

TELOScope

LIFELONG LEARNING
2018 SPRING QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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New ways to blossom in 2018

Spring is the season for sunny skies and new growth, whether that growth produces exotic orchids or sunny yellow dandelions. Now is also the time for those interested in their own new growth to consider classes at Bellevue College's TELOS program. This program offers a variety of thought-provoking courses for retirees. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas.

TELOS Spring quarter classes at the North Campus of Bellevue College begin in early April and will offer a wide range of subjects and learning environments from which to choose.

Some of the topics being offered this quarter include ...

Arts – Intro to Drawing, Intro to Watercolor, Landscapes



with Acrylics, Fun with Art, Art Workshop, Neoclassical and American Art, Latin American Textiles/Weaving, Art History, Contemporary Art, Arts and Crafts of India

History – Egyptian Voices-The New Kingdom, The Crusades, Computer-based Genealogy, Ottoman Empire, First World War, Late Medieval History 3, Origins of Dance in the Western World

Current Events, Politics & Culture - Views of the News, Great Decisions in Foreign Policy, Our Constitution: 1787 to Trump, The Age of Trump, American Muslim Men and Women, *The New Yorker*

Literature—Creative Writing, James Joyce's *Ulysses 3: Night in Dublin*, Shakespeare's "The Tempest," Shakespeare in Fiction, Speaking Shakespeare

Health & Well-being – Improving Eyesight Naturally, Improve Posture with Feldenkrais, Gentle Yoga, Multi-Level Ballet for Balance, Living Well—Dying Well, Tai Chi Beginner 1 and 2

Technology, Science & Design – Volcanoes, Astronomy and Space Science, Modern Threats—Cybersecurity, Personal Cybersecurity for Beginners, "Ideas Worth Spreading," Food: History, Science, Superstition, Seeing the Person Behind the Mask

Stage & Screen – American Comedy and Humor, Improv Theater Games, Readers Theater Returns

Course information and registration opportunities will be available online beginning February 14th.

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.
- In Person Registration North Campus, 14673 NE 29th Place, Bellevue, WA 98007

For further information on registering, see a step by step description at <https://studentweb.bellevuecollege.edu/telos-tso/registering-online/>

“Coming Attractions” - TELOS / TSO seminars

Join us at any and all of the following seminars and events. This is a list (as of “press time”) of potential seminars we hope to offer between quarters. All will be confirmed to those on the TSO contact list by email.

- | | |
|--|---|
| 2/28 10:00a.m.-12:00p.m. Molly Bullard— <i>Organizing Photos</i> | 3/21 10:00a.m.-12:00p.m. Jim Maynard— <i>Strange Bedfellows, the Alliance between the U.S. and Saudi Arabia</i> |
| 3/7 10:00a.m.-3:00p.m. AARP Driving Safety | 3/27 10:00a.m.-12:00p.m. Kelly Green <i>Role of Social Workers</i> (Dr. Lai) |
| 3/8 10:00a.m.-3:00p.m. AARP Driving Safety | 3/29 10:00a.m.-12:00p.m. Darina Regio— <i>History and Architecture of St. Petersburg</i> |
| 3/13 10:00a.m.-12:00p.m. Andrew Lyon - <i>Compass Housing Alliance</i> | 3/30 10:00a.m.-12:00p.m. Darina Regio— <i>Growing Up in Russia Post Soviet Union</i> |
| 3/14 10:00a.m.-12:00p.m. <i>Overlake Hospital-Medications to Avoid</i> | 4/6 10:00a.m.-12:00p.m. Jim Maynard— <i>Opium</i> |
| 3/15 11:30a.m.-1:00p.m. Andrew Baze <i>Cybersecurity</i> | |
| 3/20 10:00a.m.-12:00p.m. <i>Metro Link Airport Lecture</i> | |

How can you defend “those people?”

On Wednesday, Nov. 30, Jordan McCabe presented a seminar on the fundamentals of due process in a court of law specifically related to her work representing indigent criminal defendants on appeal. She asked those attending the seminar to consider Amendment VI in the Constitution of the United States (all received a pocket copy.) It grants citizens the right to a speedy and public trial (no secret processes, please) with the assistance of counsel for defense. Anyone accused would most definitely want these rights, even the guilty ones (who are, in fact, innocent until after that speedy trial with representation.)



This presentation reminded all attending that the government has enormous power and authority. The only thing a citizen has is the Constitution. It was written to preserve the rights of us all including “those people” who we believe are guilty. Think for a moment ... where would you draw the line – how many guilty should go free to prevent one innocent person from going to jail?

