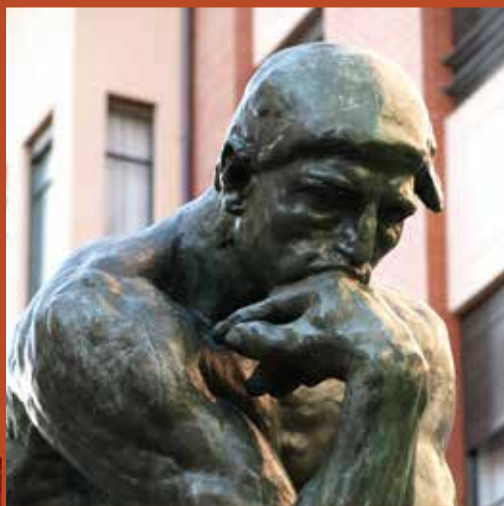


CREATIVE RETIREMENT INSTITUTE



FALL 2025

September-December

No grades and no need to apply.

Registration opens September 3 at 8 a.m.



EDMONDS COLLEGE
CREATIVE RETIREMENT
INSTITUTE (CRI)



DID YOU KNOW?

Creative Retirement Institute (CRI) is a volunteer-driven program that currently has over 30 active volunteers who contribute over 3,000 hours a year!

MANY WAYS FOR YOU TO PARTICIPATE

Enhance your experience and become an integral part of what makes CRI so dynamic! Your ideas, time, talents, and social support are welcome!

Help plan courses and social events, make new friends, let your voice be heard, and more!

CRI encourages you to become actively involved in the decisions that define our organization. Our committees provide support to our instructors and students; develop and plan quarterly class offerings, schedule, and social events; promote the program; recruit new members; and ensure the financial well-being of CRI.

Our current committees include Audio-Visual (A/V), Classroom Support, Curriculum, Finance, Marketing, Outreach, and Volunteer.

LEARN MORE ABOUT EACH COMMITTEE

edmonds.edu/cri-volunteer

CRI MISSION STATEMENT

CRI is a member-driven, self-supporting organization whose mission is to provide affordable, quality lifelong learning opportunities for adults in a supportive environment.

Registration opens Wednesday, September 3 at 8 a.m.

You can register online at edmonds.edu/cri, by phone at 425.640.1830, or in-person at the CRI office, located at 7020 196th St SW, Lynnwood, WA 98036.

We are excited to share some updates in this catalog! We've greatly expanded our class offerings to provide even more enrollment opportunities. Additionally, we are implementing modest price increases to help us fulfill our mission and enhance our ability to serve you better. Thank you for being a valued part of our community.

Scholarships Available!

Please contact CRI for details:
cri@edmonds.edu | 425.640.1830

Interested in Teaching for CRI?

We are always looking for instructors and accept proposals for courses.

If you have a proposal for a class, please submit a course adoption form, which can be found on our website. Go to edmonds.edu/cri, then click "Teach for Us" in the right-hand sidebar.

Withdrawals and Refund Policies

Refund requests must be received two or more business days before the class start date. A \$10 drop fee will be retained for each refunded class. No refunds will be issued without proper notice.

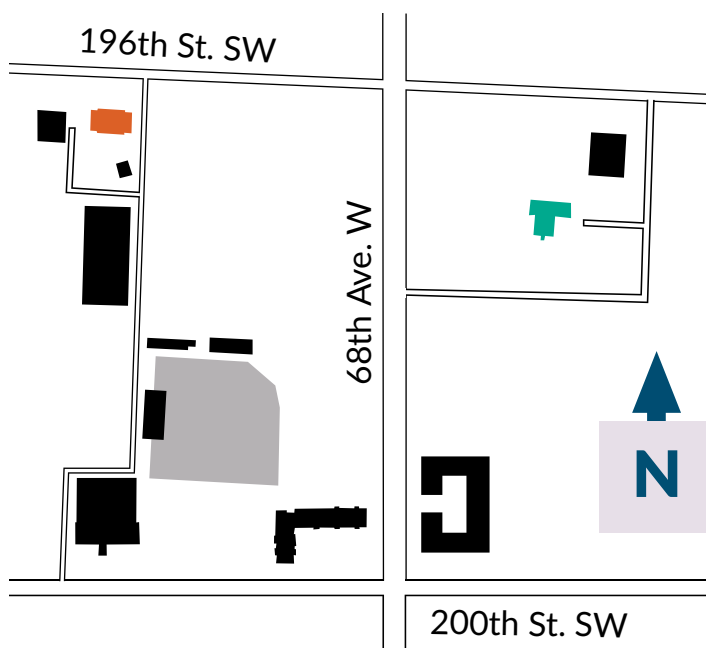
We are unable to issue refunds within two business days of the start date of the course, or after the course has started.

There are no partial refunds.

Students will be notified in advance if a class is canceled or rescheduled for any reason.

We encourage students to check the college website for updates or closures.

Edmonds College Campus



Location Key

MAB: Maltby Building, Edmonds College (7020 196th St. SW, Lynnwood, WA 98036)

GWY: Gateway Hall, Edmonds College (6606 196th St. SW, Lynnwood, WA 98036)

ONLINE: Conducted via Zoom (links will be emailed two days prior to class)

Parking

Parking is free for students but a valid permit is required at all times. Permits will be distributed during your first CRI class session. Those who missed the first session, please contact the CRI office to either schedule a time to pick up your permit or request that a permit be emailed to you so you can print it at home.

Check our calendar of
courses at edmonds.edu/cri.



ART & ARCHITECTURE



THE ART OF FABERGÉ

The House of Fabergé was a jewelry firm founded in 1842 in Saint Petersburg, Russia, by Gustav Fabergé, followed by his sons and grandsons. The firm was renowned for designing elaborate, jewel-encrusted Fabergé eggs for the Russian Tsars, as well as a range of other high-quality, intricate works. The celebrated series of 50 Imperial Easter eggs was created for the Russian Imperial family from 1885 to 1916, when the company was run by Peter Carl Fabergé. Additionally, among Fabergé's more popular creations were miniature hardstone carvings of people, animals, and flowers that were carved from semi-precious or hardstones and embellished with precious metals and stones.

Eleanor Schrader is an award-winning educator, lecturer, and author. She lectures worldwide on the history of architecture, interiors, and decorative arts and leads art and architecture tours worldwide. She has been named a distinguished instructor of design history at UCLA Extension. She is also a professor emeritus of art and architectural history at Santa Monica College. She has done graduate work in fine and decorative arts at Sotheby's Institute in London and New York and has served as design review commissioner for the city of Beverly Hills. She is co-author of "Wallace Neff (Master Architects of Southern California, 1920-1940)."

Fee: \$35
1 Thu., 12/4 | 1-3 p.m.

Schrader, Eleanor
ONLINE

LEGENDS AND LORE OF HAUNTED ARCHITECTURE

Flickering lights, blasts of cold air, objects flying through the air, indecipherable whispers—just in time for Halloween, let's take a haunted architectural tour through some of the most notorious haunted places in America, including their histories, their unexplainable happenings, and the stories of the spirits that inhabit them. We will explore the types of architecture that seem to lend their styles to hauntings, discuss the places that unlock the unsettling memories of their former inhabitants, and discover empty structures that prove to be anything but. Haunts include the Royal Mail Ship Queen Mary, the Winchester Mystery House, the Trans-Allegheny Lunatic Asylum, the Pink House Restaurant, and many more.

See the previous class for instructor bio.

Fee: \$35
1 Tue., 10/21 | 10 a.m.-12 p.m.

