



Osher Lifelong Learning Institute

OLLI

COURSE CATALOG

SPRING 2026



Cal Poly
Humboldt.

OLLI

Humboldt.



Classes for *everyone*

REGISTRATION OPENS FEB. 3 FOR OLLI MEMBERS!


Registration opens to non-members on Feb. 9.

Want early access? Become an OLLI member today and get first choice of classes before they fill! Join now: humboldt.edu/olli/join

Registration for classes closes three business days before the class start date. (See page 20 for registration details.)

Before you register: Review the class listings carefully for how the class will be delivered. After you register, watch your email for an enrollment confirmation with additional information about your class.

IN-PERSON: The class is held face-to-face in a university classroom or off-campus space, or is a class that includes a field trip.

ONLINE: The class is delivered 100% online, in real time, via Zoom, a web-based video conferencing service. Online classes will be recorded, unless otherwise indicated: 

About class fees: Class fees shown reflect the **OLLI member rate**. Non-members pay an additional \$25 per class. Classes are **open to anyone 18+**, as space allows. For details, see "How to register for OLLI" on page 20.

Release of Liability forms must be completed by students only once a year for in-person and online classes. Field trips require an additional form for each trip.

H. Signifies a class taught by current Cal Poly Humboldt faculty.

Osher Lifelong Learning Institute at Cal Poly Humboldt

- Web:** humboldt.edu/olli
Facebook: @CalPolyHumboldtOLLI
Instagram: @calpolyhumboldtolli
YouTube.com/@ollihumboldt
- Location:** Cal Poly Humboldt Student & Business Services Building, Suite 211 (2nd floor)
1 Harpst St., Arcata, CA 95521-8299
- Hours:** Mon.-Thurs., 9 a.m.-4 p.m.,
Fri., 9 a.m.-3 p.m. (closed 12-1)
- Phone:** (707) 826-5880
- E-mail:** olli@humboldt.edu

OLLI Staff

Interim Dean.....Sei Hee Hwang
Acting Registrar Liz Lujan
OLLI Program Coordinator Julie Stewart
OLLI Program Specialist Mairead Sardina
Program Support Specialist Dane Oppenborn
Assistant Registrar Kacie Borquez-Hall
Department Coordinator Rosemary Kelly
Graphic/Web Designer Grace Kerr
Student Assistants.....Grayson Micijevic, Riley Torres

OLLI Curriculum Committee

Sharon Ferrett	Janina Shayne
Rollie Lamberson	Ardith Tregenza
Maureen Murphy	Linda West
Judith Rucker	Jane Woodward

You belong with **OLLI**

**Open
House**
SAT., FEB. 7
See back cover

WHAT **OLLI** OFFERS TO THE COMMUNITY

- Diverse year-round classes and events
- A thriving community of lifelong learners
- Opportunities to learn and connect with friends
- Classes designed for those 50 and better
- Engaging instructors
- Relaxed and friendly learning environment
- Anyone 18+ can join

OLLI MEMBER BENEFITS

- Reduced class fees and priority registration
- Members-only events, classes, and special interest groups
- University library access (with limitations)
- OLLI Newsletter by email
- Access to the university Student Recreation Center (for additional fee)
- Option to purchase a Jack Pass (for additional fee)
- Shared opportunities with OLLI nationwide
- Discounts at participating local businesses

DISCOUNTS TO OLLI MEMBERS

Show your OLLI student ID to get discounts at these locations:

- Adventure's Edge: 10% off regular priced items
- Cafe Brio: 10% off
- Coffee Break: 10% off (12-4 p.m.)
- Gyro Shop, Arcata: 15% off
- Humboldt Bay Social Club: 10% off food, beverages, retail, and spa
- Minor Theatre: \$2 off ticket
- Northtown Coffee: 10% off Mon.-Fri.
- Roman's Kitchen: 15% off
- Wildberries: 10% off on Saturdays

OLLI 2025-2026 Membership: Only \$35

Valid through June 30, 2026. Memberships are non-refundable.

humboldt.edu/olli/join

JOIN **OLLI**



We acknowledge that Cal Poly Humboldt is located on the unceded lands of the Wiyot people, where they have resided from time immemorial. We encourage all to gain a deeper understanding of their history and thriving culture.

As an expression of our gratitude, we are genuinely committed to developing trusting, reciprocal, and long-lasting partnerships with the Wiyot people, as well as all of our neighboring tribes.

Cal Poly Humboldt is an AA/EO Employer.

Disability accommodation may be available.

Contact OLLI: (707) 826-5880

Front cover: Elk River Slough by Kellie Jo Brown

Back cover: OLLI Library class, fall 2025, by Mairead Sardina

Opposite page: Mema's Primroses by Grace Kerr

*Please consider contributing to the Wiyot Tribe at
honortax.org and/or to the Rou Dalagurr Food Sovereignty Lab at naspp.humboldt.edu/fsl.*

College of **Extended Education**

OLLI CLASSES & EVENTS

* OLLI members only.

