

Classes June - August 2020
Registration Opens
Tuesday, May 19, 10:00am



Summer 2020

Art, current events, exercise, science, tours, volunteering, & more!



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Dear Friends,

We are living in extraordinary, unusual times! At Oasis, we are meeting the COVID-19 pandemic situation head on – and flexibility is our new motto. As I write this, we still do not know when we will be given the OK to move back to in-person classes. That means we may need to offer some classes via a livestream option, and we most probably will have to limit class sizes for “distancing” purposes. We plan to pull off our summer session with flexibility in mind, and we will get through this! We ask for your patience and understanding as we move through uncharted territory. Oasis staff misses all of you – we get our energy from seeing you every day – and we look forward to the day you can return.

Finally, thanks to so many of you who donated your spring class fees back to Oasis. It is heartening to see your generosity, and we are grateful.



Kathleen Raskob
Executive Director

Oasis staff members

Top row: Kathleen Raskob, Melody Mock, Cynthia LaCoe-Maniaci.
Second row: Vicki DeVigne, Sylvia Giomi, Becky Kenny. Bottom row: Lisa Lerner



On the cover: Photographer Brandt Magic captures Oasis participants on a hike (left); Carolyn Clark, Margaret Vining, and Laurel Anderson read at our January tutor training (right).

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See pages 72-73 for important policy & registration information

COVID-19 UPDATE Please note:

1. Class sizes will be limited until we have more guidance from the government on distancing requirements. Please consider going on a waitlist for a class in case we are able to increase class size as the summer progresses.
2. Oasis lectures may need to be moved to the Zoom platform for live-streaming. We encourage you to learn how to use Zoom – tutorials will be provided on the Oasis website (www.oasisabq.org). Dates and times may need to be changed.
3. It is possible we will need to cancel some off-site classes due to restrictions at those locations.
4. Regularly check the Oasis website or your email for updated information.
5. Your registration receipt has very important information – please review carefully.

Volunteers - Thank you

We offer a sincere “Thank you” to our many dedicated volunteers. Our volunteers are vital to our daily operations. Some greet you with a smile from the front desk while others work behind the scenes helping to deliver catalogs, making reminder phone calls, entering health & wellness data, assisting with fitness testing, and other odd jobs. It wouldn’t be the same Oasis without our dedicated volunteers – thank you to each and every one!

If you are interested in volunteering, see Lisa for front desk, reminder phone calls, and catalog distribution opportunities; Vicki for tutoring; and Cynthia for health & wellness volunteer roles. Come join the fun and be part of the team that makes Oasis a welcoming place.

Special thanks to Mike Langner for installing an upgraded sound system in our large classroom.

We extend our special gratitude to those volunteer instructors who share their expertise and donate their time. Because of them we learn something new every day.

Oasis Mission

Oasis is a national organization whose mission is to promote successful aging through a three-pronged approach: lifelong learning, healthy living, and social engagement. Offering challenging programs in the arts, humanities, science, wellness, and volunteer service, Oasis creates opportunities for older adults to continue their personal growth and meaningful service to the community.

Oasis Affiliation

Oasis Albuquerque is a non-profit organization affiliated with the Oasis Institute in St. Louis, Missouri, which was founded in 1982. Nationally, Oasis programs reach more than 52,000 individuals and engage more than 6,100 volunteers annually.

Join Oasis

Oasis is open to all adults regardless of gender, race, creed, ethnicity, national origin or religion. To join, complete the New Participant Form available at the Oasis office or on the inside back cover of this catalog. Or join Oasis online at www.oasisabq.org.

The Oasis Center

Hours: 9:00am - 4:30pm Monday - Thursday
9:00am - 4:00pm Friday

American Square Shopping Center
3301 Menaul Blvd. NE, Suite 18, Albuquerque
Mail: PO Box 35518 Albuquerque NM 87176

Phone: (505) 884-4529 Fax: (505) 884-4942

Email: oasisabq@oasisnet.org

National Website: www.oasisnet.org

Albuquerque Info: www.oasisabq.org

Meg Leonard

Solace: Finding Magic and Wonder in Landscape

May 18 - Aug 21, 2020

Artist Reception

Thursday, August 6, 5-6:30pm

Exhibition may be viewed during Oasis office hours.

Meg Leonard finds solace in nature, in color, and in the act of painting. Brilliant light and vivid hues of the New Mexico environment are evident in her expressive landscape paintings.

About her work, she says, "These paintings preserve an experience of being present, observant, open, humbled, meditative. Observation of the natural world reveals magical moments of radiance and shadows of mystery. They are intended to whisper to each viewer's heart. If they evoke peace, mystery, and wonder, then they are successful."



Above left: *The Right Time*
oil, 36" x 48"

Above: *It was a Very Good Year*
giclee on canvas, 16" x 20"



Left: *24-Karat Gold Spill*
pastel, 18" x 24"

Oasis Intergenerational Tutoring Program

Why become an Oasis reading mentor?

10. Volunteering is good for your health.
9. Volunteering inspires you to change an old routine.
8. Volunteering is an opportunity to give back.
7. Volunteering brings people with common goals together.
6. Volunteering strengthens our community.
5. Volunteering saves educational resources.
4. You are needed.
3. You will make a difference.
2. You will impact a student's literacy.
1. Reading with a student is fun and fulfilling.



Oasis Intergenerational Tutoring program is now recruiting for fall 2020 training in August, September, and October. Join our team this year and read with an elementary student.

Let your love of reading create positive change in our community!

Contact Oasis at 505-884-4529 or on the web at <https://www.oasisabq.org/tutoring> for more info.

One student, one reading mentor. Two lives forever changed.

Arts

The Art of the Japanese Origami Crane: Workshop

1

Anita Gallegos

Origami is the art of paper folding to create sculptural objects and designs. The best-known design is the paper crane, which has symbolic meaning in Japan. Learn the steps of folding a traditional origami crane plus a few other variations. *No experience necessary. \$10 materials fee payable to instructor (cash or check) provides a packet of traditional Japanese origami paper and folding instructions. Limited enrollment.*

Anita Lee Gallegos has been folding and sharing the art of origami for decades. She started training in martial arts as a teenager which gave her an appreciation for Japanese culture and arts. Through her participation in Japanese cultural programs she had the good fortune to learn origami from professional folders and hobbyists. The crane is one of her specialties and she has folded thousands of cranes of all sizes, from fractions of an inch to several feet.

Friday Jun 5 9:30 - 11:30

Fee: \$20 Oasis

Introduction to Mosaics: Art Workshop

2

Jill Gatwood

Back by popular demand! Create your own beautiful mosaic art piece, from start to finish, in two days. In this hands-on class, learn about design, cutting tiles, adhesives, and grout. No artistic ability or experience is required. *All tiles, tools, and other supplies are provided in class. Bring \$25 materials fee payable to instructor at first class (cash or check). Note: Second class is 10am-12pm (2 hours). Limited enrollment.*

Jill Gatwood is an avid hiker and naturalist. When not exploring the mountains and canyons of New Mexico, she creates custom mosaic mailboxes and teaches Introduction to



Join Anita Gallegos to learn the art of Japanese paper folding in class #1.

Mosaic Art classes through UNM Continuing Education and the Harwood Art Center. Her art was featured in the Mosaic New Mexico group exhibit at Oasis in 2018.

Monday Jul 13 10:00 - 2:00

Tuesday Jul 14 10:00 - 12:00

Fee: \$55 2 sessions Oasis

Introduction to Mosaics: Art Workshop

3

Jill Gatwood

See class #2.

Monday Jul 27 9:00 - 1:00

Tuesday Jul 28 9:00 - 11:00

Fee: \$55 2 sessions Oasis

Kelly Jo Designs Pottery: Art Workshop

4

Kelly Jo Kuchar

Spend a summer afternoon at Kelly Jo Designs painting a piece of pottery – your way. Take a tour of the working studio before beginning

your own project. Choose from a wide selection of shape options. Kelly Jo Kuchar and her instructors demonstrate possible techniques for painting your own pottery piece (stencilling, for example) and provide a technique book. This is an open studio class. *All materials included. A tour of their working studio production and gallery are included. Limited enrollment.*

Kelly Jo Designs (KJD) has been in business for 30 years. Her pottery is iconic in New Mexico and sold throughout the US. Kuchar studied art at Southern Methodist University. In 2012, she opened her studio to canvas and pottery classes and has introduced countless people to their own inner artist. The studio is also the home to Los Ranchos Winery with award-winning wines.

Thursday Jul 16 1:00 - 4:00

Fee: \$50 Kelly Jo Designs

Introduction to Metalsmithing: Art Workshop

5

Margie Weinstein

Back by popular demand! Join us for a hands-on introduction to metalsmithing at the fully equipped Meltdown Studio in Albuquerque. In this four-hour workshop, learn techniques including piercing, sawing, texturing, stamping, soldering, making findings, polishing, and more. Take home several completed metal projects or create components to use later. No previous experience is required, just a desire to create. *All materials and tools are provided. Limited enrollment. Participants may bring a snack.*

Margie Weinstein is a native New Mexican who has worked as a studio potter for 25 years, and recently retired from teaching jewelry and ceramics at Albuquerque Public Schools. She is a bench mate and instructor at Meltdown where she has taught a variety of classes.

Wednesday Jul 29 10:00 - 2:00

Fee: \$75 Meltdown Studio

Exploring Clay: Art Workshop

6

Cindy Dominguez

Join art instructor Cindy Dominguez at the Menaul School's art studio to explore hand-building with clay. Create small pieces with coil and slab building before working on and completing a piece of your own. This may be anything from a decorative tile to a teapot or even a sculpture, depending on your imagination. *Materials fee of \$20 payable by cash or check to the instructor. Limited enrollment. Participants may bring a snack.*

Cindy Dominguez has studied and completed degrees in art history and painting at Westminster College, photography at UNM, and education at the College of Santa Fe. Dominguez exhibits her work regularly while also curating Luanem Gallery for the Menaul School, where she has directed and taught in the art program for eight years. She is also a photographer and visual artist.

Monday Aug 3 10:00 - 3:00

Fee: \$50 Menaul School

Brushstrokes & Horizons: Pastel Landscapes Workshop

7

Susan Roden

Paint landscapes using alcohol washes and accented strokes to explore a varied application approach to pastels. In the first of two sessions, Susan Roden leads group exercises exploring effects and handling of pastel sticks and brushes. In the second session, proceed to individual pieces on paper and wood panels. This accelerated technique is ideal for plein-air or studio painting. *All materials provided; bring materials fee of \$15 payable to instructor (cash or check) on first day of class. Limited enrollment.*

Susan Roden is a juried member with the Catharine Lorillard Wolfe Art Club (New York), a distinguished pastelist, and 2020 president of the Pastel Society of New Mexico. She is noted for her pastels as well as other media; she resides and maintains an art studio in Albuquerque. She has exhibited nationally

and her paintings have been featured in *Décor & Style*, *The Pastel Journal*, *San Diego Home/Garden Lifestyles*, and *Pastel Artist International Magazine*.

Tuesday & Wednesday Aug 4 & 5 9:30 - 12:30
Fee: \$55 2 sessions Oasis

Weekends With O'Keeffe 8

Carol Merrill

Carol Merrill spent seven years with Georgia O'Keeffe when Merrill was in her 20s, and O'Keeffe was in her 80s and 90s. She worked with O'Keeffe on weekends from 1973-1979 as librarian, secretary, nurse, caregiver, cook, companion, confidante, and reader. Merrill shares stories and reads from two books she wrote about her experience: *Weekends with O'Keeffe* and *O'Keeffe: Days in a Life*, both of which contain insight into O'Keeffe toward the end of her life. Merrill ends with time for Q&A.

Although she has loved serious reading and writing since early childhood, Carol Merrill did not publish much until she was encouraged by O'Keeffe. She became active in the world of poetry and playwriting and worked overseas as a librarian. She served as librarian at Kewa Pueblo Elementary and Middle Schools as well as Cochiti Elementary and Middle Schools. Her books are now on Audible in her voice, as well as in the National Library for the Blind.

Wednesday Aug 5 12:30 - 2:00
Fee: \$10 Oasis

Framing Your Art: Workshop 9

Susan Roden

With a hands-on approach, learn the steps to professionally frame your works of art. Bring

a small art piece (11" x 14" or smaller) to frame. Practice cutting mats and spacers, learn how to seal the backs, and adhere wire and hangers with supplies provided. *Tools and materials provided; bring materials fee of \$20 payable to instructor (cash or check). Limited enrollment.*

See bio #7.

Friday Aug 7 9:30 - 12:00

Fee: \$30 Oasis

Introduction to Fused Glass Jewelry: Art Workshop at FUSE Makerspace 10

Sarah Nelson

Join us for a hands-on, two-session workshop

focused on glass jewelry making at the FUSE Makerspace. On day one, attendees learn techniques that include cutting glass, designing with fusible glass, and programming a kiln in order to create glass cabochons. On day two, learn how to drill holes, add metal bails and finish your glass items to create pendants. Take home several one-of-a-kind, ready-to-wear pieces. No previous experience required. All materials and tools are provided. *Note: second class is from 11am-1pm. Limited enrollment.*

Sarah Nelson holds a BA from Northern Illinois University with an emphasis in visual communications/photography. After relocating from Chicago to Albuquerque in 2000, she began her career in glass art.

She attended residencies at Pilchuck Glass School and North Lands Creative Glass in Scotland. Working as a professional artist, she draws inspiration from natural themes



Carol Merrill shares stories of her experience working with Georgia O'Keeffe in class #8.

to create kiln-worked glass. She is a board member and communications chair for Glass Alliance New Mexico.

Monday Aug 10 11:00 - 2:00

Tuesday Aug 11 11:00 - 1:00

Fee: \$75 2 sessions FUSE Makerspace

Museum Tour of Eye to I: Self-Portraits From the National Portrait Gallery

11

Josie Lopez

Drawn from the Smithsonian's National Portrait Gallery collection, *Eye to I* examines how artists in the US have chosen to portray themselves since the beginning of the last century. It features self-portraits by prominent figures in the history of portraiture including Jean-Michel Basquiat, Thomas Hart Benton, Elaine de Kooning, Jacob Lawrence, Alice Neel, Faith Ringgold, Diego Rivera, and many more. A tour with art curator Josie Lopez. *Limited enrollment.*

Dr. Josie Lopez is curator of art at the Albuquerque Museum. She received a master's degree in teaching from Brown University and a PhD in art history from the University of California, Berkeley. Her research and curatorial projects include examining art as a discursive agent in the political arena; modern and contemporary Latin American art; 19th century France, Spain and Mexico; Spanish art from El Greco to Goya; and the history of New Mexican art.

Thursday Aug 20 10:00 - 11:00

Fee: \$20 Albuquerque Museum

See also:

Carlsbad Caverns: Stories of Exploration, Art, & Conservation with artist, author, and lifelong caver Lois Manno (class #134).

Make sure to browse all categories. Many subjects overlap – don't take a chance on missing a class you'll enjoy!

Consumer Information & Finance

Duran's Central Pharmacy History & Tour: Field Trip

12

Mona Ghattas

Back by popular demand! Duran Central Pharmacy (Duran's), the iconic independent drugstore near Old Town, has been in business since 1942, providing pharmaceutical resources to our community, as well as serving up quality New Mexican food. The Ghattas family purchased Duran's from Pete Duran in 1965. Our tour begins at Remedy Coffee, a new cafe next to Duran's, with a cup of coffee and pastry. Mona Ghattas provides the history and then leads us on a tour of the pharmacy. *Limited enrollment.*

Mona Ghattas, Duran's president, owns and operates the pharmacy and restaurant. She has been a pharmacist since 1984 and was the 2019 president of the New Mexico Pharmacists Association. She graduated from UNM with a Bachelor of Science in pharmacy.

Tuesday Jul 7 9:30 - 10:30

Fee: \$18 Duran's Central Pharmacy

Duran's Central Pharmacy History & Tour: Field Trip

13

Mona Ghattas

See class #12.

Tuesday Aug 4 9:30 - 10:30

Fee: \$18 Duran's Central Pharmacy

Look the World in the Eye: Crime Prevention at Home & Play

14

Laura Kuehn

Being safer doesn't require changing your lifestyle, personality, or the things you enjoy doing. Planning ahead can keep you safer at home and while enjoying your favorite activities when you are out and about. Laura Kuehn, crime prevention specialist for the



APD Crime Prevention Specialist Laura Kuehn offers tips on crime prevention at your home in class #14.

City of Albuquerque, offers valuable tips on keeping yourself safe.

Laura Kuehn has been employed with the Albuquerque Police Department since 1997 as a crime prevention specialist. She holds a BA in political science, a supplementary degree in law and society, along with minors in criminal justice and psychology. Kuehn is designated by the International Society of Crime Prevention Practitioners as an International Crime Prevention Specialist; she is certified as a National Crime Prevention Specialist by the National Crime Prevention Association.

Monday Jul 13 10:00 - 11:30

Fee: \$10 Oasis

Peace of Mind in Planning Your Celebration of Life 15

Mark Ballard

You have done everything else, now it is time to take care of that last thing you have been putting off: end of life discussion. Planning your final celebration is an integral part of any retirement plan. Learn how to save money and provide peace of mind for you and your family. Who knows better than you what you want for your final party? An expert can help you have that conversation and make it easy for you.

Mark Ballard is the director of advance planning for French Funerals & Cremations, a local, family-owned business founded in 1907. He earned his bachelor's degree in business administration from UNM and has been a part of the Albuquerque community for more than 44 years.

Thursday Aug 13 2:30 - 4:00

Fee: \$5 Oasis

Current Events

Making a Case Out of It: An Overview of the Federal Court System 16

Karen Molzen

The expression "to make a federal case out of something" can suggest that more important cases land in federal court. In fact, our Constitution and laws of Congress determine just what makes a case subject to federal court jurisdiction. Karen Molzen, magistrate judge, guides us through the federal court system and how it operates towards a better understanding of our third branch of government: the judicial.

In 1999, Karen Molzen was appointed as the first full-time female United States magistrate judge in the District of New Mexico. After serving 12 years at her Las Cruces duty station, that station was changed to Albuquerque when she became the District's chief magistrate judge. Although she officially retired in May 2019, she continues her work as a magistrate judge in a part-time capacity under the federal judiciary recall program.

Monday Jun 8 2:30 - 4:00

Fee: \$10 Oasis

Guided Tour of the Albuquerque Sunport: Field Trip 17

Doug Lutz

Back by popular demand! A guided view of our airport. Visit the communications center, pass through TSA security (bring a photo ID), and hop on a van onto the tarmac. Observe planes arriving and departing, see activity at

Cutter Aviation, and tour the FedEx 727. The tour includes a trip to the old historic airport terminal located west of the main airport. Finally, learn about the amazing architecture and world class art collection on display inside the Sunport. *Limited enrollment.*

Doug Lutz works for the City of Albuquerque Aviation Department, where he acts as tour guide for numerous schools, retiree organizations, and special needs groups.

As a member of the Sunport's Marketing Department, he oversees the airport's volunteer programs and community outreach activities. With a diverse background that includes oil and gas exploration, environmental engineering, banking, and government public service, Lutz has a wealth of experience.

Thursday Jun 11 10:00 - 12:00 **CLASS POSTPONED**
 Fee: \$18 Albuquerque Sunport

Guided Tour of the Albuquerque Sunport: Field Trip 18

Doug Lutz
 See class #17.

Wednesday Jun 24 10:00 - 12:00
 Fee: \$18 Albuquerque Sunport

Guided Tour of the Albuquerque Sunport: Field Trip 19

Doug Lutz
 See class #17.

Monday Jul 20 10:00 - 12:00
 Fee: \$18 Albuquerque Sunport

FAA Air Traffic Control Center: Field Trip 20

Back by popular demand! Tour the Federal Aviation Administration's Albuquerque Air Route Traffic Control Center (ARTCC) at Paseo del Norte and Louisiana Blvd. NE.



Take a guided tour of the Albuquerque Sunport with Doug Lutz in classes #17, 18, or 19.

The ARTCC is one of 21 domestic enroute air traffic control centers and is responsible for approximately 210,000 square miles of airspace covering most of Arizona, New Mexico, and parts of Colorado, Oklahoma, and Texas. They also monitor all traffic into and out of the Albuquerque Sunport. Learn everything you ever wanted to know about our air traffic control system. *Limited enrollment.*

Friday Jun 12 10:00 - 12:00
 Fee: \$20 FAA Air Traffic Control Center

FAA Air Traffic Control Center: Field Trip 21

See class #20.

Tuesday Jul 7 10:00 - 12:00
 Fee: \$20 FAA Air Traffic Control Center

FAA Air Traffic Control Center: Field Trip 22

See class #20.

Thursday Jul 16 10:00 - 12:00
 Fee: \$20 FAA Air Traffic Control Center

Crime, Innovations, & Reforms: A District Attorney's Perspective 23

Raúl Torrez

Bernalillo County District Attorney Raúl Torrez provides a briefing on historical and current crime trends in Albuquerque. He discusses the various tools and innovations occurring inside the DA's office with the Crime Strategies Unit as



Raúl Torrez

well as reforms throughout the criminal justice system. Hear about the DA's efforts in prevention and intervention.

Raised in Albuquerque, Raúl Torrez is a former federal prosecutor and civil lawyer for President Obama's Department of Justice. During his time in Washington, DC, Torrez

served as a White House fellow and special counsel to the Deputy Attorney General of the United States. He was sworn in as Bernalillo County District Attorney on January 1, 2017. Torrez graduated from Harvard University, received his master's degree from the London School of Economics and his law degree from Stanford University.

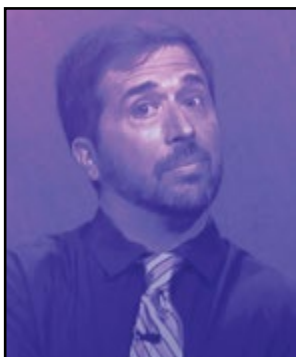
Thursday Jun 18 10:00 - 11:30

Fee: \$10 Oasis

The Making of a Jeopardy Champion 24

Jason V. Zuffranieri

Last March, Jason Zuffranieri got the call inviting him to participate on the legendary television program, Jeopardy! Three weeks and 19 wins later he would see what a lifetime of preparation and loyal viewing would lead to.



Jason V. Zuffranieri

Even in his wildest dreams he never imagined how things would turn out. This session describes the process before, during, and after playing on Jeopardy! Zuffranieri answers whatever burning questions you have about the show and its iconic host, Alex Trebek.

