



TELOScope

LIFELONG LEARNING
2019 SUMMER QUARTER

SEEKING

ACTIVE SENIORS,

RETIREES,

SEMI-RETIREES

AND OTHERS

INTERESTED

IN CONTINUOUS

LEARNING.

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A perfect season for new experiences

The warm sunny skies and less frantic pace of summer offer a perfect atmosphere for new experiences. As students in the Bellevue College TELOS program, you can investigate new topics, open yourself to stimulating ideas and information while enjoying a warm social environment with others who also seek lifetime learning.

Many different worlds are waiting for you at TELOS this summer quarter. Some scheduled lectures will expose you to classical philosophies and relate them to current times. Other courses provide an exciting opportunity to share your opinions and discuss new ideas with other students. Still other classes will enhance your skills and artistic abilities.

Here are some of the topics that will be offered.

History & Current Events – Stories from the Eastside's Past, US Foreign policy in Latin America, The "New Yorker" Discussion Group, Myths of capitalism and other economic systems, Science of the Cold War, Views of the News, A short history of the American Borderlands, 21st century social & political art



Visual Arts - Renaissance Art, Modern Art, The Artist Series 1 / Series 2 / Series 3, Baroque Art, From Cubism to Surrealism: Interpreting 20th Century Art, Neoclassical and the Birth of American Art, Realism and the birth of Modern Art

Health & Well Being – Ballet for Balance, Ballet for Balance Level II, Getting up and down from the floor, Gentle Yoga, Stable walking

Science & Technology – Cultural Anthropology, Ethnobotany, Do more... Have more fun with your Iphone, Do more...Have more fun with your Android phone, All about our favorite birds Part I, Try Virtual Reality!

Literature & Theater – Henrik Ibsen: the Father of Modern Drama Part 2, How to read, understand and enjoy Shakespeare, British playwrights of the 20th century, Creative Writing

Stage, Screen & Music – The long 1960s: Popular music and social change, Women filmmakers, Friday films: Hollywood musicals, Friday films: More British comedies, World Music

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

<https://studentweb.bellevuecollege.edu/telos-tso/how-to-register>

Are you a Zero Waste Hero?



REDUCE: How much food do you waste in a year's time? If you are an average American consumer, you throw out almost 400 lbs of food in a year. That is approximately 25% of all food purchases.

REUSE: How often do you buy used items rather than new? Have you ever gone to a "repair fair?" Ever visited or participated in a "freecycle" network?

RECYCLE: Are you always confident that the items you are putting in recycling bins are "really recyclable?" Do you take the lids off of plastic bottles and containers before you recycle them? (Spoiler alert: you don't have to take those lids off anymore. Republic Services has machinery that will snip them off before they are recycled.)

Those who attended the TSO event sponsored by the City of Bellevue on March 20 came away with not only insights on these and many other questions around waste reduction and sustainability but a bag filled with many information sheets and lists of sources for other information (for example, visit *StillTasty.com* or *EatByDate.com* for a database of food storage tips and shelf life expectations for fruits and veggies.)

Brand New Classes this Summer!

Look for them at registration

How to Read, Understand and Enjoy Shakespeare. (8025) By Paul Schmid

Shakespeare's plays are loved and studied all over the world, but they can be hard to understand. By studying some of his most exciting plays, like *MacBeth*, *Othello* and *Richard II*, you assemble a toolkit for lifelong learning and love of the greatest writer of all time.

A Short History of the American Borderlands. (8023) By Carrasco Octavio

This course addresses the "borderlands" as a historic reality in the North American Context, but also as a cultural zone of creation, exchange, interpretation. Grounded in the presumption that "America" is the result of Indigenous-Afro-European people colliding, blending, and struggling, we will explore the Spanish-American borderlands of the 19th century while applying the implications onto the world of today. We will look at the settlement of Santa Fe NM, the Easter rituals of the Tz'utujil Maya, and the transformation of New York-Alki into Seattle.

All available with your KCLS card

By Jackie Hughes

Have computer will travel? All of us are used to libraries with books and DVDs, but did you know that you can take our amazing King County Library System with you on your laptop or smart phone? Angela Nolet from KCLS Digital Services gave a 2 hour talk recently in which she showed a myriad of online options for our viewing and listening pleasure. There are free movies (10 per month), documentaries, magazines and newspapers, and books to listen to.

Angela had a rapt audience with lots of 'how to' questions. TSO sponsored her between quarter presentation and plans to have her back again. So if you haven't signed up with TSO yet, be sure to do it so you get notification of upcoming talks. Go to TSO.org and register your email address. That's all there is to it and then you'll know when Angela is scheduled to give her talk again.