Start Date	Class Title	Mode	Page
Feb. 7	OLLI Open House	In person	Back cover
Feb. 9	Practical Beekeeping	In person	3
Feb. 10	Special Interest Group: Mystery Book Club*	In person	9
Feb. 14	Jacks Basketball Game Day Experience*	In person	3
Feb. 15	Bee Yard Experience	In person	3
Feb. 16	Brown Bag: KEET	Online	10
Feb. 17	Seeking Balance	In person	4
Feb. 18	Integrative, Complementary, & Alternative Medicine (ICAM)	Online	16
Feb. 18	Walking Tour of Old Town Eureka	In person	4
Feb. 18	Special Interest Group: Book Club*	Online	17
Feb. 21	Eureka to Arcata: The Early Days	Online	16
Feb. 23	Brown Bag: Life Plan Humboldt	Online	10
Feb. 26	Only Hope: My Mother & the Holocaust Brought to Light	Online	16
Feb. 26	Tai Chi Chuan Eight Brocade	In person	4
Feb. 27	The Science of Everyday Things	In person	5
Feb. 28	Studying the Sea on the R/V North Wind	In person	5
March 2	Brown Bag: Best Late Winter & Spring Walks in Humboldt County	Online	10
March 2	Special Interest Group: Live & Local Concert Previews*	Online	17
March 3	Your Body Manual	In person	5
March 4	Acting Up: The Fundamentals of Acting	In person	6
March 8	Beginning Pickleball: Skills & Drills	In person	6
March 9	Brown Bag: The Future of Psychedelics	Online	10
March 9	Planet Earth: A History of Life	In person	6
March 13	Inside Humboldt Bay Fire: A Community Tour & Talk*	In person	7
March 16	Brown Bag: Electricity Affordability & Rates	Online	10
March 20	Growing & Harvesting Native Plants for Food	In person	7
March 23	Brown Bag: The July 29, 2025 M8.8 Kamchatka Earthquake	Online	10
March 26	Stories of Survival at Sequoia Park Zoo	In person	7
March 27	Colors from the Land: Identifying Natural Dye Plants	In person	8
March 30	Brown Bag: Medical Care in Humboldt County	Online	11
March 30	Ghosts in the White House: Presidential Speeches*	Online	12
April 1	A History of Street Art*	Online	12
April 1	Siberia: Russia's Frozen Wasteland or Economic Heartland?*	Online	13
April 1	Sufis: Islam's Wanderers & Poets	Online	17
April 2	AI for Regular People*	Online	13
April 2	Conservation Burial: Loving the Land with Your Body	Online	17
April 2	The Breath of Life	In person	8
April 3	Self-Massage & Self-Care Through the Ages	In person	8
April 6	Brown Bag: The Future of Local Media/Lost Coast Outpost	Online	11
April 7	Place, Memory, & Environmental Psychology*	Online	13
April 7	Puzzles & Paradoxes: The Art of Thinking for Curious Minds	In person	9
April 9	A Beautiful Brain*	Online	14
April 9	Great Science Stories*	Online	14
April 10	California Uncovered: A Journey Through Time, Place, & Identity*	Online	15
April 11	Humboldt Bay from the Water: Kayak Tour	In person	9
April 13	Brown Bag: Political Engagement at the Local Level	Online	11
April 15	The Lost Generation*	Online	15
April 15	Time & Place in Contemporary Art	Online	18
April 16	Updated: Photographic Exploration of Wigi (Humboldt Bay)	Online	18
April 20	Brown Bag: Institutional Evolution of OLLI and Cal Poly Humboldt	Online	11
April 21	Frank Lloyd Wright & Modern Architecture*	Online	15
April 27	Brown Bag: Contemporary Forest Management	Online	11

IN-PERSON CLASSES

Practical Beekeeping

Dick LaForge & Jeannine Kaprielian, Beekeepers

Gain the skills you need to keep honeybees for honey, pollination, other hive products, and enjoyment. Learn about honeybee biology, beekeeping equipment, and management techniques, and have an opportunity to buy bees. Required textbook: *Beekeeping for Dummies*, 5th edition, 2020, by Howland Blackiston. OLLI members save \$40 on this Extended Education class. Register by 12 p.m., Feb. 4.

Mon., Feb. 9-May 4, 6:30-8:30 p.m.

In person: On Campus • Class #23926
\$185 • Register: humboldt.edu/olli/beekeeping

KELLIE JO BROWN



Bee Yard Experience

Dick LaForge & Jeannine Kaprielian, Beekeepers

Follow the progress and challenges of the bee colonies at the bee yards of the instructors and students. Inspect the colonies to assess their condition, and guide them to good health and honey production. You should have taken (or are concurrently taking) Practical Beekeeping (see above), or have beekeeping experience. OLLI members save \$40 on this Extended Education class. Register by 12 p.m., Feb. 11.

Sun., Feb. 15-May 3, 1-3 p.m.

In person: Off Campus • Class #23925
\$185 • Register: humboldt.edu/olli/beeyard

SEI HEE HWANG



Jacks Basketball Game Day Experience

Mike Herbert, Assistant Athletics Director for Community Partnerships

Join OLLI for a behind-the-scenes basketball experience at Cal Poly Humboldt. Tour athletic facilities, watch women's and men's Lumberjacks games from premium seats, then enjoy refreshments and an optional postgame meal (meal cost not included). Register by 12 p.m., Feb. 11.

Sat., Feb. 14, 12-4:30 p.m.

In person: On Campus • Class #23947
FREE to OLLI members
Register: humboldt.edu/olli/jacks



COURTESY OF CAL POLY HUMBOLDT ATHLETICS

Seeking Balance

Sarah Landis, PT, MS, WCS, & Justus Ortega, Ph.D., Associate Dean/Professor

Get your balance tested and learn about how your limits of stability can affect your risk of falling. On the first day, you will be assigned a 30-minute afternoon appointment for the Cal Poly Humboldt Biomechanics team to run you through a series of balance and stability tests. Then on the second day, the class will meet together for results and discussion. Register by 12 p.m., Feb. 12.

Tues., Feb. 17 (30-minute testing time TBA)

& Thurs., Feb. 19, 1-3 p.m.

In person: Arcata • Class #24036

\$50 • Register: humboldt.edu/olli/balance



KELLIE JO BROWN

CAL POLY HUMBOLDT LIBRARY: TIM MCKAY COLLECTION



Walking Tour of Old Town Eureka

Elliott Dabill, California Naturalist

Take a guided walk through Old Town Eureka to explore its Victorian heart. Established in 1849, Eureka was a boomtown by the turn of the century. The lumber industry played a major role, as did relationships with the Wiyot, Yurok, and other local tribes — history that matters — even when it's shocking. We'll also discuss Eureka's Victorian architecture styles. Register by 12 p.m., Feb. 13.

Wed., Feb. 18, 10 a.m.-12 p.m.

