early Days of Radio / The Films of Woody

Allen Part D / The Great Silent Screen Clowns / The Life and Music of Duke Ellington

Politics and Civics – The Bill of Rights, Supreme Court and You / The Current State of News Media / The Evolving Presidency / The New Behavioral Economics

Literature - Adaptations of A Midsummer Night's Dream / Short Stories and Poetry of Steven Crane / Creative Writing

Ancient History – Egyptian Voices from the Past: Highlights of Ancient Egypt / Rome: The Eternal City

Health & Medicine – New Paradigms in Health and Medicine / The Sleep of Life / All About Face

Science – Geology of National Parks—Part III

Course information and registration opportunities should be available online by February 21st. Catalogs with all class listings will be available shortly after that.



See page 4 for details about your opportunity to learn more about TELOS classes at the **Spring Open House** on **Thursday, March 16, 2017**

The artists among us

By Sue Black

One of the fascinating side benefits of taking classes at TELOS is meeting the other students that are drawn to the program. The opportunity for continued learning appeals to some very interesting individuals. One category of student often attracted to TELOS is that of "artist."

A prime example of TELOS artist is Nancy Rogers. Nancy is an Encaustic Artist. This is an ancient art form that dates back to Greece and it is an irony in our modern age that it has

received such a widespread interest now. As Nancy states: "I discovered encaustic art quite by accident ... I was teaching myself collage from YouTube videos and found the encaustic site (to learn) to use the wax as a way to adhere objects ... and as we know ... way leads on to way ... and I jumped in with both feet. I first apply hot wax to a wooden or rice paper substrate and then use a hot box or a heat gun to "burn it in." The colors start to dance and play once the heat hits



"Light After Darkness"
By Nancy Rogers

(Continued on Page 3)

TELOS/TSO Holiday Party was "delicious"



Photo by Laura H Wise

As tradition dictates, the TELOS/TSO Holiday Party was celebrated in *grand style* on

December 8, 2016. One hundred twenty-seven enthusiastic "TELOSians" gathered at the VFW Hall in Redmond to enjoy the festivities and celebrate the holidays.

It was obvious from the camaraderie in the hall that attendees enjoyed sharing the celebration with their TSO friends and fellow students. In response to questions about the most enjoyable aspects of the party itself, many

comments referred to the delicious food that was provided by Susan Megan Catering of Kirkland.

Our appreciation goes to the members of the Special Events Committee who planned the event, provided decorations and helped with the set-up and takedown at the Hall. Committee Chair Jerry Harkleroad also wants to send a special thanks to Steve Denison who chaired the event in Jerry's absence.

"It's All About Face"

New TELOS instructor, Glenna Trout is presenting an exciting new class in April. We all read faces. Seeing and reacting to a face is the method most of us use to form our first impressions of others and how we often gauge their reactions and opinion. Each face is like a roadmap which can reveal many layers of information about that individual, indicating where the person came from, her/his current position and where s/he is heading. Acquiring skill and practice with various face-reading tools will enable you to gain deep insights and a more

compassionate understanding of self and others. Using this information with sensitivity, compassion and great restraint, it becomes possible to encourage positive growth and improve communication.

"By combining this expertise with her background in policing, justice and education, and her art in making-learning-fun, Glenna's teachings offer a fascinating and compassionate insight into the area of human nature." ~ quote from the Belgium Federal Police in Brussels. Look for this new class starting Tuesday, April 4 at 10:00 a.m.

TELOScope is
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the TELOS Student
Organization (TSO)
<http://tso-teros.org>



The “Tao” of TSO

By Sandi Medendorp

Retirement threatened to drive me crazy. Then I found TELOS. But within my first two weeks sitting in a class, I am literally tapped on the shoulder by someone asking me what I would like to do to make sure that TELOS survives. Repeat: *To-Make-Certain-That-TELOS-Survives*.

Needless to say, just two weeks into my first class, I was ready to give my life's blood to make certain that TELOS goes forward.

The result: I was directed to the Marketing Committee which is focused on finding new members for the TELOS Student Organization. TSO is the student arm that creates community for TELOS. To do that, TSO provides opportunities for students to get even more from their TELOS experience.

