

# TELOScope

LIFELONG LEARNING  
2019 SPRING QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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## Opportunities for growth

After months of the gray, rainy days of winter, it is exciting to see colorful examples of new life poke up through the soil in neighborhood gardens. It is a reminder of the opportunities for growth and development that are available to us if we simply decide to take advantage of them.

One way to make the most of such an opportunity is to consider taking TELOS classes at Bellevue College's North Campus. This program offers a variety of thought-provoking courses for retirees and those interested in continuous learning. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas. Many TELOS students form lasting friendships.

Those registering this quarter will have many options from which to choose. Some classes are presented in a traditional lecture format while others encourage interactive learning through lively class discussions. These are classes taught in a relaxed atmosphere with an emphasis on learning, growth and fun---not performance.

Some of the topics that will be offered Spring Quarter 2019 at TELOS include ...

**History & Current Events** – Culinary History of India, Islam Today: Myths and Facts - Part 2, "Ideas Worth Spreading,"

The "New Yorker" Discussion Group, US History 3: The Philadelphia Story: 1787, From Truman to Trump, Democracy in America - Redux, Views of the News, History of Israel and its Place in the Middle East Conflict, Egyptian Voices from the Past : The Queens and Women of Ancient Egypt, Russian History: Part D, Great Decisions 2019, British Bobby in Bellevue



**Visual Arts** - Versatile Acrylics Studio, The Artist Eight, Contemporary Art, Fun with Art, Intro to Drawing, Intro to Watercolor, Neoclassical and the Birth of American Art, Art Workshop, Turning Your Art into Greeting Cards - To Use, Gift and Sell, Travel Photography - Creating the Best Souvenirs!, Focus on Composition in Photography

**Health in Movement** – Ballet for Balance, Rediscovering Joyful Movement, Ballet for Balance Level II, Tai Chi - Beginner I and II,

Tai Chi – Intermediate, Gentle Yoga, Introduction to the Feldenkrais Method®

**Science & Technology** – Topics in Astronomy and Space Science, Principles of Nutrition, Plant and People, Who are we? Episodes in Human Evolution, What's So Scary about AI?, Nutrition Fact and Fiction

**Literature & Theater** – Tom Jones, a novel by Henry Fielding, Shakespeare In Fiction: The Tempest and Margaret Atwood's Hag Seed, Speaking Shakespeare, Creative Writing, Readers Theater

**Law**—Intellectual Property: Yours, Mine & Ours, Law, Politics & Public Policy, International Law & Policy

**Stage, Screen & Music** – Seriously Funny: Stand-Up Comedians of the 1950s and 1960s, Science Fiction and Cinema, World Music

**Psychology** – Lose Clutter-Gain Some Sanity!, It's All About Face, Who Are You Really?

**Philosophy & Religion** – Applied Mythology, Applied Philosophy, Introduction to Buddhism

Course info and registration are available online, by telephone and in person at North Campus beginning the last week of January.

# Reading suggestions for the Spring



This is for those who enjoy reading a good book and also like hearing what others would suggest reading. Here is another list of books that TELOS students (and others you might recognize!) have enjoyed.

*The Soul of America* by Jon Meacham (Joan Snelson)  
*The Friend* by Sigrid Nunez (Betty Childers)  
*The Enchanted Life: Unlocking the Magic of Everyday* by Sharon Blackie (Marilyn Subala)  
*For All the Tea in China* by Sarah Rose (Donna Oberembt)  
*Fascism* by Madeline Albright (Judy Bailey)

*Technology* by Neil Postman (Richard Sanford)  
*My Dear Hamilton* by Stephanie Dray (Holly Finkbeiner)  
*Educated* by Tara Westover (Arlene LaTurner)  
*Every Note Played* by Lisa Genova (Sandy Heidergatt)  
*Factfulness* by Hans Rosling (Barack Obama)

## Come On Board!

I do enjoy a cruise, but, this is not an invitation to take a cruise to your favorite destination.

It is an invitation to consider joining the TSO (TELOS Student Organization) Board or one of the committees. I have really enjoyed the TELOS classes I have taken over the past year. That is why I said yes when I was asked to join the Board and become the President. I want to help our learning community to thrive and grow so that I can continue to enjoy interesting TELOS classes with interesting people – that's you my fellow TELOSians.

We need a few people to run for positions on the TSO Board in June with your term starting in July. You can also help the program by joining one of our four committees without being on the TSO Board:

Curriculum Committee  
 Events Committee

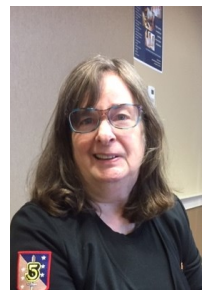
Outreach Committee  
 Strategy Committee

If you have questions or you are ready to volunteer you can call me at 425-495-0294 or email at: [superduper100@comcast.net](mailto:superduper100@comcast.net)

Jerry Bunce  
 President, TELOS Student Organization

## Science Fiction makes its mark

A brand new class offering in winter quarter led by Michelle (Shelley) George might appeal to all movie fans. Science Fiction is a genre that had never received a nomination for "Best Picture Oscar" until 2017 so it may finally be taking a place in the movie universe. Some films discussed in the class are viewed on your own time and some are shown in class. But the discussion is completely lively, interesting and fun. Why not consider signing up next quarter?