In person: Eureka • Class #23927

\$30 • Register: humboldt.edu/olli/oldtown

Tai Chi Chuan Eight Brocade

Brett Boyer, Martial Artist

Tai Chi Chuan is a soft internal martial art known for its slow, smooth, and fluid motions. The course will focus on the Eight Brocade, which is eight movements designed to be a complete and balanced set. Register by 12 p.m., Feb. 23.

Thurs., Feb. 26-March 19, 10-11 a.m.

In person: Arcata • Class #23952

\$40 • Register: humboldt.edu/olli/taichi8



ADOBE STOCK

IN-PERSON CLASSES

The Science of Everyday Things

Elliott Parivar, Ph.D., Scientist

Delve into the science of daily life, including weather, pressure, heat, sound waves and musical instruments, electromagnetic waves such as radio waves, colors, forces, gravity, and basic astronomy. This course includes hands-on activities, experiments, demonstrations, and props. Register by 12 p.m., Feb. 24.

Fri., Feb. 27-March 13, 3-5 p.m.

In person: On Campus • Class #23933
\$60 • Register: humboldt.edu/olli/science



Studying the Sea on the R/V North Wind

Eric Bjorkstedt, Interim Director of Marine Operations, & Kyle Weis, Interim Captain

Tour Cal Poly Humboldt's new research vessel, the R/V North Wind, and learn how it supports research in the California Current Ecosystem. Onshore presentation on first day. Cruise on second day. Register by 12 p.m., Feb. 25.

OPTION 1: Sat., Feb. 28 & Tues., March 3

Class #23929

OPTION 2: Sat., Feb. 28 & Thurs., March 5

Class #23930

1-4 p.m. • In person: Trinidad & Eureka

\$85 • Register: humboldt.edu/olli/rv



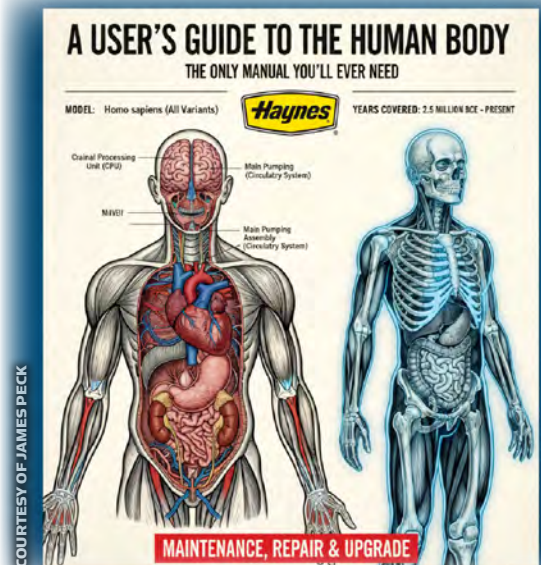
Your Body Manual

James Peck, Somatic/Mind/Body Teacher

Learn to move efficiently and safely with a deeper understanding of anatomy and motion. Over four sessions, you will come to understand how your body moves according to the user's manual. This body mapping course will help you with activities ranging from bending over to picking up groceries to improving your golf swing. Register by 12 p.m., Feb. 26.

Tues., March 3-24, 1-2:30 p.m.

In person: Arcata • Class #23953
\$60 • Register: humboldt.edu/olli/body



Acting Up: The Fundamentals of Acting

Julie Eccles-Benson, Actor

Have you ever wanted to act but been afraid to try? Or do you simply want to improve your acting technique? If so, this is the class for you. Build your confidence and your ability in this fun, playful environment as you use improvisation, text work and life experience to strengthen your acting skills. Register by 12 p.m., Feb. 27.

Wed., March 4-April 8, 1-3 p.m.

In person: Arcata • Class #23948

\$90 • Register: humboldt.edu/olli/actingup



COURTESY OF JULIE ECCLES-BENSON

Beginning Pickleball: Skills & Drills

Jerry Saner, Pickleball Instructor

Get first-hand instruction on the game of pickleball. The instructor will provide all equipment needed to play. You just need to bring a good attitude and a willingness to learn. Register by 12 p.m., March 4.

Sun., March 8-29, 10 a.m.-12 p.m.

In person: On Campus • Class #23949

\$70 • Register: humboldt.edu/olli/pickleball



ADOBESTOCK

Planet Earth: A History of Life

**Melinda Bailey & Mark Bailey,
Science Educators**

Journey through Earth's geological eras, from its formation to the last ice age. Explore paleontology discoveries, fossil evidence, and biological evolution. Taught at the Natural History Museum of Cal Poly Humboldt, the course features fossils, slides, and hands-on specimens, with lectures and guided exploration. Register by 12 p.m., March 4.

Mon., March 9-30, 2-4 p.m.

In person: Arcata • Class #23954

\$70 • Register: humboldt.edu/olli/earth



G. PASELK/NATURAL HISTORY MUSEUM

G. PASELK

IN-PERSON CLASSES

Inside Humboldt Bay Fire

**Brandon Harlander,
Humboldt Bay Fire Captain**

Join Humboldt Bay Fire for a unique look at how firefighters serve your community. Learn about fires and hazardous materials response, firefighter training, what kinds of calls happen most often, how emergency response works, and practical safety tips. Then enjoy a guided tour of the fire station (includes stairs). Register by 12 p.m., March 10.

Fri., March 13, 10 a.m.-12 p.m.

In person: Eureka • Class #23934

FREE to OLLI members

Register: humboldt.edu/olli/hbfire



COURTESY OF HUMBOLDT BAY FIRE



Growing & Harvesting Native Plants for Food

**Gretchen Ziegler & Monty Caid,
Native Plant Enthusiasts**

Learn how to identify edible plants native to our region, and how to sustainably harvest and grow them. You will sample foods prepared from these plants, including bay leaf ice cream, manzanita cider, miners lettuce salad, elderberry elixir, and acorn bread. The second class will be a tour of Lost Foods Nursery in Eureka. Register by 12 p.m., March 17.

Fri., March 20 & 27, 10 a.m.-12 p.m.