Schrader, Eleanor
ONLINE

THE QUATTROCENTO: A CENTURY OF ARTISTIC EXPERIMENTATION IN 15TH- CENTURY FLORENCE

We will examine the Quattrocento (1400s) in Florence, Italy, a century of artistic experimentation. Inspired by newly found classical (Greco-Roman) sculpture, artists rejected medieval art, with its emphasis on the afterlife, in favor of an ideal beauty and a focus on this world. Emulating Greco-Roman art required a steep learning curve and a century of experimentation. The four foci of the Quattrocento were: perspective and science, classicism and the nude, math and geometry, and an emphasis on this world rather than heaven and hell. We will see both beautiful and head-scratching art, as Quattrocento artists try, with fits and starts, all of the above. Spoiler alert for a spring 2026 course: it will take the High Renaissance in the 16th century plus the genius of the big three, Leonardo da Vinci, Michelangelo, and Raphael, to combine these disparate trends into one cohesive and brilliant whole, culminating with the High Renaissance in Rome in the Cinquecento (1500s).

Jaime Roberts-Jones has an MA in art history from the University of Chicago and an MA in teaching/education from the University of Washington. Jaime has taught art history at Brigham Young University, Art Institute of Chicago Public School Outreach, Northwestern University, University of Washington, and Edmonds-Woodway High School.

Fee: \$60
3 Tue., 9/23-10/7 | 10-11:30 a.m.

Roberts-Jones, Jaime
MAB 109

MUSEUM MAMAS: THE MAKING OF MOMA

Who dares to open a museum of modern art as the world teeters on the brink of a depression? Credentials, degrees, professional status, artistic skills... none required. And yet, MoMA comes into existence because of a generation of women who made it happen. Discover the power of a determined few; Rockefeller, Bliss, Sullivan, and Guggenheim, and the list goes on. Although many names may not be recognizable, it is this collection of women who bore the mantle of responsibility for building and curating the world-class collection that is MoMA today.

Christine Maasdam holds a Master of Humanities and a Bachelor of Arts in Cultural Geography. Her art studies include the Courtauld Institute of Art in London, the Smithsonian Early Enrichment Center in Washington, D.C., and Antiquities Trafficking and Art Crime at the University of Glasgow. She is a graduate of the Art Crime Investigation Seminar led by Robert Wittman, founder of the FBI's National Art Crime Team. Christine is a member of the International Foundation for Cultural Property Protection and holds a certificate from Trident Manor on Protection of Cultural Venues. Christine received Sotheby's certifications on "Determining Value: An Appraiser's Perspective" and on "Art Law." She has served as a docent at the Los Angeles County Museum of Art for over 17 years and is eager to return to Israel as an archaeology volunteer at the City of David.

Fee: \$50 **Maasdam, Christine**
2 Wed., 10/1-10/8 | 10 a.m.-12 p.m. **ONLINE**

IS AI THE END OF CREATIVITY IN THE ARTS?

The academics, technocrats, and artists are indeed engaged in a battle over the use of Artificial Intelligence, or AI. The questions and concerns fly over how AI will alter our relationship and perception of the arts. Let us begin by examining the concerns of originality, authorship, ownership, and copyright issues. Then we will turn to the human elements, discussing the wellspring of human creativity, the need for human expression, and the essence of visual communication.

See previous class for instructor bio.

Fee: \$35 **Maasdam, Christine**
1 Thu., 9/25 | 10 a.m.-12 p.m. **ONLINE**

THE BAUHAUS SCHOOL

The Bauhaus School existed from 1919 until 1933. It was the innovative idea of Walter Gropius, a German architect, whose vision revolutionized design and design education, leaving a lasting legacy on the visual world. Never before had art schools unified fine art, craftsmanship, and technology within the same curriculum. Most of the greatest names in 20th-century architecture, textile design, industrial design, and graphic design began at the Bauhaus. This course will take a look at key individuals and their designs that changed the visual world forever.

Loucinda White has a degree in Interior Design and Merchandising from Western Washington University and a Master of Education. Upon graduating from WWU, she was a sales representative for Knoll Inc. in its textile division. She traveled internationally while working for Knoll, visiting furniture and manufacturing facilities, suppliers, and showrooms around the world. She spent the next 25-plus years teaching various courses in interior design, fashion design, and applied design, including color theory, design fundamentals, and fashion construction at the Art Institute of Seattle. She taught textiles for fashion at Seattle Central College and Beginning Sewing at Seattle Pacific University.

Fee: \$75 **White, Loucinda**
4 Tue., 10/28-11/25 | 10 a.m.-12 p.m. **MAB 109**
 No class 11/11



FILM & MUSIC

YOU MUST REMEMBER THIS: CASABLANCA'S CLASSIC MUSIC

In 1942, it was just production #410 on Warner Bros' schedule for a year-end total of 21 films. Among other things, it had a hands-on producer, at least four screenwriters, a veteran bad guy being promoted as a romantic lead, a young Swedish actress fleeing a troubled marriage into non-stop work, and a composer told to use an old Broadway revue song he hated. Somehow, this combination became wildly successful and enduring. We'll explore how "Casablanca" is an exceptional example to come out of the movie production factories in the early 1940s, with a focus on how its musical underscore elevated the film. Please join us for a screening of the picture over three sessions and discover why Max Steiner's music contributed to Casablanca's enduring memorability.

Offering technology classes at CRI since 2011, Brian Boston has been a mainstay for technical topics and believes that technology can work for you, support your interests, and enable connections with family and friends. Through Boston LegacyWorks, he educates and works with individuals and small businesses, advising on tech purchases, usage, maintenance, and security. After decades of teaching computer support, he has also started offering classes in film music appreciation, rooted in his original educational background and lifelong joy for the genre. Whether it's music or tech, Brian offers a thorough but accessible approach to understanding the nuances of each topic.

Fee: \$65 **Boston, Brian**
3 Mon., 11/24-12/8 | 1-3 p.m. **MAB 109**

A CENTURY OF SHERLOCK HOLMES: THE GREAT DETECTIVE ON FILM

"When you have eliminated the impossible, whatever remains, however improbable, must be the truth." But what does that mean when it comes to what may be the most prolific fictional character on screen? What is the truth about Sherlock Holmes? In this four-week course, we'll get an overview of Holmes in film, delve into the relative merits of each adaptation, and discuss the biggest question of all: Why is Holmes such an enduring character? We will cover topics such as Sir Arthur Conan Doyle, the earliest films, and the big two: Basil and Brett; The psychology of the Great Detective and what happens when it goes wrong; and Modernizations, Why Holmes?, and What's Next?

Kris "Pepper" Hambrick has a degree in English Literature and Film History from Brandeis University and a background as an informal educator through various local museums and non-profits. In recent years, she's written and presented about film history on podcasts, through SIFF, and at community and retirement centers. In addition, she has been a Sherlockian since the age of 9 and, since then, has written and presented about Holmes in an academic, fan, and community context.

Fee: \$75 **Hambrick, Kris "Pepper"**
4 Thu., 10/30-11/20 | 1-3 p.m. **MAB 109**

FROM SCRIPT TO SCREEN: FEMALE SCREENWRITERS THROUGHOUT HOLLYWOOD HISTORY

While recent critical and commercial success of films by women has signaled a change in who is considered worthy of canonization, female screenwriters have shaped cinema since the advent of moving pictures. From Frances Marion – Hollywood's highest-paid screenwriter for almost three decades – to the work of unsung scribes like Joan Harrison and Elaine May, women have created celebrated, genre-defining stories often attributed to predominantly male directors or collaborators. In this course, students will explore the work of several female screenwriters and their impact on contemporary film. Starting in the silent era – when the majority of screenplays were penned by women – we glide into the big-budget stories that defined the Golden Age of Hollywood, explore the creativity and chaos of New Hollywood, and wrap up with a discussion of modern movies. Students are encouraged to watch two films related to each era prior to class, but an overview of these films will also be provided.

