



BELLEVUE
COLLEGE

COMMUNITY EDUCATION

TELOS Course Schedule FALL 2021

Explore a variety of compelling and fascinating courses for retirees, semi-retirees, and active seniors. Designed to focus on learning, growth, and fun—not performance.

FALL
COURSES
ARE ONLINE!





2 Ways to Register

1. **Online Registration** – At bellevuecollege.edu/ce/retiree-programs, click the “Browse Catalog” button on the right side of the homepage. On the Course Catalog page, click Retiree Programs (TELOS) in the left-hand column. You can browse courses by subject matter or day of the week. Follow the instructions after placing a course in your cart to complete your purchase and registration.
2. **Phone-In Registration** – Call us at **425-564-2263**. Please have your Student I.D. Number, credit card information and course item number ready.

Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, veteran status, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at bellevuecollege.edu/policies/. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2178, Office R130.

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Since the TELOS program began in 1976, the oak tree has been its distinctive symbol. Telos is the Greek word (τέλος) meaning 'fulfillment.' And that's what the TELOS program offers: an engaging community where adults can fulfill their continuing desire to learn and grow.

TELOS presents a broad range of classes to meet a wide variety of interests. The atmosphere is intellectually stimulating and supportive. Classes are small and informal. Students and faculty interact as peers, making learning a creative exchange of ideas. Many students form lasting friendships.

At TELOS the emphasis is on education and growth, not measuring performance. There are no entrance requirements, grades or tests.

MONDAYS

Ancient Egypt: Queens & Women

In this course we will explore the queens and women of Ancient Egypt. Although their social position was determined principally by the status of their fathers and husbands, women enjoyed a higher profile in Egyptian society than was possible in many other civilizations of the ancient world. They were equal with men before the law and, although only men were permitted to hold government office, the wife, mother or daughter of a king or prominent official could wield considerable influence. In the event of a king's minority, his mother might rule as regent. On rare occasions, as in the case of Hatshepsut, the stepmother of Thutmose III, a woman might even assume the full mantle of royal power and rule as king. Fee: \$85

Item F8009	Cynthia Smith	
8 Mondays	Oct 4–Nov 22	10:00–11:30am

Computer-Based Family History

This is an introductory class for learning how to research your ancestors using censuses, city directories, tax records and historical newspapers. You will be introduced to Ancestry, Family Search, Google, Cyndi's List as well as local, regional and national archives. We will work on improving our searching skills and learn how to access many free databases from the comforts of home. Fee: \$85

Item F8010	Robert Barnes	
8 Mondays	Oct 4–Nov 22	12:00–1:30pm

Early Medieval History

This course will examine the changes in the Western World from the fall of Rome through the constriction of the Dark Ages to the beginnings of the Medieval era proper. During these 500 years we will see the resurrection of culture and the reestablishment of thinking, all based on faith. Interwoven with the reawakening of Europe, we will explore the beginnings and flowering of Islam in the Middle East and the rich intermingling of the Jewish, Christian, and Islamic cultures in medieval Spain. We will also delve into the regional stories of the Middle Ages including *The Song of Roland*, *Beowulf* and others. Fee: \$85

Item F8028	Kristine Busch	
8 Mondays	Oct 4–Nov 22	10:00–11:30am
Item F8031	Kristine Busch	
8 Mondays	Oct 4–Nov 22	12:00–1:30pm

Great Foreign Policy Decisions

Great Decisions is a discussion course offered by the Foreign Policy Association. The course includes a book with a chapter on each subject. In class we watch a DVD and then discuss the topic. Discussions are lively and interesting. The topics for 2021 are Global Supply Chains and National Security, Persian Gulf Security Issues, Brexit and The European Union, Struggles Over the Melting Arctic, China's Role in Africa, The Korean Peninsula, Role of International Organizations in a Global Pandemic, and The End of Globalization.

Required Text: Great Decisions 2021 Briefing available at [fpa.org](https://www.fpa.org) (available online, not available at college bookstore). Fee: \$99

Item F8011	Carla Barnes	
8 Mondays	Oct 4–Nov 22	2:00–3:30pm

Introduction to Buddhism

The teachings of Buddha, called Dharma, are easy to understand yet extremely profound. Buddhist philosophy helps us understand our various states of mind and overcome those that cause pain and problems. Each class will begin with a brief meditation followed by a teaching, Q&A, and conclude with a meditation. Participants will learn how to incorporate basic Buddhist teachings into daily life, transforming the negative state of mind into a more positive outlook.