In person: On Campus & Eureka • Class #23984

\$60 • Register: humboldt.edu/olli/plants



COURTESY OF GRETCHEN ZIEGLER

Stories of Survival at Sequoia Park Zoo

Christine Noel, Education Curator

Sequoia Park Zoo provides a home for many nonreleasable rehabilitated animals, including black bears, eagles, and owls. The zoo team will share these stories of survival, and demonstrate the specialized care, husbandry, and welfare practices that go into caring for these animals. This class includes a behind-the-scenes tour with animal encounters. Register by 12 p.m., March 23.

Thurs., March 26, 9 a.m.-12 p.m.

In person: Eureka • Class #23931

\$45 • Register: humboldt.edu/olli/zoo



COURTESY OF SEQUOIA PARK ZOO

***Colors from the Land:
Identifying Natural Dye Plants
of Humboldt County***

**Serah Blackstone-Fredericks, Writer/
Musician/Oral Historian/Experimental
Anthropologist**

Explore how to identify local dye plants and transform them into lasting pigments for fabric and fiber. Discuss the cultural history of natural dyes and experience a live demonstration of the dye process in action. Register by 12 p.m., March 24.

Fri., March 27-April 10, 3-5 p.m.

In person: On Campus • Class #23946
\$60 • Register: humboldt.edu/olli/colors



COURTESY OF SERAH BLACKSTONE-FREDERICKS

The Breath of Life

Joshua Frye, Scholar/Surfer/Sadhaka

Discover the transformative power of breath work, with both philosophical and practical dimensions. Focusing primarily on the yoga practice of pranayama, you will gain a deeper understanding and appreciation of the healing power of yogic breath work. You will be guided through five different traditional pranayamas, allowing you to acquire a foundation for your own breath work practice. Register by 12 p.m., March 30.

Thurs., April 2-30, 10:30 a.m.-12 p.m.

In person: Arcata • Class #23956
\$65 • Register: humboldt.edu/olli/breath



COURTESY OF JOSHUA FRYE

***Self-Massage & Self-Care
Through the Ages***

Ali McCall, Movement Educator

Are you interested in maintaining or improving your mobility, reducing tension, and enhancing your overall well-being? Explore Self-Myofascial Release (a gentle form of self-massage). Through lecture and guided self-massage using tune-up balls, you will learn to integrate this practice into daily life. You will receive your own tune-up ball to use at home. Register by 12 p.m., March 30.

Fri., April 3-24, 9:30-10:30 a.m.

In person: Arcata • Class #23955
\$60 • Register: humboldt.edu/olli/selfmassage



COURTESY OF ALI MCCALL

IN-PERSON CLASSES

Puzzles & Paradoxes: The Art of Thinking for Curious Minds

Stuart Moskowitz, Metagrologist

Can you cut and rearrange nine \$100 bills to make ten? Discover the fascinating world of mechanical puzzles. Some we put together; some we take apart. Others are unlocked, untangled, or untwisted. Explore their history, math connections, and brain benefits. Make a puzzle to take home. Become a true metagrologist (lover of puzzles)! Register by 12 p.m., April 2.

Tues., April 7-21, 1-3 p.m.

In person: Arcata • Class #24037

\$50 • Register: humboldt.edu/olli/puzzles



COURTESY OF STUART MOSKOWITZ

Humboldt Bay from the Water: Kayak Tour

Mairead Sardina, Sea Kayaking Instructor

Discover Humboldt Bay from a kayak! This introductory level tour will provide you with all you need — kayaking gear, experienced guides, and instruction on basic safety. Learn about what makes Humboldt Bay such a unique and precious habitat, as well as bits of local history. No experience? No problem! This tour focuses on the FUNdamentals! Register by 12 p.m., April 8.

Sat., April 11, 9 a.m.-12 p.m.

In person: Eureka • Class #23973

\$60 • Register: humboldt.edu/olli/kayak



COURTESY OF MAIREAD SARDINA

SPECIAL INTEREST GROUP

Mystery Book Club

Ardith Tregenza, OLLI Curriculum Committee Member

Do you love to figure out who did it? This monthly book club will keep us entertained and guessing! Classic mystery authors featured will include Louise Penny, PD James, Robert Barnard, Donna Leon, David Horowitz, Tana French, Anne Cleeves, and more.

Tues., Feb. 10, March 10, April 14

2-3:30 p.m.

In person: Eureka

\$50 (annual) • Group is currently full.

Join waitlist: humboldt.edu/olli/sigmystery



ADOBE STOCK

OLLI *Brown Bag Lunch*

FEBRUARY 16

KEET's Path Forward – How Local PBS Is Charting a New Course

Jarad Petroske,
Board Member



KEET-TV is at an inflection point following a historic change in federal funding. We'll share our path forward, and strategies to be stronger than ever.

FEBRUARY 23

Life Plan Humboldt: What Is New & Exciting About Humboldt Commons

**Ann Lindsay, Life Plan Humboldt
(Humboldt Commons)**

Life Plan Humboldt is a nonprofit developing an active senior community in the McKinleyville



Town Center. Hear about progress on developing the North Coast's first nonprofit resident-led life plan community, Humboldt Commons. Get updates on the development timeline, the Future Residents Priority List (waiting list), architect plans, and answers to your questions.

MARCH 2

Best Late Winter & Spring Walks in Humboldt County

**Rees Hughes, Author, Hiking Humboldt:
Volume 2 and Hiking Humboldt: Kids**

Get an overview of some of the best Humboldt County wet weather walks (and drives) and early season flower walks.

MARCH 9

The Future of Psychedelics for Mental Health & Exploration

Dustin Larrazolo, Cal Poly Humboldt

Psychedelics have a long history of use in tribal ceremonies, mental health therapy, and by individuals wanting to explore ways of expanding their conscious experience of life. We will explore the various substances available, their characteristic uses and availability, and the pros and cons of their use.

MARCH 16

Electricity Affordability & Rates

**Richard Engel & Marisha Ramirez-
Escareño, Redwood Coast
Energy Authority**



Learn how RCEA balances providing clean energy, reliability, stable rates, and innovative programs. You'll also learn what is included in rates, what drives electricity costs, and how to read and understand your bill.

