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OSHER LIFELONG LEARNING INSTITUTE AT UVA

University-level short courses
for lifelong learners



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SPRING 2023

Courses and so much more!



OLLI
Osher Lifelong
Learning Institute

This catalog was printed in **November 2022**
Spring Course Registration Opens **January 24, 2023**
Courses Begin **February 20, 2023**




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Letter from OLLI Leadership

OLLI at UVA staff and leadership are excited to welcome back the warm weather and our lifelong learning community as we head into our spring semester.

OLLI at UVA is offering numerous courses, presentations, outings, and events both in person and online, and we can't wait to join you in the classroom and out in the community as we learn and socialize together.

We are grateful to our many members and volunteers for their service each semester, and to our committed donors for their financial investment in lifelong learning. For more information about how you can join our volunteers and donors, visit our website: olliuva.org.

You may notice our catalog is slightly smaller this semester. Any information that has been removed can be found on our [website](#). This is a strategic effort to increase printed catalogs while being good stewards of our funding. We appreciate your support as we continually work to meet your highest expectations.

We hope you enjoy all that OLLI has to offer this semester, and as always, Stay Curious!

Yours in lifelong learning,



Tay Strauss
OLLI Director of
Programming



Genevieve Baer
OLLI Director of Operations
and Member Engagement



Gary Nimax
OLLI President

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HOW TO REACH US

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Charlottesville, VA 22902



“You can’t help getting older, but you don’t have to get old.”

GEORGE BURNS

At Our Lady of Peace, our lifestyle and programs are designed to help ensure that our residents are given plenty of opportunities for fun, socialization, and learning. We share OLLI’s philosophy of lifelong learning, because we know that honing new skills and challenging yourself mentally can actually slow cognitive aging!

To learn more about the benefits of living at Our Lady of Peace, call **434-973-1155** and schedule your visit.

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SUPPORT OLLI AT UVA WITH A GIFT!

As an independent, non-profit 501(c)(3) organization, OLLI relies on your generosity. Your donations help keep membership and course fees affordable, support member benefits and operating expenses, as well as help pay for equipment, catalogs, classroom rentals, scholarships and more.

We hope you will invest in OLLI at UVA this year by *donating* to our Annual Fund.

Thank you for your continued generous support of lifelong learning for our community.

VOLUNTEERS MAKE OLLI GO AND GROW!

Volunteers are the heart of OLLI's community. They serve as board members, committee members, instructors, class moderators, tech support and more.

There are a myriad of volunteer opportunities. For more information, please call 434.923.3600 or email our Volunteer and Events Manager, Marian Brown, dnw9ar@virginia.edu.

TECH AND OFFICE VOLUNTEERS



Laurie Axford



Roy Lee



Patricia Mininberg

OUR MISSION

Aware that an active mind is as necessary as social relationships and physical exercise to a full life, the Osher Lifelong Learning Institute at the University of Virginia offers educational opportunities and intellectual enrichment to adults in the community. OLLI draws upon its members, as well as other academic and community resources, to organize courses as well as other educational activities. In this stimulating environment, members may acquire knowledge, explore ideas, exercise creativity, and share interests and expertise with others.

NEW MEMBER SPECIAL



Are you interested in trying OLLI courses for the first time?

Join this Spring for only \$25!

Take advantage of our new student special membership rate of just \$25 for your first semester. Then pay for the courses you choose to enroll in. Course pricing varies depending on the length of the course and the type of course being taught. See the OLLI registration site for specific course information.

To receive this special rate, you must contact OLLI staff via email (olliuva@virginia.edu) or phone (434.923.3600) to sign up for your discounted membership rate!

A TASTE OF OLLI Course Preview for Spring

A TASTE OF OLLI

Charlottesville

Monday, January 9
2 – 3 p.m.

Meadows Presbyterian
Church

Fellowship Hall
2200 Angus Road
Charlottesville, VA 22901

A TASTE OF OLLI

Staunton

Wednesday, January 11
2 – 3 p.m.

 R.R. Smith Center
for History and Art,
Staunton

20 S New Street
Staunton, VA 24401

VIRTUAL TASTE

Online

Friday, January 13
2 – 3 p.m.

 Zoom

Go to olliuva.org
to register.

Please join us for the Taste of OLLI. You will meet instructors who will give a brief overview of some of the courses offered, hear about the spring semester, and be ready for registration on Tuesday, January 24, 2023 at 10 a.m.

We will offer three opportunities to meet several new and returning instructors to learn more about some of our course offerings this Spring. We will have refreshments for you to enjoy as you meet new members, reunite with returning members, and chat with instructors and staff.

We hope to see you for a taste of what OLLI has to offer!



OLLI
Osher Lifelong
Learning Institute

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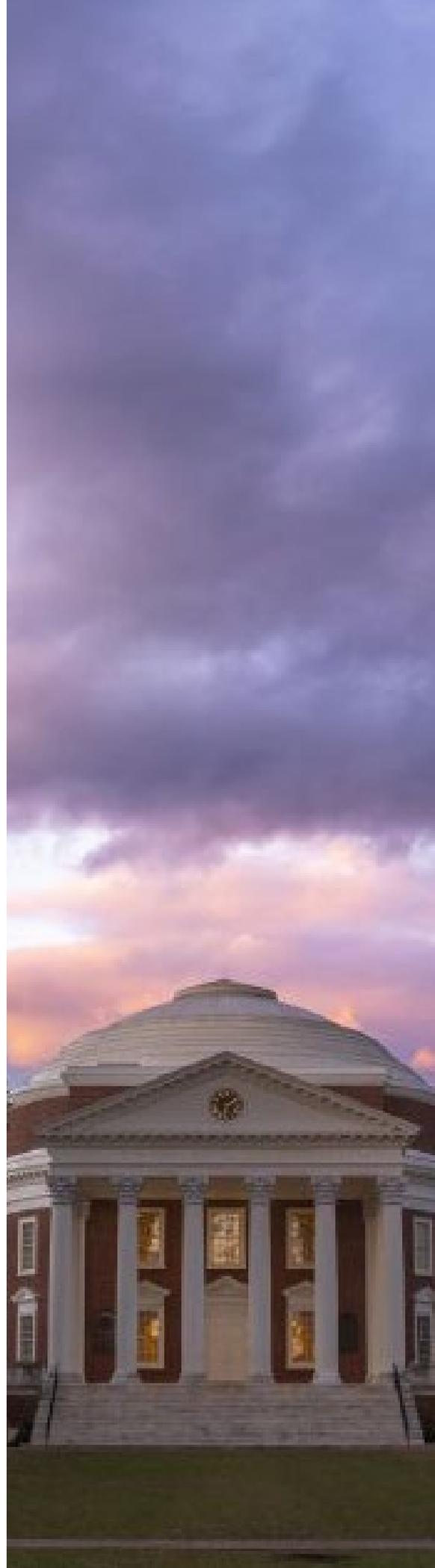
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IMPORTANT DATES

- Spring Course Registration Opens **January 24, 2023**
- Courses Begin **February 20, 2023**





OLLI at UVA in Partnership with Michie Tavern

presents

CHARACTERS OF CENTRAL VIRGINIA!

The OLLI winter session at Michie Tavern is a bonafide Charlottesville tradition! OLLI at UVA is very pleased to continue this wonderful partnership by offering another special winter session lecture-and-lunch series. Join us to learn, dine, and socialize in one of Central Virginia's most beautiful historic settings, where blazing fires will remove the cold winter chill.

The 2023 OLLI winter session at Michie Tavern features a series of talks—entitled “Characters of Central Virginia!”—presented by award-winning Virginia historian Rick Britton on three Thursdays: January 12 and 26, and February 9.

Central Virginia has never been short of “characters”—people with larger-than-life personalities, people whose lives have become the stuff of legend. In this series, historian Rick Britton proudly offers up three of the most fascinating individuals he’s had the pleasure to write about. Benjamin Franklin Ficklin is recognized as one of the founders of the Pony Express, but did you know that he also operated blockade runners during the Civil War and briefly owned Monticello? Well-heeled and well-educated, Archie Chaloner lived a doozy of a life: He penned reams of bad poetry, married erotica-writer Amelie Rives, killed a man in self-defense, and believed he possessed a mystical “x-factor.” The subject of a statue on the UVA Grounds, James Rogers McConnell—an inveterate bon-vivant, ideologue, and thrill-seeker—became one of the first fighter pilots of World War I’s famous Lafayette Escadrille. Join us!