Kelly Blackard is a writer and higher education professional located in Lynnwood, Washington. She recently completed her MFA in TV and Screenwriting with Stephens College and has written for satirical websites like Reductress and The Needling. Last year, her work was recognized by The Austin Film Festival. Like Nora Ephron, Kelly loves to entertain and collect recipes.

Fee: \$75

4 Thu., 10/30-11/20 | 10 a.m.-12 p.m.

**Blackard, Kelly
MAB 109**

BACH 1723: A NEW CANTOR IN LEIPZIG

In 1723, Johann Sebastian Bach took on the role of Thomaskantor in Leipzig, a position he would hold for the rest of his life. One of his central duties was to provide music for the city's principal churches. Join us as we explore the beginning of this pivotal chapter in Bach's career through the four cantatas that launched his Leipzig work: the two that he submitted as audition pieces as he applied for the job, and the first two that he presented after he assumed the post that spring. In this class, we'll discuss the occasion and historical context of each cantata, review its text, and conduct a brief musical analysis to foster a deeper appreciation of Bach's artistry. The sessions will include listening to the entire cantatas. Whether you're a Bach enthusiast or new to his music, this course will equip you with new insights and tools to engage with the works of one of the greatest composers in history.

Miguel Rodé was born and raised in Montevideo, Uruguay, and moved to the U.S. in 2002 as part of his career in Information Technology. He currently lives in Seattle, WA. A lifelong music lover, Miguel developed a special fascination with the music of Johann Sebastian Bach, and in particular with his cantatas and other vocal works over the years. In 2022, Miguel initiated a series of virtual meetings called "The Cantata Trail" with the intent of sharing this incredibly rich musical universe with some close friends. In addition to hosting his meeting series, Miguel has facilitated online and in-person workshops for Artful Journeys, the Whidbey Island Music Festival, and the Seattle Bach Festival. As a musician, Miguel plays the baroque flute and is a member of several chamber ensembles in the Seattle area, for which he also enjoys transcribing and arranging music.

Fee: \$75

4 Thu., 10/2-10/23 | 10 a.m.-12 p.m.

**Rodé, Miguel
MAB 109**

FRANCIS POULENC AND LES SIX

Francis Poulenc was the most prominent member of "Les Six" ("The Six"), a mid-20th-century organization of young French composers which, startlingly for the times, included a woman. The music of this group is often seen as a neoclassic reaction against both the musical style of Richard Wagner and the Impressionist music of Claude Debussy and Maurice Ravel. Erica Miner provides a compelling background and striking videos to portray Poulenc's importance in the history of music. "Dialogues of the Carmelites," his highly dramatic opera about the mass execution of nuns during the French Revolution, is recognized as one of the most emotionally moving in all of opera.

Former Metropolitan Opera Orchestra violinist Erica Miner now enjoys a multifaceted career as an award-winning author, lecturer, screenwriter, and arts writer. A lecturer for the Seattle Symphony at Benaroya Hall, Erica regularly presents for CRI, Wagner Societies across the globe, and other educational venues. She received her MusB, cum laude, from Boston University and studied at the New England Conservatory of Music and Tanglewood Music Center. An active contributor to arts websites and magazines, Erica balances her reviews and interviews of real-world musical artists with fanciful plot fabrications that reveal the dark side of the fascinating world of opera in her "Opera Mystery" novel series.

Fee: \$50

2 Mon., 10/20-10/27 | 1-3 p.m.

**Miner, Erica
ONLINE**

ENVIRONMENTAL JUSTICE IN STUDIO GHIBLI FILMS

Japanese animated film creator and director Hayao Miyazaki heads one of the most internationally recognized and awarded anime studios of all time, Studio Ghibli. Aesthetically stunning, Miyazaki's creations tell fantastical tales featuring strong women and girl characters. Though many have been captivated by Studio Ghibli's Oscar-winning blockbusters like "Spirited Away," the casual viewer may not recognize the profound political commentary Miyazaki and his fellow artists incorporate throughout their animated works intended for adults and children alike. This class will explore fictional representations of environmental justice in several of Studio Ghibli's films and investigate what it means to have a more just and sustainable society. This course is perfect for those with a casual as well as invested interest in learning more about this unique animated art form, as well as those passionate about preserving the natural environment and/or social justice.

A Sámi American researcher and writer, Kaja Gjeld-Bennett is currently pursuing a PhD in Hispanic literature at the University of New Mexico. Previously, Gjeld-Bennett received an MA in Indigenous studies (2020) from the University of Tromsø, the Arctic University of Norway, as both a U.S.-Norway Fulbright Grantee and a Norway-America Association Scholar. She obtained a BA (2017) from Pacific Lutheran University in Tacoma, Wash. Gjeld-Bennett also manages Nordiska's Nordic book club and blog and contributes to Women at Warp's feminist science fiction podcast. Her research interests include Indigenous methodologies, Indigenous futurisms, intersectional feminism, and contemporary literature from Hispanic and Nordic cultures.

Fee: \$75

4 Fri., 11/14-12/12 | 1-3 p.m.

No class 11/28

**Gjeld-Bennett, Kaja
ONLINE**

STAR TREK AND SOCIAL JUSTICE

Since the television series' conception by creator Gene Roddenberry in the 1960s, "Star Trek" has represented hope for a utopic future in which humanity has overcome all forms of social inequality and conflict to form the United Federation of Planets. However, during the Federation's exploration of space, its starship crews are faced with moral dilemmas that mirror our reality. This class will explore fictional representations of actual social justice through its various iterations, including racism, sexism, workers' rights, and environmental justice. Through the adventures of the Starship Enterprise, we will investigate the significance of science fiction for expanding our social imagination and ponder what it means to have a more just and peaceful society today. This course is perfect for those with a casual as well as invested interest in learning more about this iconic science fiction franchise, as well as those passionate about philosophy and social justice.

See the previous class for instructor bio.

Fee: \$75

4 Mon., 10/27-11/17 | 1-3 p.m.

Gjelde-Bennett, Kaja

ONLINE



COLD WAR MOVIES

Hollywood studios regularly take inspiration from current events in making movies, and the Cold War was no exception. From the 1950s to the 1990s, the geopolitical rivalry between the United States and the Soviet Union provided the backdrop for many thrillers that captured the tension, fear, and paranoia of the time. This course will examine how the Cold War was depicted in classic films, such as "Dr. Strangelove," "The Manchurian Candidate," and "Apocalypse Now," and even some not-so-classic flicks like "Rambo: First Blood, Part II." Students will watch clips from these films (not the entire movies), and classes will consist of lectures on the political contexts, historical accuracy, and production details of the films themselves. A list of films will be provided in advance for those students who wish to view them before each class.

Ross Coen is an instructor in the history department at the University of Washington. He received his PhD in history at UW in 2021. He has written three books and many articles (both popular and scholarly) about the history of the Pacific Northwest, Washington State, Alaska, and the Arctic. He has given several lectures at CRI previously.

Fee: \$75

4 Wed., 10/15-11/5 | 1:30-3:30 p.m.

Coen, Ross

GWY 352



HEALTH & SCIENCE

ENTERING THE REALITY OF DEMENTIA

This course will focus on different aspects of managing dementia. We will examine the progression of the disease and discuss how to manage each stage. Living with someone who has dementia presents many new challenges that we can explore. Taking care of someone with this progressive disease is stressful, and we will discuss how to take care of you while you take care of someone else. We will also explore some local resources that may be useful. This is a repeat of a course previously offered with some updates.

Bonnie Blachly is an end-of-life doula and a registered nurse with a strong background in working with older adults. She organized a unit specifically designed for residents with dementia. She most recently taught at the University of Washington Bothell campus in the School of Nursing & Health Studies. She is the owner and president of BLB Nurse Consulting Services and a founding member and co-owner of the Gentle Passage Doula Collective.

