August 2020
Online Catalog

INTRODUCTION:
Due to the current social distancing requirements, all of OLLI at the University of Nevada, Reno’s August programs will be held online via Zoom. While we are not able to deliver the in-person conversations and learning opportunities you all enjoy about OLLI, we are doing our best to provide opportunities for folks to connect online during our time of “physical distancing.”

Our programs use the Zoom platform for presentations: a web-based software you can download onto your computer, phone or tablet. You do not need to create an account to use this application, and it is free at https://zoom.us.

“IG” after a program title indicates that this is an Interest Group/Ongoing Class that meets throughout the semester.

HOW TO USE THIS NEWSLETTER:
This month’s single programs are listed in chronological order, by date and then by time. Multi-session programs are listed by the day of the week they are offered.

Programs are scheduled at 10 a.m., noon and 2 p.m., and last 90 minutes each. All programs are hosted on OLLI’s Zoom account. The Zoom link for each program will be provided in the OLLI Weekly’s program listing each week. If you are not receiving the OLLI Weekly email every Friday, please notify the office at olli@unr.edu.

MULTI-SESSION PROGRAMS:

Mondays:
French 2 — Conversation IG
Meets weekly on Aug. 3, 10, 17, 24, 31 at noon
Presenter: Cora Robey, Ph.D., OLLI member
This class is for students who have some previous knowledge of French and would like to review and build on that knowledge. We will practice dialogues written to help travelers and those who love France and its cultural traditions. Students also will have plenty of opportunities to talk in French about their experiences and interests.

Great Decisions 2020 IG
Meets weekly on Aug. 3, 10, 17 at 2 p.m.
Facilitator: Anne Stilwill, OLLI Advisory Council member
Continuing with Topic Six on Aug. 3, the program involves reading the Great Decisions 2020 Briefing Book and viewing the videos independently prior to each class meeting. More information about the program and the materials can be found on the Foreign Policy Association’s website at www.fpa.org/great_decisions. For more information, contact Anne Stilwill at astil@ctnis.com with “Great Decisions” in the subject line.

Tuesdays and Thursdays:
Cracker Barrel IG
Meets weekly on Tuesdays, Aug. 4, 11, 18, 25 at 2 p.m. and Thursdays, Aug. 6, 13, 20, 27 at 10 a.m.
Facilitators: LaMerne Kozlowski, Judith Frampton and Fred Frampton, OLLI members
Ongoing discussions of current affairs of municipal, state, national and international interest; Cracker Barrel is modeled on the old-time, free-wheeling exchange of opinions in a small group by those who desire to be heard among their peers. Subjects will vary according to the interests of the participants. For more information, contact LaMerne Kozlowski at lamernekozlowski@att.net or (775) 358-1746 or Judith Frampton at jlhframpton@gmail.com.

Wednesdays:
Tech Help for Computers, Cell Phones, Laptops, Tablets and/or Kindles
Meets on Aug. 5, 19 at noon
Facilitator: Karen Hanks, OLLI member
Get hands-on help with your tech questions. You will need to sign into Zoom using the device you have a question about (laptop, desktop, cell phone, etc.). If you already use Zoom on your computer and have a cell phone question, just download the Zoom app to your phone and sign in under your account. Then, join the meeting with your reservation from OLLI.
**Thursdays:**

**Big Questions IG**
Meet on Aug. 13, 27 at 2 p.m.

*Facilitators:* Larry Marshall and Debbie Bartley, OLLI members

This is a challenging and engaging book discussion group for individuals seeking new insights into the big questions of our lives. Past areas of inquiry have been science, religion, philosophy, history, politics and economics. Group members select, read and then discuss a book for several sessions. For more information, contact Larry Marshall at olli.big.questions@gmail.com.

**Fridays:**

**French 3 — Advanced IG**
Meet weekly on Aug. 7, 14, 21, 28 at noon

*Presenter:* Arlette Lessig, OLLI member

This class is for students who are fluent enough to exchange ideas comfortably with others in a relaxed, conversational setting. Some new vocabulary will be introduced on topics of interest to the students. For more information, contact Arlette Lessig at arlettebiche@yahoo.com.