Jason Zuffranieri came to Albuquerque in 2002 from his hometown of Phoenix, Arizona. After working at Sandia National Labs, he moved into teaching, and has been at Albuquerque Academy for seven years as a math instructor and coach of math and science teams. Zuffranieri has won multiple national championships for sudoku puzzles and has played trivia games since he was a child.

Wednesday Jun 24 10:00 - 11:30

Fee: \$12 Oasis

Vaping: Is it Safe(r)? 25

Duane Ross

We have all heard about vaping, whether through a friend using it as a safer alternative to smoking or on the news linked to a death. Join Duane Ross for a brief history and education on vaping. He presents the latest facts on current trends regarding the use of vaping products, what caused those deaths that were in the news, how vaping compares to smoking in terms of safety, and whether it helps people stop smoking.

Duane Ross, MD, is a medical director at True Health New Mexico. Upon completing medical school at Howard University and his residency and fellowship at St. Vincent's Hospital in New York, he moved to Albuquerque. He has served as medical director or associate medical director for Blue Cross and Blue Shield NM and Lovelace Health System, and as a clinical assistant professor at UNM. Ross sits on the boards of the American Lung Association of New Mexico and Oasis Albuquerque.

Wednesday Jun 24 2:30 - 4:00

Fee: \$10 Oasis

The Committee that Runs the World: The National Security Council Then & Now

26

William H. Itoh

Created by the National Security Act of 1947, the National Security Council (NSC) advises the president of the United States on matters relating to defense and foreign policy. The NSC has expanded considerably over recent years, often going beyond its policy coordination role in supporting the president. Explore the organization and history of the NSC with observations about how well the process has worked under different presidents. *Presented in partnership with the World Affairs Council of Albuquerque.*

Ambassador William Itoh served as executive secretary of the National Security Council at the White House from 1993-1995. A career Foreign Service officer, he also served as ambassador to Thailand 1995-1999. He holds BA and MA degrees in history from UNM and is professor of the practice in the Department of Public Policy at the University of North Carolina at Chapel Hill. He is past president of the World Affairs Council of Albuquerque.

Thursday Jun 25 10:00 - 11:30

Fee: \$10 Oasis

Larry Barker: Investigative Reporter 27

Larry Barker

Back by popular demand! His name is synonymous with investigative reporting in New Mexico. Larry Barker leads the KRQE News 13 Investigative Team. His award-winning investigative reports have exposed corruption, caught con men in the act, and uncovered governmental misdeeds.

Drawing on 43 years of experience, Barker provides an inside look at investigative journalism while he takes us on a behind-the-

scenes tour of many of the investigations he has pursued – locally, nationally, and internationally.

Larry Barker began his broadcasting career in 1975 at an Albuquerque radio station, and quickly moved on to television. He began as a producer, but his passion for uncovering scandals soon led him into investigative reporting. He has received 45 Emmy awards from the Rocky Mountain Southwest Chapter of the National Academy of Television Arts and Sciences.

Barker is a graduate of Prescott College.

Tuesday Jul 7 12:30 - 2:00

Fee: \$10 Oasis

Recap of the 2020 NM Legislative Session

28

Dick Minzner

In even years, the New Mexico legislature meets for 30 days and focuses on budget, revenue, and taxation measures. In addition, the legislature can consider constitutional amendments and proposals placed on the agenda by the governor. A lot has happened since the 2020 legislative session wrapped up in February, and tax and revenue expert Dick Minzner reviews major actions taken during the session and the expected special session this summer. Substantial time is devoted to Q&A and class discussion.

Dick Minzner has been an attorney with the Rodey Law Firm since 1974. He graduated from Harvard College and Harvard Law School and served in the NM House of Representatives from 1981-1990. During that time, he served as majority leader and chair of the Taxation and Revenue Committee. From



President Truman in the Cabinet Room of the White House with the National Security Council, 1948, photograph by Abbie Rowe (see class #26).

1991-1994, he served as cabinet secretary for the Department of Taxation and Revenue and has been a lobbyist in the New Mexico legislature since 1995.

Tuesday July 21 12:30 - 2:00

Fee: \$10 Oasis

Governor Garrey Carruthers: A Conversation

29

Rodger Beimer & Garrey Carruthers

Join Governor Garrey Carruthers as he relates his experiences from the political halls of Washington to the Governor's office in Santa Fe – and his many stops along the way. Carruthers, who served as New Mexico governor from 1986 to 1991, also has a wealth of experience in the private sector and in leadership roles in collegiate education, including chancellor of New Mexico State University. Carruthers is one of New Mexico's most prominent public servants and continues to serve our state as a member of the State Ethics Commission. Guiding the conversation is Rodger Beimer, a New Mexico television and radio reporter who covered many of Carruthers' career stops. Join us as these two native New Mexicans tell it like it is.

Friday Aug 7 2:30 - 4:00

Fee: \$12 Oasis

Election of 2020

30

George Ovitt

The first half of 2020 has been momentous: the President of the United States has been impeached by the House of Representatives and exonerated by the Senate, the field of Democratic hopefuls has been narrowed to one presumptive candidate, and the American people are divided over the President's handling of the COVID-19 pandemic. What will happen in November? George Ovitt remarks on the impact of COVID-19, the impeachment and Senate trial, the various campaigns, and, as always, provides historical context.

George Ovitt has been teaching at Albuquerque Academy since 2000. His most



Gov. Garrey Carruthers



Rodger Beimer

recent books are *What Happens Next*, a book of poems; and *Stillpoint*, a novel. He hopes to retire soon so that he can attend Oasis lectures from the audience rather than the podium.

Tuesday Aug 11 12:30 - 2:00

Fee: \$10 Oasis

New Mexico Leadership Summit 2020

250

When Leaders Grow, Communities Thrive

The New Mexico Leadership Summit provides an opportunity for community leaders to take a step back, refresh their perspectives, and be inspired. Our featured speakers share their unique personal stories and leadership experiences. In addition, they provide a window into how they think about ethics and the ethical challenges they face in their workplaces. The summit's goal is to create a space for you to reflect upon your leadership style, using what you learn to make meaningful change across New Mexico and the Southwest.

Speakers: Tracy Hartzler, president, CNM; Abe Assaad, Special Olympian; Maryalyce Jeremiah, author and women's collegiate basketball coach; Gloria Drayer, Kripalu yoga practitioner; Monique Fragua, VP Commercial Enterprises, Indian Pueblo Cultural Center; Hakim Bellamy, founder and CEO of Beyond Poetry, LLC; Joy Harjo, 23rd poet laureate of the United States; Adrián Pedroza, national director of strategic partnerships for Abriendo

Puertas/Opening Doors; and John Foley, Naval Academy graduate and author.

For more information: www.cnm.edu/nmls

Friday Aug 14 8:30 - 4:00

Fee: \$160 CNM-Smith Brasher

Help Get Out the Vote:

Become a Voter Registration Agent 31

Jetta Reynolds & Kathy Korte

Back by popular demand! In this workshop, Jetta Reynolds with the Rio Grande Voter Registration Alliance and Kathy Korte, elections training coordinator with the Bernalillo County Clerk's Office, train you to be a state certified voter registration agent. You leave with a notarized certificate to register any New Mexico resident and can then assist people to become newly registered or help those who have recently moved or changed their name. Learn how to keep accurate registration records.

Limited enrollment.

Tuesday Aug 18 1:00 - 2:30

Fee: \$5 Oasis

Help Get Out the Vote:

Become a Voter Registration Agent 32

Jetta Reynolds & Kathy Korte

See class #31.

Tuesday Aug 18 3:00 - 4:30

Fee: \$5 Oasis

Film & TV

Vibrant Indian Cinema:

A Taste of Bollywood

33

Nandini Pillai Kuehn

India's film industry, loosely referred to as Bollywood, releases about 1,000 films a year – almost twice the number of films released by Hollywood. Through clips from movies as well as emerging modern films, we explore what defines these films and glimpse the emerging market for new, vibrant cinema in India. We also take a brief look at Netflix and Prime that



Lucille Ball, seen here in a 1950s film still, is the topic of Jane Ellen's presentation Everybody Loves Lucy (class #35).

have launched efforts to corner the large movie-going community in India.

Nandini Kuehn is a native of India and remembers seeing classic Bollywood movies in her youth. Over time, she was intrigued enough to try to understand, as an audience member, why these films are popular across the world and how to approach them to perhaps enjoy them or least understand their popularity better. She lives in New Mexico and tries to keep up with films from India (as well as from around the world).

Wednesday Jun 3 12:30 - 2:00

Fee: \$10 Oasis

Fabulously Funny 50s: Jack Benny, George Burns, & Friends

34

Jane Ellen

In the 1950s when television was still in its infancy, audiences could find a treasure trove of small screen situation comedies or sitcoms,

which often doubled as variety shows, beamed into their homes on a weekly basis. Whether you're a fan of Jack Benny and the long-suffering Rochester, or enjoy trying to help George outguess Gracie, or can't wait for the further adventures of the Kramdens and the Nortons on *The Honeymooners*, this class is for you.

Jane Ellen is the consummate storyteller with eclectic interests, specializing in music and entertainment history. She is an award-winning composer and recording artist who shares her passion for music, history, and spirituality with Albuquerque audiences. With a catalogue of more than 60 published works and numerous choral and chamber commissions, her music has been performed internationally.

Friday Jun 26 10:00 - 12:00

Fee: \$10 Oasis

Everybody Loves Lucy 35

Jane Ellen

Lucille Désirée Ball (1911-89) was a comedian who once auditioned for the role of Scarlett O'Hara. Together with husband Desi Arnaz, she later built the foundation of the Desilu Empire on the *I Love Lucy* show – the most popular show in the US during four of its six years on television. Revisit this slapstick comedy and discover why the show is regarded as one of the greatest and most influential sitcoms in history.

See bio #34.

Friday July 17 10:00 - 12:00

Fee: \$10 Oasis

Food & Nutrition

Eating for Gut Health: A Cooking Demo 36

Bryn Smith

Gut health is central to overall health. While each person's gut is unique, there are some dietary staples that benefit gut health for the

majority of people. Learn how to utilize gut health powerhouse foods in creative ways in this cooking demo. Bryn Smith demonstrates recipes using fermented foods, prebiotics, and herbs and spices. *Samples and printed recipes are provided. Limited enrollment.*

Bryn Smith is a registered dietitian at Dietitians ABQ and received her degree from UNM. She has a background in corporate wellness and nutrition and lectures at Sandia National Laboratories, UNM, and in the larger Albuquerque community. As a dietitian, Smith believes in the power of food to nourish the mind and the body. She works to improve people's relationship with their food to help them obtain recognizable health benefits.

Monday Jun 15 10:00 - 11:30

Fee: \$30 Oasis

Eldora Craft Chocolate: Field Trip 37

Steve Prickett

Back by popular demand! This small batch, craft chocolate maker exposes you to everything from the full cocoa bean to the chocolate bar-making process and presents new ways of thinking about chocolate. You will come to understand the terroir of where a bean is grown and how it affects taste and quality. Tour the Eldora Chocolate facility, sample some amazing chocolate, and become educated on the various flavor profiles of bean origins. *Limited enrollment.*

Steve Prickett, owner and founder, followed his hobby, passion, and lifelong love of dark chocolate to start Eldora after a successful career as a private wealth advisor at Merrill Lynch. Part of this journey was to understand chocolate flavors around the world. He proceeded to make chocolate from 24 countries and 35 origins. He brings this knowledge and enthusiasm to Eldora.

Tuesday Jun 16 10:00 - 11:00

Fee: \$20 Eldora Chocolate



Learn to prepare gut healthy recipes with Bryn Smith, registered dietitian (class #36).

Eldora Craft Chocolate: Field Trip 38

*Steve Prickett
See class #37.*

Thursday Jun 18 10:00 - 11:00
Fee: \$20 Eldora Chocolate

Plant-Based Eating: The What, Why, & How 39

Tony Quintana
Back by popular demand! Join Tony Quintana for an introduction to plant-based eating. Learn what it means to follow a plant-based diet, why people choose to eat this way, and how to transition to a plant-based diet. Discover the health benefits, as well as tips for meal planning, shopping, recipes, and cooking. This is a great opportunity for those

interested in learning more about plant-based eating or how to support a loved one who follows the diet. *Samples provided. Limited enrollment.*

Tony Quintana holds a master's degree in health education from UNM and is the manager of the Plant-Based Eating Program for Animal Protection of NM. He has worked in health education and health promotion for over nine years, managing nutrition, diabetes, obesity, and HIV programs. He is also an experienced fitness instructor with three fitness certifications from the American Council on Exercise. He follows a plant-based diet and enjoys sharing information on the benefits of plant-based eating.

Thursday Jun 18 10:00 - 11:30
Fee: \$12 Oasis

Benefits of a Plant-Based Diet: Sprouts Market Field Trip 40

Tony Quintana

Back by popular demand! Interested in incorporating more plant-based meals into

your diet? Join Tony Quintana for a tour of Sprouts Farmers Market. Discover tips for meal planning and grocery shopping lists, shopping for plant-based foods on a budget, where to find these items in the store, and reasons for plant-based eating. *Four involves standing for an extended period of time. Limited enrollment.*

See bio #39.

Tuesday Jun 23 9:00 - 10:30
Fee: \$18 Sprouts Farmers Market

The Wines of France: A Guided Tour 41

Carolyn & Ken Thompson

Much more than just a beverage, French wine is a liquid storyteller. Learn about the five major wine regions: Alsace, Loire, Burgundy, and the northern and southern Rhône. Hone your tasting skills and understanding as we consider the place of wine in French society and the cultures from which it springs. Join us for a guided tasting of wines with a goal of

helping you contemplate selections often found on the shelves of your local wine shop.

Limited enrollment.

Carolyn and Ken Thompson have experienced the French lifestyle through many years of visiting and living there. They met in France in 1977 and have shared a love of the country and culture ever since. They have owned a second home in the Burgundian village of Pommard since 2005 and operate Your Key to Burgundy, a concierge-style trip planning service. As experienced teachers and travelers, the Thompsons enjoy nothing more than sharing their passion for France with others.

Friday Jul 10 2:00 - 4:00

Fee: \$40 Oasis

Good Gut Health

42

Bryn Smith

Gut health has been linked to many aspects of overall well-being, including metabolic health, cardiovascular health, and mood management. With so much media attention on gut health, it can be difficult to decipher fact from fiction. Join registered dietitian Bryn Smith to learn about the impacts of diet, exercise, and supplements – such as prebiotics and probiotics – on gut health and the microbiome. She also discusses foods that are especially beneficial to gut health.

See bio #36.

Monday Jul 20 10:00 - 11:30

Fee: \$10 Oasis

Tapas Delights: Spanish Cuisine in Small Bites

43

Michelle Michelotti-Martinez

Back by popular demand! Join Michelle Michelotti-Martinez of Eatentions to learn three tapas recipes. These legendary “small bites” are the heart of Spanish cuisine and make for a fantastic party or a light dinner. Learn about their importance in Spanish culture as your instructor uses in-season, local ingredients to prepare the creations. She demonstrates how to make Spanish meatballs

in almond sauce, zucchini fritters with romesco sauce, and pimentón pepper patata bravas with aleppo pepper. *Samples and recipes provided. Limited enrollment.*

Michelle Michelotti-Martinez is passionate about creating great, locally sustainable dishes. She studied with renowned chefs in Italy, New York, and Los Angeles and has 20 years of teaching, catering, and commercial food experience. She works with farmers and purveyors for the best organic ingredients. She is founder and creator of Eatentions, an organic, locally sustainable food service company specializing in cooking classes, culinary socials, boutique catering, weekly meal offerings, and community food events and causes.

Monday Aug 3 2:00 - 3:30

Fee: \$30 Oasis

Health & Fitness Lectures

Blue Cross and Blue Shield of New Mexico

(BCBSNM) has partnered with Oasis Albuquerque to engage older adults in evidence-based and other programs that lead to active and healthy lifestyles. The primary focus is to increase physical activity and avoid falls. We have expanded our offerings of age-appropriate exercise programs and lectures that address fall risk awareness and reduction. Because of this sponsorship, we are able to offer selected classes at a reduced rate or free of charge.

The Best Non-Drug Ways to Lower Your Blood Pressure

44

Lynn Umbreit & Sara Ukeiley

One in three people has high blood pressure. If it's not you, it is someone you know. Learn the best non-drug, evidence-based ways to naturally lower blood pressure and reduce the risk of stroke, heart attack, and kidney disease. Practical tips and simple strategies for healthier blood pressure and a healthier you are shared.

Lynn Umbreit, MS, is a licensed registered dietitian nutritionist and certified diabetes

educator. She is program director for the New Mexico Blood Pressure Self-Monitoring Program (BPSMP). Sara Ukeiley, a certified personal trainer and registered yoga teacher, is a healthy heart ambassador for the BPSMP, association group exercise director for the YMCA, and a fitness instructor. Both are passionate about helping people make healthful changes in their eating and exercise patterns to improve their quality of life and health.

Thursday June 4 12:30 - 2:00

Fee: \$10 Oasis

Beginning Meditation Workshop 45

Rennie Maguire

Experience meditation using the classical yoga method from a certified instructor. Learn to regulate your breath, focus your attention, quiet your nervous system, ease body tension, and gradually develop inner peace. This class is for anyone who wants to learn to meditate or develop a systematic practice. *Class is taught in chairs; dress comfortably. Take-home audio CDs available for purchase (\$10). Limited enrollment.*

Rennie Maguire has been trained and certified to teach superconscious meditation by the Institute of the Himalayan Tradition in St. Paul, MN. She has taught meditation workshops on the Oregon Coast; her clients have included Oregon State University Extension; City of Newport, OR; and Samaritan Health Services. In Albuquerque, she teaches at Oasis, the Jewish Community Center, and in various not-for-profit and community settings.

Monday Jun 8 10:00 - 11:30

Fee: \$12 Oasis

A Matter of Balance 46

Teresa Fulton & Joe Huebel

Does a fear of falling prevent you from doing the activities that you love? If so, you are not alone. This eight-week, evidence-based program utilizes lively group discussion, problem-solving strategies, videos, and 25

minutes per session (#3 through 8) of gentle physical activity to help you manage concerns about falls, change your environment to reduce risk of falls, and increase your activity with the support of your peers. *Limited enrollment.*

Thursdays Jul 2 - Aug 20 10:00 - 12:00

Free 8 sessions Oasis

Hands-Only CPR & AED Use With the Resuscitation Rangers 47

Resuscitation Rangers

Back by popular demand! Do you know the signs and symptoms of a heart attack? Could you help someone if they were having one? In this program, the Resuscitation Rangers teach the principles of Early Heart Attack Care (EHAC), which incorporates recognizing early signs and symptoms of someone in cardiac distress and calling 911. They provide instruction on administering hands-only cardiopulmonary resuscitation (CPR) and using an automated external defibrillator (AED) with hands-on exercises. *Limited enrollment.*

The Resuscitation Rangers is a volunteer program offered by Lovelace Health System, which includes the Heart Hospital of New Mexico at Lovelace Medical Center, dedicated entirely to cardiovascular care. The mission of the Rangers is to improve outcomes for heart attack and cardiac arrest victims by helping to educate the community.

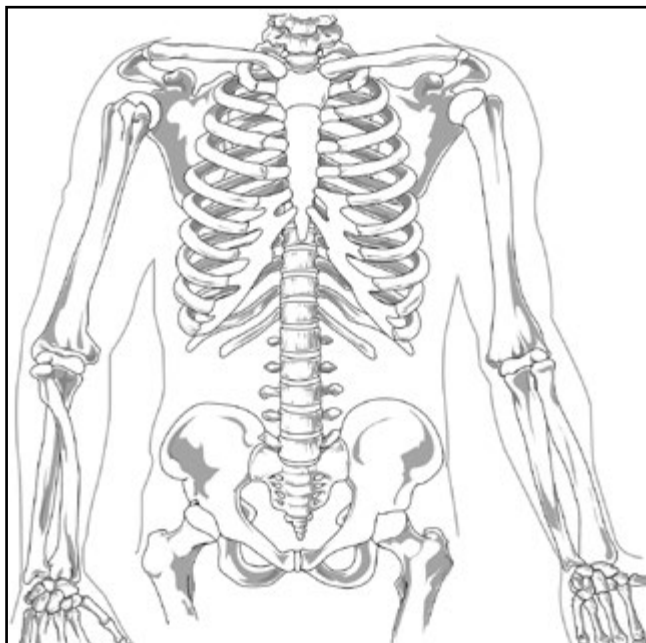
Thursday Jul 9 12:30 - 2:00

Fee: \$5 Oasis

Protecting Your Back 48

Mark L. Schwartz

Join Mark Schwartz for Backsafe, an informative, fun, and interactive class designed to improve your awareness of proper body mechanics when doing everyday activities. We work through activities such as lifting, bending, sweeping, gardening, vacuuming, using a laptop, and other activities of interest to you. Learn how you can be more productive and maintain your energy through



Learn how to reduce your risk of fractures with Karen Reed in class #53.

safer, more efficient movement. *Please wear comfortable clothing. Limited enrollment.*

Mark Schwartz has been a chiropractor in Albuquerque for 19 years after practicing in Pennsylvania for over 20 years. He is certified in the Backsafe program and has been offering it for 12 years. He is a member of the International Chiropractic Association and the New Mexico Chiropractic Association.

Friday Jul 10 10:30 - 12:00

Fee: \$15 Oasis

Limits of Medicine: When Should We Shift From Treatment to Care? 49

Aroop Mangalik

Medical treatments have made and continue to make progress. But two obvious facts seem to be forgotten by many: first, all diseases cannot be fixed, and second, death is inevitable. For those who realize these realities, life becomes easier and death more peaceful. We discuss how we can work through the complex field of uncertainty by using some basic tools of

inquiry and examination. What questions should we be asking ourselves and our medical providers?

Dr. Aroop Mangalik is a retired oncologist from the UNM Cancer Research and Treatment Center. He was involved in clinical trials for new treatments of cancer, and he treated different types of cancer. He is an advocate for openness and honesty, which provides physical and emotional comfort at all stages of an illness. He is the author of the book *Dealing with Doctors, Denial and Death: A Guide to Living Well with Serious Illness*.

Thursday Jul 23 12:30 - 2:00

Fee: \$10 Oasis

Top Ten Podiatry Problems & How to Address Them 50

Janet Simon

Aging feet are often painful, but they do not have to be. Janet Simon shares the most common podiatric problems and best practices for addressing these unwanted symptoms. Her presentation includes tips for self care and when professional care should be sought. Learn how to keep your feet in working condition – an important part of overall wellness.