MARCH 23

The July 29, 2025 M8.8 Kamchatka Earthquake, Tsunami, & the Tsunami Warning System

**Lori Dengler, Professor Emeritus,
Geology Department, Cal Poly Humboldt**

Join this discussion of the July 29 M8.8 Kamchatka earthquake and tsunami, the Tsunami Warning System, and its impacts on California's North Coast. We will explore what went right and what we need to work on.

Presentations are on Mondays at noon on Zoom.

Can't make it to a live presentation? Past presentation videos are available at

humboldt.edu/olli/brownbagarchive

■ Subscribe on YouTube: **youtube.com/@ollihumboldt**

FREE ONLINE PRESENTATIONS

Mondays, noon-1:30 p.m. on Zoom

MARCH 30

Why Is It So Difficult to Obtain Medical Care in Humboldt County?

Bruce Kessler, Retired Internist

Join this discussion of current access to medical care in Humboldt County — the good news and the bad. If you don't have a PCP (Primary Care Provider), how can you access the health care system? If you do have a PCP, how can you best partner with your provider to obtain the best care? We will discuss local availability of specialty care, and if AI and telemedicine can solve the current crisis.

APRIL 6

The Future of Local Media & the Role of the Lost Coast Outpost

Hank Sims, Editor, Lost Coast Outpost

Lost Coast Outpost editor Hank Sims



talks about keeping local media alive and healthy — or trying to — during a time of media consolidation, hyper-partisanship, and technological revolution.

APRIL 13

Political Engagement at the Local Level

Natalie Arroyo, Fourth District County Supervisor



Get an overview of ways to participate in the political process at the local level — as an advocate, a volunteer, or even a candidate for public office. Focus will be on non-partisan tips for effective community engagement and what structures are in place at the local government level that are helpful to understand, with Q&A and discussion.

APRIL 20

Institutional Evolution of OLLI & Cal Poly Humboldt

Shawna Young, Interim Provost, Cal Poly Humboldt



Changes have come to Cal Poly and OLLI in 2025-26: New buildings, new programs, new technology, new faculty, and new leadership, including a new university president, new provost, and new dean of the College of Extended Education and OLLI. Learn how these changes will impact opportunities for community engagement with the university, and facilitate student success in addressing the challenges and opportunities presented by our technologically and socially evolving and aging society.

APRIL 27

Contemporary Forest Management

Elicia Goldsworthy, Policy & Communications Manager, Green Diamond



Learn how the timber industry has changed forestry practices to address contemporary concerns about wildfires, endangered species, forest management, and changing social values as they relate to growing and maintaining healthy forests.

**These free presentations
are sponsored by the
Friends of OLLI.**

(See page 21 to learn more.)

More presentation details and Zoom link:

humboldt.edu/olli/brownbag

Osher Online

Learn with OLLI members across the nation!

Six-week classes offered online in real time,
through Osher National Resource Center



OLLI MEMBERS ONLY: Register by March 6 for Osher Online!

Space is limited. These classes will not be recorded. There will be no refunds for the Osher Online courses.




Ghosts in the White House: The People Behind Presidential Speeches

**Diana Carlin, Ph.D., Professor Emerita of Communication,
Saint Louis University**

Examine the changes in presidential speech writing from the earliest speechwriters in George Washington's administration to contemporary speechwriters. Yes, Hamilton did help Washington write his Farewell Address. But, no, Lincoln did not write the Gettysburg Address on the back of an envelope.

We will discuss the speech writing process used by several presidents and look at drafts from FDR, Truman, Eisenhower, Kennedy, Carter, and George H.W. Bush. We will listen to speeches and the processes shared by former White House speechwriters. Register by 12 p.m., March 6.

Mon., March 30-May 4, 12-1:30 p.m. • Online • Class #24002 
\$70 • Register: humboldt.edu/olli/ghosts




A History of Street Art

**Heather Shirey, Ph.D., Professor of Art History,
University of St. Thomas**

Art in the streets (including graffiti, murals, stickers, paste-ups, and more) offers powerful means of expression for marginalized voices, shapes urban environments, and presents competing visions of community life. Street art is often counter-institutional, engaging social issues from critical perspectives.

We will examine graffiti and street art in the U.S. and beyond, and the rise of the mural movement, strategies for preserving and presenting street art, its increasing institutionalization, and its potential to foster social change. Register by 12 p.m., March 6.

Wed., April 1-May 6, 8-9:30 a.m. • Online • Class #24004 
\$70 • Register: humboldt.edu/olli/streetart

SEE FURTHER DETAILS AND REGISTER:


humboldt.edu/olli/osheronline

Siberia: Russia's Frozen Wasteland or Economic Heartland?

Asya Pereltsvaig, Ph.D., Educator & Author

Siberia constitutes three quarters of Russia's territory, but only a quarter of the country's population lives there. Yet, the role of Siberia in making Russia a large and wealthy empire should not be underestimated.

We will discuss Siberia's role in the rise (and possibly imminent dismantling) of Russia as a unified state; Siberia's economic importance; the region's indigenous peoples and cultures; Siberia's role as a penal colony throughout history; its importance for climate change and environmental issues; and the relations between Russia and China, in which Siberia plays a crucial role. Register by 12 p.m., March 6.


Wed., April 1-May 6, 10-11:30 a.m. • Online • Class #24003 
\$70 • Register: humboldt.edu/olli/siberia



AI for Regular People

Hod Lipson, Ph.D., Professor of Engineering & Data Science, Columbia University, & Melba Kurman, Tech Writer

Artificial Intelligence (AI) is reshaping nearly every aspect of our lives, from chatbots and autonomous vehicles to precision medicine and robotic art. Review the history of AI and its latest developments and explore what makes modern AI different from earlier attempts, how it works, and where it's headed. Consider the human side of AI, including the jobs it might replace or create, the ethical dilemmas it raises, and how it could help — or harm — our daily lives. Whether we are curious, cautious, or excited about AI, this course will provide ways to understand and engage with this powerful technology. Register by 12 p.m., March 6.