Fee: \$65

3 Mon., 9/22-10/6 | 10 a.m.-12 p.m.

Blachly, Bonnie

ONLINE

GLOBAL WARMING PART II: SOLUTIONS

In this course, we explore how people worldwide can mitigate global warming and then delve into the specifics of how we in the Puget Sound region contribute to the solution. We start with what is causing global warming so we can understand which solutions will succeed, and then explore the challenges and benefits of expanding renewable energy - wind, solar, and hydro - and why we know the transition to renewables will be successful: the financial benefits, the geopolitical benefits, the ecological benefits, and the progress that is already happening. For us in the Puget Sound region, there are three elements to our part of the work: lobbying, divestment, and boycotting. We will explore a variety of methods for each task, along with the challenges and joys of each method. This course is Part II of a two-course sequence about global warming. Part I covered the harm global warming is doing to the world. It is not required to have taken Part I to enroll in Part II.

Nick Maxwell is a certified climate action planner, greenhouse gas inventory taker, and Climate Reality seminar leader. Maxwell earned his PhD in experimental psychology and taught psychology and the philosophy of science at the University of Washington Bothell. He also wrote an introductory textbook in statistics before moving on to a 20-year career as a data scientist at Zillow, Weight Watchers, and Facebook. Nick now works full-time on speeding up the end of global warming. He writes a monthly column on climate protection for MyEdmondsNews and engages all comers in dialogue in the comments section. Maxwell runs Climate Protection Northwest, providing greenhouse gas emissions inventories and climate action planning support, and advocates for climate protection on the Edmonds Planning Board.

Fee: \$75

4 Mon., 9/22-10/13 | 1-3 p.m.

Maxwell, Nick

MAB 109

SELF-DRIVING CARS CAN REDUCE GLOBAL WARMING

The primary rationale for self-driving road vehicles is safety. If automated vehicles can make traffic accidents rare, we no longer need a 4000-pound car to move a 200-pound person. Vehicles weighing less than the riders can reduce energy consumption by a factor of 10 or more. Transportation accounts for 37% of the US's energy consumption. Drastically reducing energy consumption can help phase out fossil fuels and reduce greenhouse gas emissions. With a properly designed system, an ultralight robot taxi can provide faster, cheaper, and more convenient service than any alternative. The batteries for ultralight electric vehicles are lightweight. Vehicles can easily be refueled by battery swapping in less time than it takes to fill a gas tank. There would be no need for vehicle chargers. The bank of discharged batteries can be synergistically recharged whenever renewable energy is available.

Tyler Folsom, PhD, is a creative thought leader who sees a strong connection between vehicle electrification, automation, and concern for climate change. They teach a class on Autonomous Systems & Vehicles at University of Washington, Bothell. They received a BS in Mathematics from Villanova University, MA in Math from University of Maryland and MS and PhD in Electrical Engineering from University of Washington. They were part of a team that wrote the real-time control software system for two unmanned spacecraft at NASA's Goddard Space Flight Center. Dr. Folsom led engineering Research and Development projects at Quest Integrated for the National Science Foundation, Air Force, Navy, Army, and private clients. Dr. Folsom has written over 50 papers and technical reports, an e-book, and is a senior member of the Institute of Electrical and Electronics Engineers.

Fee: \$35

Folsom, Tyler

1 Thu., 12/11 | 10 a.m.-12 p.m.

MAB 109

OUR SUN AND ITS SOLAR CYCLE

Solar Max is here! The Sun's cycle, which we call "Solar Maximum" or Solar Max, has reached its peak. Or has it? Normally we measure our sun's more and less active phases, which consist of changes in the magnetic field and related surface activity: flares, filaments, prominences, and coronal mass ejections, which can cause the magnificent Auroras! Solar investigators are still debating the current "max" stage. But that won't stop us! August 12, 2026, will give us the next total solar eclipse over the Earth's Northern Hemisphere. We will begin with an overview of solar science and its colorized imagery from several solar spacecraft, then delve into the sun's nuclear fusion furnace in its core, gaining a glimpse of $E=mc^2$ in action. Then outward through the radiation and convection zones to the "surface" and to the far blazing corona. We will discuss eclipses in general and the paths of the most recent (2017, 2024) and upcoming (2026 and 2028) Northern Hemisphere eclipse passages.

Linda Khandro is a geologist with a bachelor's degree in geology, a master's degree in teaching earth science, and a Washington State Teaching Certificate. She has taught geology, astronomy, oceanography, meteorology, and environmental science at the college level since 1991. She has taught seniors throughout the Puget Sound region, B.C., Canada, and for CRI since 2010. She is an accomplished harpist and has been playing for over two decades.

Fee: \$75

Khandro, Linda

4 Tue., 11/18-12/9 | 1-3 p.m.

MAB 109



ROCKS UNDER OUR BOOTS

Please join us as we continue our study of Washington geology! Rocks Under Our Boots will build on the geologic story we began last quarter with "Fire and Ice: The Geologic Story of Washington." Not to worry - you will enjoy this class even if you were unable to attend last quarter. We will review the concepts from that course. In Rocks Under Our Boots, we will delve into the geologic history of our region by taking a deeper dive into our glacial history, our earthquakes, and, of course, the geology of the magnificent mountains in our state. As scheduling allows, we may recommend field trips to the bluffs at Discovery Park, Cougar Mountain, and the Snoqualmie Valley to see our geology firsthand.

Dale Lehman is the president of the Puget Lobe Chapter of the Ice Age Floods Institute, a member of the Geologic Society of America, and a member of the Northwest Geological Society. Lehman retired in 2021 after teaching geology for 36 years as an adjunct geology instructor at the University of Washington and Central Washington University and as chairman of the science department at Tahoma High School.

Fee: \$75 10/1-10/22

4 Wed., 10/15-11/5 | 4-6 p.m.

Lehman, Dale

ONLINE

WHAT BIG DATA TELLS US ABOUT OURSELVES

"Big Data" may have Orwellian connotations of Big Brother, but we'll look at the more benign and interesting social aspects of what Big Data can tell us about ourselves. People may lie to friends, lovers, doctors, and even themselves. But their internet searches, likes, views, swipes, and clicks reveal the truth. How many Americans are actually racist? Do parents treat sons differently from daughters? What do pregnant women really think about? Do people bathe more in Vermont or New Jersey? How has our language changed? Additionally, we will examine a wide range of diverse infographics, which are fascinating new visual ways of presenting who we truly are.

Howie Silver has a BS in physics, an MS in information engineering from the University of Illinois at Chicago, and an MS and PhD in mathematics from the University of Illinois at Urbana-Champaign. He was a professor of mathematics and computer science at Chicago State University for 35 years. Howie has taught several math-related CRI courses.

Fee: \$65

3 Tue., 9/23-10/7 | 1-3 p.m.

Silver, Howie

MAB 109

HOW GREENHOUSE GASES CAUSE GLOBAL WARMING: THE SCIENCE AND THE MYTHS

The class will focus on how greenhouse gases cause global warming. We will sort through widespread misinformation about the cause, not “natural causes.” This course provides the scientific foundation of greenhouse gas theory. The description that CO₂ “traps heat” is often used, and it is not incorrect, but just how does CO₂ do that? Is methane different? A full explanation of the concepts of warming is much more interesting and convincing than just “traps heat.” There is minimal use of equations, but a science background would be very helpful. We will cover: Conservation of energy and the overall global energy balance; the essential role of the cold atmosphere at high altitudes; principles of infrared energy loss to space; and a demonstration of a free, easy-to-use, online computer model for radiant energy transfer in the atmosphere. A thorough understanding of the mechanism enables one to know, rather than merely believe, that increasing greenhouse gases are the cause of global warming.

