



**BELLEVUE  
COLLEGE**

**ALL WINTER  
COURSES  
ARE ONLINE!**

## **COMMUNITY EDUCATION**

### **TELOS Course Schedule WINTER 2023**

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.





## 2 Ways to Register

1. **Online Registration** – At [bellevuecollege.edu/ce/retiree-programs](https://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](https://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 B126.

Vol. XVII, no. 1 *Community Education* is published quarterly by: Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484. USPS 019-147 periodicals postage paid at Bellevue, WA, and additional mailing offices. Postmaster: Please send address changes to: Community Education, Bellevue College, 3000 Landerholm Circle SE, Bellevue WA 98007-6484. Every effort is made to ensure that information and fees are accurate; however, changes, corrections, or cancellations of courses or fees may occur. Community Education reserves the right to cancel any class. For the most current information, check [BCconted.com](https://BCconted.com).



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

### Egyptian Voices: The New Kingdom

Look at life along the Nile at the height of Egypt's power and influence, from the expulsion of the Hyksos rules through the New Kingdom. Known for the monumental architecture of Ramesses II and the treasures of Tutankhamun, this class will explore the archaeological evidence found in architecture, literature and artistic masterpieces created for use by royal and nonroyal individuals. Fee: \$89

Item W23415  
8 Mondays

Cynthia Smith  
Jan 9–Mar 13

Online  
10:00–11:30am

**NO CLASS JAN 16 AND FEB 20**

### Introduction to Genealogical Research

This is a computer-based introduction to genealogical research. A variety of historical records from censuses, directories, tax records, immigration/naturalization records will be used to construct time lines for our ancestors. You will learn techniques for dealing with surname variants, using place name searches and timelines. Fee: \$89

Item W22588  
8 Mondays

Robert Barnes  
Jan 9–Mar 13

Online  
12:00–1:30pm

**NO CLASS JAN 16 AND FEB 20**

### The Future of the Final Frontier

A new space age is taking shape in the second decade of the 21st Century. This course is an overview of the new initiatives, from the space tourism companies of Jeff Bezos and Sir Richard Branson, to the emerging space programs of China, India and other nations. A historical review of the 60-year-old Space Age will provide insights on the new challenges. Fee: \$89

Item W23071  
8 Mondays

Herbert Hobbs  
Jan 9–Mar 13

Online  
2:00–3:30pm

**NO CLASS JAN 16 AND FEB 20**



## The Secrets of Painted Portraits

Before the invention of photography, a painted, sculpted or drawn portrait was the only way to record the appearance of someone. But portraits have always been more than just a record. They have been used to show the power, the social importance, the beauty, the wealth, or other qualities of the sitter. Most portraits, such as the Mona Lisa, have been flattering but there are exceptions. The portraits reveal part of the soul of the sitter through a specific iconography and play an important role in their life. Let's discover painted portraits and self-portraits from common people to royalty, their mystery and secrets starting in the Middle Ages in the Western Art History. Fee: \$89

Item W22591	Florence Dusausoy	Online
8 Mondays	Jan 9–Mar 13	10:00–11:30am
NO CLASS JAN 16 AND FEB 20		

## Women in Art History

Since the beginning of time, women have shaped the course of art history. Let's discover the life and accomplishments of the women who helped shape art history and integrate them in our cultural and historical consciousness. This class tells the story of the women artists and patrons of art, starting in the Middle Ages through the Modern Era. Fee: \$89

Item W22592	Florence Dusausoy	Online
8 Mondays	Jan 9–Mar 13	12:00–1:30pm
NO CLASS JAN 16 AND FEB 20		

## TUESDAYS

### Comfortable Feet

Staying active gets challenging when your feet hurt! We'll use the Feldenkrais Method to help your whole body work as a team to keep your feet comfortable. You'll learn some foot anatomy, improve your walking and balance, and learn helpful hints you can do on your own to keep improving your comfort and mobility. Useful if you have bunions, neuropathy, hammer toes, plantar fasciitis or just plain sore feet. Fee: \$89