Janet Simon, Doctor of Podiatric Medicine (DPM), MEd, is executive director of the New Mexico Podiatric Medical Association and is a board certified podiatric physician in Albuquerque with New Mexico Foot & Ankle Institute. She has more than 30 years of experience in clinical practice and serves as senior advisor to the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

Monday Aug 3 10:00 - 11:30

Fee: \$10 Oasis

Natural Pain Management Strategies for Arthritis 51

Li Xu

Back by popular demand! Li Xu presents a two-part workshop on arthritis: the causes, how to adapt your pain management strategy

to the changing seasons, how diet and nutrition affect management, and guided, hands-on presentations on how to use certain acupuncture points to manage pain in the knees, neck, back, and shoulders. These are techniques that you can apply in your daily life to manage your chronic arthritis pain.

Limited enrollment.

Dr. Li Xu holds a PhD in acupuncture, is a DOM (Doctor of Oriental Medicine), and has been learning and practicing acupuncture since 1995. In 2004, Xu moved to Albuquerque from China to teach acupuncture at Southwest Acupuncture College, and she continues to practice there. Xu specializes in pain management, women's health, internal medicine, and diet and nutrition.

Mondays Aug 3 & 10 1:00 - 2:00

Fee: \$24 2 sessions Oasis

The Neuroscience of Headaches 52

Bill Shuttleworth

What is a headache and how do you get rid of one? Neuroscientist Bill Shuttleworth discusses the prevailing hypotheses about headaches, from a research scientist's perspective. He also shares the scientific basis of common treatments for headaches, as well as new advances in treatment.

Bill Shuttleworth, PhD, is chair and Regents' Professor in the Department of Neurosciences in the UNM School of Medicine. He is also director of the Center for Brain Recovery and Repair in the UNM Health Sciences Center. In addition to studying brain tsunamis, Shuttleworth enjoys sharing his work and that of his neuroscience colleagues to foster brain health in the community at large.

Monday Aug 24 12:30 - 2:00

Fee: \$12 Oasis

Sticks & Stones: How Unseen Bone Loss Can Hurt You 53

Karen Reed

What is osteoporosis and what causes it? More importantly, how can we prevent osteoporosis

or treat existing osteoporosis? Join Karen Reed to learn the answers to these questions and more, such as what are fragility fractures and how can one prevent them? She also discusses strategies to maximize wellness, maintain independence, and feel your best.

Karen Reed has spent most of her 15 years as an RN in orthopedic specialties. She was instrumental in the development of New Mexico's first and only Bone Health & Fracture Liaison Service (FLS) through UNM. As the nurse navigator for the FLS, she has helped develop treatment protocols. She has also been highly involved in efforts to provide osteoporosis and fragility fracture education in the community and within academic circles.

Monday Aug 24 2:30 - 4:00

Fee: \$10 Oasis

See Also:

Vaping: Is it Safe(r)? with Dr. Duane Ross (class #25).

Health & Fitness Movement & Exercise

NOTE Even though regular physical activity is beneficial, not every type of exercise is appropriate. Choosing the best fitness program will depend on the needs of the person. Oasis recommends you discuss this with your healthcare professional before you begin an exercise program, especially if you've been sedentary.

Tai Ji Quan: Moving for Better Balance Session A 54

Ilene Dunn

Would you like to improve your balance and posture? Try Tai Ji Quan: Moving for Better Balance. Learn and practice eight balance-challenging forms adapted from Yang style tai chi that we perform in a slow, flowing manner, coordinated with natural breathing. Improve your coordination, body awareness, lower body strength, and range of motion in this evidence-based program. *Limited enrollment.*

Ilene Dunn is a certified personal trainer,

specializing in senior fitness and the maintenance of strength, balance, and an active lifestyle. She holds certifications as a yoga instructor at 500 hours, Athletics and Fitness Association of America personal trainer, and A Matter of Balance master trainer. In addition, she is certified in Tai Chi Quan, Tai Chi for Arthritis for Fall Prevention, and Tai Chi for Heart Conditions; she is also a trained instructor in Tai Ji Quan: Moving for Better Balance.

Mondays & Wednesdays
Jun 1 - Jul 8 9:00 - 10:00
Fee: \$36 12 sessions Oasis

Tai Ji Quan: Moving for Better Balance Session B **55**

Ilene Dunn
See Class #54.

Session A is not required to take Session B.

Mondays & Wednesdays Jul 13 - Aug 19
9:00 - 10:00
Fee: \$36 12 sessions Oasis

Better Balance Session A **56**

Ilene Dunn
 Join us for an upbeat class designed to help you maintain, improve, or restore balance skills. We do problem-solving activities to challenge our minds and bodies in a socially supportive and confidence-building



Oasis instructor Ilene Dunn leads a number of our exercise programs, including tai chi and balance classes.

environment. Better Balance, part of the Oasis Free from Falls series, is based on the premise that physical activity is the antidote to many of the challenges that accompany aging. *Pre- and post-tests are done during class. Limited enrollment.*

See bio #54.

Mondays & Wednesdays Jun 1 - Jul 8
1:00 - 2:00
Fee: \$36 12 sessions Oasis

Better Balance Session B **57**

Ilene Dunn
See class #56.

Session A is not required to take Session B.

Mondays & Wednesdays Jul 13 - Aug 19
1:00 - 2:00
Fee: \$36 12 sessions Oasis

Tai Chi for Health Part 1 **58**

Ilene Dunn
 Are you interested in improving your balance and/or reducing joint pain through gentle movement? Recommended by the Arthritis Foundation and the National Council on Aging, this evidence-based class has been shown to ease joint pain and improve balance. The class was developed by Dr. Paul Lam and is based on Sun Style tai chi. Basic principles of tai chi are incorporated into the class to leave you feeling calm, relaxed, and well. *Limited enrollment.*

See bio #54.

Tuesdays & Thursdays Jun 2 - Jul 9
11:00 - 12:00
Fee: \$36 12 sessions Oasis

Tai Chi for Health Part 2 **59**

Ilene Dunn
 For those who have mastered the basic movements in Tai Chi for Health Part 1, this class is an opportunity to learn additional movements from the Sun Style 73 form to enhance your practice. As we learn the movements, we go deeper into the tai chi principles. Come expand your practice, keep the

qi flowing, and continue the health benefits. Prerequisite: knowledge of the Tai Chi for Health Part 1 (a.k.a. Tai Chi for Arthritis for Fall Prevention) Basic Forms. *Limited enrollment.*

See bio #54.

Tuesdays & Thursdays Jul 14 - Aug 20

11:00 - 12:00

Fee: \$36 12 sessions Oasis

Qigong: Taoist Water Method 60

Marcia Pincus

The Qigong Taoist Water Method is a 3000-year-old practice developed by Lao Tzu, the Chinese philosopher and author of the Tao Te Ching. This qigong method emphasizes softness and specific body movements to increase the qi flows within the body and to age gracefully. Learn basic qigong movements to increase qi flow and the circulation of fluids in the body, including around the joints. *Please bring a yoga mat to stand on if you have one. Limited enrollment.*

Marcia Pincus has been practicing Chinese martial arts for nearly 35 years. Her practices have included kung fu, tai chi, qigong, and ba gua. For the last decade, she has practiced and taught the Taoist water method qigong. She has taught qigong for the City of Albuquerque and the Chinese Culture Center. She is a certified Energyarts instructor, and she holds degrees in geology and engineering with a specialty in environmental engineering.

Mondays Jun 8 - Jun 22 11:00 - 12:00

Fee: \$24 3 sessions Oasis

Stretch & Relax 61

Cindy Russell

Back by popular demand! Deep breathing and gentle stretching greatly improve the body's ability to relax. Join us for a practice focused on posture, strategic breathing techniques (e.g., abdomino-diaphragmatic or "belly" breathing), and a blend of stretching techniques, including modified yoga poses. We gently stretch from either a standing or seated position (no floor

work). The final component of this practice is a brief visual meditation and individual relaxation/meditation. *Limited enrollment.*

Cindy Russell followed her love of physical activity to become a personal trainer after many years in business and finance. As a senior fitness and fall prevention specialist, she has been able to follow her passion: working with older adults and assisting them towards their desires to live healthy lives. She has a BA in human and community services and is an ACSM Certified Personal Trainer, an ACE Certified Group Instructor, a health coach, and a senior fitness specialist.

Tuesdays Jun 9 & 16 9:00 - 10:00

Fee: \$16 2 sessions Oasis

Tai Chi for Heart Conditions 62

Ilene Dunn

Research shows that tai chi may reduce stress and ease heart conditions. We combine gentle movement, breathing, and a focus on health and nurturing ourselves to build strength from the inside and increase a sense of well-being, energy, and heart health. This program, developed by Dr. Paul Lam, includes movements from Sun, Yang, and Chen-style tai chi. Both beginners and those experienced in tai chi can benefit from this class. *Standing and seated options available. Limited enrollment.*

See bio #54.

Fridays Jun 12 & 19 11:00 - 12:15

Fee: \$16 2 sessions Oasis

Yoga for Happy Feet 63

Gloria Drayer

Back by popular demand! Your feet support you all day long, so take a little time to return the favor. This class is great if you have any issues with your feet, but it is also ideal if you simply want to keep them healthy. Gloria Drayer has poses perfect for hammer toes, plantar fasciitis, bunions, and more to help relieve pain and improve the health of your feet. *Poses are done standing or sitting; no*

yoga mats or prior yoga experience needed. Limited enrollment.

Gloria Drayer holds a 500-hour Kripalu yoga certification and has nearly 30 years experience teaching yoga. Her sessions are given in a non-competitive environment where participants are encouraged to engage at a healthful and enjoyable level. Her workshops, including those dealing with life-altering topics such as grief, insomnia, osteoporosis, and back care, are held around the country. She is the author of the book *Yoga and Grief: A Compassionate Journey Toward Healing*.

Tuesday Jun 23 3:15 - 4:30

Fee: \$8 Oasis

Yoga for Healthy Aging 64

Gloria Drayer

Join Gloria Drayer for a four-part yoga class covering key aspects of health affected by aging. She guides you through weight bearing exercises to build bone density, specialized moves designed to engage ocular muscles for reduced eyes strain, breathing techniques and poses designed for deep body-mind calmness, and gentle movements aimed at building flexibility in, and muscle around, major joints. *Limited enrollment.*

See bio #63.

Tuesdays Jul 7 - Jul 28 3:15 - 4:30

Fee: \$32 4 sessions Oasis

Mindful Eating & Breathing Practices 65

Gloria Drayer

Back by popular demand! Eating and breathing are basic bodily functions that we engage in without much thought. However, being mindful of these functions can bring great health benefits. Mindful eating can

Help your feet help you with Gloria Drayer in Yoga for Happy Feet (class #63).

benefit satiety, digestion, and mood. Mindful breathing can give us more energy and force. Join us for a practice to include mindful eating, breathing, and several complementary yoga postures. You don't need a lot of time, just conscious awareness. Class is seated or standing, no mat required. *Limited enrollment.*

See bio #63.

Tuesday Jun 30 1:00 - 2:15

Fee: \$10 Oasis

Better Living Through Movement 66

Athena Valerio-Hirschfeld

Learn and practice strategies for getting your body to function optimally in activities of daily living. Get your body to work for you through hands-on cues and very tailored movements incorporating vision, balance, joint mobility, and strength. All fitness and knowledge levels can benefit from this program, aimed at improving awareness of your own body and abilities, pain management, and joint mobility. *Limited enrollment.*

Athena Valerio-Hirschfeld, PhD(c), is an Albuquerque native who brings passion and experience to physical wellness through movement and diet. She is an Albuquerque Fire Rescue lieutenant, Z-Health certified practitioner, certified natural health professional, Hardstyle Kettle Bell certified



trainer, community health trainer, and clinical educator. Her experience and interests include fine arts, archaeology, physical fitness, brain training, balance and vision training, performance improvement, and body awareness.

Fridays Jul 10 - Jul 24 11:00 - 12:00

Fee: \$24 3 sessions Oasis

A Taste of Tai Chi Chih

67

Ellen Tatge

Have you wondered what tai chi chih is and why it is so widely recommended, particularly for better balance, mental focus, and its calming effects? Tai chi chih is a modern form of tai chi that is easy to learn and practice. In this one-session class, practice several movements and learn the principles behind the practice. Even a short taste of this moving meditation is a useful tool to enhance health and well-being. *Limited enrollment.*

Ellen Tatge is known for her kind and gentle teaching of this life-enhancing practice. A former high school teacher and then a corporate trainer, she is a certified instructor and has been practicing and teaching tai chi chih for more than 25 years, including many courses for older adults. Tatge takes great joy in sharing this effort that develops balance in all aspects of our lives and maximizes our most precious gift: good health.

Thursday Aug 20 9:00 - 10:00

Fee: \$10 Oasis

History & Culture

Celts & Vikings: How Did They Mix? 68

Maya Sutton

Celts and Vikings were adjacent geographically but worlds apart in values. Starting around 800 CE, Scandinavian people “went a-Viking” all over Europe. They explored, plundered, and traded for 350 years from the North Sea to the Black Sea. Using maps, photos and history, Maya Sutton shows the impact of Vikings on the Celtic lands of Ireland, Scotland,



Join Maya Sutton to learn about Celts and Vikings in class #68. Image: Guests from Overseas (1901) by Nicholas Roerich, depicting a Viking raid.

and Britain. Learn much more about these two cultures’ alphabets, magical systems, mythologies, and zest for living.

Dr. Maya Magee Sutton graduated from Georgetown University’s School of Foreign Service. She received her PhD from UNM where she has taught for 35 years. She taught Celtic Mythology at UNM for 10 of those years. Sutton has spent much time at sacred sites, and lived in England for seven summers.

Thursday Jun 25 12:30 - 2:00

Fee: \$10 Oasis

The USSR: A State Against Its People 69

Donald Gluck

Lenin’s 1917 Russian Revolution was arguably the crucial political event of the 20th century. The Cheka Secret Police was quickly formed. There followed arrests, forced-labor, famine, and massacres – not mitigated until the death of Stalin in 1953. In this two-part class, we study the period with video clips corroborated by the Black Book of Communism and The Gulag Archipelago. Film clips include The Secret Lenin, Forced Relocation of Crimean Tatars, and The Infamous Moscow Show Trial.

Donald Gluck has four university degrees including a PhD in engineering. For 11 years he taught classes in foreign and older movies for the Institute of Lifelong Learning for New Mexicans. He is interested in philosophy, history, and politics, and has taught classes on conservatism, the Holocaust, and the USSR for the Osher Lifelong Learning Institute and the Renesan Institute for Lifelong Learning in Santa Fe.

Tuesdays Jul 7 & 14 2:30 - 4:00

Fee: \$20 2 sessions Oasis

Franklin D. Roosevelt & US Involvement in World War II 70

Noel Pugach

Noel Pugach reviews Franklin Delano Roosevelt's actions prior to Pearl Harbor and during World War II. Did he deceive the American public in maneuvering to enter the war? How well did he lead the war effort? What were the consequences of his actions and policies? In this two-part class, we analyze and evaluate these and other relevant questions.

Dr. Noel Pugach, professor emeritus of history at UNM, specializes in US foreign relations. The author of numerous monographs and articles, he lectures frequently and does Chautauqua performances of historical figures.

Thursdays Jul 9 & 16 10:00 - 11:30

Fee: \$20 2 sessions Oasis

Mont Saint-Michel & St. Michael's Mount 71

Maya Sutton

Legend describes giants using these two rocky islands facing each other across the English Channel as stepping stones. Mont Saint-Michel and St. Michael's Mount have identical names, look similar, and both are fortified bastions topped by a church. Do their histories differ – one in France and the other in England? These places share legends and tales of vanished

kingdoms under the seas of the English Channel. Come delve into the mysteries of the Mounts.

See bio #68.

Wednesday Jul 22 12:30 - 2:00

Fee: \$10 Oasis

Jews & Navajos: Worlds of Tradition & Sacred Lands 72

Gordon Bronitsky

Jews and Navajos – and Native Americans more generally – share much in common: living in the world of tradition and the world of the present, 1492, ties to sacred lands, and more. Gordon Bronitsky explores some of the commonalities and how these communities have worked together in the past, as well as possible directions for the future.

Gordon Bronitsky has a PhD in anthropology from the University of Arizona. He is the founder and president of Bronitsky and Associates, working with indigenous peoples around the world in the performing arts.

Monday Jul 27 10:00 - 11:30

Fee: \$10 Oasis

Philip II of Spain, 1527-1598 73

Matthew J. Barbour

At various points in his life, Philip II was King of Spain, King of Portugal, King of England and Ireland, King of Naples and Sicily, Duke of Burgundy, Duke of Milan, and Lord of the Netherlands. He ruled, through these and other titles, the most extensive empire the world had ever seen. Yet, his reign is often remembered for its failures more than its achievements. Learn about the life of this enigmatic monarch.

Matthew Barbour holds BA and MA degrees in anthropology from UNM and works for the NM Department of Cultural Affairs. He is the regional manager of Coronado and



Please Arrive on Time!

Oasis classes start promptly at their scheduled time. Please be courteous to others – arrive 10-15 minutes early to park, check in, and get settled.

Jemez Historic Sites. He has published over 200 nonfiction articles and monographs. Under Barbour's management, Coronado Historic Site received an Award of Merit from the American Association for State and Local History and the Jemez Historic Site received the Archaeology Heritage Preservation Award.

Tuesday Jul 28 10:00 - 11:30
Fee: \$10 Oasis

Great Medieval Cathedrals: The Building Blocks

74

Timothy C. Graham

The great cathedrals of the European Middle Ages are some of the most inspiring buildings ever constructed by human hands. Timothy Graham describes the evolution of the different elements that make up the medieval cathedral, including the basic design of the building, the use of sculpture to adorn its facade, and the deployment of stained-glass windows. He also analyzes the specific techniques used by the medieval craftsmen who built the cathedrals.

Dr. Timothy Graham is a Distinguished Professor of history and a Regents' Professor in the College of Arts and Sciences at UNM. He served as director of the Institute for Medieval Studies from 2002 until 2020, organizing the acclaimed annual Medieval Spring Lecture Series. He holds BA, MA, and PhD degrees from Cambridge and an MPhil from the Warburg Institute, University of London. He is the author of *Introduction to Manuscript Studies* and in 2016 received the Medieval Academy of America's Award for Excellence in Teaching Medieval Studies.

Wednesday Aug 12 12:30 - 2:00
Fee: \$12 Oasis



Learn about the Pisa Cathedral, with its Leaning Tower of Pisa, in class #75. Photo by José Luiz Bernardes Ribeiro (Wiki Commons).

The Exceptional Character of Pisa Cathedral

75

Charles Steen

Pisa had an exceptional place in the history of Italian communes in the medieval and Renaissance centuries. Despite constant threats from Florence, a dynamic economy based on maritime trade provided the funds to construct one of the most amazing structures of the period. Examine the architectural design, exterior decoration, and stunning works of art that adorned its interior. We also consider the original mistake that gave the campanile (bell tower) its dangerous lean and the modern work that saved it.

Charlie Steen's classes place historical events in context with art, architecture, religion, and other cultural aspects of a period. He teaches western civilization at UNM. He is the author of five books, including *Margaret of Parma: A Life*, and many articles. A graduate of UNM, he also holds a PhD in early modern European history from UCLA.

Friday Aug 14 10:00 - 11:30
Fee: \$10 Oasis

Literature

Please note: Book groups will meet in June, July, and August.

Enlightenment Now: Book Study & Discussion Group 76

John Horton & Lars Larson

People are living longer, healthier, and happier lives. While our problems are formidable, the solutions lie in the Enlightenment ideal of using reason and science. Using the book *Enlightenment Now* by Steven Pinker, we examine its stimulating material through a six-week study and discussion group. Each week a different class member prepares the class by sending background and questions from the book which will be the discussion topics for the following week. *You must have the book for class. Limited enrollment.*

John Horton, a graduate of The University of Texas Arlington, is a retired electrical engineer. He has conducted study and discussion groups for Oasis with Barrie Segal. He facilitates discussions based on the material and questions prepared by other people in the class. Lars Larson serves as the co-coordinator for this class.

Wednesdays Jun 3 - Jul 8 10:00 - 12:00

Fee: \$45 6 sessions Oasis

Austin Book Group 77

Mary Bibeau

The Austin Book Group meets on the second Tuesday of each month and newcomers

are always welcome. Jun 9 - *Lilac Girls* by Martha Hall Kelly; Jul 14 - *The Year of Living Danishly: Uncovering the Secrets of the World's Happiest Country* by Helen Russell; Aug 11 - *The Book Woman of Troublesome Creek* by Kim Michele Richardson. *Limited enrollment.*

Coordinator Mary Bibeau, a retired UNM academic advisor and teacher, is an avid reader of anything from encyclopedias to cereal boxes.

Tuesdays Jun 9 - Aug 11 1:30 - 3:00

Fee: \$10 3 sessions Oasis

Summit Book Group 78

Merrie Courtright

The Summit Book Group meets on the third Tuesday of every month. Book selections are: Jun 16 - *Confederates in the Attic* by Tony Horwitz; Jul 21 - *The Paris Orphan* by Natasha Lester; Aug 18 - *Carter Beats the Devil* by Glen David Gold. *Limited enrollment.*

Coordinator Merrie Courtright is an Oasis tutor and tutor trainer. She is a retired basic education teacher at CNM.

Tuesdays Jun 16 - Aug 18 11:00 - 12:30

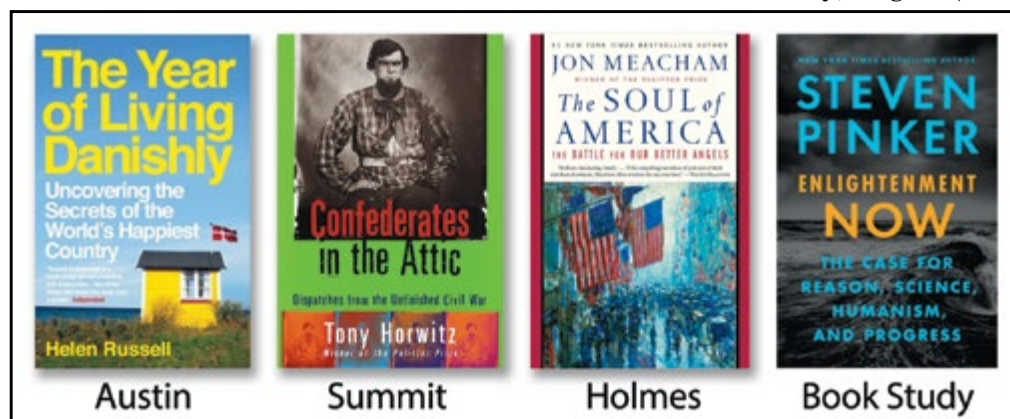
Fee: \$10 3 sessions Oasis

Holmes Book Group 79

Lorna Kuyk

The Holmes Book Group meets on the third Tuesday of each month. Book selections are: June 16 (Oasis) - *The Soul of America: The Battle for Our Better Angels* by Jon Meacham; Jul 21 (Oasis) - *Dave Barry Does Japan* by Dave Barry; Aug 18 (library) - *The Signature of All Things* by Elizabeth Gilbert. *Limited enrollment.*

Lorna Kuyk is a transplanted Minnesotan who misses snow, but not shoveling. She loves having time to read and share that reading with others. She also



coaches church and nonprofit leaders around the country.