Charles A. Brown, PE, is a retired chemical engineer who earned his BS in chemical engineering at Washington State University in 1973 and his MS in engineering with an emphasis in environmental at the University of Washington in 1982. His career included air pollution control and regulations (Radian, VECO), petroleum refining (BP, VECO), aluminum production (Kaiser), and nuclear power support systems (General Atomic). His teaching experience includes presenting seminars, lectures, and courses primarily about air pollution. As a retirement activity, Charlie has developed a keen interest in studying the science of global warming, writing articles, and giving presentations on the subject.

Fee: \$65

3 Mon., 11/3-11/17 | 1-3 p.m.

**Brown, Charlie
MAB 109**



HISTORY & CURRENT EVENTS

SWIFT SURVEY OF EARLY MEDIEVAL HISTORY PART I: SHARDS OF LIGHT 400-1000 AD

This course will examine the changes in the Western World from the fall of Rome through the contraction of the Dark Ages to the beginnings of the Medieval era proper. Over the next 600 years, we will witness the resurrection of culture and the re-establishment of thought, all grounded in faith. We will also delve into the regional stories of the Middle Ages, including, “The Song of Roland,” and “Beowulf,” among others. It is not necessary to enroll in Part II to enroll in Part I of this class.

Kristi Busch holds a master's degree in museum studies from George Washington University. She has been a storyteller in both performance and therapeutic settings. Over the past 30 years, her primary focus has been teaching courses in history, civics, philosophy, and mythology to audiences ranging in age from 13 to 93.

Fee: \$70

4 Fri., 9/26-10/17 | 1-2:30 p.m.

**Busch, Kristi
MAB 109**

SWIFT SURVEY OF EARLY MEDIEVAL HISTORY PART II: SHARDS OF LIGHT 400-1000 AD

Interwoven with the reawakening of Europe, we will explore the beginnings and flowering of Islam in the Middle East, as well as the rich intermingling of Jewish, Christian, and Islamic cultures in medieval Spain. We will conclude by examining the remarkable Vikings, who sailed vast areas, mixing peoples and goods. And we will continue to listen to more amazing tales, like Parzival and Gawain. It is not necessary to have taken Part I to enroll in Part II.

See the previous class for instructor bio.

Fee: \$70

4 Fri., 10/24-11/14 | 1-2:30 p.m.

**Busch, Kristi
MAB 109**

SCANDINAVIAN IMMIGRATION TO AMERICA, THE LAND OF PROMISE

On October 9, 1825, a ship with 53 passengers arrived in New York City, the first organized group of Norwegian immigrants who came to America in search of a better life. Over the next 100 years, tens of thousands of Scandinavians would follow. The migrations tell stories of movement, always westward, from Illinois and finally to the Pacific Northwest. They are stories of individual courage and resolve, but also of settlements and institutions that over time formed tightly knit communities woven into the fabric of American society. We shall learn about the history of the Scandinavian migrations and experience the personal stories of immigrants via lecture, readings and guest speakers. Participants are encouraged to read Edvard Hoem's novel, “Haymaker in Heaven,” translated from Norwegian by Tara Chase; and “The Reindeer of Chinese Gardens” by Barbara Sjöholm AND listen to “Vågespel,” 10 podcast stories of Norwegian immigration through the voices of women, by Inger-Kristine Riber and Reidun Horvei.

Katherine Hanson has offered classes at CRI on Scandinavian culture, literature, and film for over 10 years. She is currently an affiliate associate professor in the Department of Scandinavian Studies at the University of Washington.

Fee: \$75

4 Fri., 10/3-10/24 | 10 a.m.-12 p.m.

**Hanson, Katherine
MAB 109**

A DIVIDED AMERICA IN THE 1790S

The 1790s was one of the most politically partisan decades in American history, fueled by a highly partisan press and bizarre conspiracy theories, as George Washington, Alexander Hamilton, and Thomas Jefferson clashed over how to interpret the new Constitution and the proper role of each branch of the Federal Government under this new constitution. This political debate bitterly divided the nation and would culminate in the passage of the original Alien Enemies Act, creating a constitutional crisis that ended with what Jefferson called the “Second American Revolution.” Most of the political issues we face today were first raised in the 1790s. This series will provide a brief overview of the debates at the Constitutional Convention and how they influenced key events of the 1790s. Additionally, it will examine how the debates and decisions made during the Presidencies of George Washington and John Adams shaped the future development of America, its system of government, and its politics.

James Rigali has a PhD in history from the University of Washington. He taught history for 20 years at UW, Pacific Lutheran University, and North Seattle Community College. His specialty is 19th-century American History. He has been a lecturer for CRI for several previous classes, including "The American Revolution," "Elections that Changed America," "The Federalist Papers," and "History of the Federal Reserve."

Fee: \$75

4 Wed., 11/5-12/3 | 10 a.m.-12 p.m.

No class 11/26

**Rigali, James
MAB 109**

CAN'T WE ALL JUST GET ALONG: THE FUTURE OF INTERNATIONAL COOPERATION (OR NOT)

As global governance becomes increasingly complex, both the political and economic systems find themselves having to constantly evolve and respond to new challenges, from new actors to new technology, like AI. Global governance incorporates a dizzying framework of institutions, rules, norms, and procedures designed to facilitate collective action and cooperation. However, the wide range of issues the world is facing, from economic development and trade to human rights, environmental protection, and peace and security, the efforts of global organizations like the UN, WTO, IMF, and governments operating within this global system, are struggling to address global challenges that transcend national borders and require collective solutions.

Maria Montalvo holds a master's degree in political science and economics. She writes two columns for the local newspapers in Edmonds, Mukilteo, and Mill Creek, *The Beacon*, including a column of personal observations, "Moment's Notice," and an arts and restaurant column, "Arts & Appetite." Maria works as a non-profit consultant and coach after a career in business development and non-profit management.

Fee: \$65

3 Wed., 9/24-10/8 | 1-3 p.m.

**Montalvo, Maria
GWY 352**

BOSTON'S WAR: THE TEA PARTY TO BUNKER HILL

Following their expensive victory in the French and Indian War, the arrangement between Great Britain's government and its American colonies began to unravel. The first lectures will explore the roots of key political disagreements and the actions taken by each side to achieve favorable policy outcomes short of war. We will also review brief biographies of several important leaders on both sides of the Atlantic. Following that introduction, we will examine Boston's role as the center of American political, economic, and military resistance. When war finally came, it first arrived in Boston. We will study the city's pre-war military preparations and intelligence organization. Finally, we will look at the first days of fighting, including Lexington Green, Concord Bridge, Bunker Hill, and the British withdrawal from Boston.

Laurence Kerr is a career member (retired) of the U.S. Senior Foreign Service. Following service as an airborne infantry and special operations officer, he began a career in the U.S. State Department. His final diplomatic assignment was as assistant professor of grand strategy and national security studies at the Eisenhower School of the National Defense University. He also served as a distinguished lecturer at the Inter-American Defense College in Washington, D.C., and as a lecturer in American politics at the University of the Americas, located near Mexico City.