- **January 12**
Thrill-Seeker Extraordinaire: Ben Ficklin, Albemarle’s Pony Express Founder
- **January 26**
The Amazing Life of Archie Chaloner: The Crazy Millionaire With “Special Powers”
- **February 9**
“Lafayette, We Are Here!”: The James Rogers McConnell Story

The lectures begin at 10:30 a.m. A question-and-answer period follows at 11:15, with lunch at 11:30. The \$35 fee (non-refundable) for each event includes the lecture and a traditional, colonial, Michie Tavern lunch. Sign up early to attend one, two, or all three presentations.

Michie Tavern, 683 Thomas Jefferson Parkway, Charlottesville, VA 22902

NOTE: You must be an OLLI member for the spring 2023 semester to participate in the winter session. The registration deadline is the Friday before each lecture. (Maximum capacity: 75. Snow date: February 23). Non-refundable.

*Rick Britton is an award-winning historian who has written extensively about the Virginia Piedmont’s fascinating history. He’s the author of *Jefferson: A Monticello Sampler* and 2015’s *Virginia Vignettes: Famous Characters & Events in Central Virginia History*. A much-sought-after speaker, he teaches classes on Central Virginia history, conducts tours, and illustrates maps for history books and websites.*

OUTINGS



King Family Vineyards Guided Tasting

Wednesday, April 19 at 1 p.m.

6550 Roseland Farm, Crozet, VA 22932

\$30 includes wine tasting and snacks

Non-refundable

Limit: 20

Come relax with us, enjoy the view, and taste the wine! King Family Vineyards is a family-owned and operated winery in Crozet, just 15 minutes west of Charlottesville. They have been Virginia wine farmers since 1998 and say “Our passion is the customer. Our craft is the wine.”

Memorial Day is the start of polo season at King Family Vineyards. Our OLLI Outing on April 19 is a bit early for polo, but the April view of the Blue Ridge foothills from the winery is guaranteed to be stunning. We will have a guided tasting of five wines at 1 p.m. followed by OLLI-provided snacks outside on the patio, weather permitting. Join us, rain or shine.



Live Arts Reception and Matinee Performance

Sunday, March 12 at 1 p.m.

Live Arts Theater

123 East Water St., Charlottesville, VA 22902

\$40 includes dessert and matinee

Non-refundable

Limit: 20

For more than three decades, Live Arts has been dedicated to “forging theater and community” in Charlottesville. Our OLLI reception at 1 p.m. will feature dessert and Live Arts Executive Director, Anne Hunter. Anne will introduce our group to Live Arts and the 2 p.m. matinee, *Crumbs from the Table of Joy*.

Crumbs from the Table of Joy is a warm and nostalgic play about a Black family, told through the eyes of 17-year-old Ernestine Crump as she comes of age in Brooklyn in 1950.

Recently widowed Godfrey Crump has moved his family north to Brooklyn from Pensacola. His daughters escape their isolation by going to the cinema, while Godfrey finds solace in radio evangelist Father Divine. Things change quickly when Aunt Lily, a free-spirited communist, bursts into their home.

“The 1950s was such a moment in American history in which I felt so much change...everything I had seen was in black and white. And I wanted to make it colorful. So I started writing *Crumbs from the Table of Joy* to try to understand that era.” —Lynn Nottage, Playwright

This is the Mentor/Apprentice show for the Live Arts 2022/23 season.



EXPLORERS' TOURS

These tours are designed to offer a unique behind-the-scenes local history experience and an opportunity to learn with other OLLI members.



The University of Virginia

Wednesday, March 8 at 10 a.m.

\$50 includes tours and lunch

Non-refundable

Limit: 10

Join us for a guided tour of the historic University of Virginia. We will start inside the Rotunda, walk the Lawn and visit the Memorial to Enslaved Labors. Together we will enjoy a private lunch in the Rotunda building.



Frontier Culture Museum, Staunton

Wednesday, April 5 at 11 a.m. 

\$30 includes tour and lunch

Non-refundable

Limit: 10

Join us in our exploration of the Shenandoah Valley's largest open-air, living history museum. The Frontier Culture Museum tells the story of thousands of people who migrated to colonial America in search of opportunities for a better life. We will begin with a boxed lunch at the picnic tables followed by a guided tour of the museum. During our tour, we will learn about shearing sheep and creating handmade textiles.

Directions and meeting information will be shared with those enrolled, one week before each tour.

HISTORY WALKING TOURS



Maplewood Cemetery

Friday, March 31 at 10 a.m.

\$15

Non-refundable

Limit: 20

The Albemarle Charlottesville Historical Society will guide this tour.

Tour Charlottesville's oldest public cemetery. This experience will include a visit to the resting places of some of Charlottesville's most interesting historical figures. You will be invited to contemplate what cemeteries and burial practices reveal about society and culture and how they have changed over time.



The Common House Black History Tour

Friday, April 28 at 10 a.m.

\$15

Non-refundable

Limit: 20

The Albemarle Charlottesville Historical Society will guide this tour.

This is a two-hour tour of Charlottesville's historic downtown and Court Square created with support from Common House social club. The tour focuses on the history of the local African American community, race relations, and how events of the past continue to affect the city today. While exploring downtown Charlottesville, you will hear stories about enslaved people, free Blacks, individuals with complex racial identities, segregation, forceful displacements, and Confederate monuments and their removal.

FARM TOURS

Bellair Farm
5290 Bellair Farm, Charlottesville, VA 22902

More details will be shared with those who enrolled, one week before each tour.



Bellair Farm Bird Walk **Thursday, May 25 at 7 a.m.**

\$25

Non-refundable

Limit: 30

Join us for a morning of birding at historic Bellair Farm in southern Albemarle County. Participants will be guided to several different habitat types on this expansive farm property, from ponds to open woods to shrub lines to pastures and old fields/meadows. Target species include tanagers, warblers, herons, kingfishers, sparrows, meadowlarks, bluebirds, and woodpeckers and raptors of all kinds. This is a walking tour, and distances covered may be up to 2.25 miles, depending on group consensus at the beginning of the morning.

NOTE: Farm roads are uneven surfaces and may be extremely muddy.

Recommended: waterproof, sturdy boots and appropriate attire for the weather.

Recommended: binoculars



Bellair Farm Tour **Thursday, June 1 at 10 a.m.**

\$25

Non-refundable

Limit: 30

Join us for a tour of Bellair Farm's livestock and vegetable fields! Bellair has operated ~25-acre vegetable business for over 12 years using ecological methods. The tour will cater to the interests of participants, will include a look at the production fields, livestock areas, and farm ecosystem at large. Farm Manager Michelle McKenzie will be happy to talk about the business of farming, conservation on the farm, vegetable production, livestock, or all of the above.

NOTE: Farm roads are uneven surfaces and may be extremely muddy.

Recommended: waterproof, sturdy boots and appropriate attire for the weather.

Recommended: binoculars



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SPECIAL LECTURE IN PARTNERSHIP WITH THE GREENCROFT CLUB



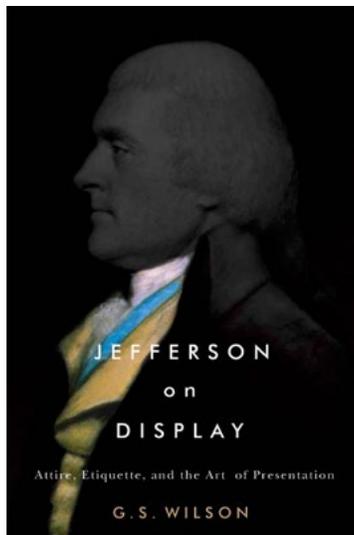
featuring

GAYE S. WILSON, PhD

**Jefferson on Display:
Attire, Etiquette, and the Art of Presentation**

**Thursday, April 13, 4-6 p.m. (Jefferson's Birthday)
The Greencroft Club
575 Rodes Drive, Charlottesville, VA 22903**

\$26 (includes a beverage and hors d'oeuvres)



From his first steps onto the virtual stage of national and international politics, the multifaceted Thomas Jefferson adeptly created and managed a public image that could change as needed to promote his political goals.