**SINGLE PROGRAMS:**

**Monday, Aug. 3**

2 p.m.

**Warm Hats for Cool Heads IG**
Facilitator: Leslie Davis, OLLI member

Knit and/or crochet hats and scarves for Reno’s homeless and needy. We’ll share patterns, techniques and inspiration while satisfying our need to create and our desire to support the community. Experience the glow of gratification by providing a thing of beauty and comfort to a fellow human in need. Please provide your own yarn and needles/hooks.

**Tuesday, Aug. 4**

10 a.m.

**Mindful Chair Yoga**
*Presenter:* Susan Stewart, OLLI member

All the benefits of yoga such as flexibility, improved balance and overall wellness without having to get up and down from the floor. Mindful Chair Yoga provides a gentle focus on the breath, the body and quieting the mind, while stretching and lubricating muscles and joints in a welcoming environment. Please wear loose clothing when attending the class.

**Wednesday, Aug. 5**

Noon

**Movie Discussion: Hook**
*Presenter:* LaMerne Kozlowski, OLLI member

Watch this 1991 movie on your own in advance (available for rent on YouTube and Amazon Prime), then join LaMerne for a post-viewing discussion.

2 p.m.

**OLLI Travelers IG**
*Facilitator:* Judi Whiting, OLLI member

Whether you have travel adventures to share or just enjoy hearing about other folks’ travels, please join us. Members are invited to show pictures or tell their travel stories. We will draw from members’ experiences and from invited travel professionals to answer your travel questions. If you have something to share with the group, please contact Judi or Floyd Whiting at fjwhiting@sbcglobal.net or (775) 826-2728 at least two days before the meeting.

**Thursday, Aug. 6**

10 a.m.

**Nevada State Museum Exhibit: Ethnographic and Prehistoric Washoe Baskets**
*Presenter:* Anna Camp, Ph.D., curator, Anthropology Program, Nevada State Museum

Learn about the Washoe style of coiled basketry. The Washoe initially made baskets for utilitarian purposes such as cooking; however, during the Arts and Crafts period (1880-1920), they changed their weaving to meet Euro-American demand for Native American curios and collectibles. Washoe basket weavers are acclaimed for their beautiful, intricate baskets.

Noon

**Managing Low Back Pain**
*Presenter:* Andy Lodato, PT, D.Sc.

Chronic low back pain (LBP) can cause decreased productivity and compromised quality of life. Americans spend $50 billion a year on LBP. Treatment can be challenging, but appropriate evaluation and specific intervention strategies can be effective. Learn about evidence-based approaches to manage acute and chronic LBP from individual professional attention, team-based or intensive multidisciplinary rehabilitation approaches.

2 p.m.

**Hip Replacement Surgery**
*Presenter:* Travis Kieckbusch, MD

Learn about the anatomy of the hip joint, indications for a total hip replacement, surgical approaches, the different types of prostheses currently available, post-surgery rehabilitation, as well as the effectiveness of hip replacement surgery to maintain physical independence and function in the community.

**Friday, Aug. 7**

Noon

**Washoe Valley Memoir, 1941-1961**
*Presenter:* Tina Nappe, OLLI member

Once a vital location in the Comstock days, Washoe Valley changed during 1941-1961. Divorce ranches rose and fell, and arts communities such as Virginia City were small but entrepreneurial. Gus Bundy, an artist and photographer, captured many of these images as well as a famous horse roundup, the filming of the “The Misfits” and other notable events.
Friday, Aug. 7 (Cont.)

2 p.m.

Civil Rights: Multiple Nevada perspectives
Moderator: Richard Siegel, political scientist and founder, ACLU of Nevada; OLLI member
Panel discussion with African-American and Latina professionals on minority relations in such areas as the criminal justice system, immigration, housing, economic opportunity, education and health access, and the psychological effects of racism.

Monday, Aug. 10
Noon

Mystery Books IG: A Study in Scarlet by Arthur Conan Doyle
Facilitator: Kenn Rohrs, OLLI member
Join fellow mystery buffs to discuss mysteries of all types — from cozies to hard-boiled crime fiction.
See http://ollirenomysterybg.blogspot.com for more information.

Tuesday, Aug. 11
10 a.m.