Item W23094	Irene Pasternack	Online
8 Tuesdays	Jan 3–Feb 28	2:00–3:30pm
NO CLASS FEB 7		

## Creative Writing: Flash Fiction

Students will be introduced to the literary form known as “flash fiction,” a term ordinarily applied to stories that do not exceed 1000 words in length. At the outset, students will read and discuss several pieces of flash fiction written by accomplished writers, after which they will be asked to carry out several exercise in writing. During the remainder of the course, students will then conceive and write at least one piece of flash fiction. Each student’s story will be shared with the class for constructive feedback. Fee: \$89

Item W22631

David Summers

Online

8 Tuesdays

Jan 3–Feb 28

2:00–3:30pm

**NO CLASS FEB 7**

## Geology of National Parks

This course will examine the geologic history of parks in the Western United States, from the Grand Canyon to Glacier National Park. Students will take a deep dive into the natural landscapes preserved in these parks; explore the natural history of seven parks; and appreciate the aesthetic qualities of the parks and why they were preserved. Let’s explore super volcanoes, epic thrust faults, landscapes of ice-polished granite and massive canyons! Fee: \$89

Item W22597

Dale Lehman

Online

8 Tuesdays

Jan 3–Feb 28

12:00–1:30pm

**NO CLASS FEB 7**

## 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 season as our inspiration. All levels welcome! Fee: \$95

Item W21677

Stacey Almgren

Online

6 Tuesdays

Jan 17–Mar 7

9:30–11:30am

**NO CLASS FEB 7 AND 21**



## Introduction to Watercolor

Try your hand at a spontaneous medium. Develop basic watercolor painting skills in a relaxed 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 seasons as our inspiration. All levels welcome! Fee: \$95

Item W21975

Stacey Almgren

Online

6 Tuesdays

Jan 17–Mar 7

12:00–2:00pm

**NO CLASS FEB 7 AND 21**

## WEDNESDAYS

### Cybersecurity Basics

Should you open that email? Is that link safe to click? Does that pop-up mean you've been hacked? How to stay safe in cyberspace may not seem intuitive in some cases, but there are some simple ways you can dramatically increase your security. And after some brief explanation, these recommendations will make a lot more sense! We'll talk about how to keep yourself, your families and your friends safe from phishing, ransomware, credential stuffing (password reuse), and other common cybersecurity threats, using free tools and simple techniques. Time for Q & A will be included. Fee: \$89

Item W22589

Andrew Baze

Online

8 Wednesdays

Jan 4–Feb 22

12:00–1:30pm

### From Book to Film

This course will examine the adaptations of textual narratives into film. We will consider both literary classics (works by Dickens, Austen, Hemingway) as well as more recent best-selling novels (*To Kill a Mockingbird*, *The Godfather*), as well as differing degrees of adaptation—from those films that constitute more or less faithful renditions of the texts, to those that merely uses the book as a jumping off point. Plentiful video and audio examples will help make this class a richly rewarding experience. Fee: \$89

Item W22621

Frederic Silber

Online

8 Wednesdays

Jan 4–Feb 22

12:00–1:30pm

## Modern Buddhism

This course will focus on how to solve our problems through meditation. We will learn how to use Buddha's teachings on compassion in challenging times and transform our mind to a positive state by being introduced to the profound nature of reality, emptiness. Buddha's ancient wisdom will help us discover practical methods to improve our relationships with others and develop a happy, peaceful state of mind even in our busy modern lives. Fee: \$89

Item W22632  
8 Wednesdays

Cecilia Watson  
Jan 4–Feb 22

Online  
10:00–11:30am

## Phone Photography: Composition

Is your phone your go-to camera these days your phone? Betcha! Do you wish your results were better? Betcha again! 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 arranged what is within your frame. You want to create some relationships and avoid others. 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: \$89

Item W21984  
8 Wednesdays

Raymond Pfortner  
Jan 25–Mar 15

Online  
11:00am–12:30pm

## Supreme Court Purpose and Politics

The course will present an overview of the role of the Supreme Court in the American system of government. Students will consider the role of politics in appointing justices and in their decisions. The class will review the Bill of Rights and seminal Supreme Court Decisions with class discussion. Fee: \$89

