Continuing Education OLLI Courses 2020 – 2021 Sustainability

Sustainability 24

Fall 2020 – 123 Courses

Winter 2021 – 75

Spring 2021 – 83

Total 281

**Fall 2020281**

**1.Women of Valor: Four Activists for Justice** In this reading/discussion course, we will discuss the powerful messages of four heroic women of the early 20th century. Jane Addams was a peace activist and co-founder of Hull House. Ida B. Wells was a crusader against lynching. Emma Goldman was an anarchist against war. Margaret Sanger was twice jailed for defiance of the prohibition of birth control. Using their own published work and critical responses, we will consider these women of influence and controversy and their continuing relevance in the third decade of the 21st century. ***Social justice, gender equity***

**2.Planning and Growing a Garden for Biodiversity** This is an interactive lecture course presented from an artistic and amateur scientific point of view and is designed to appeal to all levels of butterfly, pollinator, gardening, and wildlife enthusiasts. The course is based on the premise that great beauty can be achieved while simultaneously increasing biodiversity and using native plants. Students will be presented with tools and steps to understand the underlying principles needed to create multiseasonal butterfly and pollinator habitat. Students should be able to qualify for certification as a monarch butterfly waystation or a pollinator-friendly site. Discussion will include habitat, elements of healthy soil, basic design, growing from seed, and sustained bloom. Students are offered the option to create their own garden design in an interactive exercise. No textbook is required. Students need not have a large garden to participate. Activities outside the classroom are optional. ***Biodiveristy, pollinators***

**3.Plumbing the West: Dams, Ditches, and Diversions** The quote “Whiskey is for drinking and water is for fighting over” has been attributed to Mark Twain and frames the controversy over western water policies. Learn the history of how development of the western states led to water being moved from its source to distant mines, farms, and cities. This is not a Democrat or Republican issue, as both parties have a history of supporting water projects. The course will begin with John Wesley Powell’s call for state boundaries to be based on watersheds, which went unheeded. Learn about the underhanded way in which Los Angeles absconded with water from a distant valley and how a dam in a national park was a catalyst for modern environmentalism. The class will conclude with contemporary issues such as the proposed removal of Klamath River dams for salmon restoration. Classes will include lectures, slides, videos, and plenty of time for discussions. **Water resources**

**4.The Sixth Extinction: Human Caused?** The United Nations reports that we are in “the sixth great extinction” and urges that we must take transformative action. This class will review the science behind these fndings and look at the proposals offered by the U.N. report. Students do not need any prior knowledge but are encouraged to read the U.N. Summary Report (available online), parts of the recommended books, and/or other references. The class will include lecture and flms and will be discussion based, drawing on what students read and learn about the subject individually. We will exam­ine such questions as: What is biodiversity and how is it measured? What is a species anyway? Is there good evi­dence that we are in a major mass extinction? Do some species matter more than others? How would we know? Is this all about climate change? Spoiler alert: it isn’t! And, of course, what can be done? This is a repeat of a previous class with more emphasis on solutions. ***Extinction, biodiversity, human impact***

**5.Native American Women Change Makers** Native American women are often framed in terms of colonial patriarchal values, needs, and guilt that distort the reality of who they are. When the voices of native women break through the layers of stereotypes by tell­ing their lives through their poetry and prose, they defne themselves and their communities on their terms. Explore the stories within the lives of Native American women poets, scientists, and social activists. Discover the mean­ing of Native American female sacred spirits. Explore the impact of colonization on the lives of Native American women as we get “woke” as sister nations. Native Ameri­can women guest speakers will be part of the class. ***Gender equity, social justice***

**6.Sustenance for Planet Activists and Healers** With so many of us in pain at what’s happening to our planet, the human longing to be a constructive member of the greater communion of life is the best evidence of our potential to do so. The longing is in us and can guide our way home. Presentations, personal sharing, and experiential exercises will provide a framework and a safe, creative space to access the internal resources we need to repair our species’ broken covenant with the planet and to identify the unique gifts we can each bring to the call. Despite a prevalent view that life is a zero-sum contest of each against all, we humans would not walk the earth today if nature had not also bequeathed us the internal guidance to be constructive citizens of creation. To be effective fighters for life, we have to cele­brate by drinking deeply of the sustenance life offers. In this course, we will support each other in accessing the guidance and power of the life force in each of us. ***Activism, social justice***