Fee: \$85

Item F8008	Cecilia Watson	
8 Mondays	Oct 4–Nov 22	10:00–11:30am

Roots of Rock & Roll 1950s–60s **NEW!**

Take a fascinating, informative and entertaining journey with former Bay Area radio broadcaster John Jensen as we further review the roots of rock. You'll hear great music, see rare film and video clips while examining the legacies of the pioneers who contributed greatly to this popular music genre. You'll hear how girl groups became so popular and explore the popularity of the guys and guy groups who became teen idols. We'll also examine the many genre of rock including the popularity of doowop, folkrock, surf and the sounds of the British Invasion. Along the way we'll hear the personal stories and the influence of radio, television and big business on this incredible movement. We'll hear rare outtakes and studio sessions and learn how this music impacted America during those times. Fee: \$85

Item F8000	John Jensen	
8 Mondays	Oct 4–Nov 22	12:00–1:30pm

The Science of Astrobiology

Astrobiology is a new science that seeks to answer an old question: Are we alone in the cosmos? There are those at NASA and elsewhere who believe we are on the verge of discovering evidence of life on other worlds. This class will be a travelogue style overview of the science of discovering life and of the worlds in our Solar System and elsewhere in the galaxy that may be the place where it is found. Fee: \$85

Item F8033

Ron Hobbs

8 Mondays

Oct 4–Nov 22

10:00–11:30am

TUESDAYS

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Fee: \$99

Item F8003

Doris Toppen

7 Tuesdays

Oct 5–Nov 16

10:00am–12pm

Food After 50

Develop a solid understanding of the nutrition needs for adults over 50. This course will cover the following: 1) Which vitamins and minerals to increase or decrease, 2) The latest research on intakes of protein, fats, and carbohydrates, 3) Are supplements necessary? How to find safe and effective supplements, 4) How to tweak your diet to maximize nutrients without feeling deprived of what you like, 5) Fad diets and nutritional quackery: how to spot a sham, 6) How to reduce your risk and/or manage Type 2 diabetes and heart disease with diet, 7) Hydration needs, and 8) Can your diet help you feel healthier? Fee: \$85

Item F8016

Amy Mills

8 Tuesdays

Oct 5–Nov 23

2:00–3:30pm

Introduction to Drawing

Draw with confidence! Learn to see differently and gain skills quickly while developing your line, form and perspective techniques. Exercises include contour drawing, value studies and creating depth. We will be working with pencil and using the fall season as our inspiration. All levels welcome! Fee: \$89

Item F8001

Stacey Almgren

6 Tuesdays

Oct 5–Nov 9

9:30–11:30am

Introduction to Watercolor

Try your hand at a spontaneous medium. Develop basic watercolor painting skills in a relaxed studio environment. Study composition, color mixing, and color relationships. Through demonstrations and experimentation, you will create a variety of artwork from abstract to landscape. We will be using the fall season as our inspiration All levels welcome! Fee: \$89

Item F8002

Stacey Almgren

6 Tuesdays

Oct 5–Nov 9

12:00–2:00pm

Phone Photography: Composition

Is your go-to camera these days your phone? Do you wish your results were better? While handling and settings are important, composition is really the key to a memorable, compelling photograph. It is all about design—what you include, what you leave out plus how you arrange what is within your frame. You want to learn the well-established principles of composition, when to follow them and when not to. We will shoot weekly assignments and post the results to Flickr.com to share for feedback outside class and in live Zoom sessions. All you need is any phone camera and the ability to get your photographs from the phone to Flickr.com. Fee: \$85

Item F8004

Raymond Pfortner

6 Tuesdays

Oct 12–Nov 16

11:00am–1:00pm

Recover from and Prevent Injury **NEW!**

Build your physical and emotional balance, agility, and flexibility with Feldenkrais Awareness Through Movement™ lessons that help you change habits that are getting in your way. We'll work with whatever you're struggling with, whether it be procrastination, sore knees, lingering problems from old injuries or surgeries, or building the skills to delve into something new. Fee: \$85

Item F8014

Irene Pasternack

8 Tuesdays

Oct 5–Nov 23

10:00–11:30am



All courses through Fall 2021 will be ONLINE and INSTRUCTOR-LED.

To receive the most up-to-date notice on courses, please sign up for our eNewsletter at bellevuecollege.edu/ce.