Item W22595  
8 Wednesdays

Kathryn Guillou  
Jan 18–Mar 8

Online  
10:00–11:30am

## The Beatles

The Beatles were (and still are) arguably the most influential musical group in the history of popular music. As musicians, practically every one of their albums broke new ground. They demonstrated that rock & roll could incorporate a great variety of musical styles, harmonies and song forms. They were one of the first rock groups to write most of their own music, initiating the era of self-contained bands. From their early songs to their later ground-breaking

studio masterpieces, the Beatles set new standards for both commercial and artistic success in popular music. This course traces the development of The Beatles, from their beginnings to their careers as solo artists, both from a musical and a cultural perspective. It will offer a historical and critical analysis of their monumental contribution, not only in music but in Western culture as well. Lots of audio and video clips will take you on your own personal Magical Mystery Tour. Fee: \$89

Item W21995	Frederic Silber	Online
8 Wednesdays	Jan 4–Feb 22	10:00–11:30am

### **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 who each week will choose three to five articles, reviews, poems, stories or cartoons to discuss. A subscription or access to the magazine is required. Fee: \$89

Item W21996	Frederic Silber	Online
8 Wednesdays	Jan 4–Feb 22	2:00–3:30pm

### **The Third Reich 1933–1939**

This course will explore the first six years of the Third Reich (1933–1939) to understand how Hitler and the Nazi party consolidated party and created a totalitarian regime in Germany. The course will consider how and why the Nazis prepared Germany to wage a total war and will also examine the attempts by individuals and groups in Germany and beyond to resist the totalitarian regime. This course will examine politics, economics, culture, and society during this period and consider the factors that precipitated the outbreak of the Second World War in Europe. Fee: \$89

Item W22596	Michael King	Online
8 Wednesdays	Jan 4–Feb 22	6:00–7:30pm

### **Views of the News**

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$89

Item W21976	Gerald (Jerry) Bunce	Online
8 Wednesdays	Jan 4–Feb 22	12:00–1:30pm

# Dale Lehman

**D**ale Lehman has a long history with geology, and this is a special interest he brings to the TELOS community. He has been sharing his passion for the Earth and its history for years with an emphasis on hands-on learning. Dale currently serves as the President of the Puget Lobe Chapter of the Ice Age Floods Institute and is a member of both the Geologic Society of North America and the Northwest Geologic Society.

Dale recently retired after a 36-year career in education, teaching geology as an adjunct professor at the University of Washington and Central Washington University, as well as teaching AP environmental science at Tacoma High School in Maple Valley, WA. Dale loves to host field trips for students to allow them to experience and learn more about geology in the direct context of the natural environment. He is also excited to now be part of the TELOS community here at Bellevue College!

In early 2023, Dale will be teaching **Geology of National Parks**. You will have the opportunity to examine the geologic history of parks in the Western United States, from the Grand Canyon to Glacier National Park. Students will take a deep dive into the natural landscapes preserved in these parks; explore the natural history of seven national parks; and appreciate the aesthetic qualities of the parks and why they were preserved.

**Geology of National Parks** will be an online course, starting on January 3, 2023, and running noon–1:30 p.m. every Tuesday through February 28, 2023.





## World Languages

### *Spanish*

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:**

American Sign Language, Chinese (Mandarin), French, German, Italian, Korean, and Spanish

Go to [bellevuecollege.edu/ce/language](https://bellevuecollege.edu/ce/language) to register.