**7.Energy in the Age of Climate Change** Anthropogenic climate change is perhaps the existen­tial challenge of the 21st century and is predominately caused by the burning of fossil fuels to move our auto­mobiles, heat our homes and power our industries. This course will cover the basic causes of climate change and the impact of global warming on the environment. Rely­ing on the most recent studies by the US Department of Energy and the International Energy Agency, the instruc­tor will cover the major energy sources—fossil fuels, nuclear and renewables—and their projected supply and demand trends. The course consists of six Power- Point-based lectures with time for Q&A. The fnal lecture will use an interactive climate simulator developed by MIT to explore options for mitigating CO2 emissions and global warming. ***Climate Change***

**8.Farm to Table: Buying Locally Raised Meat** Concerned about your food source, about what is in your food, or about the fact that what your food eats, you eat? This course explains the process involved in buying your meat from a local source. We will cover commercial versus grass-raised practices and go over the various roles the government, farmer, butcher, and you have in the process. We will cover what the various cuts are, the best tools and ways to cook them, nutritional aspects, unusual cuts, stocks, and more. The assump­tion here is that everyone attending the class eats meat; there is no intent to discuss the particular points of per­sonal diet choices. Information will be presented using lecture, PowerPoint presentations, and question and answer sessions. No book is required; however, several will be referenced. ***Buying local***

**9.Hot News and Cool Views** If you have “tuned out” after too many years of network news and the increasingly divisive state of politics in this country, it is time to tune back in! Hot News and Cool Views has been a forum for open, polite, and fascinating discussions of political and social topics ranging from local issues to global ones. For many years the course was taught by Bruce Barnes. Now Rick Vann will be “car­rying the torch” and continuing the momentum built by Barnes and the students over the years. The instructor will email an agenda and list of topics with supporting news articles and information before each meeting. Stu­dents will be encouraged to email ideas and topics in ahead of each class as well. As 2020 started off with events that led to enormous socio-economic change and will end with our electing a president, there will be no shortage of powerful and relevant topics for us to dive into each week! ***Socio-economics, current issues***

**10.Knowing the Toxins Around You** In an ever more toxic world, how do you know what to use in the home, on your body, or in your yard? How are everyday products affecting you? What are they made of? How and where do you fnd products that are safe? What are some simple methods to reduce your exposure? Discover how many different toxins you may be exposed to before you even get out the door. Learn about ways to identify and reduce toxins at home and create a safer personal environment. Information will be presented using lecture, PowerPoint presentations, and ques­tion and answer sessions. There may be some optional “homework” activities that could include general web searches and a little research. While some books may be referenced, there is no book required for this course. Prior knowledge is not necessary. ***Toxins in the environment***

**11.The Post-COVID Future of the Rogue Valley Economy** With the COVID-19 shutdown adversely affecting the key industries of the Rogue Valley, many residents are concerned about the economic future of our region. In the frst three sessions of this course, the instructor will draw on his project experience in regions ranging from eastern Europe to the Silicon Valley to describe how a region’s economy operates and what determines its potential. In the second three sessions, the Rogue Valley will be used as a workshop-style case study, evaluat­ing its pre-COVID-19 economic structure, discussing the relationship between its economy and external forces, and identifying future opportunities and threats. Partici­pants with an interest in economics and an awareness of our region’s business structure will gain a more detailed understanding of regional economics and a vision of our region’s future***. Sustainable economy***

**Winter 2021**

**12.Planning and Growing a Garden for Biodiversity** This is a lecture course presented from an artistic and amateur scientific point of view and is designed to appeal to all levels of enthusiasts, including butterfly, pollinator, gardening, and wildlife enthusiasts. The course is based on the premise that great beauty can be achieved while simultaneously increasing biodiversity and using native plants. Students will be presented with tools and steps to understand the underlying principles needed to create multi-seasonal butterfly and pollinator habitat. Discussion will include habitat, elements of healthy soil, basic design, growing from seed, and sustained bloom. Students are encouraged to create their own garden design using the design elements and plant suggestions, which should qualify the garden for certification as a monarch butterfly way station or a pollinator-friendly site. No textbook is required. Students need not have a large garden. Activities outside the classroom are optional. ***Biodiversity, pollinators***