Thurs., April 2-May 7, 4-5:30 p.m. • Online • Class #24006 
\$70 • Register: humboldt.edu/olli/ai



Place, Memory, & Environmental Psychology

Fernanda Blanco Vidal, Ph.D. Candidate in Environmental Psychology

In this course, you will reflect on meaningful questions about the psychological and emotional relationships between people and their environments. Drawing on a variety of disciplines, including psychology, geography, architecture, and design, you will be introduced to environmental psychology and its contribution to understanding how physical environments influence our behavior, cognition, identity, and memory.

Using place-based methodologies, we will discuss concepts such as place attachment, place identity, and cognitive maps. We will reflect on issues of memory, meaning of home, trauma, displacement, and the power of nature in our psychological well-being. Register by 12 p.m., March 6.

Tues., April 7-May 12, 10-11:30 a.m. • Online • Class #24007 
\$70 • Register: humboldt.edu/olli/place



Osher Online

Learn with OLLI members across the nation!

◀ CONTINUED FROM PREVIOUS PAGE



A Beautiful Brain

Scott Fulton, Researcher, Instructor, & Author

Most discussions about aging focus on lifespan. Yet what matters most is *brainspan* — how long our mind remains sharp, resilient, and wise.

Explore how the brain ages and look at what the latest science reveals about protecting memory, balance, and clarity. Examine the difference between normal cognitive changes and early signs of dementia, while emphasizing practical, evidence-based prevention strategies. Topics will include brain function and neuroplasticity,

how brain shrinkage affects falls and sensory health, the role of nutrition and supplements in fueling cognition, and the impact of sleep, stress, social ties, and purpose on long-term resilience.

Each session combines accessible science, simple self-tests, and engaging take-home practices. We will also build our own Cognitive Health Scorecard — a personalized tool to identify strengths, track habits, and focus on the small changes that make the biggest difference. Register by 12 p.m., March 6.

Thurs., April 9-May 14, 8-9:30 a.m. • Online • Class #24009 

\$70 • Register: humboldt.edu/olli/brain



Great Science Stories

**Johnnie Hendrickson, Ph.D., Teaching Professor,
School of Molecular Sciences at Arizona State University**

Science is full of surprises. Dyes, accidentally discovered, launched the modern pharmaceutical industry. A failed experiment opened the door to new physics. A geologist studying Earth's age ended up taking on the oil companies to ban leaded gasoline. These stories remind us that discoveries are never just dry facts — they are moments of creativity, struggle, and chance, with consequences that ripple far beyond the laboratory.

Explore the human side of science, situating breakthroughs in the context of their times and tracing how they reshaped both knowledge and society. Along the way, we will tour centuries of discovery across biology, chemistry, physics, and more. Register by 12 p.m., March 6.

Thurs., April 9-May 14, 12-1:30 p.m. • Online • Class #24008 

\$70 • Register: humboldt.edu/olli/greatsci

ABOUT OSHER ONLINE

Osher Online was created by the Osher National Resource Center (NRC) at Northwestern University to expand member access, institute collaboration, sharing of resources, and to ensure the legacy of the Osher Institutes across the nation. These six-week classes are delivered by the Osher NRC, and its staff will provide moderator and technical assistance.


OLLI MEMBERS ONLY: Register by March 6 for Osher Online!

Space is limited. These classes will not be recorded. There will be no refunds for the Osher Online courses.

California Uncovered: A Journey Through Time, Place, & Identity

Anthony Antonucci, Ph.D., Historian & Fullbright Fellow

California is more than a state. It is an idea, a dream, and a contradiction. From California's earliest Indigenous cultures and diverse ecosystems to its transformation under Spanish, Mexican, and American rule, uncover how the Golden State became a global icon of migration, innovation, and cultural change. Explore the missions, the Gold Rush, the railroad, Hollywood's allure, and Silicon Valley's disruptive genius, while also challenging myths and amplifying voices too often left out of mainstream narratives. Gain a deeper understanding of what it has meant to be Californian across eras, enriching how we experience the state today. Register by 12 p.m., March 6.

Fri., April 10-May 15, 12-1:30 p.m. • Online • Class #24010 
\$70 • Register: humboldt.edu/olli/california




The Lost Generation

Ferdâ Asya, Ph.D., Professor of English

Explore the dramatic cultural shifts that reshaped America and Western Europe between the end of World War I and the Great Depression. Known as the Roaring Twenties, the Jazz Age, and the era of the Lost Generation, this period redefined values, norms, morals, and manners.

Immerse yourself in the culturally and socially vibrant ambiance of 1920s Paris, where expatriate writers gathered in cafés and salons to challenge convention and invent new ways of living and writing. We will examine how the lives and works of F. Scott Fitzgerald, Ernest Hemingway, and Gertrude Stein reflected both the exhilaration and disillusionment of the age. We will consider how the legacy of this remarkable decade continues to influence literature and culture today. Register by 12 p.m., March 6.

Wed., April 15-May 20, 12-1:30 p.m. • Online • Class #24011 
\$70 • Register: humboldt.edu/olli/lastgen



Frank Lloyd Wright & Modern Architecture

Jennifer Gray, Ph.D., VP, Taliesin Institute

Frank Lloyd Wright (1867-1959) was one of the most influential architects of the modern era, designing over 1,000 buildings during his career. We will survey Wright's practice, from his iconic Prairie style houses and celebrated works like Fallingwater and the Guggenheim Museum, to lesser-known projects in affordable housing and utopian city planning.

Explore how Wright's designs were influenced by the sweeping cultural shifts of modernism, including the industrial revolution, new technologies, scientific advancements, and progressive social movements. Register by 12 p.m., March 6.