## Vikings: Valhalla and Ragnarok

The Vikings are often seen as barbaric warriors raiding the seas. If we look behind the warfare, they were, above all, farmers, incredible craftsmen and great seafarers. They were people with deep beliefs and a rich mythology. This course is divided into four sagas. The Original Saga relates to the creation of the world and the Viking mythology. The Saga of the Journey takes you on a voyage on some of the best Viking boats. The Saga of Life reveals the values and customs in a Norse village and the Saga of the End of Times portrays the end of the world according to the northern mythology. Archeological fields, artifacts and the influence of the Vikings on our modern society will be discussed. Fee: \$89

Item W22593  
8 Wednesdays

Florence Dusausoy  
Jan 4–Feb 22

Online  
10:00–11:30am

## THURSDAYS

### American History 1750–1790

This history class follows the slow awakening of America, that it had a different calling than being part of the British Empire. Without realizing it, the colonists had evolved into feisty, literate, hardworking achievers who were relatively unfazed by class or tradition. In other words, they were no longer Europeans. We will follow them as the disparate colonies learn to work together and sculpt their ideals into a workable society, the likes of which the world had never seen. They will stumble through one rebellion, two governments, and the doubling of the size of the country. Fee: \$89

Item W22590  
8 Thursdays

Kristine Busch  
Jan 5–Feb 23

Online  
10:00–11:30am

### All courses through Winter 2023 will be ONLINE and INSTRUCTOR-LED.

Online courses require an internet connection and the ability to interact both through audio and video using either a web cam/microphone, speakers/headset using a computer or via a mobile phone connection. Depending upon the class, students will need to download either Zoom or Microsoft Teams apps to attend and participate in class sessions. There is no additional cost for these applications.

**To receive the most up-to-date notice on courses,  
please sign up for our eNewsletter at  
[bellevuecollege.edu/ce](http://bellevuecollege.edu/ce).**

## Roots of Rock & Roll: 1950s–60s

Take a fascinating, informative and entertaining journey with former Bay Area radio broadcaster John Jensen as we 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, folk-rock, 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: \$89

Item W21983

John Jensen

Online

8 Thursdays

Jan 5–Mar 16

12:00–1:30pm

**NO CLASS JAN 26, FEB 2 AND MAR 2**

## Stories from the Dark Side

Students will read and discuss twenty-eight (28) stories from the “dark side” of American literature. The stories have been selected to reflect the wide variety of themes employed by our best Gothic writers to produce the spine-tingling effect we look for in a good horror story. Fee: \$89

Item W22626

David Summers

Online

8 Thursdays

Jan 5–Feb 23

2:00–3:30pm

## The Closet in Your Skeleton

Everyone holds stored emotions in their body as chronic tension. In this class we'll use the Feldenkrais Method to release habits of holding tension so that you feel more comfortable and serene. As Moshe Feldenkrais, the founder of the Feldenkrais Method said, “If you take away the posture of depression, where can it live?” This class is useful for relieving pain and tightness in the neck, back and shoulders, and for improving physical and mental balance. Fee: \$89

Item W23412

Irene Pasternack

Online

8 Thursdays

Jan 5–Feb 23

2:00–3:30pm

## Views of the News

This participative discussion class looks at national and international current affairs each week. Discussions include politics and other topic matters suggested by the group. Events are considered based on their effects today and into the future, historical context and leadership. Fee: \$89

Item W21997  
8 Thursdays

Charles (Ted) Watts  
Jan 5–Feb 23

Online  
10:00–11:30am

## FRIDAYS

### Environmental Law and Politics

The course will present an overview of the history and heroes of the environmental movement, the use of the American legal system to protect our nation's resources, some important environmental law cases and international cooperation in interests and political disputes are often associated with environmental protection and discuss challenges for the future, including climate change. Fee: \$89

Item W22594  
8 Fridays

Kathryn Guillou  
Jan 20–Mar 10

Online  
10:00–11:30am



## Expanding Community Education Offerings

We are now accepting course proposals for spring and summer in TELOS, Art & Design, and Personal Enrichment! To download the course proposal form, click on 'Information and Forms' at [bellevuecollege.edu/ce/about](http://bellevuecollege.edu/ce/about). Once completed, you may email them to [ce-communityprograms@bellevuecollege.edu](mailto:ce-communityprograms@bellevuecollege.edu).



**Courses for winter are offered in online format only.**

**To register or for more information:**  
**[bellevuecollege.edu/ce](http://bellevuecollege.edu/ce)**

**425-564-2263**