During his long career, this image shifted from cosmopolitan intellectual to man of the people. As president, he kept friends and foes guessing: he might appear unpredictably in worn and out-of-date clothing with hair unkempt, yet he could as easily play the polished gentleman in a black suit as he hosted small dinners in the President's House that were notable for their French-inspired food and fine European wines. Even in retirement Jefferson's image continued to evolve as guests at Monticello reported being met by the Sage clothed in rough fabrics that he proudly proclaimed were created from his own merino sheep, leading Americans by example to manufacture their own clothing, free of Europe.

Author and historian, Gaye S. Wilson has studied Jefferson through his portraits, clothing choices, and contemporary accounts of his polite refinements of dining, grooming, and conversation. She sets this against his political goals and objectives in order to reach a better understanding of the 'why' as well as the 'what' of his self-fashioning.

Gaye S. Wilson has been associated with the Thomas Jefferson Foundation at Monticello since 1993. As the Shannon Senior Historian at Monticello's International Center for Jefferson Studies, she lectured and published on Jefferson and his times extensively. She holds a BA and MFA from the University of Texas and a PhD from the University of Edinburgh. Currently she serves on the OLLI at UVA Board of Directors.

Those who enroll in this lecture are invited to make a dinner reservation at the Greencroft Club. Dinner will be after the lecture.

MEMBER BENEFITS

OLLI at UVA is proud to offer lectures, author talks, tours, workshops, shared interest groups (SIGs), weekly member-only e-newsletters (*Insider*), socials, and more, included in your membership each semester.

More opportunities pop up throughout the semester. We hope you will join us!

THE VIRGINIA FESTIVAL OF THE BOOK: COMMUNITY READ

We look forward to partnering with The Virginia Festival of the Book again this spring. **The festival will be March 23-26, 2023.** Stay tuned to the member-only *Insider* for more information.

STARGAZING AT MCCORMICK OBSERVATORY

Friday, March 24, 9-11 p.m.

The stars come out at night! We hope you will join us for a closer look at the night sky at the historic University of Virginia McCormick Observatory! **Thanks to the University of Virginia, this tour is free!**

This building is historic, therefore, does not offer modern ADA amenities. Directions and details will be shared with those who enroll, one week before this opportunity.



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PHYSICAL THERAPY @ ACAC

WORKSHOP SCHEDULE



“How to Identify and Prevent the Risk of Falls”

Presented by Jo Reeder PT, DPT, Board Certified Geriatric Clinical Specialist, Caroline Merva PT, DPT, Board Certified Geriatric Clinical Specialist

- **Friday, February 24**
- **11 a.m.**
- **ACAC PT Conference Room, 414 Albemarle Square**

This workshop is designed to help individuals understand the impact of falls on older adults. Jo and Caroline will guide you in learning potential fall risk factors, how to decrease your risk for falls, and home safety modifications that can be made to reduce the risk of falling and assist with aging in place.

“Headache Treatment: Cervicogenic Headaches more Prominent than Literature Suggests”

Presented by Raymond Moreland MPT

- **Friday, March 24**
- **11 a.m.**
- **ACAC PT Conference Room, 414 Albemarle Square**

This workshop is designed to cover several topics including migraines, tension headaches, cluster headaches, occipital neuralgia, cervicogenic headaches, and how to improve and manage your symptoms through Physical Therapy.

“Strategies To Avoid 1 Rep Max Living”

Presented by Chris Gettle DPT, OCS

- **Friday, April 21**
- **11 a.m.**
- **ACAC PT Conference Room, 414 Albemarle Square**

Learn strategies to keep your body strong and avoid one repetition-max living. This seminar will focus on evidence-based strength training in the older adult to keep your body functional and strong as you age.

“Overview of Parkinson’s: Early signs and the importance of early interventions through Physical Therapy”

Presented by Ashleigh Dressel PT, DPT, LSVT

- **Friday, May 26**
- **11 a.m.**
- **ACAC PT Conference Room, 414 Albemarle Square**

In this course you will learn about Parkinson’s Disease, how it is diagnosed, how the disease progresses and other important factors to know regarding this disease. You will also learn about the early signs and symptoms of Parkinson’s, and what you should do if you think you may have this neurologic condition. You will also hear about the importance of early intervention and how that impacts maintaining your independence and functional activity level. Physical Therapy is an important part of disease management and will provide many benefits to the person with Parkinson’s Disease and their family.

Spring 2023 Course Instructors

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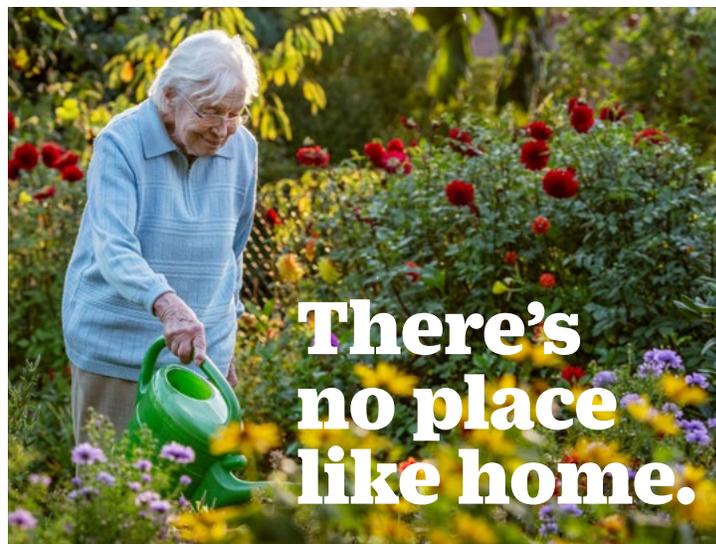
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**There's
no place
like home.**

JABA can assist in answering your questions about:

- Home delivered meals
- Affordable senior housing options
- Adult care centers
- Home care
- Medicare and ACA counseling
- Caregiver support

Are you a senior looking for options to help you maintain your independence?

Make JABA'S Senior Helpline your first call. (434) 817-5253

Jefferson Area Board for Aging jabacares.org
Serving older adults and their caregivers in Charlottesville and Albemarle, Fluvanna, Greene, Louisa, and Nelson counties.

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Course Categories, Semester Info & Course Venues

SEARCHING FOR COURSES JUST GOT EASIER

Whether online or here in the catalog, you can search for courses by category. Each OLLI course is assigned a prefix to indicate its category. OLLI at UVA's volunteer Curriculum Committee, tasked with developing a well-rounded offering of courses each semester, has adopted the following eight category areas:

Arts	ARTS	Music, Drama, Art History, Film, Architecture
Health and Wellness	WELL	Medicine, Health, Fitness, Aging
History	HIST	All – U.S., International, Classical, Modern
Humanities	HUMN	Religion, Philosophy, Literature, Poetry, Foreign Languages
Lifestyle	LIFE	Hobby, Activities (Cooking), Sports
Public Affairs	PBAF	Political Science, International Relations, Law, Current Events
Science and Technology	SCIT	Hard Science, Natural Science, Technology, Engineering, Computing, Mathematics
Social Science	SCSC	Economics, Business, Psychology, Sociology, Anthropology

 Online Course	 Valley Location	 Requires Walking	 New Course	 DEIA Programming
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This catalog was printed in November 2022. Please check the registration system via OLLI's [website](#) or the digital catalog for the most up-to-date information.

COURSE VENUES

AUGUSTA HEALTH COMMUNITY 
HEALTH CARE BUILDING
 78 Medical Center Drive
 Fishersville, VA 22939

HOMEWOOD SUITES
 2036 India Road
 Charlottesville, VA 22901

IVY CREEK NATURAL AREA
 1708 Earlysville Road
 Charlottesville, VA 22903

MEADOWS PRESBYTERIAN CHURCH
 2200 Angus Road
 Charlottesville, VA 22901

OLD IVY ROAD CONFERENCE ROOM
 2420 Old Ivy Road
 Charlottesville, VA 22903

ONLINE 
 OLLI at UVA's Zoom account

STUDIO IX
 969 2nd Street SE
 Charlottesville, VA 22902

THE CENTER
 540 Belvedere Boulevard
 Charlottesville, VA 22901

THE LODGE AT OLD TRAIL
 330 Claremont Lane
 Crozet, VA 22932

THE R. R. SMITH CENTER FOR HISTORY AND ART 
 20 South New Street
 Staunton, VA 24401

THE STAUNTON INNOVATION HUB 
 11 N. Central Avenue
 Staunton, VA 24401

TUCKAHOE CLUBHOUSE
 37 Stone Orchard Drive
 Nellysford, VA 22958

UNITY OF CHARLOTTESVILLE
 2825 Hydraulic Road
 Charlottesville, VA 22902

WESTMINSTER CANTERBURY
 250 Pantops Mountain Road
 Charlottesville, VA 22911

WTJU
 2244 Ivy Road
 Charlottesville, VA 22903

A Google Maps link to your specific course location will be included in your emailed one-week course reminders.