Note: Jun 16 & Jul 21 at Oasis; Aug 18 at Erna Fergusson Library.

Tuesdays Jun 16 - Aug 18 1:00 - 2:30

Fee: \$10 3 sessions Oasis & Erna Fergusson Library

West Mesa Book Group

Returning fall semester.

Music

Please note that all Jane Ellen lectures are two hours.

Singing the Show Tunes

80

Jane Ellen

Join us for the third decade of this popular Oasis class. Meet weekly to rehearse a wide variety of favorite tunes, then perform in the community at the end of the term. Learn vocal technique and exercises designed to increase confidence and musical skills. Reading music or formal training is not required – only the love of singing. All levels welcome. Off-site performances July 28, August 11, August 18. Performance at Oasis Friday, August 21, 2-3pm (*see class #99*).

Jane Ellen brings to this class a solid background in performance, accompaniment, and musical direction. Her wide experience in classical music, theater, chorus, and bands, plus her natural enthusiasm combine to make this class a joyful learning activity for every participant.

Tuesdays Jun 2 - Aug 4 10:15 - 11:45

Fee: \$65 9 sessions Oasis

Remembering Mel Tormé

81

Jane Ellen

Jazz vocalist Mel Tormé (1925-99) had the distinction of being a child prodigy who made his first public appearance at the age of four. He was a jazz composer and arranger; a professional drummer; a talented multi-

instrumentalist; an actor in radio, film, and television; and the author of five books. Along the way he also managed to sing a song or two as well as compose 250 songs, including “The Christmas Song” with its reference to holiday chestnuts.

See bio #34.

Monday Jun 1 12:30 - 2:30

Fee: \$10 Oasis

Hello, Jerry! The Musical World of Jerry Herman

82

Jane Ellen

“When they passed out talent,” legendary actress Carol Channing once said, “Jerry stood in line twice.” Composer and lyricist Jerry Herman (1931-2019) is responsible for some of Broadway’s most enduring hits: *Mame*, *La Cage aux Folles*, and *Hello, Dolly!* His works belong to the Golden Age of Broadway musicals and can often be construed as overly optimistic; however, each one carries a timeless message of humanity’s ability to triumph over despair, hatred, and prejudice.

See bio #34.

Friday Jun 5 10:00 - 12:00

Fee: \$10 Oasis

Bugles, Bands, & Drummer Boys: Music of the American Civil War

83

Jane Ellen

When we think of music connected with war, the big band favorites of World War II often come to mind. However, there was more music written during, for, and about the American Civil War than any other time of national mobilization in US history. As new technology fueled a growing sheet music industry, the popularity of the brass band increased, and music permeated the lives of soldiers and civilians alike.

See bio #34.

Thursday Jun 11 12:30 - 2:30

Fee: \$10 Oasis

John Coltrane: A Love Supreme 84*Jane Ellen*

Saxophonist and composer John Coltrane (1926-67) worked in bebop and hard bop, before helping to pioneer the use of modal and free jazz. Working with scores of musicians, including Miles Davis and Thelonious Monk, Coltrane's music ran the gamut from jazz ballads to the avant garde, culminating in his spiritually-influenced tour de force album, *A Love Supreme* (1964). His legacy includes one of the most revered (and challenging) jazz standards today, "Giant Steps."

*See bio #34.***Monday Jun 15 12:30 - 2:30****Fee: \$10 Oasis****Classical Composers in Review**

Throughout 2020, Jane Ellen presents a series on classical composers, indicated by CL in the title.

The Life & Times of Johannes Brahms [CL] 85*Jane Ellen*

Johannes Brahms (1833-97) began his life as a child prodigy in a poverty-stricken area of Hamburg. At 13, he was earning a small wage playing nightly in taverns, and by the age of 15 he was giving piano recitals and writing music. He was a merciless self-critic who destroyed nearly all of his earliest compositions, spent years writing and rewriting works, and who took nearly 20 years to complete his first symphony.

*See bio #34.***Thursday Jun 18 2:30 - 4:30****Fee: \$10 Oasis****At Last: Ms. Etta James 86***Jane Ellen*

Rolling Stone magazine ranks versatile contralto Etta James (1938-2012) as #22 on its list of the 100 Greatest Singers of All Time. James survived a childhood filled with

physical abuse to use her powerful voice to transcend genre barriers, performing in blues, R&B, soul, rock and roll, jazz, and gospel. Her most famous hits include "The Wallflower," "Something's Got a Hold on Me," "I'd Rather Go Blind," and the classic "At Last."

*See bio #34.***Wednesday Jul 1 2:30 - 4:30****Fee: \$10 Oasis****Robert & Clara Schumann: Their Lives, Their Loves, Their Music [CL] 87***Jane Ellen*

The story of Robert (1810-56) and Clara



Musicians and composers Robert and Clara Schumann are the topics of class #87 with Jane Ellen. Image: lithograph by Eduard Kaiser, 1847 (Wiki Commons).

Schumann (1819-96) is the stuff of legend and the basis of films: two equally brilliant pianists, both with a passion for composing; both sharing a passionate romance and love. Fate would not be kind to them,

as after only a few happy and incredibly productive years, Robert's health began to fail. Ultimately driven to madness, Robert died at the age of 46 while Clara continued on as a touring concert pianist and educator.

*See bio #34.***Monday Jul 6 10:00 - 12:00****Fee: \$10 Oasis**

Liza With a Z: Liza Minnelli

88

Jane Ellen

Actress and singer Liza Minnelli (1946-), daughter of Judy Garland and Vincente Minnelli, is perhaps best known for her Oscar-winning performance in the film *Cabaret*. That achievement is merely the tip of the iceberg, however, as her career has taken her from singing in nightclubs to Broadway's *Flora the Red Menace* (1965), award-winning television specials, box office hits such as the movie *New York, New York*, and work as a popular recording artist.

See bio #34.

Wednesday Jul 15 12:30 - 2:30

Fee: \$10 Oasis

I Will Always Love You: Whitney Houston

89

Jane Ellen

One of the most commercially successful pop artists of all time, Whitney Houston (1963-2012) is a 2020 Rock & Roll Hall of Fame inductee. Her cover of Dolly Parton's "I Will Always Love You," featured in the movie *The Bodyguard*, topped the *Billboard* charts for 14 weeks. She has been cited as the most awarded female artist of all time by Guinness World Records, and her fame has grown exponentially since her tragic death at the age of 48.

See bio #34.

Monday Jul 20 12:30 - 2:30

Fee: \$10 Oasis

Songs From the Wood: Ian Anderson & Jethro Tull

90

Jane Ellen

Legendary British progressive rock band Jethro Tull, led by vocalist and flautist Ian Anderson (1947-), first achieved success with a blues album in 1969. After several prog rock albums, the band shifted to hard folk rock with the albums *Songs From the Wood* and *Heavy Horses* in the late 1970s. Jethro Tull



Join Jane Ellen to explore the life of Liza Minelli, seen here in her role as Sally Bowles in the film *Cabaret* (class #88).

has now sold an estimated 60 million albums worldwide, and a re-formed band will be touring this year (2020).

See bio #34.

Thursday Jul 30 10:00 - 12:00

Fee: \$10 Oasis

Tchaikovsky: Beyond *The Nutcracker* [CL]

91

Jane Ellen

The catalog of prolific Russian composer Pyotr Ilyich Tchaikovsky (1840-93) is often reduced to two works: *The Nutcracker* ballet and the *1812 Overture*. Consequently, his biography, as well as – somewhat surprisingly – the worth of his compositions, have often been hotly disputed. This presentation provides an introduction to his life and works, and to the controversy which continues to surround them. His sixth symphony, the *Pathétique*, may truly be autobiographical after all.

See bio #34.

Friday Aug 7 10:00 - 12:00

Fee: \$10 Oasis

In the Nick of Time: Bonnie Raitt 92

Jane Ellen

Bonnie Raitt (1949-), daughter of Broadway star John Raitt, is a critically-acclaimed singer whose career trajectory lasted 20 years before she became an overnight success propelled by the album *Nick of Time* (1989). Her roots-influenced rock, folk, and country recordings feature a deeply personal lyrical interpretation. Country singer Graeme Connors has said, “Bonnie Raitt does something with a lyric no one else can do; she bends it and twists it right into your heart.”

See bio #34.

Wednesday Aug 12 2:30 - 4:30

Fee: \$10 Oasis

My Son, the Folk Singer: Allan Sherman 93

Jane Ellen

Allan Sherman (1924-73) is probably best known for his hit “Hello Muddah, Hello Fadduh” but he began his career as a television actor and producer long before essaying a comedy career with the parody “A Satchel and a Seck” based on a tune from *Guys and Dolls*. His mainstream success lasted only a few years in the early 1960s, after which he tried his hand at everything from Broadway musicals to voicing *The Cat in the Hat*.

See bio #34.

Monday Aug 17 12:30 - 2:30

Fee: \$10 Oasis

See additional Jane Ellen classes in the Film/TV category:

Fabulously Funny 50s: Jack Benny, George Burns, & Friends (class #34) & *Everybody Loves Lucy* (class #35).

**Make sure to browse all categories.
Many subjects overlap – don’t take a
chance on missing a class you’ll enjoy!**

Performing Arts: Friday Performances

Please note that all Friday Performances begin at 2:00pm

A Swinging Afternoon With the Bobcats: Friday Performance 94

Come listen to some classic and contemporary jazz, swing, blues, and bossa nova. Start tapping your toes to the music and songs made famous by Benny Goodman, Artie Shaw, Duke Ellington, Rodgers and Hart, Frank Sinatra, and more. The Bobcats are winners of the New Mexico Music Award for best jazz CD, *Music For The Sole* in 2019.

Seven-string guitarist Dan Dowling is a veteran jazz and blues musician who has been performing for the last three decades. Bob Gusch, on woodwinds, has been a mainstay of the Albuquerque music scene backing such greats as Clark Terry and Dianne Reeves. John Griffin is a long time acoustic and electric bassist with various jazz, blues, and rock groups. He has appeared with artists such as Bo Diddley, Eddie Harris, and Charlie Rouse. Drummer Roger Shirley, local favorite, has played with too many bands to mention.

Friday Jun 5 2:00 - 3:30

Fee: \$12 Oasis



The Bobcats

Duo Fuego With Guitar & Flute: Friday Performance

95

Tony Cesarano and Bonnie Schmader perform jazz standards, Latin, and popular tunes on unique instruments - alto guitar and alto flute. The alto flute is characterized by its rich, mellow tone, especially in the lower range. The alto guitar, originally created by the late jazz guitarist Joe Beck, uses a unique stringing pattern and reentrant tuning to play bass lines, harmony, and melody. Come and enjoy the cool combination of these instruments and musical styles.

Tony Cesarano studied jazz guitar in New York City as a teenager with famous Hungarian jazz guitarist Attila Zoller. Later, he worked as a professional musician in NYC playing guitar in the pits of many Broadway musicals and tours, including Radio City Music Hall for 28 years. Freelance performer Bonnie Schmader plays jazz, classical, and world music throughout the Southwest and Mexico. She was awarded the 2017 Artist in Residence at Canyons of the Ancients National Monument in Colorado.

Friday Jun 12
2:00 - 3:30
Fee: \$12 Oasis

Fred Harvey's Southwest Couriers: All Aboard! 96

Friday Performance
With Van Ann Moore

A new breed of courageous, intelligent, and hard-working women traveled west in the 1880s as Harvey Girls, and then as

Southwestern Detour Couriers from the 1920s through the Great Depression. The college-educated detour couriers, or tour guides, were "walking-talking billboards," enlightening travelers about the history and unique beauty of the then little-known Southwest. Grab your walking shoes, cameras, and a hat as we once again bump along the old dirt roads to take a detour of the grand Southwest!

Van Ann Moore has performed internationally as a singer and actress who researches, writes, directs, and stars in her own one-woman theater performances. She holds BA and MA degrees from the University of Colorado and the University of Denver respectively, and has performed and taught throughout the US and internationally.

Friday Jun 26 2:00 - 3:30
Fee: \$12 Oasis

The Virginia Creepers' Old-Time Music: Friday Performance 97

The Virginia Creepers love tunes and songs from Appalachia and beyond and have been playing old-time music in New Mexico for almost 30 years. Their repertoire includes weird, old, and crooked tunes from exotic places like West Virginia and Kentucky; lively dance tunes that they play for squares and contras; and songs about hard times, trains, and

whiskey. Their music ranges in age from the Civil War era and earlier to newer pieces in the old-time style.



Top: Duo Fuego

Middle: Van Ann Moore as a Southwest Courier

Bottom: The Virginia Creepers



Left:
Banjos, Etc.
Below:
*The Oasis
Entertainers*



The band members have a combined total of well over 150 years of musical experience. Based in Albuquerque, they play around New Mexico and beyond for dances, parties, and festivals, and as soothing background music for the quiet and studious patrons of saloons and taverns. The band features Rick Olcott on guitar, Scott Mathis on mandolin, Laurie Phillips on mandola, Jane Phillips on fiddle, Marc Robert on bass and banjo, and Michel Robert on fiddle. And all of them sing now and then!

Friday Jul 17 2:00 - 3:30

Fee: \$12 Oasis

Honky Tonk Singalong & Pizza With Banjos Etc.: Friday Performance 98

Join Oasis and Banjos Etc. for a fun Friday concert and singalong at the German American

Club, located east of Oasis on Menaul. Remember the good old days when you went to your local pizza parlor and sang along with the banjos and honky-tonk piano? For this event, the Banjos Etc. group recreate that same kind of environment as you enjoy pizza, song, and the opportunity to “cut a rug.” You may purchase liquid refreshments from their bar if you so desire.

Five members of Banjos Etc. provide the music, including tenor Bill Cochrell, Dick Neuman and Wayne Shrubsall on banjo, Vickye Blatherwick on honky tonk piano, and Mark Weaver on tuba. These musicians

all belong to the Rio Grande Jazz Society. This is your chance to relive those carefree days of old in the funky atmosphere of the German American Club!

Friday Jul 24 2:00 - 3:30

Fee: \$15

Edelweiss German American Club

Show Tunes With the Oasis Entertainers: Friday Performance 99

The Oasis Entertainers continue the celebration of their 30th anniversary with a summer concert jam-packed with tunes from Broadway shows. Selections include songs from *Camelot*, *Finian’s Rainbow*, *The Fantasticks*, and much more. Although the group always offers a special audience participation song, concert goers are welcome to sing along whenever they like!

Every trimester enthusiastic singers enroll in the *Singing the Show Tunes* class. Nine weeks later, they take their hour-long show into the community for performances. Led by Jane Ellen, this close-knit community of musicians performs favorite show tunes. All are invited to attend this musical adventure!

Friday Aug 21 2:00 - 3:00

Fee: \$10 Oasis

Performing Arts: Lectures

History of Opera 1: From Inception to Vocal Dominance 100

Julius Kaplan

In late 16th century Italy, a group of aristocrats and intellectuals attempted to recreate ancient Greek religious drama. Called opera, it soon became popular. The importance of the human voice elevated singers into “sacred monsters” who were more important than composers or directors. Vocal stamina and acrobatics mastered by the castrati led to abuses that devalued dramatic content, leading to reforms that underlay the first operatic genius in the late 18th century. Learn about Monteverdi, Handel, Gluck, Mozart, and more.

Julius Kaplan received his PhD in art history from Columbia University and spent his career teaching at UCLA and California State University, San Bernardino. A lifelong opera enthusiast, he is a board member of Opera Southwest and offers frequent classes on opera for the community.

Wednesday Jun 3 10:00 - 11:30

Fee: \$10 Oasis

Wendy Orley teaches techniques to write stories of your childhood in class #102.



History of Opera 2: From Bel Canto to Modernity 101

Julius Kaplan

In early 19th century Italy, Rossini, Bellini, and Donizetti created bel canto (beautiful singing) as an international style of serious and comic opera that combined vocal display with expressive feeling. Verdi, emphasizing dramatic intensity, set a standard to which all subsequent composers aspired. Nationalism, especially in Wagner, revolutionized opera both in style, content and context. Extreme experimentation and a desire for opera to be intellectually stimulating as well as musically innovative characterized much of the productions up to today.

See bio #100.

Wednesday Jun 10 10:00 - 11:30

Fee: \$10 Oasis

Personal Enrichment

When I Was a Child: Writing the Stories of Your Early Years Workshop 102

Wendy Orley

Back by popular demand! Have you thought you should write down some of your memories for your grandchildren, but can not seem to get started? Have you written, but are now stuck? In three sessions, use various techniques to jump-start your storytelling. Whether they

become a collection of anecdotes or a full-fledged memoir, these stories are meaningful and can be your small legacy to those who come after. *This class is most appropriate for those just starting out. Note: classes are on Monday, June 1; Thursday, June 4; & Monday, June 8. Limited enrollment.*

Wendy Orley has degrees in history, English, and information science. She has written many stories from her childhood and the time she spent living in Europe and Africa for her children, who wanted

to know about her life “from before we can remember.” She taught English to adults in several countries, and believes strongly in the importance of short personal writing to illuminate the past and personal values.

Mondays & Thursday Jun 1 - Jun 8

10:00 - 11:30

Fee: \$28 3 sessions Oasis

The Gentle Art of Wandering 103

David Ryan

The gentle art of wandering is about allowing yourself to see and letting what you see guide you on where you go. Doing this can make every walk outdoors amazing. Through photographs and real life examples this class shows you the basics of wandering and how these skills can work in any setting. Adopting these skills will make it possible for you to have an adventure every time you wander out the door.

David Ryan is an experienced hiker, back-country explorer, and the author of several outdoor walking books including *The Gentle Art of Wandering*. Many of his insights into wandering were developed while looking for archaeological sites in the New Mexico backcountry as a volunteer for the Bureau of Land Management. He is also the co-author of *60 Hikes within 60 Miles: Albuquerque*. He has conducted many workshops on hiking and wandering.

Tuesday Aug 18 10:00 - 11:30

Fee: \$10 Oasis

Philosophy, Religion, & Spirituality

New Thought:

An American Movement

104

Jim Marshall

New Thought religions came out of transcendentalism, led by Ralph Waldo

Emerson and others in the 1800s. An American creation, New Thought did not come from conventional faith traditions, was/is not a reactionary movement, and is not New Age. New Thought holds there is but one presence, God, and we are a part of that allness. Join Jim Marshall as he traces its origins to antiquity and through the likes of P.P. Quimby and Anton Mesmer.

Jim Marshall holds an MS degree in education from St. Cloud State University. He spent 23 years in public education in the Minneapolis, MN area, 10 years in corporate public relations, 15 years as an ordained Unity minister, and now serves as a chaplain for Lovelace Women’s Health.

Monday Jun 1 10:00 - 11:30

Fee: \$10 Oasis

How to Criticize Properly: A Jewish Perspective 105

Dov Gartenberg

Have you ever felt the need to criticize a loved one, friend, or associate? Has it gone well or has it bombed? The rabbis, the sages of Jewish tradition, grappled with the issue of proper criticism based on their reading of Leviticus 19:17. We take a journey through Jewish literature and beyond on the ethics of personal criticism.

Rabbi Dov Gartenberg was trained as a Conservative rabbi at the Jewish Theological Seminary. He has served as a congregational rabbi for nearly 40 years. He did advanced Jewish studies and comparative religions at UC Berkeley, Harvard, USC, and the Shalom Hartman Institute in Jerusalem. He is a teaching rabbi, exploring the richness, insight, and subtlety of Judaism and its relevance to modern life.

Wednesday Jun 17

10:00 - 11:30

Fee: \$10 Oasis

Miguel de Unamuno: The Tragic Sense of Life 106

Frank Yates

The life of Miguel de Unamuno (1864-1936) embraces the many tensions and conflicts within Spanish society leading up to the Spanish Civil War. A renowned intellectual, he was also a professor of Greek and later rector of the University of Salamanca, and was best known as author of *Tragic Sense of Life*, *Abel Sánchez*, and *The Agony of Christianity*. As we examine these three works, discover how Kierkegaard deeply influenced de Unamuno's vision of the Christian tradition.

Reverend Dr. Frank Yates is parish associate at First Presbyterian Church. He also teaches New Testament in the religious studies program at UNM, and philosophy and ethics at Lewis University, as well as at St. Norbert University in Wisconsin. He is a graduate of Abilene Christian University and UT Austin and has graduate degrees from Austin Presbyterian Theological Seminary.

Monday Jun 22 10:00 - 11:30

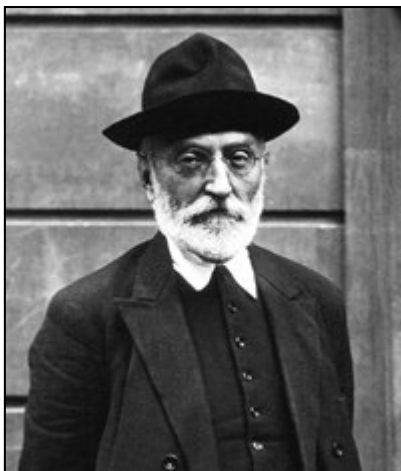
Fee: \$10 Oasis

Pius XII & the Holocaust: A New Look at "Hitler's Pope" 1933-1945 107

Christopher Zugger

Cardinal Pacelli was elected Pope in 1939, shortly before World War II began, and was hailed as a friend of the Jewish people. Today, he is either reviled as a failure, or lauded as an unknown rescuer. Using recent research, Christopher Zugger dives into what we now know of the 1933 Concordat with Germany, Pius XII's actions towards Jews and involvement with anti-Nazis, the silence of the Holy See, and both post-war accolades and accusations.