Roots of Rock & Roll 1940s–50s

Take a fascinating, informative and entertaining journey with Bay Area radio broadcaster John Jensen as we seek the roots of rock. You'll hear great music, see rare film and video clips while examining the legacies of the pioneers who contributed greatly to this popular music genre. You'll hear how Rhythm and Blues, Gospel, and Country intersected during that first decade and became the bedrock of Rock n' Roll. Along the way we'll hear the musicians, the singers, the guy and girl groups, the personal stories and the influence of radio, television and big business. You'll play 50s rock trivia, hear rare songs and see how this music impacted American culture during those early days. Fee: \$85

Item F8015

John Jensen

8 Tuesdays

Oct 5–Nov 23

12:00–1:30pm

Stories from Eastside's Past

This course will chronicle the development of the eastside (of Lake Washington) communities from the Native Americans, logging, and mining to the corporation of the four major eastside cities. Included will be the effects of the lowering of Lake Washington in 1916 on the economic growth of the area. Fee: \$85

Item F8013

Jane Morton

8 Tuesdays

Oct 5–Nov 23

10:00–11:30am

Views of the News with Carla

Join us for a lively, highly interactive discussion of current events in the news, as well as persistent topics like the Middle East, China, the National Debt, Health Care Reform, Politics and America's future place in the world. We look forward to hearing YOUR Views of the News! Fee: \$85

Item F8012

Carla Barnes

8 Tuesdays

Oct 5–Nov 23

9:30–11:00am

WEDNESDAYS

The Art of the Cinematographer

Cinematography is the art of photography and visual storytelling in a motion picture. It comprises all on-screen visual elements, including lighting, framing, composition, camera motion, camera angles, film selection, lens choices, depth of field, zoom, focus, color, exposure, and filtration. Cinematography sets and supports the overall look and mood of a film's visual narrative. Each visual element that appears on screen can serve and enhance the story, so it is the cinematographer's responsibility to ensure that every element is cohesive and supports the story. This course will examine the art of cinematography from

the early days of silent cinema to the most recent films, and examine the careers and films of the most celebrated of these visual artists. Plentiful film clips will make this an unforgettable experience. Fee: \$85

Item F8032	Frederic Silber	
8 Wednesdays	Oct 6–Nov 24	12:00–1:30pm

Ballet for Balance

Using ballet basics, Brain dance and Pilates principles, this class begins in chairs and moves to ballet barre, with occasional center work at the end of class. Improve your posture, balance, range of motion, and physical well-being with these fun ballet exercises performed to beautiful music. Feel like a dancer and take these new movement patterns with you for better walking, sitting, and enhanced confidence in all your activities. No experience needed. Bare feet socks, no dance shoes. Fee: \$99

Item F8018	Claudia Lawrey	
8 Wednesdays	Oct 6–Nov 24	10:00–11:30am

Book Club: *The Ambassadors*

In this course you will read and discuss Henry James' novel, *The Ambassadors*. Students will need to have access to a copy of the unabridged edition of Henry James' *The Ambassadors*. Check online for best prices. Fee: \$85

Item F8034	Bruce Bigley	
8 Wednesdays	Oct 6–Nov 24	12:00–1:30pm

Creative Writing

Please refer to page six for course description. Fee: \$99

Item F8005	Doris Toppen	
7 Wednesdays	Oct 6–Nov 17	12:00–2:00pm

Gentle Yoga and Pilates

Hatha Yoga (in the Iyengar Style). The class will incorporate poses that will include stretching, balance and mobility. Pilates is incorporated for core strength. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self-direction and gain information about your body. Bring a "sticky" mat to the first class (available where yoga supplies are sold).

REQUIRED FORM: All fitness class students are required to complete the "Activity Release, Limitation of Liability and Assumption of Risk" form, found at bellevuecollege.edu/ce, and email to: ce-programs@bellevuecollege.edu.

Fee: \$85

Item F8024	Marna Hanneman	
8 Wednesdays	Oct 6–Nov 24	6:00–7:30pm

John Jensen

A former radio broadcaster, John Jensen has been an avid collector of music, movies, and radio broadcasts of the 1930s through the 1960s. Early fascination led to employment as an on-air personality and later as general manager of KMPX, a San Francisco radio station devoted to playing the music and radio broadcasts of those years.

"I've had a life-long passion for collecting anything audio whether it be rare records or old radio shows. Because of my years in broadcasting I was able to acquire the music libraries of two radio stations and have now digitized 157,000 selections of audio material to draw from for my talks.

I try to make each 90 minutes of class not only informative but entertaining as well. The most enjoyment I get is when I'm able to share a back story on a certain well-known recording most people didn't know or play an alternate take that people hadn't heard before. Those "aha" moments are priceless.

I also love it when students in the class share an experience or anecdote related to our discussion or their own stories of meeting or knowing various personalities.