ARTS SESSION A

♦ NEW ♦

ARTS091
“Like a Colossus”: Honor, Error and Power
in Shakespeare’s Julius Caesar
Charles Chadwick

Session A
Tuesday, 9:30–11 a.m.

2/21, 2/28, 3/7, 3/14, 3/21, 3/28

The Center

\$66

Limit: 25

No other play of Shakespeare deals so directly with politics and the exercise of power as does *Julius Caesar*. This play fascinates modern audiences as much as it did the Elizabethans. Its obvious political nature and its memorable language pull us into its web. The questions it raises resonate. Can power be used to resist power? Should we seek stability at any cost? Can a good man act badly for honorable reasons? The course will be an in-depth examination of the play. We will view a video production of the play, accompanied by lecture material and interactive class discussion.

Recommended reading can be found on the OLLI at UVA registration site.

Charles Chadwick has an MA in literature and has taught for OLLI since 2014, including seven prior courses on the plays of Shakespeare, three courses on the plays of Eugene O’Neill, and courses on poetry and contemporary literature. He is retired after a career in organizational ethics and as an executive in US government contracting.

♦ NEW ♦

ARTS092
Verismo and Beyond:
Opera Enters The 20th Century
Timothy Snider

Session A
Wednesday, 1–2:30 p.m.

2/22, 3/1, 3/8, 3/15

WTJU

\$44

Limit: 25

At the end of the 19th century Italian opera was characterized by a style known as “verismo” or “truth.” Audiences were thrilled with such passionate works as

Pagliacci and *Cavalleria Rusticana*, but the style was not long-lived. The last Italian opera to enter the standard repertoire was Puccini’s *Turandot*, which premiered in 1926. Instead, opera in the 20th century entered hitherto uncharted territory. This course will explore the verismo style and how opera evolved in the 20th century in this latest series of lectures on opera that has proven popular with OLLI’s participants.

Tim Snider is a retired attorney and host of WTJU’s Sunday Opera Matinee. He frequently lectures before the Met Opera in HD broadcasts at the Paramount. His lectures for OLLI on opera have been popular with attendees.

ARTS045
Bach
Don Loach

Session A
Monday, 11 a.m.–12:30 p.m.
2/27, 3/6, 3/13, 3/20, 3/27, 4/3

 **Online**

\$66

Limit: 30

Johann Sebastian Bach dedicated his towering musical monuments to the glory of God alone and the refreshment of the Spirit. In this course we will seek to experience the incredible breadth and depth of a few of his great works through listening to recorded passages and viewing performances on film, when available. After first becoming acquainted with the elements of his style as found in his keyboard music, we will move on to his concertos, sonatas, suites, and sacred vocal music. Hopefully, we will acquire an ever-deeper understanding of Bach’s masterpieces and develop further our skills as informed listeners.

Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory and was Music Director of Choral Organization. He was also Director of The Oratorio Society of Virginia. Dr. Loach received his BA at the University of Denver, an MMus at Yale University, and a PhD at the University of California, Berkeley.



♦ NEW ♦

ARTS093**Virginia Opera Presents “Understanding Opera: The Life and Times of Giuseppe Verdi”**
Joshua Borths**Session A****Tuesday, 1-2:30 p.m.****3/7, 3/14, 3/21****Homewood Suites****\$33****Limit: 35**

Opera was created in Italy during the late Renaissance, and since that time, artists and audiences have utilized the artform to explore diverse sounds, stories, and cultures. Join Virginia Opera’s Resident Scholar, Joshua Borths, for an engaging series exploring the history of the artform. Across these three classes, students will “zoom in” on the famous composer, Giuseppe Verdi. Students will explore Verdi and learn how his operas intersect with the history of Italy, the story of opera, and the artistic innovations of the time. Learn about the early, middle, and late Verdi operas while simultaneously preparing for performances of “La traviata” in March 2023 at Virginia Opera.

Joshua Borths is the resident scholar of Virginia Opera, charged with educating audiences of all ages. With over a decade of experience in opera, Borths has worked as an educator, stage director, arts administrator, and dramaturg with companies such as Arizona Opera, Des Moines Metro Opera, Opera Columbus, Pensacola Opera, and more. As an experienced teacher, Borths most recently served on the faculty of Capital University as the professor of Music History and director of Opera & Musical Theatre. His work has been featured in Opera News and TED Ed. His operas and programming can be licensed on OperaClassroom.com.

♦ NEW ♦

ARTS098**Shakespeare’s Toolbox:
The Page, the Stage, and the Audience**
Aubrey Whitlock**Session A****Thursday, 10:30 a.m.-12 p.m.****3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20****V The Staunton Innovation Hub****\$77****Limit: 25**

An in-depth look at the spring production of *As You Like It* at the American Shakespeare Center. Explore Shakespeare’s wordcraft and stagecraft through a combination of textual analysis and performance exploration covering his language, staging, and use of the audience. Syllable by syllable, discover the infinite variety of choices that are yours to make in every line. Put the text back into its dramatic context and watch it come alive as we navigate the directions for the stage embedded into the language on the page. Bring it all together by exploring different ways to include the audience in the discoveries we make on both page and stage.

Recommended reading can be found on the OLLI at UVA registration site.

Aubrey Whitlock is the Associate Director of Education Programming at the American Shakespeare Center. An actor, stage manager, and former high school and middle school English teacher, she holds an MA in Teaching as well as an MLitt and MFA in Shakespeare and Performance.

♦ NEW ♦

ARTS094**Judy Garland: Beyond the Rainbow**
Dan Sherman**Session A****Thursday, 2:30-4 p.m.****3/23****Homewood Suites****\$11****Limit: 35**

Judy Garland was an icon of the screen, best known for the *Wizard of Oz*, which was filmed when she was only 16. Despite many successes at MGM studios, her career there ended when she was dismissed 12 years later. Loved by her fans, Judy Garland immediately went on to a hugely successful career outside of the movies as a concert performer. This course will fill in the background of Garland’s life and career with little-known facts and show many clips that present the emotional depth she projected until her death at age 47 in 1969.

For the past 10 years, Dan Sherman has presented talks on musical theatre composers and lyricists to many groups, including Osher Lifelong Learning Groups around Washington, DC and in Virginia. Dan holds a PhD in economics from Cornell University and in 2018, retired as managing director at the American Institutes for Research in Washington, DC. He lives in Alexandria, Virginia and hopes to move to his house on a lake in Williamsburg next year and pursue his interests in both music and mathematics at William & Mary.

◆ NEW ◆

ARTS095
Wilderness and Rusticity in American
Architecture, Art and Culture
Richard Guy Wilson

Session A
Tuesday, 10–11:15 a.m.

3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9

Unity of Charlottesville

\$77

Limit: 80

The concepts of wilderness and rusticity are major components of American identity and culture, and therefore of art and design. The location of American values in the wilderness and the attempt to express them visually, physically, and intellectually is an American trait that lies in opposition to other methods of defining American character, as for example through history and/or the approbation of European motifs. This course will look at landscape painting, the development and design of the national parks, and the architecture of cabins, resorts and hotels. Included will be the work of Downing, Church, Olmsted, Richardson, and others.

Recommended reading can be found on the OLLI at UVA registration site.

Richard Guy Wilson is Commonwealth Professor emeritus in Architectural History at the University of Virginia. His many books, articles and exhibits include different aspects of American and modern architecture including Thomas Jefferson and the Arts & Crafts movement. He has taught six courses for OLLI at UVA.

◆ NEW ◆

ARTS096
Sun Quartets to Black Angels:
A Survey of the String Quartet
Ben Roe

Session A
Wednesday, 3–4:30 p.m.

3/29, 4/5, 4/12, 4/19, 4/26, 5/3

V R.R. Smith Center for History and Art

\$66

Limit: 30

The string quartet, the combination of two violins, viola, and cello, has been called “the most perfect expression of human behavior.” In this six-part course, Heifetz Institute President & CEO, Benjamin K. Roe, examines the over 250-

year history and development of the string quartet, and how it became a medium for many composers’ most intimate and profound utterances. Those enrolled will be invited to attend a concluding concert featuring the Borromeo String Quartet in concert.