Father Christopher Zugger was born in Buffalo, New York. A graduate of St. Bonaventure University and The Washington Theological Union, he was ordained a priest



Philosopher and writer Miguel de Unamuno (left) is the topic of class #106 with Frank Yates while mathematician Sofia Germain (right) is studied in class #111 with David Metzler.

in the Byzantine Catholic Church in 1981. He was pastor of Our Lady of Perpetual Help until medical retirement directed him into new pastoral work. He has been presenting for Oasis for many years on a wide variety of topics.

Wednesday Aug 12 10:00 - 11:30

Fee: \$10 Our Lady Of Perpetual Help

The Binding of Isaac: A Test of Faith or ? 108

Shlomo Karni

The binding of Isaac (Genesis 22:1-19) raises some of the most difficult issues in the Old Testament. Among them are the issue of human free will, blind faith in God, and the double dilemma of obeying God by doing evil, or disobeying God by doing good. Learn about three possible interpretations of the same event from different points of view.

Dr. Shlomo Karni is professor emeritus at UNM where he taught in both the departments of electrical engineering and religious studies. He received his undergraduate degree from the Technion-Israel Institute of Technology, and his graduate degrees from Yale University and the University of Illinois, Urbana-Champaign.

Thursday Aug 13 10:00 - 11:30

Fee: \$10 Oasis

Science, Math, & Nature

Protecting Endangered Species: Zoo Field Trip 109

Lane Kirkpatrick

Lane Kirkpatrick takes us on a guided tour of the nationally acclaimed Albuquerque Zoo. He discusses wildlife species threatened with extinction, causes of extinction, and what zoos are doing to prevent extinctions. Visit some of the zoo's Species Survival Programs including Mexican gray wolves, polar bears, jaguars, snow leopards, Malayan tigers, giraffes, Asian elephants, cheetahs, African painted dogs, orangutans, and more. *Class fee includes zoo admission. Limited enrollment.*

Lane Kirkpatrick is a BioPark Zoo docent and a retired business executive whose firm focused on industrial automation and environmental consulting. With a lifelong interest in wildlife, nature, and conservation, he has prepared extensive zoo-wide tour materials and leads zoo tours. He is a contributing editor to *New Mexico Wild*. He practiced taxidermy when young, managed federal, state and local environmental agencies. He also produced and hosted the PBS Channel 5 program, *New Mexico's Environment*.

Tuesday Jun 2 9:30 - 12:00
Fee: \$20 Albuquerque Zoo

Protecting Endangered Species: Zoo Field Trip 110

Lane Kirkpatrick
See class #109.

Thursday Jun 4 9:30 - 12:00
Fee: \$20 Albuquerque Zoo

Selected Women Mathematicians: Past & Present 111

David Metzler

The groundbreaking selection of Maryam Mirzakhani and Karen Uhlenbeck as

winners of major mathematical prizes over the past few years provides the impetus for exploring the work of these and other leading women mathematicians, starting from the 19th-century work of Sophie Germain and continuing to the present day. We look at highlights of the fascinating discoveries made by these pioneering women.

David Metzler specializes in stimulating lectures on math topics. He holds a BA in mathematics from Rice University and a PhD in mathematics from MIT. He has taught at Rice University and the University of Florida and currently teaches at Albuquerque Academy.

Tuesday Jun 2 12:30 - 2:00
Fee: \$10 Oasis

A Cub's Life: Baby Bears & Mama Bears 112

Daryl Ratajczak

Black bears are awe-inspiring animals that captivate our minds with their human-like antics, especially the young cubs. But life is not always an easy stroll in the dandelions. This class takes you on a crash course of what a mother bear needs to do to defend her cubs while teaching her offspring how to be a wise ol' bear. Enjoy award-winning photography throughout the class.

Daryl Ratajczak is a wildlife biologist working for the US Forest Service. He obtained his degree in wildlife management and managed a black bear rehab, research, and education facility located outside Great Smoky Mountains National Park. He worked for the Tennessee Wildlife Resources Agency and served as the big game program coordinator, managing the state's deer, bear, and elk programs, eventually becoming the chief of Wildlife and Forestry for the state of Tennessee.

Thursday Jun 4 10:00 - 11:30
Fee: \$10 Oasis

Butterfly Farm Tour: Field Trip 113

Tatia Veltkamp

Back by popular demand! Come feed the butterflies and tour a working butterfly farm. Wings of Enchantment Butterfly Farm is a local leader in supplying fresh, healthy butterflies for release while also offering community educational programs to raise awareness about the importance of butterflies in our environment. Learn about the life cycle of the butterfly and what it takes to produce butterflies for a release. *Limited enrollment.*

Tatia Veltkamp has been raising butterflies for over 18 years. She has worked with the Xerces Society on habitat restoration, and has worked with Southwest Monarch Study in Arizona to study migration patterns in the Southwest. Currently, she works on helping to understand the migration patterns of the monarch butterfly in New Mexico. She started Wings of Enchantment Butterfly Farm in 2010.

Tuesday Jun 9 9:30 - 11:00

Fee: \$18 Butterfly Farm

Butterfly Farm Tour: Field Trip 114

Tatia Veltkamp

See class #113.

Tuesday Aug 4 9:30 - 11:00

Fee: \$18 Butterfly Farm

The Technology Inside Your Smartphone: An Engineer's View 115

Lawrence Anderson

Starting with Apple's first iPhone, the smartphone has earned a place front and center in our lives. Buried inside this technological marvel is a host of innovations in semiconductor, battery, micro-mechanical, and other technologies. Review some of the advances that have made it possible to cram so much functionality into so little space and put the world at our fingertips.

Lawrence Anderson earned a PhD in electrical engineering from Stanford University and spent most of his career at what was then AT&T Bell Laboratories, where he was

involved in some of the first experimental applications of lasers. He headed the group that designed optical components for the first fiber optic transatlantic cable. He lectured for many years on technical subjects for the Institute for LifeLong Learning for New Mexicans.

Thursday Jun 11 10:00 - 11:30

Fee: \$10 Oasis

New Mexico Birds: Resident & Migratory 116

Laurel Ladwig

New Mexico is blessed with a tremendous variety of habitats that provide homes for both resident and migratory birds year-round. Learn about birds breeding here in summer and get ready for migrants headed our way this fall. In addition to exploring the best times and places to see certain birds, we talk about ways to welcome birds into your yard and create a habitat with wildlife gardening.

Laurel Ladwig is a lifelong birder who worked in informal science education teaching about birds and stars for three decades before pursuing a master's degree in geography and environmental studies at UNM. She is on the advisory board for Bernalillo County Master Naturalists, co-coordinates Albuquerque's participation in the City Nature Challenge, and is working to promote the new ABQ Backyard Refuge Program, a program of the Friends of Valle de Oro National Wildlife Refuge.

Wednesday Jun 17 2:30 - 4:00

Fee: \$10 Oasis

Ten Engineering Achievements That Changed the World Overnight 117

David A. Crossley

Throughout history, very clever people have invented ways to enlarge human capabilities through creation of devices which multiply our capabilities or provide completely new ones. Some of these were so beneficial that everybody wanted one immediately. These include weapons, navigation aids, communication systems, and even medical

tools. Explore exceptional examples at an easily understood level.

David Crossley has degrees in both electrical and mechanical engineering; he retired from a 40-year career in the aerospace arena. He taught electromagnetics at New Mexico State University, performed electronic warfare operations in five war zones with the Air Force out of Kirtland Air Force Base, and is now playing oboe with the Albuquerque Philharmonic.

Monday Jun 22 12:30 - 2:00

Fee: \$10 Oasis

**Bugs, Bugs, Bugs:
Field Trip to the BUGarium 118**

Bugs can not be ignored. Eight of 10 animals on Earth are arthropods, and we can not survive without them. They pollinate flowers, feed other animals, eat dead things, and play other important roles in the ecosystem. Enjoy a docent-led tour of the BUGarium to see the fascinating lives of bugs. Explore the naturalistic habitats and the unseen wonders of different insects and other arthropod species from around the world. *Fee includes BioPark admission. Limited enrollment.*

Thursday Jun 25 2:00 - 3:30

Fee: \$20 Abq Botanic Garden

**Bugs, Bugs, Bugs: Field Trip
to the BUGarium 119**

See class #118.

Thursday Jul 9 2:00 - 3:30

Fee: \$20 Abq Botanic Garden

**The Impacts of Volcanic Eruptions
on Weather & Climate 120**

Deirdre Kann

During volcanic eruptions, gas and dust particles are spewed into the

atmosphere. Depending on the characteristics of the eruption, the atmospheric residence time of the particles can range from days to years while atmospheric circulation patterns determine the extent of distribution. Thus, volcanic eruptions can have effects on weather in nearby locations and on global climate. Dierdre Kann discusses the observed impacts of major volcanic eruptions over the past century and how volcanoes could influence future climate.

Interested in math and science as a child, Deirdre Kann earned a BS in mathematics and a PhD in atmospheric sciences. She worked for various agencies within the National Oceanic and Atmospheric Administration (NOAA) for 30 years, including 23 years as the science and operations officer at the Albuquerque National Weather Service, before retiring in 2016.

Wednesday Jul 8 10:00 - 11:30

Fee: \$10 Oasis

**The Role of Regenerative Agriculture
in Climate Change 121**

Sarah Wentzel-Fisher

Agriculture takes place on 790 million acres of working lands in the US, 41 percent of all US lands, excluding Alaska. These rangelands, pastures, fields, and forests constitute our best tool for maintaining healthy watersheds, fostering biodiversity, and sequestering



Learn how volcanic eruptions affect our climate in class #120 with Deirdre Kann. Image: Cleveland Volcano in the Aleutian Islands of Alaska (NASA photo).



carbon. The ranchers and farmers who tend working lands in the future – and how knowledge of them and strategies for their stewardship are shared and implemented – will have an enormous impact on the resilience of our environment, economies, and climate.

Sarah Wentzel-Fisher has worked in food and agriculture planning and advocacy for over a decade with a focus on supporting young and beginning farmers and ranchers. She was the editor of *Edible Santa Fe* from 2011 to 2017. In her free time, she enjoys helping her partner with his family pig farm in San Antonito in the East Mountains outside of Albuquerque.

Friday Jul 10 10:00 - 11:30

Fee: \$10 Oasis

Enabling Technologies for Carbon-Free Electricity

122

Charles Fleddermann

In 2019, New Mexico made the commitment to have 100 percent carbon-free electrical generation by 2050. This presentation examines the enabling technologies – solar, wind and nuclear – that will get us there. We also cover modern battery technology and its role in achieving this goal. Finally, we look at the prospects for the rest of the US to follow New Mexico's lead.

Dr. Charles (Chuck) Fleddermann is a professor of electrical engineering and associate dean of engineering at UNM. He has taught courses on professionalism and

Charles Fleddermann discusses carbon-free electricity technologies in class #122. Photo by Steve Elkins

ethics in engineering at UNM as well as to the larger engineering community. His book, *Engineering Ethics*, is now in its fourth edition. Fleddermann received his PhD in electrical engineering from the University of Illinois at Urbana-Champaign.

Wednesday Jul 15 10:00 - 11:30

Fee: \$10 Oasis

Science is Everywhere: Cool Scientific Demos

123

Len Duda

Experience the wonder of science as Len Duda demonstrates a variety of science demos that include air pressure, density, polymers, and chemical reactions with added explanations of the science behind the demos. Duda has performed scientific demonstrations for many years at Explora, for thousands of elementary school students at school science assemblies, at Sandia National Labs, and the NM Science Fiesta.

Leonard Duda, PhD, retired from Sandia National Laboratories after 37 years. He has been involved with volunteer science education activities including a NASA/JPL Solar System Ambassador, Science Olympiad, regional and state science fairs, and the Explora Science Center. He is a Grand Awards judge co-chair at the Intel International Science

and Engineering Fair. In retirement, Duda continues his volunteer work and is a part-time educator at Explora.

Thursday Jul 23 10:00 - 11:30

Fee: \$10 Oasis

The Nuts & Bolts of NM Weather & Forecasts: Field Trip to the NWS 124

Kerry Jones & Daniel Porter

Back by popular demand! The National Weather Service (NWS) in Albuquerque is one of 144 offices and support centers across the US whose primary mission is to provide forecasts and warnings for the protection of life and property. Learn about the numerical guidance, forecast products including the watch-warning program, and the science behind weather events of New Mexico. *Note: Part of the tour may be outside for a weather balloon launch. Wear comfortable shoes, dress in layers, and be prepared to walk and stand. Limited enrollment.*

Kerry Jones, the warning coordination meteorologist, leads the NWS vision of the Weather-Ready Nation. Daniel Porter, the science and operations officer, ensures the office operations are running smoothly, infuses new technology into operations, and supports the staff through training. Jones and Porter have worked at various NWS offices for over 35 combined years and regularly speak on a wide range of meteorological topics and emergency preparedness.

Monday Jul 27 3:30 - 5:00

Fee: \$18 National Weather Service

The Nuts & Bolts of NM Weather & Forecasts: Field Trip to the NWS 125

Kerry Jones & Daniel Porter

See class #124.

Monday Aug 17 3:30 - 5:00

Fee: \$18 National Weather Service

The Rise of Artificial Intelligence & the Coming of Really Big Brother 126

Creve Maples

The term artificial intelligence (AI) first appeared in the 1950s. The fuzzy objective was to build machines at least as smart as humans. The initial boom, in both expectations and funding, focused on everything from speech recognition, to language interpretations, to simple robots. Funding ebbed and flowed from the 1950s through the 1990s. In this two-session class, we explore how AI is now broadly applied to diverse uses.

Creve Maples has undergraduate degrees from MIT and a PhD in nuclear science from Berkeley. He was head of Lawrence Berkeley Laboratory's Advanced Computer Architecture Lab, carrying out pioneering work with multiprocessor computers and real-time visualization. He founded the Synthetic Environment Laboratory at Sandia National Laboratories. His work in virtual reality and human-computer interfaces has received national attention.

Tuesday & Thursday Jul 28 & 30 2:00 - 4:00

Fee: \$24 2 sessions Oasis

Robotics: Changes & Opportunities 127

Chris Ziomek

Robots are changing the world, but not in the way that many people think. Robots are not replacing people – instead, robots enable a new generation of tools that offload repetitive and dangerous tasks. This is completely changing the nature of work, and there could be a worldwide shift from low-cost labor to highly automated solutions. Learn about data and insights that explain the challenges and opportunities of this technological shift.

Chris Ziomek is a serial entrepreneur who has over 30 years of experience in the high-tech industry. He presently leads Build With Robots, an automation business developing the next generation of robotic tools. Ziomek also serves as an adviser and investor in many New Mexico-based startups. He holds BS and

MS degrees in electrical engineering and is a licensed professional engineer in the state of New Mexico.

Wednesday Jul 29 10:00 - 11:30

Fee: \$10 Oasis

Ten Scientific Frauds That ALMOST Changed the World Overnight 128

David A. Crossley

Bogus claims have been a continuing problem for science throughout written history. Some are intentional frauds or caused by error, and many result from excessive enthusiasm by the experimenters. Unfortunately, many of these claims gain so much publicity that even after exposure, they continue to retain believers, like the anti-vaxxers, and even appear in school textbooks. The current Theranos scandal is a classic example. Learn about amazing examples at an easily understood level.

See bio #117.

Wednesday Jul 29 12:30 - 2:00

Fee: \$10 Oasis

Human Evolution News From Asia 129

Dave Weaver

Denisovans, tiny humans, and giant apes, oh my! For a variety of reasons from geographical to cultural to practical, very little work has been done to expose data and develop interpretations about human evolution in Asia. Recent work has begun to clarify the great importance of Asia in the human evolutionary story. Dave Weaver discusses and illustrates human evolution news from Asia over the past million years.

Dave Weaver received his doctorate in physical anthropology from UNM. After 25 years at Wake Forest University, he returned to New Mexico. He has worked in North and Central America, Europe, and Africa on human skeletal analysis, forensic anthropology, bone microstructure, human evolution, and osteoporosis. In retirement, he volunteers for the US Forest Service, the Sandia Mountain

Natural History Center, and Animal Humane New Mexico, and travels as much as possible.

Thursday Aug 6 10:00 - 11:30

Fee: \$10 Oasis

Southwest

Gutiérrez-Hubbell House History & Cultural Center: Field Trip 130

Flora Sánchez

This tour provides a glimpse into the life of the Gutiérrez-Hubbell family, who built a beautiful home and thriving business on the Camino Real. Now on the National Register of Historic Places, the structure dates back to the 1860s and has been a private residence, mercantile, trading post, stagecoach stop, and post office. Highlights include a description of the renovation of the 180-year-old adobe home, stories of family members, and a walk around the gardens and nearby acequia. *Limited enrollment.*

Flora Sánchez is a descendant of the family who owned the home. She is a retired educator, teacher, school counselor, and administrator for Albuquerque Public Schools. Upon retirement, she served as an elected member and three-term president of the NM State Board of Education. She serves on the board of directors for the Hubbell House Alliance where she also volunteers as a docent and presents lessons for field trips.

Wednesday Jun 3 10:00 - 11:30

Fee: \$15 Gutiérrez-Hubbell House

Coronado in the Rio Grande Valley, 1540-1542 131

Matt Schmader

The Coronado expedition of 1540-1542 is famous for many reasons but is not fully understood. Much of what has been taught about the expedition over the years is rooted in myth. Matt Schmader provides an update on current research at a major site in Albuquerque that has produced new information to shed light on the background,



James F. Zimmerman was president of UNM from 1927-1944. Learn more about him and other early UNM presidents in a lecture by Portia Vescio, UNM archivist, in class #132.

motivations, events, and the cultural after-effects of this significant turning point in our region's and our country's history.

Dr. Matt Schmader has 40 years of field experience in southwestern archaeology. He has worked on sites of virtually every cultural time period, ranging from Paleo-Indian to Archaic campsites, from Spanish contact/colonial sites to the historic red light district in downtown Albuquerque. He is currently an adjunct professor at UNM's Anthropology Department and earned his MA and PhD from UNM. He is the retired superintendent of City Open Space, and was the only City archaeologist from 2007 to 2016.

Wednesday Jun 10 12:30 - 2:00

Fee: \$12 Oasis

For Better & For Worse: Early Presidents at UNM

132

Portia Vescio

University of New Mexico archivist Portia Vescio provides an overview of the first seven presidents at UNM, illustrating how each man left the university both a little better

and a little worse during his administration. Take a look at the highs and lows of each presidency and the lasting legacy left behind.

Portia Vescio has been an archivist for 20 years. She arrived at UNM in 2016 and is in charge of university collections. She is responsible for collecting, cataloging, and promoting the university's historical documents and photographs; she also works with classes and creates exhibits about UNM history.

Prior to arriving at UNM, Vescio worked for Michigan State University and New Mexico State University. She received her MLIS degree from Indiana University.

Friday Jun 12 10:00 - 11:30

Fee: \$10 Oasis

Tijeras Pueblo Archaeological Site: Field Trip

133

Dotty Bender

The Tijeras Pueblo Archaeological Site, first excavated in the 1930s, gives us a glimpse into life in a 14th century mountain village. A guided tour of the 1/3-mile trail and museum provides a glimpse of how the early Tiwa people built their homes and survived life by gathering, farming, and hunting. The museum features a mural/map depicting the southern Tiwa world at the time that the Pueblo was occupied. *Limited enrollment.*

Our tour is led by Dotty Bender, who has worked with the Tijeras Pueblo site since 1998, giving tours and programs for school groups and adults. She is a former school secretary and has worked with the Forest Service for many years. She is a docent and is on the Friends of Tijeras Pueblo Board of Directors.

Wednesday Jun 17 10:00 - 12:00

Fee: \$20 Tijeras Pueblo Archaeological Site

Carlsbad Caverns: Stories of Exploration, Art, & Conservation 134

Lois Manno

Carlsbad Caverns is one of the world's great caves with a rich history dating back to its 1898 discovery. Its exploration is ongoing with another mile added to its surveyed length this year. Since its discovery, the cave has been an inspiration for artists from landscape photographer Ansel Adams to Zozobra creator Gustave Baumann. Join caver, artist, and Carlsbad Cavern volunteer Lois Manno as she shares the hidden stories of this famous cave and the work being done to preserve this national treasure.

Lois Manno, artist, author, and lifelong caver, has deep ties to Carlsbad Caverns National Park. In her two decades of volunteerism for the park, she helped with a NOVA documentary and the PBS Series Anyplace Wild focused on Carlsbad Caverns, curated an exhibit for the park's art collection, helped develop a gallery in the visitor center, and currently manages its Cable Camouflage Project. She wrote the award-winning book, *Visions Underground: Carlsbad Caverns through the Artist's Eye*.

Friday Jun 19 10:00 - 11:30

Fee: \$10 Oasis

Menaul School: Glimpses of History & Legacy 135

Christine Sierra, R. E. (Rudy) Laumbach, Francis Chang, & Nona Browne

This presentation about Menaul School is by the Menaul Historical Library of the Southwest. We begin by tracing the school's origins as a Presbyterian Mission School in the 19th century, to its special role educating Spanish American children from northern New Mexico, and finally to its distinctive student body in contemporary times. Then hear from "living historians" who describe their history, experiences, and relationship with Menaul School and the Menaul Historical Library.



Learn about the history of the Menaul School with "living historians" who describe their experiences in class #135.

Dr. Christine Marie Sierra, professor emerita in political science at UNM, taught American politics for 28 years. She has been a member of the Advisory Board of the Menaul Historical Library of the Southwest since 2015. Rudy Laumbach grew up on a ranch in northeastern New Mexico. He graduated from Menaul School in 1949. He has served on the Menaul Historical Library Board for almost 20 years. Francis Chang came to Menaul School from China and graduated with the class of 1963. Nona Browne served as Menaul School's Library director from 1992-2017.

Tuesday Jun 23 12:30 - 2:00

Fee: \$10 Oasis

Homesteads in New Mexico 136

Brenda Wilkinson

The Homestead Act forever changed the landscape of the American West. These homesteads dot the backcountry of New Mexico, and most families have at least one ancestor who filed a homestead claim. Go back in time to explore some of these special places and the remarkable people who struggled to realize their dreams in a harsh environment. The presentation includes photos, both recent and historic, and draws on accounts acquired through oral history interviews from descendants.

Since graduating from UNM in 1993, Brenda Wilkinson has served as archaeologist for the Bureau of Land Management. She has a passion for the vibrant archaeology and history

of New Mexico and for sharing them with the public, winning a national award for excellence in interpretation. She has conducted extensive oral history in Socorro and Catron Counties.