**13.Photography: A New Way to Reconnect with Nature**Learn the therapeutic aspect of photography. This course is about using photography as a tool for meditation, mindfulness, and connecting with nature on a deeper level rather than the rules of photography and composition. Photography combined with the concept of “forest bathing” (shinrin yoku) can be healing and therapeutic. Shinrin yoku originated in Japan and has gained worldwide acceptance as an evidence-based wellness practice. It helps us connect with nature through our senses as we discover its healing power on many levels. We'll slow down, quiet our minds, open our hearts, and listen to the voice of the environment. It's not about the image, it's about the journey. No photography background required, not even a camera—your cell phone will do. ***Connection to the environment***

**14.Native American Women Change Makers** Native American women are often framed in terms of colonial patriarchal values, needs, and guilt that distort the reality of who they are. When the voices of Native women break through the layers of stereotypes by telling their lives through their poetry and prose, they define themselves and their communities on their terms. Explore the stories within the lives of Native American women poets, scientists, and social activists. Discover the meaning of Native American female sacred spirits. Explore the impact of colonization on the lives of Native American women as we get “woke” as sister nations. Native American women guest speakers will be part of the class. ***Social justice, gender equity***

**15**.**Strategies for Social Justice** Have you ever wondered why some efforts for social justice are successful? In this course we will learn about the model explained in Ronald Heifetz's book “Leadership Without Easy Answers.” (It is not necessary to get a copy of the book.)  We will start with a case example from over 100 years ago when Margaret Sanger fought to provide access to information about birth control and follow with the fight for voting rights during the 1960s. We will then focus on the current protests for police reform and racial reckoning. This class will be a combination of lecture and small group discussion.  ***Social justice***

**16.Hot News and Cool Views** If you have "tuned out" after too many years of network news and the increasingly divisive state of politics in this country, it is time to tune back in!  Hot News and Cool Views has been a forum for open, polite, and fascinating discussions of political and social topics ranging from local issues to global ones. For many years the course was taught by Bruce Barnes. Now Rick Vann will be "carrying the torch" and continuing the momentum built by Barnes and the students over the years. The instructor will email an agenda and list of topics with supporting news articles and information before each meeting. Students will be encouraged to email ideas and topics in ahead of each class as well. As 2020 started off with events that led to enormous socio-economic change and will end with our electing a president, there will be no shortage of powerful and relevant topics for us to dive into each week! ***Global issues, local issues***

**17.Understanding the Fight Against Climate Change** In this class, students will learn a history of the efforts to design and adopt policies to confront climate change from the Kyoto Protocol through the responses to climate change by many organizations including the Sierra Club, Citizens Climate Lobby, Pachamama Alliance, The Transition Movement, Project Drawdown, and others. In addition, we will explore the efforts used by the petroleum industry to thwart the reduction of the use of fossil fuels, thereby slowing down progress in this difficult effort. Students will engage in discussions on easy ways to reduce one’s individual carbon footprint and explore what local groups are doing to help make the planet more sustainable. Our class will be a combination of lecture, presentation, and discussion. No prerequisite reading or procurement of material is required. Additional outside reading and/or video suggestions will be given during the course. ***Climate change***

**Spring 2021**

**18.Drawdown Update: Solutions for a Regenerative World** The United Nations Intergovernmental Panel on Climate Change (IPCC) tells us we must reduce our level of greenhouse gas emissions by 50 percent by the year 2030. How can we do what must be done? In the first update to the 2017 ground-breaking book “Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming,” The Drawdown Review 2020 lays out a plan. This is the moment to leverage the pandemic pause as a springboard to planetary healing. Join online with other can-do citizens of planet earth to learn how to become good ancestors, discover the good news of what is being accomplished, and find out what is yours to do. Project Drawdown (drawdown.org) is the world leader in solutions. This is the opportunity of a lifetime to join the movement that is laying a path to save the earth in this decade. Poet Drew Dellinger asks the question, “What did you do, once you knew?” Tools we will use are PowerPoint slides, videos, breakout discussions, and individual research.  ***Climate change***