Benjamin K. Roe is the President & CEO of the Heifetz International Music Institute, and a longtime speaker, writer, presenter, judge, and broadcaster in the arts, including a 20-year stint at National Public Radio (NPR).

◆ NEW ◆

ARTS097
Piano Solos by Major Composers: Part Six
Arnold Popkin

Session A
Monday, 10–11:30 a.m.

4/3, 4/10, 4/17, 4/24

Westminster Canterbury

\$44

Limit: 60

Each class will feature a live 60-minute performance of music by composers such as Beethoven, Schubert, Chopin, Liszt, Rachmaninoff, Debussy, Brahms, and others, followed by 30 minutes of discussion about the composer and each piece.

Arnold Popkin, MD retired after a 47-year career as an ophthalmologist. He kept up his musical life by giving 20 solo piano recitals at UVA’s Cabell Hall, recording 8 CDs of piano music, and giving many other performances for retirement communities, charities, community arts associations, and the Wednesday Music Club.



ARTS SESSION B

ARTS047**Jazz Genealogy: Learn, Listen, Live
Horace Scruggs****Session B****Tuesday, 11 a.m.-12:30 p.m.****4/18, 4/25, 5/2, 5/9, 5/16, 5/23****Homewood Suites****\$66****Limit: 35**

Listening effectively to jazz can be greatly enhanced by understanding the creative forces that formed "America's Classical Music." This course will explore the people, places, and cultures that combined to create one of the most sophisticated styles of music. From Ragtime to Rock, from New Orleans to New York, class participants will gain a broad knowledge of Jazz through informative and entertaining lectures, video and audio examples, and live music demonstrations.

Teaching and conducting professionally since 1985, Horace Scruggs is an active musician residing in Central Virginia. Mr. Scruggs holds a BA of Music Education with a concentration in voice from Longwood University, and an MA in Music Education with a choral conducting concentration from Shenandoah Conservatory. He also holds a Certificate in Music Production from Berklee College of Music. Mr. Scruggs' musical experience is a varied one. He has taught all grade levels (K-12) and has worked professionally with school, community, and church choirs and ensembles. A multi-instrumentalist and a recording studio owner, he has produced recordings for many local musicians, bands, and choirs. Mr. Scruggs also leads "Odyssey of Soul," a group of musicians that performs lecture-concerts that provides in-depth presentations on the History of African American Music and Culture.

ARTS023**Beyond the Basics: Part II of Yes, You Can
Learn to Draw****Pam Roland Lengel****Session B****Thursday, 1-2:30 p.m.****4/20, 4/27, 5/4, 5/11, 5/18, 5/25****The Center****\$66****Limit: 20**

If you recently took Yes, You Can Learn to Draw (OLLI Fall 2022) and want to learn more, this course will provide time for practice and feedback. We will explore the geometry and patterns of the world around us, including nature, man, and the things we love.

Part I is not required to enjoy and learn in this course.

Required and recommended materials and reading can be found on OLLI at UVA's registration site.

Pam Roland Lengel, PhD has been a high school English teacher, a teacher of teachers as an instructional and supervision specialist and has been giving art lessons since 1995. She is active in the Central Virginia Watercolor Guild and was a UVA professor at the School of Continuing and Professional Studies.

♦ NEW ♦

ARTS098**John Trumbull and Thomas Jefferson:
Picturing History
Gaye Wilson****Session B****Wednesday, 2-3:30 p.m.****5/17, 5/24****Homewood Suites****\$22****Limit: 35**

John Trumbull's iconic painting, *The Declaration of Independence, July 4th, 1776*, was a long time in the making. The final version that now hangs in the rotunda of the US Capitol signifies an interesting collaboration between the artist and his contemporary, Thomas Jefferson. This course will focus on this painting supported by examples of other pertinent works from Trumbull's studio. The art is discussed within the context of the political events of the time and offers a different approach to understanding the ambitions for the new Republic along with the personal aspirations of both Trumbull and Jefferson.

Recommended reading will be shared with those who enroll in this course.

Gaye Wilson holds a PhD in history from the University of Edinburgh and a BA and MFA from the University of Texas. She has been affiliated with Monticello's International Center for Jefferson Studies since 1993 and held the position of Senior Historian until 2020. Her published work includes the book "Jefferson on Display" plus numerous articles and essays.



HEALTH & WELLNESS SESSION A

◆ NEW ◆

WELL033
Advances in Community Based Health Care: Community Partnerships
Krystal D. Moyers

Session A
Friday, 9-10:30 a.m.

2/3 (this is scheduled before the official start of the semester)

V Augusta Health Community Care Building

\$11
Limit: 60

Learn about the value and impact of partnerships for independent, community-based hospitals. We will provide an overview of Augusta Health's community benefit program including the health system's Community Health Needs Assessment process, outreach and health education initiatives designed to improve health in the identified priority areas, and innovative community partnerships intended to have measurable collective impact.

Krystal D. Moyers is a health educator and currently serves as the Administrative Director of the Community Outreach and Partnerships Team at Augusta Health. She graduated from James Madison University in 2007 with a BA in Business Administration. In 2009, she received a MPH degree from Virginia Polytechnic University. She is a Certified Health Education Specialist through the National Commission for Health Education Credentialing. As the Administrative Director of Community Outreach, Krystal oversees Augusta's Health Community Health Needs Assessment, the corresponding Implementation Strategy and the major programs being implemented to address the top health priorities of Staunton, Augusta County, and Waynesboro. These programs include a farm located on Augusta Health's campus, a healthcare for the homeless initiative and a school-based nutrition program called Get Fresh. Krystal is also responsible for tracking the outcome measures of the initiatives to measure the impact on the health of the community. She was named a Rising Star in Healthcare by OurHealth magazine in 2018, is participating in the American Hospital Association's 2022 Next Gen Fellowship Program, and is passionate about creating systemic change in the health of the community.

Krystal lives with her husband, Justin, and daughter, Charlotte, in Mount Crawford, on a farmette with their goats, dogs and cats. Krystal enjoys being physically active, especially in the outdoors, flower and vegetable gardening, adventures in new places, and completing home renovation projects.

◆ NEW ◆

WELL034
Aging in Place: The Village Model
Maryann Long & Laura Wallace

Session A
Tuesday, 3-4:30 p.m.

2/21, 2/28, 3/7

Homewood Suites

\$33
Limit: 20

Many seniors would prefer to age independently at home, rather than move into retirement communities or assisted living facilities. What stops them? The Village Network is a successful, nonprofit model for organizing volunteers who offer practical assistance to elders in local neighborhoods. Volunteers also receive help and support for maintaining their own independence as needs arise. This course explores the health and social significance of aging in place, common obstacles, and a detailed look at how the Village model makes this lifestyle more possible for many elders. The course features group discussions and brainstorming toward a pilot Cville Village.

Recommended material and reading can be found on the OLLI at UVA registration site.

Maryann Long, PhD, Cville Village President, former commissioner of a national midwifery accreditation organization, champions the "neighbors helping neighbors" ethos to strengthen communities. Laura Wallace, MA Johns Hopkins, Cville Village VP, poet and Charlottesville native, taught in grad school and worked in health publishing. She advocates for fulfilling, engaged and well-supported old age.



◆ NEW ◆

WELL035

Dementia 101: Raising Awareness and Understanding
George Worthington

Session A

Wednesday, 2-3 p.m.

3/1, 3/8, 3/15

Homewood Suites

\$33

Limit: 25

Are you comfortable interacting with people experiencing changes in their thinking and memory? Are you aware of services and programs to help people maintain a good quality of life? Did you know that there are changes you can make that can help reduce your risks of developing dementia? In this three-class course you will become a Dementia Friend and learn basic information about dementia and Alzheimer's disease including the ten warning signs, learn about resources and services available in the community and how to access them, and hear about the latest research around brain health and dementia risk reduction. This is a vibrant area of research, and much has been learned in recent years about lifestyle changes that can reduce the risks of developing dementia.

As the Dementia Services Coordinator for Virginia's Department for Aging and Rehabilitative Services (DARS), George Worthington supports the Alzheimer's Disease and Related Disorders Commission, drives the implementation of the Dementia State Plan, reviews existing programs and works with other agencies to more effectively deliver services to Virginians living with dementia. A native of Charlottesville, George has worked in human services for ten years since shifting careers from economics. George has an MS in Clinical Psychology from LaTrobe University in Melbourne, Australia, in addition to an MS in Economics from the London School of Economics.