TELOS / TSO Events

TSO Bi-Annual Business Meeting and Holiday Party
December 6, 2017

TELOScope is brought to you by the TELOS Student Organization (TSO)

<http://tso-teros.org>



Margaret Quinn and Jerry Bunce



“Holiday” Bill Greaver

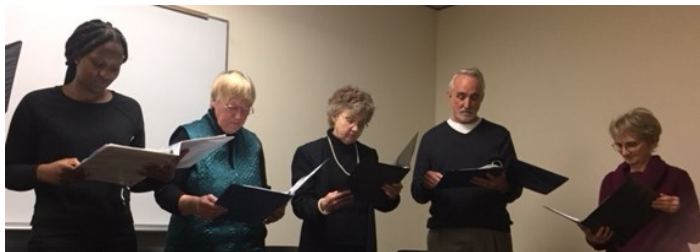


Arlene LaTurner, Steve Denison, Helen Rogers, Diane Kester

The “theater” from the inside

By Jerry Bunce

Last Fall quarter, I was fortunate to sign up for Mark Waldstein’s *Reader’s Theater* class. What a blast! I have to admit I am a bit of a ham and I love theater but I have never been on a stage. Mark gave us excerpts from the play *Spoon River Anthologies*. It’s a play taken from poems written by Edgar Lee Masters in the early 1900’s about a thinly veiled fictitious town in Illinois and thinly veiled fictitious people speaking from the grave. I and my classmates were assigned three or four poems to read from the script. Many were stand alone poems and some involved two or more people. As we progressed in the class Mark would coach/coax/direct us to add feeling, depth and



understanding to each character. (And they were real characters). As we neared the end of class we learned that we had the opportunity to present the play to a TELOS audience. We jumped at the chance to perform the play in front of our TELOS friends. The first performance at 10 a.m. sold out, so to speak, and we scheduled a second showing at noon. What a hoot! I want to thank Mark and my wonderful classmates for a great, fun class. My advice? Sign up if you get a chance to do *Readers Theater* with Mark Waldstein.



On the trail and on the rail

On Nov. 24th, TELOS/TSO sponsored a between quarters seminar on the “Trails and Rails” program provided by a partnership between AMTRAK and the National Park Service. A team of experienced National Park Service guides provided information on this interesting and free service available to passengers on the Coast Starlight and Empire Builder trains. Several of the guides had participated in this fascinating program for many years.

Between mid April and mid September, passengers leaving Seattle on AMTRAK

trains for either Portland or Montana can listen to commentaries and information from the guides about the countryside, history, geography and flora/fauna they are passing.

The availability of this interesting program was a surprise to many of those who attended this seminar. Judging from several conversations overheard as people filed out of the room after the presentation, there is a good chance that AMTRAK will see an upsurge in ticket sales for these routes starting this coming April.

For fans of the theater

Movie Club will have a big day at the February 23rd meeting when we all submit our ideas on who will win Oscars at the March 4th Academy Awards ceremony. At the March 23rd movie club meeting, we can gloat or scowl. Pick up an award ballot at the reception desk. This club is free to all TELOS students and we have fun talking about movies!

Suggested books for reading this Spring

- The Immortal Irishman* – Tim Egan (Lois Nicholas)
- Full Catastrophe Living* by Kabat-Zinn (Norene Scott)
- Shrill* by Lindy West (Ann Lewis)
- Justice as Fairness* by John Rawls (Delia Segovia)
- Hunger* by Knut Hamsun (Darina Regio)
- Lab Girl* by Hope Jahren (Sharon Lengyel)
- Archie Comics #86* (Alessandro Regio)



Food Drive at Bellevue College

There are BC students who face challenges securing food that might affect classroom performance. Please consider donating non-perishable food in the box at the North Campus lobby to help fellow BC students. I am going to bring two cans of soup every week.

Sandi (TELOS student)



“New York ... New York!”

By Sandi Medendorp

You don't have to be a New Yorker to appreciate *The New Yorker*, an American magazine of reportage, commentary, criticism, essays, fiction, satire, poetry and, of course, the best cartoons. It has a wide audience and is read internationally. In Winter quarter, a fun discussion group led by Fred Silber focused on the current issue of this publication. (A subscription to the magazine is necessary.) Each week five items are selected for a lively discussion.

One week, the topics ranged from the psychology of inequality, immigrant deportation, challenges of being the president of a black college institution in current political climate, a fiction story, to a look at the latest “cartoon caption contest.” In addition, there was a chat about the kneeling football players and the reading of a poem. There was something for everyone.

The course is moderated by Fred Silber who was born and raised in New York. He is an experienced attorney and educator with extensive work in the music and entertainment industries in New York, as well as experience with Microsoft and the Experience Music Project in Seattle. He has the perfect background to lead a group through the thought-provoking, newsworthy, fantastic *New Yorker*. This is an ongoing, ever changing course – look for it in the next catalogue.

SAVE THE DATES!



Join TELOS at the Active Senior Fair

Overlake's Active Senior Fair will be held **Saturday, March 3, 2018, from 10 a.m. to 3 p.m.** at **Westminster Chapel of Bellevue, 13646 NE 24th Street, Bellevue**

This fun, FREE daylong event features entertainment, mini-health seminars, and workshops. Take advantage of a variety of free health screenings. Stroll through vendor exhibits highlighting a wide range of Eastside businesses and organizations. The entire day is geared to the active senior. Don't miss this fun-filled event!

Bi-Annual Business Meeting and Summer Picnic

Saturday, August 18 | 11:30am-1:30pm



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