Orientation for New and Prospective Members
Facilitator: Phyllis Clark, chair, OLLI Membership Committee
Join us on Zoom for this informative session on all things OLLI. Learn about our online programs, recorded sessions, ongoing classes and interest groups. Find out how to use the Monthly Catalog and OLLI Weekly emails to keep up with all the amazing activities, programs and events that OLLI is offering this semester.

Wednesday, Aug. 12
10 a.m.

Not Your Daddy’s Winnebago
Presenter: Ramon Seelbach, OLLI member
Learn about the evolution of the modern motor home. In more than 100 years of development, the modern motor home now has little resemblance to the machines of prior generations.

Noon

Movie Discussion: The Greatest Showman
Presenter: LaMerne Kozlowski, OLLI member
Watch this 2017 movie on your own in advance (available for rent on YouTube and Amazon Prime), then join LaMerne for a post-viewing discussion.

Friday, Aug. 14
10 a.m.

Bringing History to Life through Chautauqua Presentations
Presenter: Doug Mishler, Ph.D., part-time faculty, Department of History, UNR
Doug Mishler has toured the world as 29 different historical characters via Chautauqua. This program will offer stories from the road while also revealing how you create — and sometimes fail to create — the magic of this performance art.

10 a.m.

Espionage Books IG: The Legacy of Spies by John Le Carré
Facilitator: Kenn Rohrs, OLLI member
Join other readers to discuss spy novels and discover new authors and plot twists. See https://ollirenoebgb.blogspot.com for more information.

Tuesday, Aug. 18
10 a.m.

Peace Corps: Serving Later in Life
Presenter: Miranda Deighton, Peace Corps regional recruiter and returned Peace Corps volunteer
Did you know the Peace Corps doesn’t have an age limit? Maybe you had wanted to serve with the Peace Corps when you were younger but had career or family priorities at the time. Are you ready now? Learn about your options with the Peace Corps.

Wednesday, Aug. 19
10 a.m.

World War II Reinterpreted
Presenter: Richard Siegel, Ph.D., professor emeritus of political science, UNR; OLLI Advisory Council member
Explore revisionist views on Pearl Harbor, the atomic bombs, the respective roles of the Soviet Union and the United States in the defeat of Germany. Learn how Franklin D. Roosevelt and Harry S. Truman differed about the future role of the Soviet Union in Europe.

Tuesday, Aug. 25
2 p.m.

Jazz and Poetry: An Informal Sampler
Presenters: Sherry Lugone, OLLI member, and Peter Supersano, jazz musician
Veteran Reno jazzman Peter Supersano and local poetry lover Sherry Lugone will entertain you with a tantalizing taste of the 20th-century marriage of jazz and poetry. Combining live music and spoken word, they will take you from the 1920s Harlem Renaissance to the 1950s Greenwich Village coffeehouse scene. Then they’ll head out west to San Francisco to eavesdrop on Ginsberg, Snyder and McClure at their famous 1956 Gallery Six reading. Join Lugone and Supersano for this lively, sometimes serious, sometimes playful overview of the long partnership of these two art forms.

Friday, Aug. 28
10 a.m.

CBD: What It Is and How It Works
Presenter: Paul Snyder, M.A.
Have you seen all of the new CBD products being advertised in magazines, online and wherever you shop? This program will help you learn about CBD, a non-psychoactive ingredient of the marijuana plant, and explore studies on the drug’s safety, its uses in medicine and everyday life and the proliferation of CBD products entering the market.
**OLLI Outdoor Activities:**
We now have weekly activities for all the hiking, cycling and kayaking groups.
Please check our website at [https://ollireno.com/outdoor](https://ollireno.com/outdoor) for information regarding our health and safety precautions and make sure to sign up for the mailing list. Participants must register in advance for each activity. Although we welcome members who are new to Outdoor Activities, we do request, because of pandemic concerns, that you sign up only for those activities that already are well within your current level of fitness. We are delighted to offer our full panoply of activities and desire to keep everyone safe.

### August 2020 OLLI Calendar

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<th>August</th>
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<td>Aug. 10-14</td>
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<td>11 (10 a.m.: Orientation for New Members)</td>
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