◆ NEW ◆

WELL036

Advances in Community Based Health Care: Using the Tools of Population Health and Health Equity to Improve Community Health
Clint Merritt, MD

Session A

Wednesday, 10-11:30 a.m.

3/8

V Augusta Health Community Care Building

\$11

Limit: 60

This course will explore basic concepts in population health and health equity: How do we use data to better select the right services for patients? How do we coordinate care for high complexity patients? How does an understanding of health disparities enhance our ability to promote community health? In a basic way, how do these tools tie to the economics of healthcare? We will look at local data and current population health work to illustrate and discuss these ideas.

Clint Merritt MD is an internal medicine physician, and he currently works as the Chief Population Health Officer at Augusta Health. As a physician, most of his career has been spent taking care of patients in the hospital. In his current role, he leads programs focused on improving the health in our community through better care coordination, more collaboration with community partners and efforts to reduce barriers to care. Dr. Merritt serves as the executive director for Augusta Health's accountable care organization, and he leads the health system's efforts to succeed in value-based care, which means providing care of the highest quality while also reducing unnecessary costs.

◆ NEW ◆

WELL037

Advances in Community Based Health Care: Evolution of Outpatient Care
Scott Crabtree and Mark LaRosa

Session A

Tuesday, 3-4:30 p.m.

3/21

V Augusta Health Community Care Building

\$11

Limit: 60



The one constant we can count on in healthcare is that the need for outpatient care resources will continue to increase as new knowledge, skills, and technology promote greater need for outpatient care. Cases that required hospitalization years ago can now be performed on an outpatient basis and the patient returns home by the end of the day. This course will track key evolutions in outpatient care and how this has informed the capabilities and design of outpatient facilities and services.

Scott Crabtree, Vice President of Professional Services and Mark LaRosa, Vice President of Business Development and Chief Strategy Officer at Augusta Health.

HEALTH & WELLNESS SESSION B

WELL031
The Health Benefits of Awe Experiences
John Burt

Session B
Monday, 11 a.m.-12:30 p.m.
5/1, 5/8, 5/15, 5/22

Studio IX
\$44
Limit: 10

This course will explore the most awe-inspiring places in the world conjoined with a discussion of the health benefits of awe experiences. Each student will create a pictorial awe journal to which they can return at regular intervals to replay their awe selections. Current research suggests that awe can take us outside the self, unplug the ego, and connect us with positive emotions. Among our visits, we will spend one day on Mars with an aerospace-engineer-guide. We will also explore awe returns from the James Webb Space Telescope.

Recommended reading can be found OLLI at UVA's registration site.

John Burt is a retired professor and Dean, College of Public Health, University of Maryland. Author of three college textbooks, and more than 100 research papers.



HISTORY SESSION A

HIST014
North Korea:
The Kim Dynasty and the People
Ronald Dimberg

Session A
Friday, 10-11:30 a.m.

2/24, 3/3, 3/10, 3/24, 3/31, 4/7
(No class on 3/17)

Old Ivy Road Conference Room
\$66
Limit: 25

This course will trace developments in North Korea from the partition of the peninsula in 1945 through the second decade of the 21st century. Topics will include the founding of the Democratic People's Republic of Korea, the rise to power of Kim Il-Sung and his successors, his son and grandson, the goals of their policies and the reaction of the ordinary people, relations with the Republic of Korea (South Korea) and the rest of the world, and North Korea-US relations. The period of the current North Korean leader, Kim Jung-Un, and changes he has introduced in the North, will be given special attention.

Recommended reading can be found on the OLLI at UVA registration site.

Ron Dimberg earned a PhD in East Asian Studies at Columbia University before joining the Department of History at the UVA in 1968. He retired in 2012. During his years at UVA he taught courses on pre-modern Chinese history with occasional courses in Japanese and Korean history until focusing exclusively on Korea in the late 1990's. He has been teaching OLLI courses about Korea since the fall of 2013.

HIST020
Leadership at the Turning Point:
America and Its Quest for Statesmanship
Terry Newell

Session A
Wednesday, 10-11:30 a.m.

3/1, 3/8, 3/15, 3/22, 3/29

The Lodge at Old Trail
\$55
Limit: 20

Americans are tired of politics as usual. We yearn for statesmanship – for leaders concerned about the next generation, not just the next election. This course focuses

on five leaders at turning points in America's history. We'll explore Abraham Lincoln's Second Inaugural Address, George Washington's farewell address, Martin Luther King, Jr.'s Letter from the Birmingham Jail, Susan B. Anthony's statement at her trial for voting, and Gerald Ford's assumption of the presidency and pardon of Richard Nixon. In each class, we'll explore the leader's words and deeds and look for lessons about leadership and statesmanship not just for their times but for ours.

Recommended reading will be shared with those enrolled in this course.

Terry Newell currently teaches leadership and decision making for a variety of organizations. He was formerly Dean of the Federal Executive Institute and Director of Training for the U.S. Department of Education. This course will be based on his book, Statesmanship, Character, and Leadership in America.

HIST080
The 100th Bomb Group and the Role of S-2 Intelligence and Photographic Intelligence in the European Air Campaign
Susan Howe

Session A
Wednesday, 11 a.m.-12:30 p.m.

3/1, 3/8, 3/15, 3/22

The Center

\$44

Limit: 30

In "The 100th Bomb Group and the Role of S-2 Intelligence," Susan will discuss her father's experiences working for S-2 Intelligence for the 100th Bomb Group during World War II in England, including the contribution of photographic intelligence to the bombing campaign. The course includes information about the Bloody Hundredth and stories of life on and off the base.

Susan Howe is a member of the 100th Bomb Group Foundation, home of "the Bloody Hundredth," soon to be featured in Tom Hanks and Steven Spielberg's Masters of the Air. Her research into select World War II topics is inspired by her father's extensive diary and letters which he wrote while working in S-2 Intelligence for the 100th at Thorpe Abbots Air Force Base in England. Susan has been a guest speaker at 100th Bomb Group reunions and has taught several courses for OLLI Penn State and UVA about S-2 Intelligence and the 100th Bomb Group.

♦ NEW ♦

HIST099
Wilderness of Mirrors:
JFK, MLK & RFK, Legacy of Doubts
Stephen Greer

Session A
Wednesday, 3-4:30 p.m.

3/1, 3/8, 3/15, 3/22

 **Online**

\$44

Limit: 25

John F. Kennedy, Martin Luther King Jr, and Robert F. Kennedy were all charismatic leaders each struck down by an alleged lone shooter, within a five-year period in the turbulent 1960's. Despite four Congressional Commissions and Reports, a legacy of doubts remains due to the thousands of pages of related Government documents that remain sealed. This short course will examine the National Archives index, Agency self-reported indices, the Freedom of Information Act, exempt documents, and the major evidence introduced to support claims.

Recommended reading can be found on the OLLI at UVA registration site.

Stephen Greer is a retired Microsoft Managing Consultant, educated in Business Administration and Economics at the University of Maryland, and multiple leadership graduate programs. He is an amateur historian committed to lifelong growth and learning. Like many retirees who enjoy life-long learning, having the time to examine and research history fulfilled a long-term goal, after a career in an unrelated area.





◆ NEW ◆

HIST100 **Not Patriots! The British, French, Loyalists, & Enslaved in the American Revolution** **Jeanne Minahan Robinson**

Session A
Tuesday, 1-2:30 p.m.
3/7, 3/14, 3/21, 3/28, 4/4, 4/11

The Center

\$66

Limit: 45

This course will focus on the lives, endeavors, and personalities of those who had a profound effect on the outcome of the American Revolution, but who are usually ignored in American history courses. Who were the British who fought to preserve their empire (King George III, Lord North, General Gage, the Howe brothers)? And who were the French who came to the aid of the Patriots (King Louis XVI, Lafayette, D'Estaing, Rochambeau)? Who were the Loyalists, the Americans who supported the British? And what happened to the enslaved population as the war progressed? A wonderful cast of characters!

Recommended reading will be shared with those enrolled in this course.

Jeanne Robinson holds a BA in History from the University of Notre Dame and an MS and PhD in Software Engineering from George Mason University. Career: "Rocket Scientist" for Raytheon Company, specializing in creating embedded software for missile defense systems. Her OLLI courses focus on the personalities of those who have changed the course of history.