**19.Living with Fire at Home and in the Landscape** In 2020, the Almeda and South Obenchain fires devastated communities in the Rogue Valley. Is this evidence of a trend toward worsening fire risk? Why did these fires burn the way they did? What can we expect in the future? What does being a “fire-adapted community” mean? How do we prepare for a worst-case wildfire scenario? We will explore these and other questions through short lectures, videos, PowerPoint slides, and interactive dialogue on Zoom. The instructors and local experts will provide an introduction to fire science, the impacts of climate change, and wildfire response decisions. Guidance on how to mitigate personal and property risks, navigate evacuation scenarios, and assess insurance needs will be given. Students will be encouraged to share concerns and perspectives, but there are no required written assignments. Classes will be recorded. No background is necessary for students although a basic understanding of ecological principles would be helpful. ***Climate change resilience***

**20.Tree Huggers and Clear Cutters** In the Rogue Valley we are surrounded by public lands being managed for us by a variety of agencies. Why and how did these lands become public and not private? How well are the agencies doing that are entrusted with these lands? Why do some lands produce lumber and cattle while others don't? Learn about the conservation history of national parks, national forests, and other public lands. Explore the laws, policies, and regulations that guide the stewardship or allow the destruction of these lands. Learn the fine distinctions between conservationists, environmentalists, and preservationists. The course will begin with the roots of conservation in the mid-1800s and conclude with contemporary issues such as the past administration's review of federal monuments. In between, learn the roles played by John Muir, Teddy Roosevelt, Gifford Pinchot, Aldo Leopold, FDR, and President Clinton, to name a few. Classes will include lectures, slides, videos, and plenty of time for discussion. ***Sustainable land management***

**21. Plumbing the West: Dams, Ditches, and Diversions** The quote “Whiskey is for drinking and water is for fighting over” has been attributed to Mark Twain and frames the controversy over western water policies. Learn the history of how development of the western states led to water being moved from its source to distant mines, farms, and cities. This is not a Democrat or Republican issue, as both parties have a history of supporting water projects. The course will begin with John Wesley Powell’s call for state boundaries to be based on watersheds, which went unheeded. Learn about the underhanded way in which Los Angeles absconded with water from a distant valley and how a dam in a national park was a catalyst for modern environmentalism. The class will conclude with contemporary issues such as the proposed removal of Klamath River dams for salmon restoration. Classes will include lectures, slides, videos, and plenty of time for discussions. ***Water resources***

**22.Sustenance for Planet Activists and Healers** With so many of us in pain at what's happening to our planet, the widespread human longing to be a constructive member of the greater communion of life is the best evidence of our potential to do so. Our longing is in us and can guide our way home. Using lectures, personal sharing, and experiential exercises, we will provide both an intellectual framework and a safe and creative space to access the internal resources needed to repair our species' broken covenant with the planet and identify the unique gifts we can each bring to the call. Despite the prevalent view that life is a zero-sum contest of each against all, we humans would not walk the earth today if nature had not also bequeathed us the internal guidance to be constructive citizens of creation. To be effective fighters for life, we have to access the guidance and power of the life force in each of us. We will strengthen both our intellectual understanding and the personal tools we need to do so. **Activism**

**23.Native American Women Changemakers** Native American women are often framed in terms of colonial patriarchal values, needs, and guilt that invent and distort the images of who they are. When the voices of Native women break through the layers of stereotypes by telling their lives through their poetry and prose, they define themselves and their communities on their terms. Explore the stories within the lives of Native American women poets, scientists, social activists, leaders, economists, and artists. Discover the meaning of female sacred spirits in Native American spirituality. Explore the impact of colonization on the lives of Native American women as together we get “woke” as sister nations. The class will combine lecture, ritual circle sharing, group discussion, reflective writing, and local Native American women guest speakers. ***Gender equity, social justice***

**24.Photography: A New Way to Reconnect with Nature**Learn the therapeutic aspect of photography. Rather than the rules of photography and composition, this course is about using photography as a tool for meditation and mindfulness and for connecting with nature on a deeper level. Photography combined with the concept of “forest bathing” (shinrin yoku) can be healing and therapeutic. Shinrin yoku originated in Japan and has gained worldwide acceptance as an evidence-based wellness practice. It helps us connect with nature through our senses as we discover its healing power on many levels. We'll slow down, quiet our minds, open our hearts, and listen to the voice of the environment. It's not about the image, it's about the journey. No photography background required, not even a camera—your cell phone will do. ***Connection to the environment***