

# TELOSscope

SEEKING  
ACTIVE SENIORS,  
RETIREEs,  
SEMI-RETIREES  
AND OTHERS  
INTERESTED  
IN CONTINUOUS  
LEARNING.

**INSIDE THIS  
ISSUE:**

TELOS Treasure	2
US Coast Guard	2
Movie Club	2
TSO Council	3
TSO Website	3
Reading Suggestions	3
Comments on Seminars	4
Save the Date	4

LIFELONG LEARNING  
2017 SUMMER QUARTER

## Summertime, when the livin' is easy ...

... and the classes are great at TELOS! Summer Quarter at the Bellevue College TELOS program offers many fun and interesting opportunities for enjoying new experiences and meeting up with old friends.

Classes start on June 26th and those registering for TELOS courses will again have several days and times 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 ...

**History and Philosophy –** Russian History – Part D / Radical Islam / Israel and the

Middle East – Part E / Textiles and the American Civil War / Ancient Philosophy / History Buffet / More Stories from the Eastside's Past



**Stage, Screen and Music –** More History of TV / German Emigres in American Film / Rebirth of Documentary Film / How Music Grabs You / Stephen Sondheim / History of Dance

**Creativity –** Adding Humor and Creativity to Life / Creative Writing / Summer

Inspired Drawing / Summer Inspired Watercolor

**Arts and Literature –** Romeo and Juliet / James Joyce - Part I / History of Landscape Painting

**Social Connections –** Sociology / Social Networks

**Wellness –** Gentle Yoga / Comfortable Feet

**Discussion and Interactive Classes –** Three (3) sessions of Views of the News ("Ideas Worth Spreading" will be back in Fall Quarter)

Course information and registration opportunities will be available online by Friday, May 12th. Catalogs with all class listings will be available shortly after that.



### Class Feedback: How are we doing?

Every response is reviewed so please use the class evaluation form thoughtfully at the end of each class quarter. Thank you!

# TELOS Treasure: Alessandro Regio

By Sandi Medendorp



If you have not attended an Alessandro seminar, you are missing out on the most current thought on International Affairs. For the past

three years, TELOSians have had the opportunity to learn and grow with Alessandro as he moves toward his PhD. He already holds an M.A. in International Policy Studies and B.A. in Political Science.

Last December we walked (carefully) through Arms Control with Alessandro. Have you given thought to the cycle of conflict trafficking, stockpiling, proliferation and death? The country that is importing the most amount of arms is most likely

going to be the perpetrator of the next international war.

Most recently, in March, Alessandro explained Neo-Liberalism: Nations that trade don't fight. Money is more important. This neo-liberal world order is supported by the right (conservatives) and by the left (progressives). We are living in the age of "Shareholder Benefit." Is the rise of the right wing populism a rejection of neo-liberal world order? Stay tuned. And watch for future seminars and classes from Alessandro.

## "They named a ship after him"

On Wednesday, March 8<sup>th</sup>, TSO members learned about the history of the U.S. Coast Guard from Fred Herzberg, Captain US Coast Guard, Ret. and Founder of the Foundation for Coast Guard History. Fred's philosophy is that the names, dates and places of history are important because they put human stories in context. Reflecting this, he offered many stories of the heroic efforts of members of the Coast Guard as they saved passengers and crew who would



certainly have otherwise perished. From its beginning in the late 1790's as the "Revenue Cutter Service" to joining with the Life Saving Service (Beach Patrol) to become the "Coast Guard" in 1915 and the important role it played in WW II, its history is filled with many examples of heroism and bravery ... often ending with the pronouncement from Fred: "They named a ship after him." And well deserved, given the human stories involved.

## Movie Magic

The Movie Club is one of the four groups (Book, Movie, Economics, and Constitution) that meet every month to provide interesting and fun discussions on a shared interest at no cost nor fee. On the third Monday of each month, at 3:30 p.m., The Movie Club convenes to discuss the



movies chosen at the previous meeting. Most folks come for the fun of talking about film but some folks come for a "serious" analysis of the craft. Each month the movies for review are chosen in advance and participants have a month to find and view the film(s) on their own time. If you would like to participate, find the movies for discussion on the EVENTS webpage and come to talk or just come to observe. All TELOSians are welcome.

TELOScope is brought to you by the TELOS Student Organization (TSO)  
<http://tso-telos.org>



# Welcome to TSO Council - Vote May 22-25

By Sandi Medendorp

An average TSO Council Meeting delivers support and guidance in selecting courses, encouraging diversity and providing a sense of community through social and educational activities at TELOS. The Council is composed of officers and members from the student body, elected by the student body and willing to volunteer.

At the March meeting, the Council received reports from the President, Vice President, Secretary and Treasurer. The agenda then moved on to reports from the standing committees as follows:

Curriculum – Fall instructors are sign-

ing up and the schedule of classes for SUMMER SESSION should be ready by mid-May. [Don't forget to check the TELOS website for the new schedule for Summer!]