◆ NEW ◆

HIST102 **The Impact of Four Major Crises in American History** **Robert Toplin**

Session A
Wednesday, 1-2:30 p.m.
3/8, 3/15, 3/22, 3/29

Unity of Charlottesville

\$44

Limit: 80

Four major crises changed the course of US history. These four include responses to Shay's Rebellion, an armed

uprising, that led to the creation of a new Constitution, John Brown's raid, in 1859, which aroused fears of slave revolt, the secession crisis and Civil War that followed, and the Great Depression, which turned severe in the winter of 1932-1933. Choices Americans faced in dealing with the crisis were dramatized by disagreements between President Hoover and the incoming President, FDR. In 1968, Americans clashed regarding the Vietnam War, mass protests, a cultural revolution, and the presidential election. Social and political divisions that intensified in 1968 are still with us today.

Recommended reading will be shared with those enrolled in this course.

Robert Toplin taught courses at UVA after retiring from full-time teaching at Denison University and the University of North Carolina, Wilmington. He has published several books and articles about history, politics, and film and has commented on history frequently in nationally broadcast television and radio programs.

◆ NEW ◆

HIST103 **Julius Rosenwald: The Most Important Philanthropist You Never Heard Of** **Dorothy Canter**

Session A
Wednesday, 10-11:30 a.m.

3/15

Online

\$11

Limit: 100

Julius Rosenwald, the son of German Jewish immigrants, helped make Sears, Roebuck and Co. the retailing powerhouse of the early twentieth century, and then used his great wealth to become an inspiring and innovative philanthropist. He helped build nearly 5,000 Rosenwald Schools that educated one-third of the African Americans in the South during the Jim Crow era. Learn about the life and legacy of the most important philanthropist you never heard of, his partnership with Booker T. Washington, the innovative model of philanthropy he pioneered, and the Campaign to create a National Park to honor Julius Rosenwald and the Rosenwald Schools (www.rosenwaldpark.org).

Dorothy Canter, PhD is the President of the Campaign to Create the Julius Rosenwald & Rosenwald Schools National Historical Park. A volunteer for the National Parks Conservation Association for nearly 34 years, she has visited 325 National Park units.

◆ NEW ◆

HIST104
Nikola Tesla: Genius or Crank?
Dan Sherman

Session A
Friday, 10-11:30 a.m.
3/24

Homewood Suites

\$11
Limit: 35

Legendary inventor Nikola Tesla is known to many as an eccentric character in the history of science, but in reality he made profoundly important contributions to technology. He fought with Thomas Edison in the early years of the electrical power industry. Tesla's range of inventions, include radio transmitters, the development of key industries and the scientists and financiers behind them.

For the past 10 years, Dan Sherman has presented talks on musical theatre composers and lyricists to many groups, including OLLI groups around Washington, DC and Virginia. Dan holds a PhD in economics from Cornell University and in 2018, retired as managing director at the American Institutes for Research in Washington, DC. He lives in Alexandria and hopes to move to his house on a lake in Williamsburg next year and pursue his interests in both music and mathematics at William & Mary.



HISTORY SESSION B

HIST084
World War II: The Pacific Air War
Edward Dillingham

Session B
Tuesday, 1-2:30 p.m.

4/11, 4/18, 4/25, 5/2, 5/9, 5/16

V R.R. Smith Center for History and Art
\$66

Limit: 35

“Remember Pearl Harbor!!” was the battle cry, and the resulting Pacific air war was unlike any battle before or since. Fought over millions of square miles of land and sea by the United States and Empire of Japan, the air campaign in the Pacific was a hard-fought struggle to the bitter end. Using pictures, videos and firsthand accounts, this course will examine the men, women, aircraft, and missions that ultimately crushed the Japanese empire during World War II.

Recommended reading will be shared with those enrolled in this course.

Edward Dillingham is a retired US Navy Intelligence Specialist and is also a retired instructor and course supervisor from the US Naval Intelligence Training School in Virginia Beach. He is a Senior Docent at the Military Aviation Museum in Virginia Beach with over 5,000 volunteer hours. He has a BS in History from the University of the State of New York and an MS in Adult Education from Old Dominion University in Norfolk.

◆ NEW ◆ 

HIST105
Julius Rosenwald: The Most Important Philanthropist You Never Heard Of
Dorothy Canter

Session B
Wednesday, 2-3:30 p.m.

4/12

Homewood Suites

\$11
Limit: 35

Julius Rosenwald, the son of German Jewish immigrants, helped make Sears, Roebuck and Co. the retailing powerhouse of the early twentieth century, and then used his great wealth to become an inspiring and innovative philanthropist. He helped build nearly 5,000



Rosenwald Schools that educated one-third of the African Americans in the South during the Jim Crow era. Learn about the life and legacy of the most important philanthropist you never heard of, his partnership with Booker T. Washington, the innovative model of philanthropy he pioneered, and the Campaign to create a National Park to honor Julius Rosenwald and the Rosenwald Schools (www.rosenwaldpark.org).

Dorothy Canter, PhD is the President of the Campaign to Create the Julius Rosenwald & Rosenwald Schools National Historical Park. A volunteer for the National Parks Conservation Association for nearly 34 years, she has visited 325 National Park units.

HIST061 **World War II: The European Air War** **Edward Dillingham**

Session B
Thursday, 5-6:30 p.m.
4/13, 4/20, 4/27, 5/4, 5/11, 5/18
Tuckahoe Clubhouse

\$66
Limit: 35

"I wanted wings 'til I got the *!@# \$ things. Now I don't want them anymore!" was often the refrain from the men who flew, fought, and died during the European air campaign of WWII. Using videos, slides and first-hand accounts, this course will look at the men and women, aircraft and missions that crushed the Third Reich.

Recommended reading will be provided upon request to those enrolled in this course.

Edward Dillingham is a retired US Navy Intelligence Specialist and is also a retired instructor and course supervisor from the US Naval Intelligence Training School in Virginia Beach. He is a Senior Docent at the Military Aviation Museum in Virginia Beach with over 5,000 volunteer hours. He has a BS in History from the University of the State of New York and an MS in Adult Education from Old Dominion University in Norfolk.



◆ NEW ◆

HIST106 **The GeoPolitics of the VietNam War** **Heyward Macdonald**

Session B
Monday, 10:30 a.m.-12 p.m.
4/17, 4/24, 5/1, 5/8, 5/15

The Center
\$55
Limit: 30

This course will review the historical, political, and cultural causes of the War, and will follow the following topics leading to the ravages of the war on all sides.

- Culture and Crisis of an Ancient People and the French Colonial tear in the fabric of their culture
- WWII, the Cold War, & the Politics of Fear in the U.S.
- The Land proves difficult: Topography, Climate, Economy, & Ethnic distribution of Indo-China
- Politics and Warfare in VietNam and at Home
- The Aftermath of the War, Lesions and Lessons.

Heyward Macdonald, a retired Episcopal priest who was commissioned in the Army from UVA and served as an Ordinance Officer in VietNam at a First Infantry Division fire base during his 1966-67 tour of duty. He is the author of the book, Everything Changed: The VietNam War and American Culture.

◆ NEW ◆

HIST107 **Echoes of Our War: The American Experience in Combat in Vietnam** **Bob Lorish**

Session B
Tuesday, 10:30 a.m.-12 p.m.
4/18, 4/25, 5/2, 5/9, 5/16

The Center
\$55
Limit: 30

This course will be an up close and personal view of what it was like for Americans to be in active combat in Vietnam. Topics to be explored are the draft, military training, arrival in Vietnam, the daily existence of combat troops, tactics, the Vietnamese, death, coming home, and the impact of combat on one's life. Additionally, we will discuss the similarities of Vietnam and Afghanistan. Videos will be utilized that are graphic, contain harsh language and generate strong emotions.

Bob Lorish is a retired healthcare executive, who in 1968, served as an infantry platoon leader in the Marine Corps' 1st Division located in I Corps around Danang. He participated in large and small unit combat operations as well counterinsurgency efforts. For the past ten years he has networked with his fellow lieutenants to try to gain an understanding of their experiences in Vietnam.

◆ NEW ◆

HIST108
Significant Years in the Vietnam War Era
Marc Selverstone and Bob Toplin

Session B
Wednesday, 10:30 a.m.-12 p.m.