Wednesday Jun 24 12:30 - 2:00

Fee: \$10 Oasis

The Day a Bomb Was Dropped on Albuquerque (& Other Military Aviation Incidents) 137

Roland Penttila

The Air Force kept the 1957 bombing of Albuquerque top secret for 29 years. Roland Penttila recounts the circumstances of this potentially disastrous accident. Names are revealed. Details of the death and destruction are laid bare for all to see. And, while we're at it, learn about some other military mishaps in Albuquerque and New Mexico.

Roland Penttila is a retired civil engineer who added amateur historian to his photography hobby and is now fully engaged in learning more and more about the city and state he adopted in 1998. He approaches his historical research like an engineering project, and is interested in all aspects of the city's history from its founding in 1706 through the present.

Monday Jun 29 10:00 - 11:30

Fee: \$10 Oasis

Crazy Fourth: Jack Johnson Takes On Las Vegas, NM 138

Toby Smith

World Heavyweight Boxing Champion Jack Johnson came to Las Vegas, NM in 1912 where, as an African American, he faced racism and one crazy event after another. Toby Smith, author of *Crazy Fourth*, tells the story of what happened during the heavyweight

championship bout between Johnson and Jim Flynn. Learn how this championship fight brought notoriety to the small town of Las Vegas.

Toby Smith worked for the Albuquerque Journal for 30 years as a reporter and editor. He taught at the University of New Mexico for 15 years. As a freelance reporter, Smith has published ten books, including *Crazy Fourth: How Jack Johnson Kept His Heavyweight Title*. Smith has lived in New Mexico since 1976.

Tuesday Jul 7 10:00 - 11:30

Fee: \$10 Oasis

Madrid & the Turquoise Trail: A Virtual Tour 139

Lynne Sturtevant

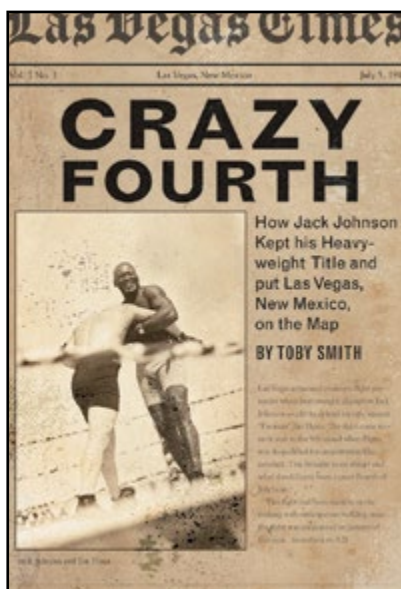
Looking for a fun excursion close to home? Do you enjoy shopping, meeting quirky people and petting goats? Join us for a virtual tour of the scenic back road to Santa Fe. We trace Madrid's evolution from coal company town to artsy tourist mecca, stroll down an authentic

old west Main Street in Cerrillos, and ponder why the citizens of Golden are obsessed with colored glass bottles. Lots of images and practical travel information are included.

Lynne Sturtevant owned a travel agency in the heart of Washington, DC, was the marketing director of a tour company specializing in Southeast Asia, represented the China International Travel Service, and managed all travel programs for the world's largest travel trade association. She has also been a tour guide, taught at a travel school, and escorted groups all over the world. Sturtevant is the author of five books on local history and tourism.

Monday Jul 27 12:30 - 2:00

Fee: \$10 Oasis



World Heavyweight Boxing Champion Jack Johnson's 1912 visit to Las Vegas, NM is discussed in class #138 with author Toby Smith.

History of Catholic Parishes of New Mexico

140

John M. Taylor

Explore the development of Catholic parishes and churches along the Rio Grande Valley, from Isleta to Truth or Consequences. John Taylor has documented the history of New Mexico Catholic parishes from the Spanish Conquest to present day. He presents seldom-seen images from archives and individual collections to make this history come alive.

John Taylor retired in 2010 as the manager of the Integrated Technologies and Systems Strategic Management Group Support Department at Sandia National Laboratories. He has a master's degree in nuclear engineering from Stanford University and was a member of Sandia's technical and management staff for 35 years. He is the author or co-author of 50 technical reports and 14 books on a variety of topics including New Mexico history, soccer science, and naval history.

Thursday Aug 6 12:30 - 2:00

Fee: \$10 Oasis

Radiance, Rust, & Revival: Route 66 in Albuquerque

141

Deborah Slaney

Too often the history of Route 66 in Albuquerque has been overlooked, even though our city sits near the center of the southwestern leg of the route and boasts, at 16+ miles, the longest single-city urban stretch of the highway in the nation. Join us as we explore the visual history of the Mother Road, hear the powerful stories of those who traveled through our city, and enjoy artifacts collected over decades of driving the Mother Road.

Deb Slaney is an independent curator and curator of history emerita from the Albuquerque Museum. She holds a BA in Southwestern anthropology from the University of Arizona, and a master of liberal studies/museum emphasis from the University of Oklahoma. She has published five books on Southwestern art, history,

and culture, and produced a major museum exhibition on Route 66.

Tuesday Aug 11 10:00 - 11:30

Fee: \$10 Oasis

Heart of Collecting: Sustaining Native American Art, Culture & Families

142

Judith Lavender

Southwestern Native American people and their art enrich life in New Mexico. Focused on New Mexico Pueblos and the Navajo Nation from 1903 to 2013, this colorful multimedia presentation explores family trading post history, Southwestern Native American artists, and privately collected art pieces. The places, people, and artifacts weave a story of how sustaining art, culture, and families impact lives.

Born and raised in Gallup, New Mexico, Judith Lavender spent her childhood playing in stacks of Navajo weavings at her father's trading post. Surrounded by Native American art, she developed a discerning eye for quality. By visiting artists in their homes, she built an appreciation for their culture and families. She holds an MEd in child development from



Deb Slaney discusses Route 66 in Albuquerque in class #141. Photo: Jules Allen, radio artist, in front of the Firestone service building, c. 1931, photographed by Brooks Studio. Courtesy Albuquerque Museum Photo Archives, gift of Channell Graham.

Erikson Institute in Chicago, IL, and advocates quality of life for children and families.

Wednesday Aug 12 10:00 - 11:30

Fee: \$10 Oasis

The Swastika in New Mexico History 143

Richard Melzer

Identified with Adolf Hitler's evil Nazi regime in Germany, the swastika is among the most hated symbols in the world. But long before it became such a terrible symbol, the swastika represented the opposite: a force for good in countless cultures, including several Native American cultures of the Southwest. Learn about the use of this symbol in not only New Mexico's native culture, but also in everything from tourism, commerce, clubs, military organizations, and even the New Mexico State University's yearbook for 75 years.

After teaching for more than 37 years Richard Melzer is now a retired Regents Professor of History from UNM's Valencia Campus. He is a former president of the Historical Society of New Mexico and is the award-winning author of over 25 books and 100 articles about New Mexico history. In retirement, he continues to research, write, and travel through New Mexico in search of weird, creative, and humorous subjects, of which there are many.

Tuesday Aug 25 10:00 - 11:30

Fee: \$10 Oasis

See also:

Jews & Navajos: Worlds of Tradition & Sacred Lands with Gordon Bronitsky (class #72).

Technology

Android Phone Beginning Essentials 144

Lee Maddenkrall

Back by popular demand! Learn the basic skills of using your Android-based device including initial setup, gestures, organizing

Learn some basic skills of using your cell phones in our technology classes with Lee Maddenkrall in classes #144, 145, 147, and 148.

apps and home screens, finding and installing useful apps, and using maps and camera functions. This class also covers using Gmail and Google calendar. *Class fee includes a 36-page course book. Bring your fully charged Android smart phone to class. This course is not applicable for iPhones. Limited enrollment.*

Lee Maddenkrall is the owner of Leehowardglobal, providing digital media, instruction and management tools for businesses. He is the AARP community programs manager for the Albuquerque metro area, instructing members in technology and maximizing their use and knowledge of smart devices. He works as a presenter, trainer, and instructor in all areas of digital media.

Tuesday Jun 2 1:00 - 3:00

Fee: \$25 Oasis

Android Phone Beginning Essentials 145

Lee Maddenkrall

See class #144.

Tuesday Jul 7 1:00 - 3:00

Fee: \$25 Oasis

Cybercrime Fighters: Phishing & Identity Theft

146

Lee Maddenkrall

If you have email, use social media, or even text on your mobile device, you are a target for phishing. Phishing is an attempt to trick you into divulging personal confidential information a cybercriminal can use to steal



money or even your identity. Learn the basic ways to recognize the hallmark signs of phishing and how to stay safer online. *Class fee includes an 18-page course book. Limited enrollment.*

See bio #144.

Tuesday Jun 9 10:00 - 12:00

Fee: \$18 Oasis

iPhone Beginning Basics

147

Lee Maddenkrall

Back by popular demand! In this class learn the basics of your iPhone as we explore available apps. Find out how these apps can help keep you organized, productive, and entertained. This class covers all the basic information every iPhone user should know and understand. *Class fee includes a 70-page course book. Bring your fully charged iPhone to class. This course is a beginners class and is not applicable for Android phones. Limited enrollment.*

See bio #144.

Tuesday Jun 23 1:00 - 3:00

Fee: \$25 Oasis

iPhone Beginning Basics

148

Lee Maddenkrall

See class #147.

Tuesday Jul 28 12:30 - 2:30

Fee: \$25 Oasis

Cybercrime Fighters: Password Managers for Beginners

149

Lee Maddenkrall

Back by popular demand! Frustrated with all the long incomprehensible passwords that you need to stay safe online? Are you using the same password everywhere, or using passwords that are not secure because it is so hard to keep track of them? Learn how to really ramp up your online safety easily by using a password manager app. Discover what popular apps to look for, and how to install and use one of the most popular apps on your

desktop and mobile device. *Class fee includes a 24-page course book. Limited enrollment.*

See bio #144.

Tuesday Jun 30 10:00 - 12:00

Fee: \$18 Oasis

Armchair Travel/ Travelogue

Sales Presentation: Learn About Oasis/Collette Southern Charm Trip 150

*Featuring Charleston, Jekyll Island,
& Savannah*

Josh Ogden

Trip is April 11 - April 17, 2021

7 Days • 9 Meals

Learn about this Oasis/Collette trip where you experience America's southeast. This tour includes stays in Charleston, Savannah, and Jekyll Island. A city that has defied all odds, Charleston survived the Civil War, major fires, an earthquake, and hurricanes – and still exudes elegance, charm, and grace. Travel to the exclusive Jekyll Island, once the beloved vacation spot for prominent families. See the stunning St. Simons Island 106-foot tall lighthouse, and visit historic Savannah with a trolley tour highlighting the Historic District. Reserve trip by October 12, 2020 for best price and availability. *See page #71 for more information.*

Oasis has been working with Collette for more than five years, offering a variety of tours. Josh Ogden is Collette's business development manager for New Mexico, Colorado, and Wyoming.

Tuesday Jun 9 3:00 - 4:00

Free Oasis

Adventure Travel: Fascinating Cultures of Bhutan, Laos, & Turkey 151

Al Davis

Al Davis experiences countries in unique ways; in this class, he shares his encounters



Join Josh Ogden of Collette Tours to learn about a tour to Charleston, Savannah, and more (class #150).

with different cultures. Bhutan, the happiest place on earth, the mountain tribes in Laos and the cave residents in Turkey are just a few of his destinations. For each adventure, Davis discusses his travels in each particular culture and environment, including problems encountered. Many photos will be shared.

Alan Davis has traveled to 95 countries and has slept on all seven continents. He was trained in computer science and has a PhD from the University of Illinois. In addition to a long corporate career, he held academic positions at the University of Colorado and in Indonesia, Nigeria, Spain, and South Africa. Davis has published 100+ articles, lectured 2,000+ times in 28 countries, and is the author of nine books.

Wednesday Jul 22 10:00 - 11:30
Fee: \$10 Oasis

Walks & Hikes

For all walks, bring clothing layers, water, sun protection, binoculars, camera, and anything you might want to be comfortable (e.g. sturdy shoes, trekking poles).

Wildflower Identification Hike in the East Mountains 152

Becky Schnelker

Join us in the Sandia Mountains where guides provide considerable experience and a list of

local wildflowers that should be in bloom on our hike. Likely sightings often exceed 50 different blooms. To maximize wildflower viewing, the hike location is determined closer to hike date. Depending on location, our hike is 6-8,000 feet above sea level, slow-moving, moderately strenuous

on uneven trails, and about two miles. *Exact location is emailed prior to hike. Limited enrollment.*

Becky Schnelker, master naturalist, has a MA in fine arts printmaking and worked at UNM's Tamarind Institute as curator of lithography for 32 years. She was a Native Plant Society member and has a passion for digital photography of wildflowers. Upon retiring, she joined the first Bernalillo County Master Naturalist class. She is still a contributor and volunteers to lead wildflower identification walks for the Sandia Ranger Station.

Wednesday Jun 10 9:00 - 11:30
Fee: \$15 Walks

David Canyon Hike 153

David Ryan

With wonderful views of the Manzano Mountains and the ponderosa parkland at the bottom of David Canyon, this hike is reminiscent of the Flagstaff area and not to be missed. In addition to the spectacular scenery, this area has plenty of birds to enjoy. Our hike is approximately 3.3 miles with a total elevation descent and gain of around 400 feet. *No restroom facilities available. Limited enrollment.*

See bio #103.

Monday Aug 17 9:00 - 12:00
Fee: \$15 David Canyon-Mars Court Trail

Day Trips

Please call Oasis before enrolling if you have any questions about accessibility on trips.

From Castles to Harvey Girls in Las Vegas NM: Day Trip 154

Kathy Hendrickson

Take a trip to Las Vegas, New Mexico to experience the history woven into the fabric of this railroad-era town, from Montezuma Castle to the Old Town Plaza to the train depot and the recently restored Castañeda Hotel. Tours are led by Kathy Hendrickson of Southwest Detours along with a representative from the Las Vegas Harvey Girls.

First, make a quick stop in Las Vegas to pick up our tour guides before driving to the United World College (UWC) for a tour of the campus and the famous Montezuma Castle. Originally built as a hotel in the late 1800s, Montezuma Castle was purchased in 1981 for the UWC, a boarding school with students from 90 different countries. On the grounds of the campus and also part of your tour, the Dwan Light Sanctuary uses prisms instead of windows to transform light that enters the building into a lattice of rainbows.

Then, return to the Plaza Hotel for lunch at their Range Café; (light lunch included in trip fee), accompanied by a presentation on the Harvey Girls. After lunch, tour the Plaza Hotel. A tradition in Las Vegas since

the 1800s, the Plaza was built in the Historic Plaza Park which was also home to many outlaws such as Jesse James, Doc Holiday, Voodoo Brown, Billy the Kid, and Vicente Silva. Then, a six-minute drive brings you over to the newly restored Castañeda Hotel. Built in 1898 and considered an absolute jewel, the Castañeda was Fred Harvey's first trackside hotel and the beginning of America's first hospitality empire. If this can be arranged, possibly go across the street from the Castañeda to tour the Rawlins Building, a former dormitory for the Harvey Girls. Otherwise, walk around the railroad depot or spend a little time in the Castañeda lounge before returning home.

Traveler notes: Comfortable walking shoes and layered clothing are recommended. You will be walking and standing. Meet at Oasis. Includes: transportation; bottled water on bus; admission fees (if applicable), driver tip. Light lunch is provided at the Plaza Hotel/Range Café (included in trip fee). Pre-registration required; limited enrollment.

Please note: due to current circumstances, trip date and details are subject to change.

Thursday Aug 20 8:00 - 5:45

Fee: \$125 Trip

Take a trip to Las Vegas, NM, to explore the newly renovated Castañeda hotel and other attractions (class #154).



Off-Site Classes

Oasis members must pre-register and pay the \$5 class fee. Limited enrollment for Oasis members. There is NO charge for La Vida Llena residents, and you do not need to pre-register through Oasis (even if you are also an Oasis member).



All classes are scheduled from 3:00-4:30pm.

The Power of Sound in Ancient Sacred Sites

155

Maya Sutton

Who knew that prehistoric people in Europe embedded sound in ancient stone structures? The new field of acoustic archaeology has discovered this resonance in Paleolithic caves and Neolithic monuments. In some painted caves in France and Spain, more animal images cluster around the most resonant places. In stone circles and dolmens, acoustic archaeologists are pursuing a sense of how the past sounded, particularly if rituals might have included sound. This is all very new.

See bio #68.

Thursday Jun 11 3:00 - 4:30

Fee: \$5 La Vida Llena

The Great Political Upset of '48

156

Kathleen McCleery

"The only question about '48 is who screwed it up the most: the Republicans or the reporters?" Seven decades later, the presidential election of 1948 still fascinates. Longtime PBS producer Kathleen McCleery revisits the contest with excerpts from the PBS film *The Great Upset of '48*, which she directed. She offers tales of locating the train Truman used for his whistle-stop campaign and finding footage of the first televised political conventions. Finally, McCleery examines parallels (and differences) between 2020 and 1948.

Kathleen McCleery is an award-winning veteran broadcast journalist, and is now a special correspondent and freelance producer for the PBS NewsHour. She was the program's deputy executive producer from 2005-2013. She has covered presidential campaigns and produced interviews with six presidents. At NBC News in the 1980s, she worked with Roger Mudd on news magazine programs. McCleery taught journalism at Princeton University in 2016 and 2018, focusing on media coverage of US elections.

Thursday Jul 9 3:00 - 4:30

Fee: \$5 La Vida Llena

Jack Benny: Forever 39

157

Yolanda M. Day

Jack Benny, star of stage, screen, radio and television, not only did it all but did it all at the same time. Known for both his impeccable comic timing and stinginess, he developed a devoted audience over a more than 30-year career. This lecture by Yolanda Day brings you history from Benny's friends and family as well as live skits performed from some of his most successful radio shows and personal favorites.

Yolanda Day is the co-founder of the Rio Grande Players, a community theatre company which re-creates the Golden Age of Radio. Over the last eight years, as producer/director for the company, she has enjoyed learning about the era when radio was king and sharing that history. She finds that it continues to be a pleasure and an honor to recreate for audiences the voices of some of radio's most beloved characters.

Thursday Aug 13 3:00 - 4:30

Fee: \$5 La Vida Llena



Oasis members must pre-register and pay the \$5 class fee. Limited enrollment for Oasis members. There is NO charge for Neighborhood in Rio Rancho (NIRR) residents, but you must pre-register at the NIRR hospitality desk (not through Oasis, even if you are also an Oasis member).

All classes are scheduled from 3:00-4:30pm.

Would the Real Wolfgang Amadeus Mozart Please Stand Up? 158

Jane Ellen

By the age of four, we're told that Mozart (1756-91) could learn a piece of music in roughly 30 minutes. When he was five, he was playing both the clavier and violin at a level that astonished professionals. Somewhere around the age of six, he began to compose. This course explores the fascinating history as well as the uniquely astonishing mythology generated by his life and career.

See bio #34.

Monday Jun 8 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho

Miguel Trujillo: New Mexico's Great Unknown Civil Rights Hero 159

Gordon Bronitsky

When New Mexico became a state in 1912, the state constitution denied Native Americans the right to vote. In 1948, Miguel Trujillo of Laguna Pueblo sued New Mexico and successfully overturned that segment of the 1912 Constitution. Why did the state block Native Americans from voting? Who was Miguel Trujillo? Why did he sue New Mexico and what were the consequences for him, for Native Americans, and for the State of New Mexico?

See bio #72.

Monday Jul 13 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho

You've Got a Friend in Carole King 160

Jane Ellen

Singer/songwriter Carole King (1942-) began her career in the 1960s writing hit songs with then husband Gerry Goffin. A decade later, she became an award-winning performer in her own right when the album *Tapestry* topped the US charts in 1971 for 15 weeks, remaining on the charts for six years. Recipient of the Gershwin Prize from the Library of Congress in 2012, King has written the musical soundtrack of our lives across five decades.

See bio #34.

Monday Aug 10 3:00 - 4:30

Fee: \$5 Neighborhood in Rio Rancho



GIFT CERTIFICATE

Give the gift of lifelong learning to your family and friends! Contact Oasis to purchase a gift certificate in any amount. We can also mail your gift certificate.

This gift certificate is redeemable for any Oasis class at the Albuquerque, New Mexico Oasis center.

To: _____

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Oasis volunteers, participants, and instructors are what help our organization grow and thrive! Here are some photos from past programs and events.



Image courtesy Brandt Magic

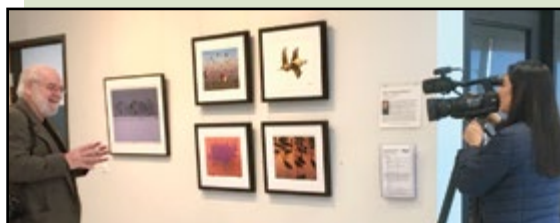


Image courtesy Brandt Magic



Off-Site Class Locations Directory

For additional information, contact the Oasis office at (505) 884-4529.

Albuquerque Botanic Garden BUGarium

2601 Central Avenue NW. Meet at the Botanic Garden entrance. 768-2000

Albuquerque International Sunport

Sunport Blvd SE. Park in the Sunport Parking Garage and bring your parking ticket into the terminal for validation by Sunport staff. Meet under the 1914 airplane hanging from the ceiling behind the escalators in the Great Hall.

Albuquerque Museum

2000 Mountain Road NW, near Old Town. Free parking on site (give your parking space number to the Museum receptionist). 505-243-7255

Albuquerque Zoo

903 10th Street SW. Meet at the ticket counter.

Butterfly Farm

9517 Dona Rowena Ave NE. Wings of Enchantment Butterfly Farm is in the neighborhood just NW of Eubank & Montgomery. Business entrance is at the purple gate to the left of the garage doors. Park along the street.

CNM Smith Brasher Hall

Located on the SW corner of University Blvd and Coal Ave SW.

David Canyon - Mars Court Trailhead

From Tijeras Exit on I-40 (Exit 175). Go 8.8 miles south on NM 337 (South 14) to Raven Road. Turn right on Raven Road and follow it 1.6 miles to Mars Court. Turn right on Mars Court and drive about 20 feet to the parking area. Mars Court is unpaved but very short. Consider carpooling as parking is limited.