Fee: \$50

2 Fri., 12/5-12/12 | 10 a.m.-12 p.m.

**Kerr, Laurence
MAB 109**

OLD EMPIRES NEVER DIE? FROM PETER THE GREAT TO VLADIMIR PUTIN

Let's look at 18th-century Russia. Tsar Peter the Great spearheaded the modernization and Westernization of Russia, and Empress Catherine the Great expanded the empire. Then comes the 19th Century, politics of Tsar Nicholas I, the assassination of Tsar Alexander II, and great works of Russian literature and music, followed by momentous events of the 20th Century: the February and October Revolutions of 1917; brutal consolidation of power by the Bolsheviks; rise of Stalin and the Cold War; cosmic jolt of Sputnik; reforms of Gorbachev; and eventual collapse of the USSR in 1991. Then came the 21st-century rise and incredible (often lethal) sustaining powers of Vladimir Putin, President of the Russian Federation. We will look at factors leading up to the Russian invasions of Ukraine, what might happen when this senseless war ends, and how Russia may again be allowed to join the community of nations. Included are resources, a historical timeline, and an opportunity to learn some Russian and Ukrainian.

David Fenner is an affiliate faculty member at the University of Washington's Jackson School of International Studies. His MA is in Russian literature and his first of many visits to the Soviet Union (and later Russia and Ukraine) was in 1973. In the late 1970s, he studied at Leningrad State University. Fenner later served as the UW's Assistant Vice Provost for International Education.

Fee: \$65

3 Wed., 10/15-10/29 | 10:30 a.m.-12:30 p.m.

**Fenner, David
GWY 352**

BEFORE WE WERE THE USA: EARLY AMERICAN HISTORY

This course will be the first of a series of classes on U.S. history. We will cover the period from the arrival of people from East Asia across Beringia to the 1763 Treaty of Paris, which marked the end of the French and Indian War. We will include a discussion of the "Who, What, and Why" of History. We will examine the arrival of people from Eastern Asia and Native American societies prior to the arrival of Europeans, then move on to early European contact and consider the impact of African slavery. We will next address the founding of English colonies, as well as Spanish, French, Dutch, Swedish, and Russian colonies on the Pacific coast; conflicts between colonial powers; and Native American resistance to colonization. From there, we will cover the development of British colonies in the late 17th and early 18th centuries and explore issues related to the French and Indian (or 7 Years) War. Throughout the series, we will pay particular attention to the relations between the European colonists/immigrants, Native Americans, enslaved, and free people of African descent.

Boris Zaretsky is a graduate student in history at Western Washington University, working on his thesis after careers with Boeing and McDonnell Douglas in technical and management training, as well as being a customer engineer and international service sales director. He has taught 8th-grade history in Bellevue and served as a teaching assistant at Western Washington University, as well as taught in programs for immigrants and English language learners. He holds an MS in Aeronautics and Astronautics from the Massachusetts Institute of Technology and a BS in Applied Mathematics from the University of Chicago.

Fee: \$75

4 Thu., 10/2-10/23 | 2-4 p.m.

**Zaretsky, Boris
MAB 109**



HOME & NATURE

BIRDS OF THE PACIFIC NORTHWEST

Enhance your ability to identify and understand the common birds of our region. We will explore anatomy, reproduction, foods, foraging, and the habitats in which to find the birds. We will cover backyard birds, owls, raptors, and water birds. Additionally, you will learn about bird-friendly garden features, including important Do's and Don'ts. This course is geared toward beginning to intermediate-level birders.

Candy Brown majored in education in college, worked in bank training management, and spent 15 years in wildlife rehabilitation. She is a lifelong animal enthusiast and expert on birds.

Fee: \$50

2 Mon., 10/20-10/27 | 10 a.m.-12 p.m.

**Brown, Candy
MAB 109**

STRENGTHENING THE HUMAN-ANIMAL BOND: AT HOME

With a focus on companion animals, we will discuss how we share our homes with them, from bringing home a new puppy or kitten to adopting from a shelter or rescue, and raising them through adolescence, senior years, and end-of-life, as well as the considerations of each stage. How do companion animals contribute to our health and happiness? What do we know? What does the science say? And how do we contribute to the health and happiness of the animals? We will discuss some ethical issues and concerns, such as functional breeding, the use of artificial intelligence for shelter pets, and pet longevity, and explore the differences in training and temperament between service, emotional support, and therapy animals. The class will also include some fun facts about other animals who share our homes, including chickens, pigs, rats, and reptiles.

Shel Graves, owner of Shel Graves Animal Consulting in Everett, Wash., has seven years of experience working with shelter and rescue animals, focusing on trauma recovery and strengthening the human-animal bond. Shel's animal behavior credentials include the University of Washington's Applied Animal Behavior certificate and two years of study to earn the Academy for Dog Trainers, Certificate in Training and Counseling. She is also an Ordained Animal Chaplain through the Compassion Consortium (an interfaith, interspiritual, and interspecies spiritual center) and a board member of the American Association of Veterinary Chaplains. She provides dog training, dog and cat behavior consulting, and animal chaplaincy services, including training and enrichment for quality of life, emotional support for animals' end-of-life, and pet loss support. Shel Graves Animal Consulting services are also available to shelters, rescues, and fosters.

Fee: \$50

2 Mon., 11/17-11/24 | 10 a.m.-12 p.m.

**Graves, Shel
MAB 109**



MAKE YOUR OWN DARK CHOCOLATE

Learn to make chocolate the way the Mayans and Aztecs made it. But, even better, you can customize it to exactly the way you would like it most! On Zoom, we will go through the steps together and come out with your very own, hand-crafted bar of chocolate. Students will need to purchase their own supplies, which can be easily done through Amazon.com or other baking or candy supply stores. **Please check the online class description or contact the CRI office for the supply list.** As we make it, we will take a walk vicariously through a cacao plantation to better understand where chocolate comes from. We will also talk about the history of chocolate and compare our process to how it's done commercially. For those of you who have already attended my CRI class "Deep Dive on Dark Chocolate," I will be tailoring the talk, as well as introducing some new information.

Helen Holcomb worked in the U.S. Intelligence Community (IC) for 40 years at different agencies and in a variety of capacities. Learning about spies who provided U.S. secrets to foreign governments, their motivations, and what potentially suspicious signs to look for in colleagues' behavior was part of the mandatory, annual operational security training for IC employees. Helen Holcomb is part of a big game-playing family—with regular game parties and holiday game parties throughout the year. She would like to introduce you to her family's top favorite party games. She recently returned from St. Lucia and stayed at "Hotel Chocolat." There, she toured their cacao farm and made her own chocolate bar under the tutelage of one of their chocolate experts.

Fee: \$35

1 Mon., 10/13 | 1-3 p.m.

**Holcomb, Helen
ONLINE**

Taking Multiple CRI classes?

If you are registering for multiple classes, please check your calendar to avoid any concurrencies.

Please contact the CRI office if you have any questions.



LITERATURE

CRI'S EXPANDED BOOK DISCUSSION GROUP

Join other story lovers as we talk about books, theater, and film. Each week, participants will share what they have been reading or watching. Any genre, fiction or non-fiction, is fine. We will enjoy great discussions as we connect book themes, topics, authors, and books that have found new life on the stage, in movies, and even in opera. You are guaranteed to go home with at least one new book suggestion, a new author to read, or a theme or genre to explore.

Nancy Eidemiller is a lifelong learner and reader with a Bachelor of Arts in Sociology. She is enthusiastic about reading and math education. She has been known to say that there is no such thing as too many books, just too few bookshelves. Nancy is currently a member of the CRI Curriculum Committee.

Fee: \$40

4 Fri., 10/31-11/21 | 10 a.m.-12 p.m.

**Eidemiller, Nancy
MAB 108**

THE POETRY OF GRIEF, GRATITUDE, AND REVERENCE

This course will examine poems that deal with grief, gratitude, and reverence. These themes are woven into our lives, forming their very fabric. Our remarkable text will provide poetic touchstones to refresh the mind and open the heart. The exquisite poems on grief, for example, will furnish a path forward in a world all too often willing to sidestep the need to confront grief directly. This new course will use as a textbook the anthology "The Poetry of Grief, Gratitude, and Reverence" edited by John Brehm (get the ppb version, not the Kindle version).