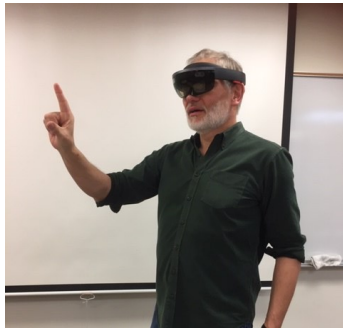


Shelley George

TELOScope is  
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 Organization (TSO)  
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# Virtual Reality – A Simulated World



Eric Zocher is a former software executive with forty years of experience who has been tracking the emergence of VR and clearly is happy to share his enthusiasm with TELOS students. In a “Between Quarters Seminar,” he explained that VR is the next tech step from your smart phone. It creates a simulated world for your eyes either through a headset or by placing your smart phone in a head box. There are many VR apps including games, fitness, education, travel, 3D creative and design, tele robotics (robots commissioned to clean up Fukushima), art and music to name a few. One name brand device is Oculus Go and is available from Best Buy and Amazon at reasonable pricing.

But that type of VR is now “old hat” compared to Augmented Reality. This combines a live view with overlaid information or synthetic objects. (This was introduced to the public with Pokémon Go but has now expanded ... picture seeing furniture placement in your decorating process.) Mixed Reality is the newest iteration. It combines VR with Augmented Reality. For more information on this fascinating topic, look for Eric’s classes in the schedule for Spring Quarter. They are each only three weeks and tons of fun with “heads on” demonstrations. This is the future.

## Whose Healthcare Data?

Who has your healthcare data? You can bet they are selling it. What is it used for? For fraud: Identity theft, medication fraud, financial fraud and insurance fraud. At the Dec. 11 seminar, our speaker, Nathanael Nienaber, explained how we should proactively safeguard our personal health data. Healthcare entities are the worst at protecting information because it adds to the cost of their operations. They suffer twice as many data breaches as any other large entity. One in four of us have had our health data stolen.

Who owns your healthcare data? Doctors must provide you with copies of records. You should obtain a copy periodically and review for errors. Errors should be corrected to prevent costly consequences. Remember you are building a “healthcare score” in data history just like a credit score. It will determine costs and coverages in your future. Try to read all terms and privacy statements in all healthcare transactions. Ask questions if you don’t understand or if it appears that you are giving away privacy rights. Review all insurance billings as closely as you do credit card bills. Get your healthcare team to help protect your data as well as heal you.

## TELOS Class Fee Increase Update

We have some progress. Bellevue College has identified their Task Force members: Mike Kaptik, Kari Hammond and Lisa Corcoran. Our TSO Task Force team is ready to go. Now we are waiting for a meeting to be scheduled. In the meantime, the *TELOS class fees will remain the same.*

Jerry Bunce, TSO President

## TELOS / TSO Photo Gallery



Readers Theater: “Dining Room”  
Nov. 13, 2018  
Sandi Medendorp, Jerry Bunce,  
Jay Bishop

TELOS/TSO Bi-Annual Holiday Party  
and Business Meeting—Dec. 5, 2018



Alessandro and Darina Regio:  
Seminar on Washington DC  
Think Tanks Dec. 27, 2018

**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 <http://tso-telos.org/registering-online>

# The road most traveled

No ... it isn't your imagination. Traffic around the Puget Sound is often a major challenge. However, as we learned at a seminar sponsored by TSO in November, in the City of Bellevue, it is much better than it could be due to the cutting edge technologies and sophisticated analyses from the city's traffic engineers. Raid Tirhi, a Senior Intelligent Transportation Systems Engineer with Bellevue, explained how the Intelligent Traffic System (ITS), adaptive traffic signals, traffic camera management and modifications in the placement of signs & pavement markings move traffic in the most efficient and safe manner. Throughout the city of Bellevue, more than 200 adaptive traffic signals respond to changing conditions (levels of congestion, collisions, aggressive behavior of some drivers). This results in an optimal traffic flow ... at least until the next major change in condition. And given the fact that over 95% of traffic collisions are due to human behavior, it's a good thing these technologies and the engineers behind them are able to balance much of that behavior.



# SAVE THE DATES! TELOS



**TSO Board Election**  
Last week of May  
North Campus Lobby

**TSO Bi-Annual Business Mtg & Summer Picnic**  
Sat. Aug. 17  
11:30am-1:30pm



# Between Quarter Seminar Topics for March

The ever popular "Between Quarter Seminars" will again be offered without charge during the month of March. Possible topics include\* ...

- |   |                               |                                 |
|---|-------------------------------|---------------------------------|
| How to Rent Out Your Spare Room<br>Seattle Art Museum | Waste/Recycling<br>Light Rail | Aging Options<br>Driving Safety |
|---|-------------------------------|---------------------------------|

\*(caveat – subject to change) Be sure to have your email address registered with TSO to be notified of details of free seminars.

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