That “more” includes the Holiday Bi-Annual Meeting (otherwise known as the TSO/TELOS Holiday Party) and the Summer Bi-Annual Meeting (otherwise known as the Summer Picnic). Also, it is always nice to preview the class schedule prior to the registration day and the TSO website helps with that. TSO members are likewise notified of special seminar events like Coffee & Wisdom and special seminars between quarters. You receive information about all of these events when you provide your email address to TSO. I even helped to design a colorful brochure to use for sign up to TSO. (Look for one on campus if you are not yet a member!)

TSO needs volunteers to make these things happen. What are the ways

you can volunteer? Become part of TELOS survival by participating in one of the committees:

Curriculum – class and seminar planning – next meeting 3/17 at 10:30 a.m. room 1120

Marketing – bring in new students – 3/1 at 1:00 p.m. room 1128

Events – plan bi-annual meetings and elections – 3/10 at 10:30 a.m. room 1129

Please come to a meeting if only to observe the process. Or, consider the greatest volunteer opportunity of all by engaging your favorite passion by leading a Coffee & Wisdom session, special seminar or teaching a class.

Trust me, it will keep you from going mad.

“A British Bobby in Bellevue”

New class slated for April – don't miss John Bishop presenting stories and adventures from a 33 year career of policing in England. He will start with some history, connect his experiences with policing in Bellevue while talking about the law, royalty, American presidents, terrorism and CCTV (Closed Circuit TV). There are plans for many guests and interactive discussion. Sign up for the Tuesday 2:00 p.m. class starting April 4th. CHEERIO!

Artists among us (Cont'd from Pg 2)

them ... it can be a wonderful way to play ... letting go of any preconceived notions and just stay in the moment and enjoy the journey.” Nancy recently had her work shown at a local wine festival and has created encaustic photo memories commissioned by clients.

“Making art is the way I play ... I think that as adults and even older adults that we NEED to get back to playing for the pure joy of it ... especially now in these times.”

More TSO reading suggestions

Virginia Brandmeier: *The Furies* by John Jakes

Dee Koger: *White Trash* by Nancy Isenberg

Edo Ziring: *Faith and Politics* by B. Leis

Mike McBeth: *Desert Queen* by Janet Wallach

Kathy Shoemaker: *Hamlet* by Shakespeare

Sandi Medendorp: *Leaving Berlin* by Joseph Kanon



Sign up for the Bellevue College Emergency Alert System

To be aware of emergencies on the Bellevue College campus (like the cancellation of classes due to snow in February) all you need to do is go to the Bellevue College Emergency Alert page on the school website.

<http://www.bellevuecollege.edu/alerts> On that page, you can also register to receive text messages any time an alert is posted. The TSO website will also carry campus emergency alerts when appropriate. (<http://tso-telos.org>)

Reviews of recent TELOS/TSO seminars

State Grapples with Education Funding

In 2012 the Washington State Supreme Court ruled Olympia is not fulfilling its paramount duty to amply fund basic education equitably, and that relying on local levies of federal funding is unconstitutional because it is unstable and unfair. Since then the judiciary has monitored progress to ensure the problem will be solved by 2018.

On December 15, TSO sponsored a presentation by Marcie Maxwell to provide attendees with solid information and background on this complex topic. Having served as Governor Inslee's Senior Policy Advisor on Education, a 41st District State Representative, a Renton School Board Member, and now volunteering her time to advocate for Washington students, Marcie came well-qualified to address the topic.

Since an educated populace is a vital requisite to survival as a free society, she encourages voters to

stay informed and to advocate for all our children by contacting legislators to fund education without making harmful cuts to other sorely needed social services.

Insights on Health Care System in Cuba

At the February 3rd Coffee & Wisdom session, Dr. Erika Bliss talked about visiting Cuba with a Seattle delegation to see how free health care was delivered to the population. She described how they met with Senior Health Care officials and visited clinics, hospitals and researchers. As a primary care physician Dr. Bliss was particularly interested to learn what could be adapted into our system.

Dr. Bliss was very impressed that Cuba's Primary Care clinics understand the need to include both eye and dental care to maintain a healthy population. With limited resources Cuba has developed successful drug treatments and reduced diabetic foot amputations by over 80%.

SAVE THE DATE!

Learn about the new TELOS classes available Spring Quarter



Bellevue College Continuing Education TELOS Program presents a **Spring Open House** where you can learn about classes that will be offered that are designed to enrich your life.

Thursday, March 16 —11:00 a.m. to 1:00 p.m.

Bellevue College North Campus — Room #1125
14673 NE 29th Place, Bellevue

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