I'm looking forward to this Fall when once again I'll be sharing an in-depth look at the music and events of the recent past."



During his time in broadcasting, he produced and directed a world-wide two-hour radio broadcast heard over Armed Forces radio honoring the U.S. Navy's 200th Anniversary, starring, in person, Bing Crosby, Mel Blanc, and a host of other film and radio personalities from the 1940s and 50s. In 1992 he directed the 50th Anniversary of Armed Forces Radio also heard world-wide over AFRTS (Armed Forces Radio and Television Service).

As an amateur audio historian, he has provided research and assorted media to filmmakers including Frances Ford Coppola, George Lucas and Jack Haley, Jr.

In 2015 he retired after 25 years as Senior Director of Public Relations for the humanitarian organization, World Vision, in Federal Way.

For the past five years he has been an instructor through the TELOS program at Bellevue College.

This Fall John will be teaching three courses:

- **Roots of Rock & Roll 1940s–50s** Begins October 5
- **Roots of Rock & Roll 1950s–60s** Begins October 4
- **A People at War: The Home Front during WWII** Begins October 6

World Languages

Bonjour

Parlez-vous français?

The World Languages program offers the most comprehensive, non-credit selection of language classes in Washington state. Whether your goals include travel, hobby learning or enhancing your career, you will find our courses to be affordable and accommodating.

PROGRAM AREAS:

Chinese (Mandarin), French, German, Italian, Japanese, Korean, and Spanish

Go to **bellevuecollege.edu/ce/language** to register.

The New Yorker Discussion Group

The New Yorker is an American magazine of reportage, commentary, criticism, essays, fiction, satire, cartoons, and poetry. Despite its name, it has a wide audience outside of New York and is read internationally. This class will be a discussion group (limited to 20 students) who each week will choose three to five articles, reviews, poems, stories or cartoons to discuss. A subscription or access to the magazine is, of course, essential. Fee: \$85

Item F8023	Frederic Silber	
8 Wednesdays	Oct 6–Nov 24	2:00–3:30pm

A People at War: The Homefront During World War II

An informative look at the events that led to the U.S. entry into the Second World War and the sacrifices made by many to aid the war effort. Included is a review of our last year of peace: 1941; the events that led to the attack at Pearl Harbor; the contributions of the entertainment industries, and examples of what life at home was like during those difficult times. Fee: \$85

Item F8020	John Jensen	
8 Wednesdays	Oct 6–Nov 24	12:00–1:30pm

Self-Publish Your Writing

Leave a legacy of your memories. In this fun, interactive hands-on course you will create a sample manuscript for self-publishing your own content. You may have written a few stories, completed some chapters of your memoirs, written a few family history pages, recorded oral interviews, have photographs from old albums, or worked on your family tree but have never shared it with your family and friends. Where do you start and what are the options for sharing your legacy on a limited budget? You can benefit from this class if you are interested in learning about independent self-publishing using local printing and Cloud computing services. This class will help you learn practical tools, techniques, and give you hands-on experience. Fee: \$85

Item F8017	Eric Stathers	
8 Wednesdays	Oct 6–Nov 24	10:00–11:30am

U.S. - Mexico Borderlands: History, Culture and Identity

This course establishes a broad understanding of American history as a dynamic, contested, and creative cultural encounter of Indigenous-Afro-Eurasian cultures and people. The borderlands framing is one which acknowledges the people already on the land before the arrival of Europeans, while also recognizing geopolitical conflicts of European powers in the Americas. In the context of the Atlantic world and the frontier, we will look at the formation

of the United States in relation to New Spain and mesoamérica. As much as possible, we will draw on first hand accounts to illuminate the complexity of the borderlands and the implications for today. The “residue” of this history exists in our place names, foods, styles and language.

By considering the creative artifacts of the past as primary historical documents including art, music, dance and spoken word expressions of identity, hybridity and nationalism in order to foster the awareness of how our contemporary ‘pluralism’ has its roots in historical borderlands. Fee: \$85

Item F8021	Octavio Carrasco	
8 Wednesdays	Oct 6–Nov 24	12:00–1:30pm

Views of the News with Jerry

This will be a participative discussion class. Space is provided for respectful discussion of current events including politics, technology, industry, a dash of history, religion (if you dare) and sometimes even sports. We will see an occasional video related to discussion topics or just for fun. We will often divert to your suggestions for discussion. How do these events affect us today and into the future? Is there historical background that got us to these events? Is there leadership we can look to or a lack of leadership? Fee: \$85