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



Summer Reading Suggestions

Summer is a great time to sit back, relax and read a good book. For those who are looking for reading suggestions, here is another list of books that TELOS students (and others you might recognize!) have enjoyed.



Kingdom of the Blind by Louise Penny
(Sandi Medendorp)

Gentleman From Moscow by Amor Towles
(Jean McMurtrey)

Women Rowing North by Mary Pipher
(Donnie Wilburn)

American Marriage by Tayari Jones
(Arlene Levy)

The Uninhabitable Earth by David Wallace-
Wells (Chris Hayes)

This Chair Rocks by Ashton Applewhite
(Donnie Wilburn)

The Testament of Harold's Wife by Lynn
Hugo (Carolee Jones)

Undaunted by Jackie Speier
(Cindy Briggs)

Sapiens by Yuval Noah Harari
(L.H. Wise)

Americanah by Chimamanda Ngozi Adichie
(Barack Obama)

Farewell from TSO President, Jerry Bunce

To my fellow TELOSians—It has been my honor to be your President for the past year. I give myself a grade of “incomplete.” BCCE wanted to increase the fees for TELOS classes and we felt that the level of the increases was unwarranted. A joint BC-TSO task force is just starting to meet. (See Sandi’s Task Force report.) Fee increases have been suspended for now.

I leave the TSO Council in good hands with Sandi Medendorp, Edie Heppler, Ted Watts and Alexa Munroz as your leaders while TELOS continues to be the premier retiree education program in the state.

And, I’ll see you in class.

TSO Strategic Task Force Report

On March 27 there was a meeting between TSO Strategic Task Force and Bellevue College. Although we were very well prepared, no direct action came as a result of that meeting. It was determined that BCCE needed to develop more information on the subject of TELOS tuition increases and their overhead costs. The group will meet again in April.

Respectfully submitted,
Sandi Medendorp

Lightrail comes to the Eastside—2023

During a free TSO seminar in March, we learned new details about the East Link Light Rail line which will be coming to the eastside. Jennifer Lemus, from Sound Transit, shared current and upcoming construction updates with beautiful artist renderings of the planned rail stations. Marie Jensen, East Link Community Outreach Lead for the City of Bellevue Transportation Department spoke to the city’s regulatory role and community relations collaboration. She described Bellevue’s main concerns as the mitigation of noise, traffic, and environmental impacts.

Sound Transit’s East Link Light Rail line will extend 14 miles from downtown Seattle to the Overlake area in Redmond, with 10 stations in the cities of Seattle, Mercer Island, Bellevue and Redmond. Six stations are being built in various neighborhoods in Bellevue, including South Bellevue, Downtown, Wilburton, Spring District and BelRed. Service is expected to begin in 2023.

To learn more about East Link, contact:

Sound Transit (Outreach Office 206-398-5465 eastlink@soundtransit.org),

City of Bellevue: Transportation Department 425-452-2064 | mjensen@bellevuewa.gov

Get updates: [Soundtransit.org/2019report](https://www.soundtransit.org/2019report)

More new experiences at TELOS!

As many students at TELOS have come to expect, TSO will again be presenting several very interesting free seminars “between quarters” in June. There will be three sessions discussing how to get the most from your iPhone. The very popular TELOS instructor, Miha Sarani will introduce us all to his art and Dr. James Maynard will discuss the opioid crisis. In addition, we will have an opportunity to understand what Seattle was like during WW II as well as learn about “Protest on Trial” and “Race Relations.”

A better way to plan your retirement

To quote Bette Davis, “Getting old is not for sissies.” However, those who attended the “New Perspective on Retirement” seminar recently sponsored by TSO, heard about a new, evidence-based, multi-disciplinary, human approach to retirement planning that can help get us through it.



Elder Law attorney, Scott Schill outlined the major points of this new type of planning that goes beyond who gets what when we pass to incorporate our most deeply held retirement goals: To protect assets from uncovered medical & long-term care costs, avoid institutional care, limit the burden of caregiving duties on others and reduce family conflict. Despite diligent planning with individual financial, legal, and other professionals, fewer than 30% of retirees are currently able to ‘age in place’ or stay in their own homes as they age.

If you did not have the chance to attend this informative seminar from Scott Schill (AgingOptions), stay tuned. There may be an opportunity to attend another session. With more individuals interested in the seminar than could be accommodated in the room and the enthusiastic questions asked by those who were in attendance, there is a good chance that Scott will be invited back.

SAVE THE DATES! TELOS

Don't Forget to VOTE!



TSO Board Election
Last week of May
North Campus Lobby

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



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