Duran's Central Pharmacy

1815 Central NW. Begin tour at Remedy, a cafe in the pharmacy/restaurant complex across the parking lot.

Edelweiss Rio Grande German American Club

4821 Menaul Blvd NE. Park behind the club or on the street nearby.

Eldora Chocolate

8114 Edith Blvd NE, about two blocks south of Paseo del Norte, on the east side of the street.

Erna Fergusson Library

3700 San Mateo NE. Just north of Comanche Road near Montgomery Park.

FAA Air Traffic Control Center

8000 Louisiana Blvd NE. The ARTCC is located at the SE corner of Paseo del Norte and Louisiana Blvd NE. Entrance is on Louisiana Blvd. There is a manned gate and visitor parking is outside the gate. You must show a photo ID to enter.

FUSE Makerspace

101 Broadway Blvd NE #3100. The building is located just west of the Lobo Rainforest Building close to Broadway and Central. There is plenty of parking at FUSE. 505-224-3873

Gutiérrez-Hubbell House History & Cultural Center

6029 Isleta Blvd SW. Exit off I-25 at Rio Bravo and turn south on Isleta Blvd SW (314). Hubbell House is just south of Don Felipe Road SW. 505-244-0507

Kelly Jo Designs Studio

6829 4th St NW, Los Ranchos, 87107. Located on 4th Street approximately 1/4 mile north of Osuna, on the west side of the street.

La Vida Llena

10501 Lagrima De Oro Rd NE. From the Montgomery & Morris intersection, go north on Morris one block, then turn east on Lagrima de Oro Rd NE. La Vida Llena will be on your left. 505-293-4001

Meltdown Studio

901 Rio Grande Blvd NW, Suite E130. This is behind D H Lescombes Winery & Bistro (formerly St. Clair Winery & Bistro) on Rio Grande.

Menaul School

301 Menaul Blvd NE. Please see your registration confirmation for directions to the Art Building.

National Weather Service

2341 Clark Carr Rd SE. From I-25, take Sunport Blvd exit. Take University Blvd SE, pass through the intersection marked Rental Car Return and make your next left onto Clark Carr Rd SE (no light at this intersection). Drive up the hill (look for white dome) through one more intersection, turn into first driveway on left - NOAA brick building. 505-243-0702

The Neighborhood in Rio Rancho

900 Loma Colorado Blvd NE, Rio Rancho.
Off of Northern Blvd NE. 505-994-2296

Our Lady of Perpetual Help Byzantine Catholic Church

1837 Alvarado Dr NE. Between San Pedro and San Mateo NE. One block north of Constitution Ave NE and one block south of Alvarado Park.

Sprouts Farmers Market

5112 Lomas Blvd NE, near the corner of Lomas and San Mateo. Meet inside the store between the two doors.

Tijeras Pueblo Archaeological Site

From east on I-40, take exit 175 (Tijeras) going south on State Road 337. After the first stoplight, continue for approximately 1/4 mile. Park at the Sandia Ranger Station, on the left. The trail and museum are behind the Ranger Station. Meet in the parking lot.

Walks

Location to be announced. Please check your class receipt and your email for updates.

National News

The Oasis Institute • Summer 2020



The world is facing a challenge not seen in our lifetime. Without question, every single one of us has been impacted by COVID-19 igniting a global pandemic threatening public health, the economy, and instigating disorienting changes to the way we live.

Oasis programs reduce social isolation among older adults, which runs contrary to the health risk reduction mandate to maintain social distancing. Although we have suspended all in-person programs nationwide, each Oasis Center has created new opportunities to keep your minds and bodies healthy and active. Oasis is dedicated to staying in touch with our participants during COVID-19.

We are transitioning from in-person classes to an online platform. *Zoom Video Communications* is the chosen service for all Oasis Centers for its reliability, ease of use, and accessibility. It can be downloaded for free to any mobile or desktop device.

Upstate Oasis in Syracuse, NY and Los Angeles Oasis

- Fitness classes online through *Zoom Video*, including Tai Chi and *Total Fitness*.

Indianapolis Oasis

- Aging Mastery Program (AMP) online through *Zoom Video* is a 10-class program that encourages people to create their own playbook for aging well.

San Antonio Oasis

- Weekly podcast series on topics ranging from meditation, community resources, and social isolation.

Washington Metro Oasis (DC)

- Online discussion groups through *Zoom Video*, as well as several arts and humanities classes.

Rochester Oasis

- Online *Zoom Video* classes and community resources for exercise programs, book recommendations, and information from Rochester Regional Health.

St. Louis Oasis

- Offers its discussion-based program *Conversations that Count* via phone and online classes through *Zoom Video*.

San Diego Oasis

- Online classes through *Zoom Video* covering topics on COVID-19, current events, and technology.

Albuquerque Oasis

- Online classes through *Zoom Video* and communication with tutors, providing them activities and professional development.

During these challenging times, Oasis is glad to provide new ways for you to be involved.



To find out more or to join Oasis for a program in your area, visit www.oasisnet.org.

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This donor list reflects contributions made between March 11, 2019 and March 16, 2020. Your generosity expands our possibilities and brings a world of knowledge to all our members. *We thank you.*

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FOR YOUTH DEVELOPMENT®
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Oasis Intergenerational Tutoring Program

Thank you - thank YOU Oasis volunteer reading mentors! We have a fabulous team of returning and new volunteers who are committed to seeing our students succeed.

This year our team mentored 615 students in the Albuquerque, Belen, Bernalillo, and Rio Rancho school districts!

Thank you also to the individual donors who generously support our program along with the Ruthie Schwed Memorial Fund for their contribution to our Oasis tutor library.

We are always recruiting compassionate, patient, enthusiastic and flexible adult volunteers to share their joy of reading with elementary students. Currently we are planning for our fall 2020 training sessions in August, September, and October. Call Oasis at 505-884-4529 or visit our website at www.oasisabq.org/ tutoring for more information on this exciting volunteer opportunity!

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Holly DeWees
Mary Dickson
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Denise Dobier
Deborah Dobrian
Deborah Duxtator
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Paul Duggan
Mary Eagle
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Kathleen Economy
Barbara Egelman
Carolyn Ehler
Sara Ellis
Barbara Everett
Orese Fahey
Nada Fahnestock
Kala Falkenberg
Sheryl Faulconer
Jonathan Feinn
Christiane Fenner
Kenneth Fenner
Jay Fielding
Lynnette Fields
Karen Fisk-Mohoric
Elizabeth Fitzgerald
Maureen Fitzgibbon
Barbara Flint
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Barbara Frames
Sherilyn Frank
Katherine Frost
Susan Frow
Elyse Frumkin
Julia Fuchs
Margaret Galbraith
Anna Gallegos
Doris Garcia
Geraldine Garcia
Marianne Getchell
Peggy Gilbert
Patricia Givens
Elsa Glassman
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Penny Goldstine
Morton Gould
Pamela Graef
Pauline Graham
Frederick Grambort
Milton Graus
Teresa Greco
Christie Griego
Blanche Griffin

Karen Griffin
Stanley Griffith
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DeRitha Harding
Susan Harris
Sharen Hart
Jean Haseman
Carolyn Hasey
Anne Hayes
Sharon Healy
Jan Heinonen
Mark Henderson
Ellin Hewes
Margie Hobby
John Hockert
MaryAnn Holland
Joseph Huebel
Robert Hume
Susan Hunt
Susan Ingles
Carol Jakowatz
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New Mexico Leadership Summit

When Leaders Grow, Communities Thrive

New Mexico
Leadership Summit

Presented by Central NM Community College & Oasis Albuquerque
Friday, August 14, 2020 :: CNM Main Campus, Smith Brasher Hall

The New Mexico Leadership Summit provides an opportunity for community leaders to take a step back, refresh their perspectives, and be inspired.

Our featured speakers share their unique personal stories and leadership experiences. In addition, they will provide a window into how they think about ethics and the ethical challenges they face in their workplaces.

The summit's goal is to create a space for you to reflect upon your leadership style, using what you learn to make meaningful change across New Mexico and the Southwest.

Speakers

Tracy Hartzler

President, CNM

Abe Assaad

Special Olympian

Maryalyce Jeremiah

*Author and Women's Collegiate
Basketball Coach*

Gloria Drayer

Kripalu Yoga Practitioner

Monique Fragua

*VP Commercial Enterprises,
Indian Pueblo Cultural Center*

Hakim Bellamy

*Founder and CEO
of Beyond Poetry, LLC*

Joy Harjo

*23rd Poet Laureate
of the United States*

Adrián Pedroza

*National Director of Strategic
Partnerships for Abriendo Puertas/
Opening Doors*

John Foley

Naval Academy Graduate and Author



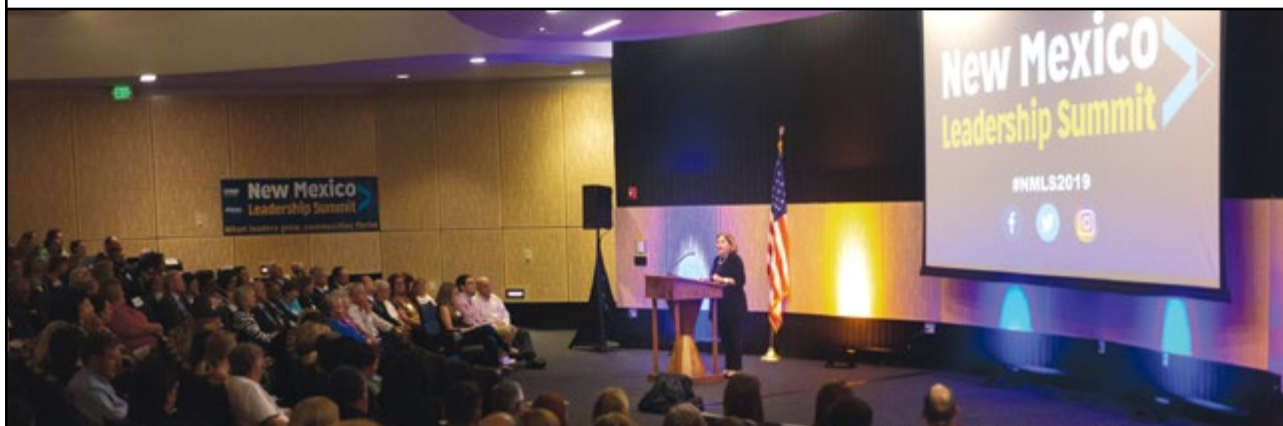
Tracy Hartzler



Joy Harjo



John Foley



For more information: <https://www.cnm.edu/nmls> Register Now

**** If it is impractical to hold the NMLS on August 14th, the event will be postponed to a later date, and your ticket will be honored for the new date.**

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1	Oasis summer classes begin 54 Tai Ji Quan for Balance A 9:00 - 10:00 102 Writing Stories Workshop 10:00-11:30 104 New Thought Movement 10:00 - 11:30 81 Mel Torné 12:30 - 2:30 56 Better Balance A 1:00 - 2:00		2	109 Zoo Field Trip* 9:30 - 12:00 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 111 Women Mathematicians 12:30 - 2:00 144 Android Phones 1:00 - 3:00		3	54 Tai Ji Quan for Balance A 9:00 - 10:00 100 History of Opera 1 10:00 - 11:30 130 Gutiérrez-Hubbell House* 10:00 - 11:30 76 Enlightenment Now Group 10:00 - 12:00 33 Vibrant Indian Cinema 12:30 - 2:00 56 Better Balance A 1:00 - 2:00		4	110 Zoo Field Trip* 9:30 - 12:00 102 Writing Stories Workshop 10:00-11:30 112 A Cub's Life 10:00 - 11:30 58 Tai Chi for Health 1 11:00 - 12:00 44 Lower Your Blood Pressure 12:30 - 2:00		5	1 Origami Workshop 9:30 - 11:30 82 Jerry Herman 10:00 - 12:00 94 Bobcats Performance 2:00 - 3:30	
8	54 Tai Ji Quan for Balance A 9:00 - 10:00 45 Meditation Workshop 10:00 - 11:30 102 Writing Stories Workshop 10:00 - 11:30 60 Qigong: Water Method 11:00 - 12:00 56 Better Balance A 1:00 - 2:00 16 Federal Court System 2:30 - 4:00 158 Mozart @NIRR* 3:00 - 4:30		9	61 Stretch & Relax 9:00 - 10:00 113 Butterfly Farm Tour* 9:30 - 11:00 146 Phishing & ID Theft 10:00 - 12:00 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 77 Austin Book Group 1:30 - 3:00 150 Southern Trip Presentation 3:00 - 4:00		10	54 Tai Ji Quan for Balance A 9:00 - 10:00 152 Wildflower Hike* 9:00 - 11:30 101 History of Opera 2 10:00 - 11:30 76 Enlightenment Now Group 10:00 - 12:00 131 Coronado Rio Grande 12:30 - 2:00 56 Better Balance A 1:00 - 2:00		11	115 Technology in Smartphone 10:00 - 11:30 17 Support Tour* 10:00 - 12:00 58 Tai Chi for Health 1 11:00 - 12:00 83 American Civil War Music 12:30 - 2:30 155 Sound in Ancient Sites @LVL* 3:00 - 4:30		12	132 Early Presidents at UNM 10:00 - 11:30 20 FAA Field Trip* 62 Tai Chi for Heart Condition 11:00 - 12:15 95 Duo Fuego Performance 2:00 - 3:30	
15	54 Tai Ji Quan for Balance A 9:00 - 10:00 36 Gut Health Cooking Demo 10:00 - 11:30 60 Qigong: Water Method 11:00 - 12:00 84 John Coltrane 12:30 - 2:30 56 Better Balance A 1:00 - 2:00		16	61 Stretch & Relax 9:00 - 10:00 37 Eldora Chocolate Tour* 10:00 - 11:00 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 78 Summit Book Group 11:00 - 12:30 79 Holmes Book Group* 1:00 - 2:30		17	54 Tai Ji Quan for Balance A 9:00 - 10:00 105 How to Criticize Properly 10:00 - 11:30 76 Enlightenment Now Group 10:00 - 12:00 133 Tijeras Pueblo Tour* 10:00 - 12:00 56 Better Balance A 1:00 - 2:00 116 New Mexico Birds 2:30 - 4:00		18	38 Eldora Chocolate Tour* 10:00 - 11:00 23 District Attorney's Persp 10:00 - 11:30 39 Plant-Based Eating 10:00 - 11:30 58 Tai Chi for Health 1 11:00 - 12:00 85 Johannes Brahms 2:30 - 4:30		19	134 Carlsbad Caverns 10:00 - 11:30 62 Tai Chi for Heart Condition 11:00 - 12:15	
22	54 Tai Ji Quan for Balance A 9:00 - 10:00 106 Miguel de Unamuno 10:00 - 11:30 60 Qigong: Water Method 11:00 - 12:00 117 Engineering Achievements 12:30 - 2:00 56 Better Balance A 1:00 - 2:00		23	40 Sprouts Market Tour* 9:00 - 10:30 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 135 Menaul School History 12:30 - 2:00 147 iPhone Basics 1:00 - 3:00 63 Yoga for Happy Feet 3:15 - 4:30		24	54 Tai Ji Quan for Balance A 9:00 - 10:00 24 Jeopardy Champion 10:00 - 11:30 18 Support Tour* 10:00 - 12:00 76 Enlightenment Now Group 10:00 - 12:00 136 Homesteads in NM 12:30 - 2:00 56 Better Balance A 1:00 - 2:00 25 Vaping: Is it Safe(r)? 2:30 - 4:00		25	26 National Security Council 10:00 - 11:30 58 Tai Chi for Health 1 11:00 - 12:00 68 Celts & Vikings 12:30 - 2:00 118 BUGartium Field Trip* 2:00 - 3:30		26	34 Fabulously Funny 50s 10:00 - 12:00 96 Fred Harvey Couriers Performance 2:00 - 3:30	
29	54 Tai Ji Quan for Balance A 9:00 - 10:00 137 Bomb Dropped on Abq 10:00 - 11:30 56 Better Balance A 1:00 - 2:00		30	149 Password Managers 10:00 - 12:00 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 65 Mindful Eating & Breathing 1:00 - 2:15										

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
					1	2	3		
					54 Tai Ji Quan for Balance A 9:00 - 10:00 76 Enlightenment Now Group 10:00 - 12:00 56 Better Balance A 1:00 - 2:00 86 Etta James 2:30 - 4:30	46 Matter of Balance 10:00 - 12:00 58 Tai Chi for Health 1 11:00 - 12:00	Office Closed for Independence Day		
6		7				9	10		
54 Tai Ji Quan for Balance A 9:00 - 10:00 87 Robert & Clara Schumann 10:00 - 12:00 56 Better Balance A 1:00 - 2:00	12 Duran's Pharmacy Tour* 9:30 - 10:30 138 Fourth: Jack Johnson 10:00 - 11:30 91 - FAA Field Trip* 10:00 - 12:00 80 Singing the Show Tunes 10:15 - 11:45 58 Tai Chi for Health 1 11:00 - 12:00 27 Larry Barker 12:30 - 2:00 145 Android Phones 1:00 - 3:00 69 USSR Against Its People 2:30 - 4:00 64 Yoga for Healthy Aging 3:15 - 4:30	54 Tai Ji Quan for Balance A 9:00 - 10:00 120 Volcanic Eruptions 10:00 - 11:30 76 Enlightenment Now Group 10:00 - 12:00 56 Better Balance A 1:00 - 2:00	70 FDR & World War II 10:00 - 11:30 46 Matter of Balance 10:00 - 12:00 58 Tai Chi for Health 1 11:00 - 12:00 47 Hands-Only CPR & AED 12:30 - 2:00 119 BUGarium Field Trip* 2:00 - 3:30 156 Great Upset of '48 @LVL* 3:00 - 4:30	121 Regenerative Agriculture 10:00 - 11:30 48 Protecting Your Back 10:30 - 12:00 66 Better Living Movement 11:00 - 12:00 41 The Wines of France 2:00 - 4:00					
13		14			15	16	17		
55 Tai Ji Quan for Balance B 9:00 - 10:00 14 Crime Prevention 10:00 - 11:30 2 Mosatics Art Workshop 10:00 - 2:00 57 Better Balance B 1:00 - 2:00 159 Miguel Trujillo @NIRR* 3:00 - 4:30	2 Mosatics Art Workshop 10:00 - 12:00 80 Singing the Show Tunes 10:15 - 11:45 59 Tai Chi for Health 2 11:00 - 12:00 77 Austin Book Group 1:30 - 3:00 69 USSR Against Its People 2:30 - 4:00 64 Yoga for Healthy Aging 3:15 - 4:30	55 Tai Ji Quan for Balance B 9:00 - 10:00 122 Carbon-Free Electricity 10:00 - 11:30 88 Liza Minelli 12:30 - 2:30 57 Better Balance B 1:00 - 2:00	70 FDR & World War II 10:00 - 11:30 22 - FAA Field Trip* 10:00 - 12:00 46 Matter of Balance 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00 4 Kelly Jo Pottery Workshop* 1:00 - 4:00	35 Everybody Loves Lucy 10:00 - 12:00 66 Better Living Movement 11:00 - 12:00 97 Virginia Creepers Performance 2:00 - 3:30					
20		21			22	23	24		
55 Tai Ji Quan for Balance B 9:00 - 10:00 42 Good Gut Health 10:00 - 11:30 19 Support Tour* 10:00 - 12:00 89 Whitney Houston 12:30 - 2:30 57 Better Balance B 1:00 - 2:00	80 Singing the Show Tunes 10:15 - 11:45 59 Tai Chi for Health 2 11:00 - 12:00 78 Summit Book Group 11:00 - 12:30 28 Recap 2020 NM 12:30 - 2:00 79 Holmes Book Group* 1:00 - 2:30 64 Yoga for Healthy Aging 3:15 - 4:30	55 Tai Ji Quan for Balance B 9:00 - 10:00 151 Adventure Travel 10:00 - 11:30 71 Saint-Michel & St. Michael 12:30 - 2:00 57 Better Balance B 1:00 - 2:00	123 Science is Everywhere 10:00 - 11:30 46 Matter of Balance 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00 49 Limits of Medicine 12:30 - 2:00	66 Better Living Movement 11:00 - 12:00 98 Singalong w. Banjos Etc. Performance* 2:00 - 3:30					
27		28			29	30	31		
55 Tai Ji Quan for Balance B 9:00 - 10:00 3 Mosatics Art Workshop 9:00 - 1:00 72 Jews & Novojos 10:00 - 11:30 139 Madrid & Turquoise Trail 12:30 - 2:00 57 Better Balance B 1:00 - 2:00 124 NWS Tour* 3:30 - 5:00	3 Mosatics Art Workshop 9:00 - 11:00 73 Philip II of Spain 10:00 - 11:30 59 Tai Chi for Health 2 11:00 - 12:00 148 iPhone Basics 12:30 - 2:30 126 Artificial Intelligence 2:00 - 4:00 64 Yoga for Healthy Aging 3:15 - 4:30	55 Tai Ji Quan for Balance B 9:00 - 10:00 127 Robotics 10:00 - 11:30 5 Metalsmith Art Workshop* 10:00 - 2:00 128 Ten Scientific Frauds 12:30 - 2:00 57 Better Balance B 1:00 - 2:00	46 Matter of Balance 10:00 - 12:00 90 Ian Anderson & Jethro Tull 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00 126 Artificial Intelligence 2:00 - 4:00	Tutor Program (Preregistration required)					

MONDAY			TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	55 Tai Ji Quan for Balance B 9:00 - 10:00 50 Top Ten Podiatry Problems 10:00 - 11:30 6 Exploring Clay Workshop* 10:00 - 3:00 51 Arthritis Pain Management 1:00 - 2:00 57 Better Balance B 1:00 - 2:00 43 Tapas Cooking Demo 2:00 - 3:30	4 114 Butterfly Farm Tour* 9:30 - 11:00 13 Duran's Pharmacy Tour* 9:30 - 10:30 7 Pastel Workshop 9:30 - 12:30 80 Singing the Show Tunes 10:15 - 11:45 59 Tai Chi for Health 2 11:00 - 12:00	5 55 Tai Ji Quan for Balance B 9:00 - 10:00 7 Pastel Workshop 9:30 - 12:30 8 Weekends With O'keefe 12:30 - 2:00 57 Better Balance B 1:00 - 2:00	6 129 Human Evolution News 10:00 - 11:30 46 Matter of Balance 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00 140 Catholic Parishes of NM 12:30 - 2:00 Art Gallery Reception 5:00 - 6:30	7 9 Framing Workshop 9:30 - 12:00 91 Tchaikovsky 10:00 - 12:00 29 Gov Caruthers 2:30 - 4:00					
10	55 Tai Ji Quan for Balance B 9:00 - 10:00 10 Glass Jewelry Workshop* 11:00 - 2:00 51 Arthritis Pain Management 1:00 - 2:00 57 Better Balance B 1:00 - 2:00 160 Carole King @NRR* 3:00 - 4:30	11 141 Route 66 in Abq 10:00 - 11:30 59 Tai Chi for Health 2 11:00 - 12:00 10 Glass Jewelry Workshop* 11:00 - 1:00 30 Election of 2020 12:30 - 2:00 77 Austin Book Group 1:30 - 3:00	12 55 Tai Ji Quan for Balance B 9:00 - 10:00 107 Plus XII & the Holocaust* 10:00 - 11:30 142 Heart of Collecting 10:00 - 11:30 74 Medieval Cathedrals 12:30 - 2:00 57 Better Balance B 1:00 - 2:00 92 Bonnie Raitt 2:30 - 4:30	13 108 Binding of Isaac 10:00 - 11:30 46 Matter of Balance 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00 15 Celebration of Life Plan 2:30 - 4:00 157 Jack Benny @LVL* 3:00 - 4:30	14 250 NM Leadership Summit* 8:30 - 4:00 75 Pisa Cathedral 10:00 - 11:30					
17	55 Tai Ji Quan for Balance B 9:00 - 10:00 153 David Canyon Hike* 9:00 - 12:00 93 Allan Sherman 12:30 - 2:30 57 Better Balance B 1:00 - 2:00 125 NWS Tour* 3:30 - 5:00	18 103 Gentle Art of Wandering 10:00 - 11:30 59 Tai Chi for Health 2 11:00 - 12:00 78 Summit Book Group 11:00 - 12:30 31 Voter Registration Agent 1:00 - 2:30 79 Holmes Book Group* 1:00 - 2:30 32 Voter Registration Agent 3:00 - 4:30	19 Tutor Program (Preregistration required) 55 Tai Ji Quan for Balance B 9:00 - 10:00 57 Better Balance B 1:00 - 2:00	20 154 Las Vegas NM Trip* 8:00 - 5:45 67 Taste of Tai Chi Chih 9:00 - 10:00 11 Abq Museum Tour* 10:00 - 11:00 46 Matter of Balance 10:00 - 12:00 59 Tai Chi for Health 2 11:00 - 12:00	21 99 Oasis Entertainers Performance 2:00 - 3:00					
24	52 Neuroscience Headaches 12:30 - 2:00 53 Bone Loss 2:30 - 4:00	25 143 Swastika in NM History 10:00 - 11:30	26	27	28 Tutor Program (Preregistration required)					
31										



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How do I register for classes?