Item F8019	Jerry Bunce	
8 Wednesdays	Oct 6–Nov 24	12:00–1:30pm

THURSDAYS

Creative Writing

Whether you are a beginning or experienced writer, whether your interest is in memoir writing, fiction or non-fiction, you will benefit from this class. Exchange of ideas and opinions is an important tool in the development of your writing skills. Priming the pump uncovers a myriad of memories and touches the creative center in all of us. Fee: \$99

Item F8025	Doris Toppen	
7 Thursdays	Oct 7–Dec 2	12:30–2:30pm

NO CLASS NOV 11, NOV 25

Golden Age of Broadway: 1960s

This will be the third course in a series dedicated to examining and dissecting what were the crucial and best decades of musical theatre and dramatic plays to appear on Broadway. The 1960s were one of the most tumultuous and divisive decades in American history, marked by the civil rights movement, the Vietnam War and antiwar protests, political assassinations and the emerging generation gap. While there were still classic and nostalgic musicals like *Hello Dolly* and *She Loves Me*, more contemporary musicals like *Cabaret* and *Hair* were reflecting the changing times. Even more so, dramas were reflecting more diverse and political voices, previously unheard on a Broadway stage. Many video and audio clips will make this an unforgettable experience. No previous courses required. Fee: \$85

Item F8030

Frederic Silber

8 Thursdays

Oct 7–Dec 9

12:00–1:30pm

NO CLASS NOV 11, NOV 25

Photostyle: The Art of Arranging **NEW!**

Increasingly arranging what is in front of your lens, whether man-made or natural objects, makes the best, most memorable photographs. Doing so takes your photography into a whole new and very current realm. Yet ironically, arranging, like photography itself, is an art. It takes great imagination and is very challenging. There are professional photostylists, even specialized food photostylists. Explore the principles of styling, learn the tricks and techniques, part of photography almost never taught. Practice with weekly assignments. Class sessions will be live on Zoom; assignments will be posted on Flickr.com for asynchronous sharing and feedback plus sharing live. Fee: \$85

Item F8007

Raymond Pfortner

6 Thursdays

Oct 7–Nov 18

1:00–3:00pm

NO CLASS NOV 11

Self-Defense 101

Research indicates that people who successfully defend themselves are better able to quickly recognize threatening situations, express, and if necessary physically enforce their boundaries. Learn those skills. Recognize assailant ploys and manipulations—and how to thwart them. Practice releases from common grabs and decisive strikes to vital targets. Assess your risks, and plan around them. Understand the connections between awareness, threats, and our media environment. Come prepared to challenge yourself—emPOWERment doesn't get more fun.

REQUIRED FORM: All fitness class students are required to complete the

“Activity Release, Limitation of Liability and Assumption of Risk” form, found at bellevuecollege.edu/ce, and email to: ce-programs@bellevuecollege.edu. Fee: \$85

Item F8006	Joanne Factor	
6 Thursdays	Oct 7–Nov 18	10:30am–12:30pm
NO CLASS NOV 11		

Views of the News with Steve

In this participative discussion class led by Steve Gersman, we will look at a few national and international current affairs each week. We will discuss politics and more enduring topics suggested by our group. How do these events affect us today and into the future? What is the historical background that got us to these events? Is there leadership we can look to or is there a lack of leadership? Fee: \$85

Item F8029	Steven Gersman	
8 Thursdays	Oct 7–Dec 9	12:00–1:30pm
NO CLASS NOV 11, NOV 25		

SATURDAYS

COVID19 Pandemic in South Asia

South Asia is an increasingly important world region with environmental, history and culture implementations to U.S. and other western counties. Updating the COVID19 pandemic information in South Asia will be impactful. Students will attain a basic level of history and culture knowledge related to infectious disease epidemiology under the pandemic in 21st centuries, and be able to apply the course concepts to real world situations. Fee: \$85

Item F8026	Fang Xie	
8 Saturdays	Oct 9–Dec 4	10:00–11:30am
NO CLASS NOV 27		

Discover Washington

Washington state offers urban scenes, islands, mountains, and parks, as well as a vibrant arts scene and museums. Bellevue is a fast-growing city offering beautiful scenery and abundant outdoor space, making it rich with natural and urban resources to explore throughout the year. Through this class, students are encouraged to discover more great places to explore and things to do locally and in the state of Washington. Fee: \$85

Item F8027	Fang Xie	
8 Saturdays	Oct 9–Dec 4	2:00–3:30pm
NO CLASS NOV 27		



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**To register or for more information:
bellevuecollege.edu/ce**

425-564-2263