This is Robert Stahl's 30th year teaching for CRI. He has taught previous classes on Rumi, Mary Oliver, Emily Dickinson, Rilke, Hafiz, and Haiku. His other classes have covered Joseph Campbell's "Power of Myth," John O'Donohue's "Celtic Wisdom," and Thomas Moore's "Care of the Soul."

Fee: \$75

4 Thu., 10/9-10/30 | 10 a.m.-12 p.m.

**Stahl, Robert
ONLINE**

READING THE CANTERBURY TALES PART IV

In this course, we will continue our leisurely reading of Chaucer's great satirical classic in the original Middle English language, a project we will pursue over subsequent quarters. Our text will be Larry D. Benson's edition (Houghton Mifflin), widely available in paperback and online. Make sure you get this edition so that we all have the same line numbers. Students are asked to read the "Shipman's Tale" for the first class meeting. You don't need to complete the earlier parts of the course to enroll in the current one.

Sean Taylor holds a PhD in English from the University of Washington and has taught as a professor at Portland State University and Hamilton College. His main areas of expertise are Old and Middle English literature.

Fee: \$75

4 Wed., 11/12-12/10 | 1-3 p.m.

**Taylor, Sean
MAB 109**

No class 11/26

SHAKESPEARE'S "TAMING OF THE SHREW"

This course will undertake a discussion of one of Shakespeare's most provocative comedies, which will be staged by Seattle Shakespeare Company concurrently with the course, allowing our reading to be informed by both the text and the live performance. Does the play constitute a patriarchal text or a transgressive one? How does Kate's final speech support your answer to that question? Students are requested to read through Act 2 for the first class meeting. Any edition of the text will do, although it is recommended to find one with line numbers and footnotes (the instructor prefers Signet Classic paperbacks, widely available).

See the previous class for instructor bio.

Fee: \$75

4 Tue., 10/14-11/4 | 1-3 p.m.

**Taylor, Sean
MAB 109**



EMILY DICKINSON AND THE MYSTERY OF THE 40 FASCICLES

In 1858, Emily Dickinson began recopying her poems onto sheets of stationery, then folding and sewing together the sheets into what Dickinson scholars call "fascicles." By 1864, when she abandoned this project, she had 40 hand-sewn booklets of poems and a larger number of unbound sheets to leave to posterity. Until the 2016 publication of Emily Dickinson's "Poems: As She Preserved Them," edited by Cristanne Miller, the fascicles were not readily available to most readers, but now we can take a closer look. Why did she arrange them as she did? What might we notice about the poems in these combinations? The course content will interest anyone curious to learn more about Dickinson's poetry and life, including poetry newbies.

Bethany Reid has an MFA in poetry and a PhD in American Literature from the University of Washington. She taught composition, creative writing, and literature for thirty years at UW, Seattle Pacific University, Edmonds College, and Everett Community College. She has written a number of poetry books and won the Sally Albiso Prize from MoonPath Press. Now retired, Bethany spends her days walking and writing, coaching poets one-on-one, and teaching poetry whenever she gets the chance.

Fee: \$75

4 Tue., 11/18-12/9 | 1-3 p.m.

**Reid, Bethany
ONLINE**

THE STRANGE TALE OF AMELIA BASSANO: THE DARK LADY OF SHAKESPEARE'S SONNETS

This course is all about the alluring and brilliant woman who became Shakespeare's Dark Lady and probably collaborated on his plays. We will explore how this might alter our perception of Shylock and what the "Merchant of Venice" really intended to convey to us.

Andrée Aelion Brooks is a journalist, author, lecturer, and a former contributing columnist and news writer for the New York Times. Brooks is also an associate fellow at Yale University. Her work has received many awards, including the American Jewish Woman of Achievement award from the American Jewish Committee; a special award from the American Sephardi Federation for her work in Sephardic Jewish History; and the Mark Twain Award from the Connecticut Press Club for her news writing.

Fee: \$30

1 Tue., 10/14 | 10-11:30 a.m.

**Brooks, Andrée
ONLINE**



PHILOSOPHY & SOCIOLOGY

THE RISE AND FALL OF PATRIARCHY: A SOCIOLOGICAL ACCOUNT

"Patriarchy" is a system of gender inequality that privileges men over women and children. Its rise in antiquity and fall in modern times have been variously accounted for. The sociological explanation claims that men and women, interacting together to meet their basic needs, created patriarchy. The system of gender inequality was not planned, but many joint decisions in varied circumstances gave rise to it; and once firmly in place, it was described as the natural order of things. The same process that created patriarchy has been reforming it in a more egalitarian direction – which has taken on renewed intensity recently. Among the historical circumstances that shaped the rise and fall of patriarchy are the innovations in agriculture, writing, law, literacy, science, and democracy. Recently, the increased longevity, obstetric advances, and a culture war have led to our current debate over the dismantling vs bolstering of patriarchy. Expect interesting reading and vigorous discussion!

Ellen Berg is a sociologist who taught undergrads at the University of Maryland when she arrived there in 1986, shortly after getting her PhD at George Washington University. She emigrated from "the other Washington" in 2003 and has been happily teaching retirees here since 2010. Berg has taught about gender since 1986. She is fascinated by the way problems have been named, gender roles have changed, and debates have flared throughout society and, also, in each of our individual lives. As 2nd wave feminists put it, "The personal is political" – which makes for a very good conversation.

Fee: \$75

4 Mon., 10/20-11/10 | 10 a.m.-12 p.m.

**Berg, Ellen
ONLINE**

ETHICS THOUGHT EXPERIMENTS: WHAT DO YOU THINK?

In this interactive online discussion class, we will explore famous philosophical thought experiments and their practical applications. How does the trolley problem relate to the question of whether self-driving cars should be programmed to protect the passengers inside or the pedestrians outside the car if their brakes fail? What does John Rawls' "veil of ignorance" thought experiment teach us about how to set up a just society? How do philosophers Peter Singer and Onora O'Neill use thought experiments to raise the question of whether people in the developed world are doing enough to help those in the developing world? Come join the conversation!

Sarah Rosenson has a BA from Georgetown University, a JD from the University of Pennsylvania, and an MA in Jewish Studies from the Spertus Institute. She practiced law and then taught ethics and world religions classes at a private high school. She currently teaches adults both in person and on various online platforms.

Fee: \$65

3 Tue., 10/21-11/4 | 1-3 p.m.

**Rosenson, Sarah
ONLINE**



SPECIAL TOPICS

FREEWRITING WORKSHOP INCLUDING MEMOIR WRITING PROMPTS

We will free-write together for 12-15 minutes at a time, quieting the inner critic, without worrying about grammar, spelling, or sentence structure, since no one will see these quick, rough drafts but ourselves. The facilitator will provide different creative writing techniques at the beginning of each workshop, along with prompts focusing on memoir writing. Writers may also write about whatever they wish aside from the prompts and may read their free writes to the group. Participants provide only positive feedback on what they liked best, what stood out, or what they remembered most of the writer's freewrite.

Annette Peizer received a BA in Creative Writing from the University of Washington and an MFA in Creative Writing from the University of California, Irvine. She has been facilitating workshops in this freewriting method, both online and in person, since 2015, after a week-long training in this specific method. She led these freewriting workshops through North Seattle College Continuing Education and the Associated Recreation Council with the Seattle Parks and Recreation. Prior to facilitating the freewriting workshops, she taught adjunct English, Creative Writing, and Arts and Culture at community colleges, private colleges, and summer university programs throughout Seattle, Los Angeles, Slovakia, and Jerusalem. She has had poetry, prose, and articles published in local and national publications. She wrote a travel memoir book, just finished revising an updated second edition, with an audible recording currently being spliced for publication.