You may register online, in person at the Oasis office, or by mail at any time during the summer session. Payment is required at the time of registration and holds your place in a class. We normally do not take registrations over the phone because we need you to sign a waiver of liability. However, if you have special circumstances where you do need to sign up over the phone, we can accommodate you. If you have already registered for classes in the current term, you may add classes by phone.

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Typically, the Oasis office is open from 9:00am - 4:30pm Monday through Thursday, and 9:00am - 4:00pm Friday. **However, because of the uncertainty of COVID-19 restrictions, please call the office at 505-884-4529 to determine if we are open. You may also mail your form to us.**

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What if the class I want is full and I've already paid for it?

Due to space or other considerations, enrollment is limited for some classes and trips. You are welcome to join the waiting list so we can call you if space becomes available. Your name is NOT added to the roster until you have been notified and we have received your payment. If you do not get into the class and have paid by check or cash, we will issue a credit for any unused amount.

If you pay by credit card, we will only charge your card for the classes in which you are actually enrolled.

What is your guest policy?

You may register a guest by paying their class fee. Professional caregivers who accompany a participant do not need to pay.

I can't come to class. Can I get a refund?

Program fees are non-refundable unless Oasis cancels or reschedules the class. In the case of unforeseen circumstances (i.e. jury duty or emergency medical reasons), credit may be applied to another class. If possible, we ask you to give us at least 24 hours notice in advance of your absence so that, if applicable, we can add someone from the waiting list.

Can I give my seat to someone else if I am not able to come?

Just like the airlines, your seat in class is not transferable to someone else. It is not fair to those on our waiting list.

What is the payment policy for day trips?

Full payment is due to Oasis at the time of registration. If you cancel 7 or more days before departure, you will receive a credit; if you cancel fewer than 7 days before departure, you will forfeit the entire amount. If Oasis cancels a trip, you'll receive a full refund or credit.

Courtesy Confirmation Calls

Oasis volunteers try to telephone class members prior to a class to confirm details. We cannot guarantee we will always reach you, so be sure to keep your own calendar. We do not refund class fees if you miss a class because you were not called.

Food/Drink policy

You are welcome to bring water to any class, however, please do not bring gum, hard candy, snacks, beverages such as coffee, tea, soda, etc. into classrooms. We have tables in the lobby where you may finish your drink or eat a snack/lunch if you wish.

Because of current uncertain circumstances, please note that class dates, locations, and other details are subject to change. Please check your email for Oasis updates, visit our website, or call the Oasis office for up-to-date information. Check to see if Oasis office is open, as it may be better to mail your registration forms or register online.

Registration Info:

Oasis Policies

continued

I am experiencing a financial challenge. Do you offer financial assistance for classes?

If you are experiencing a financial challenge and find yourself unable to take lectures at Oasis, please make an appointment to speak with the executive director so we can find a way to support you.

The opinions expressed by presenters and volunteers are their own and do not necessarily reflect the views of Oasis or its sponsoring organizations.

Also, please remember that information received in Oasis classes related to health, finance (including appraisal or investment), or legal matters is presented in an educational context. You should seek professional advice related to your specific situation before making decisions in these areas.

Online registration: www.oasisabq.org

It's easy and convenient; pay with a credit card. (See page 74)

1. Go to www.oasisabq.org
2. Log in to your **MyOasis** account by clicking on **Sign In** (upper right corner). If you do not already have an account, please click on **Sign In** and then on **Create Account**.
3. You must fill out the **Create a MyOasis Account** form in order to create your password and user name for all Oasis online services.

Online signups require credit card payment.

Summer 2020

Registration opens Tuesday, May 19 at 10:00am.

Summer 2020 classes begin Monday, June 1.

How early can I register for classes, and how can I be sure I'll get into the classes I want?

Registration opens at 10:00am on Tuesday, May 19, 2020. If you register online at that time, you have a very good chance of getting into a popular (or limited enrollment) class. If you are not comfortable registering online, your best bet is to mail in your paper registration form as soon as possible. We start collecting registration forms the day the catalogs arrive; however, they are not entered into our system until registration opens at 10:00am on May 19, 2020.

You can mail your registration form at your earliest convenience after receiving, reviewing, and selecting classes from your new catalog. Paper registration forms are processed in the order they are received by volunteers beginning at 10:00am on the first day of registration (May 19, 2020). The first form received is the first one entered and so on. It takes our volunteers one to two days to process all the paper registration forms in the order they are received.

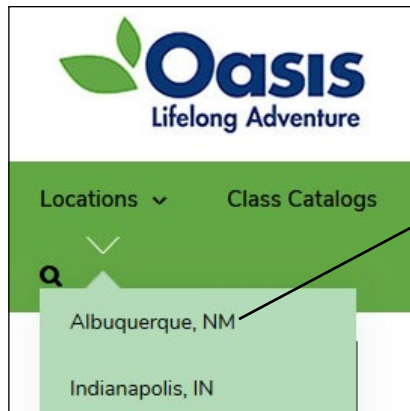
Important Registration Information

Complete your forms and payments carefully. Include payment for all of your classes and trips.

- **Couples or two friends** who attend classes together should submit forms together IN ONE ENVELOPE. You must, however, submit separate forms and payment for each person. Each attendee must sign the waiver of liability form.
- **Email:** If you have email, please include the address on your form, so we can email your receipt and confirmation.
- **Payment methods**
 - **Credit Cards:** *We strongly encourage payment by credit card.* If you pay by credit card, we will charge only for the classes in which you are enrolled.
 - **Cash or check payments:** We accept cash or checks. If you are paying by cash or check and a class is full when your registration is processed, we will apply the additional amount to your account and create a credit. You may use that for future classes OR it will be applied to your wait-listed class if space becomes available.

Our Location	Oasis Albuquerque in American Square Shopping Center 3301 Menaul Blvd. NE, Suite 18 Albuquerque, NM 87107-1855	Map on Back Cover
	Mailing Address: PO Box 35518 Albuquerque NM 87176	

How to register for classes on the Oasis website



1. Go to www.oasisnet.org

2. Click Sign In at the top to Sign in to MyOasis. If you don't have a MyOasis account yet, click "Create Your Profile" to get started.

3. Choose Albuquerque from the Locations list on the menu.

- If you are using a tablet or smartphone, tap the mobile menu icon to find the Cities list.

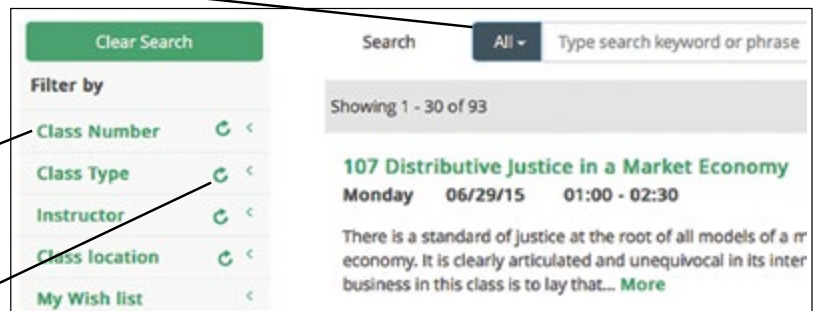


4. On the Albuquerque Oasis home page, choose **Classes** from the menu to see upcoming classes.

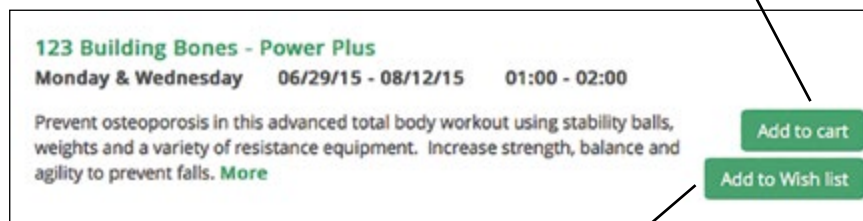
5. Finding classes: On the Classes screen, you can search using any of the Filters on the left, or by entering words in the Search box at the top.

If you know the class number, click the Class Number tool on the left and type the number.

If you are having trouble finding a class after using the search tools, try clicking the **Clear Search** button, or the **fishhook** next to the search tool.



6. To sign up for a class, click **Add to cart.**



7. Paying for classes:

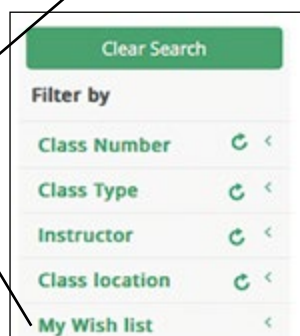
When you are ready to pay for classes in your cart, click **View Cart** and then proceed to checkout.

You will be directed to sign a waiver of liability.

After you agree to the waiver, follow the instructions to pay with a credit card.

The Wish List: If desired, you can mark classes that you want to sign up for at a later date by choosing **Add to Wish List**.

When you are ready to register for them, choose **My Wish list** on the left and then click **Add to Cart** to put your desired classes into your shopping cart. The **Add to Cart** button does not appear until registration opens at 10:00am on May 19.



Stay tuned for an exciting new shopping cart experience coming in 2020.

Oasis ID# (from address label on catalog):

Oasis ID# (from address label on catalog):

DateEmail AddressEmail Address

WAIVER OF LIABILITY: I, for myself and my executors, administrators and assigns do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **MEDIA RELEASE:** I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

By: _____
SIGNATURE (BEQUILLEN)

By:

SIGNATURE (REQUIRED) _____

✓ Check (on this side) the classes you would like to take.					Office Use Only
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W
	1	ORIGAMI WORKSHOP	\$20		
	2	MOSAICS ART WORKSHOP	\$55		
	3	MOSAICS ART WORKSHOP	\$55		
	4	KELLY JO POTTERY WORKSHOP*	\$50		
	5	METALSMITHING ART WORKSHOP*	\$75		
	6	EXPLORING CLAY WORKSHOP*	\$50		
	7	PASTEL LANDSCAPES WORKSHOP	\$55		
	8	WEEKENDS WITH O'KEEFE	\$10		
	9	FRAMING WORKSHOP	\$30		
	10	GLASS JEWELRY WORKSHOP*	\$75		
	11	ABQ MUSEUM TOUR*	\$20		
	12	DURAN'S PHARMACY TOUR*	\$18		
	13	DURAN'S PHARMACY TOUR*	\$18		
	14	CRIME PREVENTION	\$10		
	15	CELEBRATION OF LIFE PLANNING	\$5		
	16	FEDERAL COURT SYSTEM	\$10		
	17	SUPPORT TOUR*	\$18		
	18	SUPPORT TOUR*	\$18		
	19	SUPPORT TOUR*	\$18		
	20	FAA FIELD TRIP*	\$20		
	21	FAA FIELD TRIP*	\$20		
	22	FAA FIELD TRIP*	\$20		
	23	DISTRICT ATTORNEY'S PERSPECTIVE	\$18		
	24	JEOPARDY CHAMPION	\$12		
	25	VAPING: IS IT SAFE(R)?	\$10		
	26	NATIONAL SECURITY COUNCIL	\$10		
	27	LARRY BARKER	\$10		
	28	2020 NM LEGISLATURE	\$10		
	29	GOV CARRUTHERS CONVERSATION	\$12		

✓ Check (on this side) the classes you would like to take.					Office Use Only
✓	Cl#	* Indicates Off-Site Class	Fee \$	In	W
	30	ELECTION OF 2020	\$10		
	31	VOTER REGISTRATION AGENT	\$5		
	32	VOTER REGISTRATION AGENT	\$5		
	33	VIBRANT INDIAN CINEMA	\$10		
	34	FABULOUSLY FUNNY 50S	\$10		
	35	EVERYBODY LOVES LUCY	\$10		
	36	GUT HEALTH COOKING DEMO	\$30		
	37	ELDORA CHOCOLATE TOUR*	\$20		
	38	ELDORA CHOCOLATE TOUR*	\$20		
	39	PLANT-BASED EATING	\$12		
	40	SPROUTS MARKET TOUR*	\$10		
	41	THE WINES OF FRANCE	\$40		
	42	GOOD GUT HEALTH	\$10		
	43	TAPAS COOKING DEMO	\$30		
	44	LOWER YOUR BLOOD PRESSURE	\$10		
	45	MEDITATION WORKSHOP	\$12		
	46	MATTER OF BALANCE	\$0		
	47	HANDS-ONLY CPR & AED	\$5		
	48	PROTECTING YOUR BACK	\$15		
	49	LIMITS OF MEDICINE	\$10		
	50	TOP TEN PODIATRY PROBLEMS	\$10		
	51	ARTHRITIS PAIN MANAGEMENT	\$24		
	52	NEUROSCIENCE OF HEADACHES	\$12		
	53	BONE LOSS	\$10		
	54	TAI JI QUAN FOR BALANCE A	\$36		
	55	TAI JI QUAN FOR BALANCE B	\$36		
	56	BETTER BALANCE A	\$36		
	57	BETTER BALANCE B	\$36		
	58	TAI CHI FOR HEALTH 1	\$36		

✓ Check (on this side) the classes you would like to take.					Office Use Only
✓	Cl#	*Indicates Off-Site Class	Fee \$	In	W
	59	TAI CHI FOR HEALTH 2	\$36		
	60	QIGONG : TAOIST WATER METHOD	\$24		
	61	STRETCH & RELAX	\$16		
	62	TAI CHI FOR HEART CONDITIONS	\$16		
	63	YOGA FOR HAPPY FEET	\$8		
	64	YOGA FOR HEALTHY AGING	\$32		
	65	MINDFUL EATING & BREATHING	\$10		
	66	BETTER LIVING THROUGH MOVEMENT	\$24		
	67	TASTE OF TAI CHI CHIH	\$10		
	68	CELTS & WIKINGS	\$10		
	69	THE USSR AGAINST ITS PEOPLE	\$20		
	70	FDR & WORLD WAR II	\$20		
	71	SAINT-MICHEL & ST. MICHAEL'S	\$10		
	72	JEW'S & NAVAJO'S: TRADITIONS & LANDS	\$10		
	73	PHILIP II OF SPAIN	\$10		
	74	MEDIEVAL CATHEDRALS	\$12		
	75	PISA CATHEDRAL	\$10		
	76	ENLIGHTENMENT NOW DISCUSSION GRP	\$45		
	77	AUSTIN BOOK GROUP	\$10		
	78	SUMMIT BOOK GROUP	\$10		
	79	HOLMES BOOK GROUP*	\$10		
	80	SINGING THE SHOW TUNES	\$65		
	81	MEL TORMÈ	\$10		
	82	JERRY HERMAN	\$10		
	83	AMERICAN CIVIL WAR MUSIC	\$10		
	84	JOHN COLTRANE	\$10		
	85	JOHANNES BRAHMS	\$10		
	86	ETTA JAMES	\$10		
	87	ROBERT & CLARA SCHUMANN	\$10		

Oasis Summer 2020 Trimester Class Registration Oasis ID# (from address label on catalog): _____

Name _____ Address _____ Phone _____ Date _____

City _____ Zip _____ Email Address _____

WAIVER OF LIABILITY: I, for myself and my executors, administrators and assignees do hereby release and discharge Oasis and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by Oasis including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that all program fees are nonrefundable except as provided in the Oasis refund policy. **MEDIA RELEASE:** I give permission for The Oasis Institute to photograph or videotape me and to use my name, and image in Oasis materials and publicity. I authorize the use of my name and image in publications produced by The Oasis Institute's partners and by the media. I agree to be photographed or videotaped by the media for general publication.

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	8	WEEKENDS WITH O'KEEFE	\$10			
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	84	JOHN COLTRANE	\$10			
	85	JOHANNES BRAHMS	\$10			
	86	ETTA JAMES	\$10			
	87	ROBERT & CLARA SCHUMANN	\$10			

New Participant Form



For Office Use Only: ☐ Given Catalog ☐ Sent Catalog ☐ Mail Catalog

Date: _____ Month/Year of Birth: _____

Name: _____
(First) (Last)

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: () _____

Email Address: _____ Cell Phone: () _____

☐ Check here if you would like to "Opt In" to receive occasional group emails from Oasis.

In case of an emergency, contact:

_____ (Name) () _____ (Phone)

The information below is optional. It will be held strictly confidential.
It is used in applications for grant funding. Your cooperation is appreciated.

Gender: ☐ Female ☐ Male ☐ Other

Marital Status: ☐ Single ☐ Married ☐ Domestic Partnership ☐ Widowed ☐ Divorced

Race/Ethnicity: ☐ Asian ☐ Black or African American ☐ White/Caucasian ☐ Hispanic or Latino

☐ American Indian or Alaska Native ☐ Native Hawaiian or other Pacific Islander ☐ Two or more races

Highest Level of Education: ☐ Grade School ☐ High School ☐ Some College
☐ College Degree ☐ Post Graduate

How did you hear about Oasis? ☐ Brochure ☐ Advertisement ☐ Oasis Catalog
☐ Friend ☐ Presentation ☐ TV/Radio ☐ Walk-In ☐ Internet/Website ☐ Newspaper

If you would like to be an Oasis volunteer, please check your interests:

☐ Tutor ☐ Office Work ☐ Special Events ☐ Health and Wellness
Past/Present Past/Present
Employer: _____ Occupation: _____

Please return this form to:

Oasis ■ PO Box 35518 ■ Albuquerque, NM 87176 ■ 505-884-4529 ■ Fax: 505-884-4942

To register for classes, please see the Class Registration forms in this catalog, or visit us at www.oasisabq.org

Oasis Institute/Oasis Albuquerque

American Square Shopping Center

3301 Menaul Blvd. NE, Suite 18
Albuquerque, NM 87107-1855

Mailing Address:

PO Box 35518, Albuquerque NM 87176

505-884-4529

www.oasisabq.org

Registration opens

Tuesday, May 19, 2020, 10:00am

& continues **THROUGHOUT the term.**

See details page 73.

Classes begin Monday, June 1, 2020



www.twitter.com/OasisAbq



www.facebook.com/OasisAlbuquerque

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U.S. Postage

PAID

Albuquerque, NM

Permit No. 482

Oasis Albuquerque

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True Health NM

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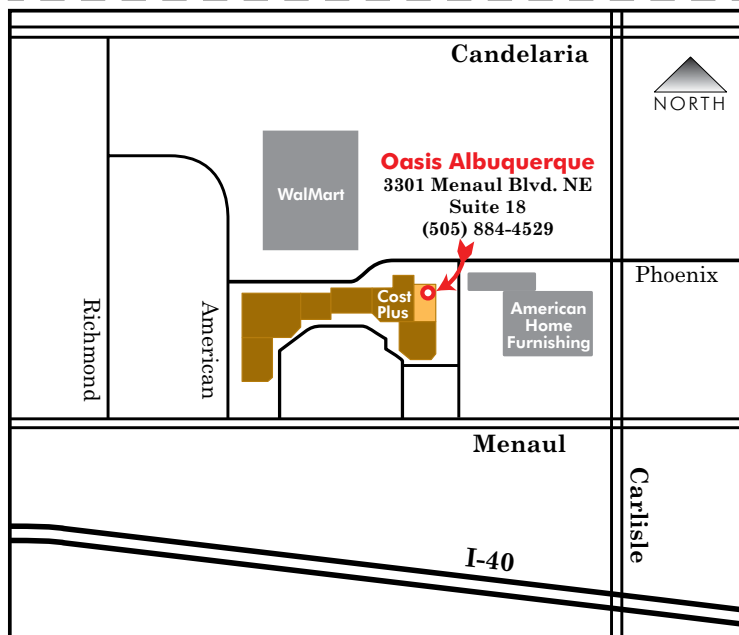
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Cynthia LaCoe-Maniaci
Health & Wellness Coordinator

Becky Kenny *Program Coordinator*

Sylvia Giomi *Administrative Assistant*

Because of current uncertain circumstances, please note that class dates, locations, and other details are subject to change. Please check your email for Oasis updates, visit our website, or call the Oasis office for up-to-date information.



Share Oasis! Recycle your catalog to a friend!