Tues., April 21-May 26, 4-5:30 p.m. • Online • Class #24005 
\$70 • Register: humboldt.edu/olli/wright



SEE FURTHER DETAILS AND REGISTER:

humboldt.edu/olli/osheronline

SPRING 2026 • ONLINE CLASSES

Integrative, Complementary, & Alternative Medicine (ICAM)

Dusty Larrazolo, Naturopathic Medicine Doctoral Student, & Jane Woodward, OLLI Instructor

Explore integrative, complementary, and alternative medicine (ICAM). Learn about licensing, ICAM provider types, California regulations, insurance realities, safety issues, and communication between traditional and alternative practitioners. Be empowered to make informed decisions about incorporating ICAM into your healthcare journey. Register by 12 p.m., Feb. 13.

Wed., Feb. 18 & 25, 1-3 p.m.

Online • Class #23937

\$45 • Register: humboldt.edu/olli/icam

COURTESY OF DUSTY LARRAZOLO



Eureka to Arcata: The Early Days

Jerry Rohde, Historian

The area between Eureka and Arcata is the most heavily traveled location in Humboldt County. Take a look at the development of transportation corridors, communities and land use from 1850 to the early 20th century. Register by 12 p.m., Feb. 18.

Sat., Feb. 21, 1-2:50 p.m.

Online • Class #23935

\$30 • Register: humboldt.edu/olli/earlydays



COURTESY OF JERRY ROHDE

Only Hope: My Mother & the Holocaust Brought to Light

Irv Lubliner, Professor Emeritus

Before she died, Felicia Bornstein Lubliner wrote about her internment in ghettos and concentration camps in Nazi-occupied Poland. Her son, Irv Lubliner, published her stories in the book, *Only Hope: A Survivor's Stories of the Holocaust*. He will share his mother's fortitude and indomitable spirit, as well as his own experience as a child of Holocaust survivors. Register by 12 p.m., Feb. 23.

Thurs., Feb. 26, 1-3 p.m.

Online • Class #23928 • FREE to members
\$25 for nonmembers

Register: humboldt.edu/olli/onlyhope

COURTESY OF IRV LUBLINER



Sufis: Islam's Wanderers & Poets

Molly Cate, Humanitarian Educator

Since the time of Muhammad in the 7th century, Sufis have wandered the known world, singing, weeping, laughing, and dancing Islam's message of brotherhood. From Spain to the Far East, Sufis established mosques and schools and fostered an enduring love for poetry. Explore their history, meet the great 8th-century woman poet Rabiah, and the better-known men of the 12th and 13th centuries, Rumi and Hafiz. Register by 12 p.m., March 27.

Wed., April 1-15, 10 a.m.-12 p.m.

Online • Class #23936

\$60 • Register: humboldt.edu/olli/sufi



WIKIMEDIA COMMONS

Conservation Burial: Loving the Land with Your Body

Mary Ann Perry, Green Burial Educator

Conservation burial is more than just burying bodies without embalming or vaults. Learn how conservation burial can be an essential element of land conservation, and a means for protecting land well into the future. Register by 12 p.m., March 30.

Thurs., April 2 & 9, 1-3 p.m.

Online • Class #23932

\$20 • Register: humboldt.edu/olli/burial



Free to OLLI members. COURTESY OF MARRY ANN PERRY

SPECIAL INTEREST GROUPS

**OLLI
MEMBERS
ONLY**

Live & Local Concert Previews

Elizabeth Morrison, Group Leader

Meets online on Mondays before live classical concerts to preview the music, composers, and musicians. See full concert and class schedule at humboldt.edu/olli/concerts

Mon., March 2, April 6, May 18,

& Tues., May 26, 6-7:30 p.m. • Online

Free to OLLI members • Class #23971

Free to OLLI members, thanks to a generous donation from the Eureka Symphony.

Book Club

Mike Zeppegno &

Dan Chandler, Co-Leaders

Choose and discuss books from all genres, on the third Wednesday of the month. Monthly selections are listed at humboldt.edu/olli/bookclub.

Wed., Feb. 18, March 18, April 15

5-6:30 p.m. • Online

\$50 (annual) • Group is currently full.

Join waitlist: humboldt.edu/olli/bookclub

Time & Place in Contemporary Art

Julie Alderson, Art Historian

Contemporary artists explore an incredibly wide range of ideas in their work. This course focuses on the themes of time and place to better understand how these broad concepts have generated some of the most interesting art being produced today. Register by 12 p.m., April 10.

Wed., April 15, 1-3 p.m.

Online • Class #23944

\$30 • Register: humboldt.edu/olli/time

H.



Updated: A Photographic Exploration of Wigi (Humboldt Bay)

Aldaron Laird, Environmental Planner/Photographer

This course presents a 2026 update to the instructor's book, *A Photographic Exploration of Wigi*, exploring landscapes and stories through new images and perspectives. Register by 12 p.m., April 13.

Thurs., April 16, 1:30-3 p.m.

Online • Class #23945

\$30 • Register: humboldt.edu/olli/wigi



Travel with OLLI

OLLI at Humboldt is partnering with Go Ahead Tours to bring you unforgettable domestic and international travel experiences this year.

SEPT. 27–OCT. 4, 2026:

Fall Foliage Tour

Experience a week of brilliant autumn color in New England. Learn more and register:

humboldt.edu/olli/foliagetour

COMING IN SPRING 2027:

A Week in Greece

Join OLLI at Humboldt for an adventure through stunning Greece. Details coming soon!



Start dreaming.

humboldt.edu/olli/travel

Trip registration is through Go Ahead Tours, not through OLLI at Humboldt.

Humboldt-ERFSA Free Speaker Series



The **Humboldt Emeritus and Retired Faculty and Staff Association**

(Humboldt-ERFSA) hosts free monthly luncheons featuring dynamic speakers from the university and local community. These events are open to everyone — not just ERFSA members. OLLI at Humboldt invites its members and friends to attend — no RSVP is required!

THURSDAYS • Baywood Golf & Country Club*

3600 Buttermilk Lane, Arcata (*except March 12) • Doors open at 11:45; speaker begins at noon.

► THURS., FEB. 12, 2026

[Two speakers]

12 p.m.: Oscar M. Vargas, Biological Sciences (2021 Grant Recipient)

The Evolutionary Origin & Conservation Genetics of Rare Plants in California

Portions of the tree of life, the evolutionary origin of rare plants and genetic diversity can be inferred from the use of next generation DNA sequencing. The presenter's research team examines this data for conservation purposes.