Fee: \$70

4 Fri., 10/10-10/31 | 3:30-5 p.m.

**Peizer, Annette
ONLINE**



BEST PARTY GAMES EVER

In this class, you will learn how to play and host some of the most tried and true, very fun and successful party games out there. As we approach the holiday season, you can entertain friends and family with games for good-natured fun and interaction. They're great mixer games, too. During the sessions, we will play "Friendly Neighbor," "Majority Rules," "Drawing Charades," "The Name Game," "Categories," "Treasure Hunt," and "Pharkle." The history of the games will be reviewed (if available), and there will be handouts for you to bring home with the game rules to help get your own party planning underway. Additionally, some paper games with answer keys - including "Equation Analysis," "December Dice Game" (variation of "White Elephant"), and "Table Scavenger Hunt Game" will be provided for you to have as well. If you like games and just want to play, come join us!

See Page 11 for instructor bio.

Fee: \$50
2 Mon., 12/1-12/8 | 10 a.m.-12 p.m.

Holcomb, Helen
MAB 109

HOW EMPIRES SHAPED GLOBAL CUISINE

Food has always been more than nourishment—it is a reflection of migration, empire, trade, and cultural exchange. This course uncovers the global journeys of ingredients and culinary techniques that have shaped the food we eat today. From ancient spice routes and colonial plantations to coffeehouses and royal kitchens, we will explore how food tells stories of power, adaptation, and identity. Topics include the extinct Roman spice that once controlled economies, the Arab transformation of Mediterranean cuisine, and the Ottoman influence on Central European dishes. We will trace the real origins of pasta, explore what Italian and Thai cuisine looked like before the introduction of tomatoes and chilies, and examine how chocolate and coffee traveled the globe—from sacred rituals to everyday staples. We will look at how religious institutions preserved food knowledge and how royal courts dined on extravagant and now-forgotten delicacies. Each session blends deep historical context with engaging culinary examples.

Darina Regio is an international policy specialist with a background in history, cultural studies, and global development. She holds a master's in international policy studies from the Middlebury Institute of International Studies and a bachelor's in history and Asian and African studies from Saint Petersburg State University. Her work and studies have taken her across Southeast Asia, the Pacific Islands, Africa, Europe, and South America, with a focus on issues such as governance, cultural heritage, and social change. Alongside her academic and professional work, Darina has a deep interest in the history of food. A curious traveler and enthusiastic home cook, she loves exploring how ingredients, recipes, and culinary traditions have moved across regions and centuries. Her teaching brings together historical insight and real-world flavor to show how what we eat is shaped by empire, migration, and cultural exchange.

Fee: \$75
4 Tue., 9/23-10/14 | 2-4 p.m.

Regio, Darina
ONLINE



TECHNOLOGY

ESTABLISHING OR UPDATING YOUR SECURITY CHECKLIST

Just like death and taxes, security compromises are inevitable but manageable if you prepare and take precautions. We usually do not want to think about them or feel overwhelmed by all the things necessary to keep us secure. What if you had a checklist of what to do each day, each month, or each year to stay safe? Let's pluck the best security practices and organize them into lists you can use to balance your life and security.

See Page 5 for instructor bio.

Fee: \$35
1 Fri., 11/21 | 1-3 p.m.

Boston, Brian
MAB 109

GOOGLE DRIVE: GETTING TO KNOW THE BASICS

We will dive into the free Google Drive services found in your Google account, which will simplify your life and make you more productive. We will show you how cloud-based apps work within the Google universe. We will cover the advantages of using Google's office productivity apps — and the pitfalls. Touching on security and privacy, we will show how Google's products can work with — and sometimes better than — the business software you might be familiar with. This class is for desktop/laptop computer users and will include information for mobile devices. The Chrome web browser is recommended. This class will use recorded and live demonstrations as well as written material.

Kate Schwarz worked in the Edmonds College Technology Resource Center, helping faculty with e-learning, instructional technologies, and course design. She also worked for many years as a computer resource manager at the University of California. Since moving to the Northwest, she has worked as an independent educational technology consultant for nonprofits.

Fee: \$30
1 Wed., 10/15 | 1-2:30 p.m.

Schwarz, Kate
ONLINE

GOOGLE DOCS: CREATING, SHARING, AND COLLABORATING

In this introduction to Google Docs, we will show you how to create documents and share work “in the cloud.” We will also discuss how Google Docs can fit into and simplify workflow across devices and operating systems. This class is intended for desktop/laptop computer users but will include information for mobile device users. The Chrome web browser is recommended. This class will use recorded and live demonstrations as well as written materials.

See the previous class for instructor bio.

Fee: \$30

1 Thu., 10/16 | 1-2:30 p.m.

Schwarz, Kate

ONLINE

GOOGLE SHEETS: GETTING STARTED

Google Sheets allows you to organize, edit, and analyze different types of information using spreadsheets. In this introductory class, we will explore ways to use Google Sheets and navigate the Sheets interface. We will show you the basics of entering your information and basic formatting, including trying out some basic charts. If you are a dedicated Microsoft Office user, Sheets and Microsoft Excel can work together, and we'll show you how to move between them. This class is intended for desktop/laptop computer users who are familiar with spreadsheets, and will include information for mobile device users. The Chrome web browser is recommended. This class will use recorded and live demonstrations as well as written materials.

See Page 14 for instructor bio.

Fee: \$30

1 Wed., 10/22 | 1-2:30 p.m.

Schwarz, Kate

ONLINE

GOOGLE KEEP: ORGANIZE (ALMOST) EVERYTHING

What will we do here? Keep Your Stuff! Google Keep is an application (app) for taking notes, creating lists, storing photos, and recording audio. We will introduce you to the app and suggest ideas for using it for organizing yourself and others. Since an important feature of Google Keep is synchronization across devices, we'll show you how to accomplish basic tasks in both the desktop and mobile versions. We will explore what Keep is (designed to, similar to, dissimilar in) across devices and accounts, what the key Keep features are, some examples of use, and things to watch for. This class is intended for desktop and laptop computer users, but will also include information for mobile device users. The Chrome web browser is recommended. This class will use recorded and live demonstrations as well as written materials.

See Page 14 for instructor bio.

Fee: \$30

1 Thu., 11/13 | 1-2:30 p.m.

Schwarz, Kate

ONLINE



BEYOND THE HYPE: AI BASICS, BENEFITS, AND BIG QUESTIONS

AI is transforming how we work, interact, and make decisions—or have them made for us. This 3-session course covers what artificial intelligence (AI) is (and isn't), tools you can use, and societal impact. No technical background needed—just curiosity! Basics: An accessible guide to AI concepts and buzzwords like “alignment,” “singularity,” and “multi-modal,” plus a preview of practical applications, successes, and some spectacular failures. Benefits: A look at readily available AI tools that can save you time or help you accomplish things you don't know how to do. Includes live demonstrations. Big Questions: Discussion of policy debates surrounding AI—fairness, hallucination, copyright, energy use, jobs, safety, and existential risks—plus an overview of key trends and competing views on what our AI future should look like.

Terry Gray earned a PhD in computer science from UCLA, and, as a senior technology manager, he spent much of his career at the intersection of technology and policy. After running the Center for Experimental Computer Science at UCLA and working at a Silicon Valley startup, Terry joined the University of Washington in 1988 as director of networks and distributed computing. When he retired in 2014, he was associate vice president for technology strategy and chief technology architect, as well as an affiliate professor in the computer science department at UW. In a previous life as a young electronics officer, Terry was perhaps best known for commuting to Naval Station San Diego in his dune buggy with a “flower power” paint job.

Fee: \$65

3 Thu., 11/6-11/20 | 4-6 p.m.

Gray, Terry

ONLINE

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