Marketing – Did you see TELOS at the Crossroads Mall or at the Overlake Active Senior Fair in the past few months? These events were planned and staffed by the Marketing Committee.

Events – Now busy organizing the summer picnic. [We had a beautiful picnic last year – hope you can come this year.]

Website – Work is finishing up to update the WHAT'S NEW section.

[TELOS wants to keep up with changes in policy.]

TELOScope – This is where the newsletter is created. [Someone has to keep you entertained!]

Please take time to think about what the Council does to make TELOS so successful. But also please consider how you would improve TELOS and then communicate that suggestion to the Council as an email: [info.telosso@gmail.com](mailto:info.telosso@gmail.com) or visit the next meeting as a guest – May 17<sup>th</sup> at 3:30 p.m. (watch Events web page for any changes to time and room). \*\*\* Don't forget to vote for council members May 22<sup>nd</sup> to May 25<sup>th</sup>. Let's hear it for democracy!

## Wonders of the TSO Website: *tso-telos.org*

Some of the valuable information you can find on the TSO website includes ...

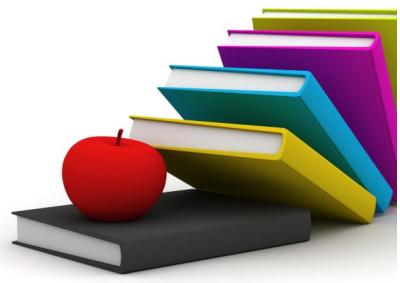
Instructor Biographies are found under the drop down "TELOS" on the menu bar. Names in SPECIAL COLOR are scheduled to teach. Most entries include photos.

Other Events is a choice under the drop down for Calendar/Events. This is a wonderful list of events in our area such as Art Show at Bellevue College – **free**. Planetarium Shows on Bellevue College campus – **free**. Book Exchange at Bellevue Library – third Saturday of every month – **free**. Microsoft workshops for seniors on third Thursday through June – **free**. Of course, this page is always subject to change so keep coming back.

What's New? is on the Website under drop down for "Welcome" on Home Page. This shows a list of what has changed recently on TELOS-TSO website. A new page called "Questions About Classes?" answers questions such as: "How do I know what a course will be like?" and "Under what circumstances can I bring a dog to class?"

Other Info – Take a minute to browse through "Tips" (deduct your Lifelong Learning expenses, use the BC Library, take a BC class for \$5) or "Discounts for Seniors" (movies, museums, sports and many more). Enjoy your senior status!

## Summer reading suggestions



Elinor Goldberg: *Boston Girls* by Anita Dizmant

Harius, Y: *Sapiens, A Brief History of Mankind* by Yuval Noah Harari

Betsy Greene: *Letter to My Son* by Ta-Nehisi Coates

Cris Schetz: *The Elephant Whisperer* by Anthony Lawrence

Brenda West: *Bettyville* by George Hodgman

# Reviews of recent TELOS/TSO seminars

## Becoming a Memoir Writer

An interesting group of creative TSO members gathered at BCCE on Friday March 24 and 31 to attend "Stories About Your Life" with Harry Bohne. There were published authors, proficient journalists and a number of writers-to-be who were interested but without much prior experience in the craft of writing.

By the end of the second session, with countless examples provided by Bohne, attendees had been exposed to many entertaining and important lessons regarding the writing of a memoir. Each had collected valuable hand-out materials with lists of important rules of grammar, interesting collections of mis-used terms as well as references and writing guides every writer would do well to know.

But, possibly more interesting was the opportunity to hear a little of the material that was residing in each of the attendees – especially those who were just discovering how much they enjoy using words to capture and share memories. We heard about the important role played by the birth of each new

member of one family, observations and lessons learned while other TSO members traveled and we learned how words can communicate tension just by the way the writer organizes them. Hearing a little about the life stories of others seemed to be an excellent way to learn more about writing our own.

## King County Long-Term Care Watchdog

"Ombudsman" is a Swedish word meaning, "One who speaks on behalf of another". On Friday, March 3<sup>rd</sup>, Jeremy M. Bell, MBA, MDR, King County Long-Term Care Regional Ombudsman explained to attendees that our state's program is mandated by the federal "Older American's Act." It seeks to resolve resident complaints, monitor oversight agencies and watchdog pertinent proposed laws and regulations. To achieve this mission, staff at 13 local offices work with over 400 trained volunteers. Their goal is to assure that residents of long-term care facilities retain all basic citizen rights, plus additional resident rights.

To find out more, contact [www.waombudsman.org](http://www.waombudsman.org) or call [1-888 562 6028](tel:1-888-562-6028)



## SAVE THE DATE!

### TSO / TELOS Summer Meeting and Picnic

Saturday, August 19 from 11:30 a.m. -2:00 p.m.

at the Bellevue North Community Center—Details to follow

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