12:30 p.m.: Catalina Cuellar-Gempler, Biological Sciences (2020 Grant Recipient)

Revealing Biodiversity-Ecosystem Function Relationships through Microbial Nitrogen Metabolism

Studying biodiversity–ecosystem function (BEF) reveals how life's variety influences ecosystem performance, but key gaps remain about how organism movement and BEF relationships affect ecosystem health. Microbes drive essential processes like the nitrogen cycle. Using our ERFSA-funded ammonia probe, we track nitrogen transformations to link microbial diversity with ecosystem function. Hear about the results.

► THURS., MARCH 12, 2026

12 p.m.: Kyle Weis: Acting Captain R/V North Wind: Cal Poly Humboldt's New Research Vessel

Visit CalPoly Humboldt's new research vessel, R/V North Wind, meeting at Dock A at the Woodley Island Marina in Eureka. We will remain at the dock, and Kyle Weis will be available to answer questions during the informal tour. Dock A is located at the south end of the marina.

► THURS., APRIL 9, 2026

12 p.m.: Brandon L. Browne, Professor, Department of Geology

Probing the Subvolcanic Magma Plumbing Systems of Continental & Oceanic Basaltic Volcanoes, Examples from Medicine Lake Volcano & the Axial Seamount

Hear about the results of new geological research on the magma systems that underly two very different basaltic volcanoes located in the Pacific Northwest. New evidence from geochemical and geophysical observations is advancing our ability to monitor and forecast volcanic eruptions.

► THURS., MAY 14, 2026

12 p.m.: Jose Marin Jarrin, Fisheries Biology (2020 Grant Recipient)

Using Genetic Barcoding & Otolith Analysis to Train a Diverse Workforce in Fisheries Ecology

Genetic barcoding and otolith analysis allow ecologists to identify fisheries species, and estimate fish growth and survival rates. Students and local partners have been trained in the lab to use these techniques for fisheries management and stewardship to study octopus in the Galapagos Islands, and smelt and surfperch in Northern California. This work will benefit small-scale fisheries in small underserved communities.

CalPoly
Humboldt.

Learn more about ERFSA
and see more event details:

humboldt.edu/erfsa

How to register for **OLLI** classes

Early registration opens Feb. 3 for members!

ONLINE: To register for a class online, go to the link listed under the class in this catalog, and click “register” on the class web page. Or select classes directly on the online registration form:

humboldt.edu/olli/regform

Registration opens for OLLI members on Feb. 3. Everyone can register starting Feb. 9.

IN PERSON: OLLI is located on the second floor of the Student Business Service Building, Cal Poly Humboldt campus, and is open Mon.-Thurs., 9 a.m.-4 p.m., and Fri., 9 a.m.-3 p.m. (closed 12-1 p.m.). *You may also register in-person at the Open House on Feb. 7. (See back cover.)*

BY MAIL: Download and print the OLLI online registration form: **humboldt.edu/olli/reg.pdf** Fill out the form on your computer or by hand. Mail it with your check or money order made out to “Cal Poly Humboldt” with “OLLI” in the memo.

College of Extended Education
Attn: OLLI - SBS211
Cal Poly Humboldt
1 Harpst St., Arcata CA 95521-8299

PAYMENTS: OLLI accepts most credit/debit cards, electronic checks, paper checks, money orders, and cash. All Cal Poly Humboldt students (including OLLI students) will be charged a 2.65% processing fee when making a credit or debit card

payment by phone or via the online registration form. This fee can be avoided by making an in-person debit card payment, or by paying online with an “electronic check.” You can also mail a check, but note that your registration will not be complete until your check is received by OLLI.

Who may register?

Anyone age 18 or older may take an OLLI class. Non-members add \$25 per class to the listed class fee, and are limited to two classes per term, or they can become a member for \$35. Memberships are non-refundable.

Registration deadlines

Enrollments close at 12 p.m., **three business days prior to the class start date.** Look for the registration deadline at the end of the description for each class in this catalog.

If you need to drop a class

Complete a drop form for each class you want to drop. Note that field trip classes and Special Interest Groups must be dropped at least three business days prior to the class start date to receive a full refund. After the registration deadline, there will be no refunds.

See the OLLI drop policy and form: **humboldt.edu/olli/drop**

Let's Connect!

FREE Online Conversations

Fridays starting Feb. 13, 10-11 a.m. on Zoom

OLLI at Humboldt, in collaboration with **Tracey Barnes-Priestley**, facilitate this hour of conversation that focuses on a new topic each week. We share meaningful stories, thought-provoking experiences, and often, plenty of laughter. Please join us! Register once, and use the same Zoom link each week. See the topics and register on the website:

humboldt.edu/olli/letsconnect

Friends of OLLI

OLLI at Humboldt was founded by the Bernard Osher Foundation.

Operating funds for OLLI come from interest on the Osher Foundation endowment, membership dues, and class fees. OLLI receives no direct funding from Cal Poly Humboldt.

When Friends who value lifelong learning give to OLLI, donations are used to provide scholarships, free classes and programs, and to bring more benefits back to OLLI members.



GIVE TODAY

BECOME A FRIEND: humboldt.edu/giving/olli

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Thank you to these Friends of OLLI who donated this year. We apologize if we inadvertently omitted anyone.

Join, renew, register today! **humboldt.edu/olli**



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Osher Lifelong Learning Institute
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1 Harpst St.
Arcata, CA 95521-8299

OLLI at Humboldt is self-supporting. This catalog is not printed or mailed at state expense. If you want to be removed from the mailing list, go to humboldt.edu/extended/nomail



Open House: Sat., Feb. 7

11 a.m.-1 p.m. • Goodwin Forum, Nelson Hall East, Cal Poly Humboldt campus

- Explore classes and meet instructors.
- Join OLLI or renew your membership.
- Free campus parking for this event.

For details: humboldt.edu/olli/openhouse