4/26, 5/3, 5/10

The Center

\$33

Limit: 30

This course will examine key developments in the Vietnam War story in the years 1963, 1964, 1965, and 1968. From the Kennedy assassination in 1963 to the 1968 election of Richard Nixon, these four years are packed with major historical touchpoints in American history.

Robert Toplin has published eleven books and more than a hundred articles. He was professor of History at the University of North Carolina, Wilmington and Denison University and has taught history classes at UVA and for OLLI. He has also been sought as an expert speaker on nationally broadcast television and radio programs.

Marc Selverstone is the Chair of the Presidential Recording Program at the Miller Center at UVA. He is the author of the recently published book—The Kennedy Withdrawal: Camelot and the American Commitment to Vietnam.

◆ NEW ◆

Course Bundle

HIST109

Special Concentration on the 1960's and Vietnam

■ **The GeoPolitics of the VietNam War**
Heyward Macdonald

Monday, 10:30 a.m.-12 p.m.

4/17, 4/24, 5/1, 5/8, 5/15

■ **Echoes of Our War: American Combat Experience in Vietnam**
Bob Lorish

Tuesday, 10:30 a.m.-12 p.m.

4/18, 4/25, 5/2, 5/9, 5/16

■ **Significant Years in the Vietnam War Era**
Marc Selverstone and Bob Toplin

Wednesday, 10:30 a.m.-12 p.m.

4/26, 5/3, 5/10

Session B

The Center

Enroll in all three at a discounted rate of \$100

This mix from both experiential and academic backgrounds promises to be both informative and challenging.

Multiple aspects of the Vietnam War will be presented, as well as the important events happening in 1963-1965 and 1968. The policies of Presidents Kennedy, Johnson and Nixon will be examined.

Take one or take them all for views of this turbulent time from various perspectives and disciplines.

◆ NEW ◆

HIST110

The Life and Travels of General George C. Marshall
Frank Settle

Session B
Wednesday, 1-2:30 p.m.

4/26, 5/3, 5/10

The Center

\$33

Limit: 25





Using Google maps, participants will explore General Marshall's life and character. The course will integrate precise locations with significant events in his life. Participants will travel with him from his birthplace in Uniontown, Pennsylvania, through his military and diplomatic careers, to Oslo, Norway, where he received the Nobel Peace Prize. Information presented at each location will provide insights into his personality as well as his outstanding leadership throughout the 20th century.

Frank A. Settle, Jr. Frank is the author of General George C. Marshall and the Atomic Bomb. He was a professor of chemistry at the Virginia Military Institute from 1964 to 1992 and at Washington and Lee University from 1998 to 2014.

HUMANITIES SESSION A

HUMN062

With God on Our Side: Christian Nationalism and the Threat to American Democracy
Jeffrey Pugh

Session A

Monday, 9:30–11 a.m.

2/20, 2/27, 3/6, 3/13, 3/20

The Center

\$55

Limit: 28

This course takes a close look at the rise of Christian Nationalism and its impact on America's political landscape. Looking at the historical background in American civil religion and the more recent manifestations of Christian Nationalism in such movements as Christian Reconstruction, Dominionism, and other right wing religious-political groups, Pugh explores the religious connections that led to the insurrection of January 6th and the ongoing danger to American democracy posed by Christian Nationalism..

Jeffrey C. Pugh is a Distinguished University Professor Emeritus of Religious Studies at Elon University, author of seven books and numerous articles on the intersections of faith and politics, religion and science, and the creation of apocalyptic imagination. Pugh engages contemporary issues by examining the historical roots of present concerns.

NOTE: Please check the registration system via OLLI's [website](#) for the most up-to-date information.

◆ NEW ◆

HUMN066

A Don Quixote Sampler
Edward Friedman

Session A

Thursday, 2–3:30 p.m.

2/23, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6

 **Online**

\$77

Limit: 20

Miguel de Cervantes's *Don Quixote*, published in two parts (1605, 1615), is a complex narrative that speaks to its time and place as it points forward to the development of what has been called the modern novel. Cervantes breaks away from the idealism of chivalric, pastoral, and sentimental romance, as he helps to develop narrative realism. At the same time, he moves in an entirely different direction, by calling attention to the process of composition. The seven-week course will consist of reading and discussing sample chapters of *Don Quixote*, with commentary on the text, so that participants will have a sense of the comprehensive narrative. The course will consist of dialogue and discussion rather than lectures.

Reading will be required in preparation for each class, approximately 40 pages per class in this course.

Required reading can be found on the OLLI at UVA registration site.

Edward Friedman (BA, UVA; MA, PhD, Johns Hopkins University) is Gertrude Conaway Professor in the Humanities, Emeritus, at Vanderbilt University, with specialization in early modern Spanish literature and comparative literature. His publications include books, articles, reviews, textbooks, and creative work. He has taught courses for OLLI at Vanderbilt on the short story, the one-act play, and Don Quixote.

◆ NEW ◆

HUMN063

Fascist Voices and Fascist Victims: Life in Mussolini's Italy, 1922–45
John Mason

Session A

Tuesday, 10–11:30 a.m.

2/28, 3/7, 3/14, 3/21, 3/28, 4/4

 **R.R. Smith Center for History and Art**

\$66

Limit: 25

Mussolini came to power in Italy 100 years ago on October 31, 1922. This course will focus not on the Fascist Party which shaped the history of Italy in the 1920s and 30s, but rather on the people who supported it, allowed it to happen and suffered from it. We will examine the lives and testimonies of ordinary people at the local level to understand why fascism enjoyed the support of the majority of the Italian population. Then by way of contrast, the course will examine Carlo Levi's masterpiece, *Christ Stopped at Eboli* the memoir of exile in southern Italy, later made into an acclaimed film by Francesco Rosi.

John Mason holds a PhD in history from the University of Birmingham, UK. He taught for the Open University in England for 25 years. In the late 1990s he lived and conducted research in Slovakia, Hungary and Armenia. John now lives in Lexington and works full-time as a stone sculptor.

◆ NEW ◆

HUMN061
An Introduction to Buddhism
Paul Groner

Session A
Monday, 10-11:30 a.m.

3/20, 3/27, 4/3, 4/17 (no class 4/10)

Meadows Presbyterian Church

\$44

Limit: 25

The objectives of this course are 1) to introduce some of the basic teachings of Buddhism, focusing on the early tradition; and 2) to encourage students to think about how these teachings might impact their own understanding of religion. The course will consist of short lectures, followed by class discussions that focus on open-ended questions concerning the material. Among the topics we'll discuss are: the historicity of the Buddha; the definition of suffering; the analysis of personality; Buddhist practices such as morality, meditation, and study; and the varieties of nirvana and enlightenment.

Recommended reading can be found on the OLLI at UVA registration site.

Paul Groner was raised in California, one of the centers of Buddhism in America, and became fascinated with the tradition while in his teens and twenties. He studied in India for a year, and then at Yale for graduate school. Research for his doctoral dissertation in Buddhist Studies from Yale enabled him to spend three years in Japan. He has traveled in most Buddhist Asian countries. His teaching career spans four decades, most of it at UVA. He has published several books and many articles on Buddhism.

HUMN053
Introduction to Ethics
Marion Votaw

Session A

This course schedule and location will be announced at a later date.

This class is not intended to teach right from wrong, but explores *why* people think something is, or isn't, what they would have done. We will practice arguing heartfelt opinions without insult or defamation. We will begin with an overview of the general field of ethics, concentrating on two basic axes: whether the ends can justify the means, and whether exceptions can be made to ethical rules depending on circumstances. The next four sessions will compare debatable situations from two of those viewpoints, in turn. For the final class, each student will try to figure out their personal ethical style.

Marion Votaw grew up an Embassy brat, mostly in West and North Africa. They [nonbinary] came to Charlottesville for graduate school... and never left. Marion has taught sciences to students from adolescents to retirees at UVA, PVCC and ITT Tech, French to preschoolers on up, and mah jongg to anyone interested. They started teaching at OLLI in 2020.

HUMANITIES SESSION B

HUMN008
The Life and Thought of J. Krishnamurti
Stephen Kennamer

Session B
Thursday, 11 a.m.-12:30 p.m.

4/20, 4/27, 5/4, 5/11, 5/18, 5/25

Homewood Suites

\$66

Limit: 35

Krishnamurti, once installed as the leader of a worldwide spiritual organization, dissolved his ties with it in 1929 at the age of 34, saying that "truth is a pathless land." For the rest of his long life, he taught free-lance in America, Europe, and India. The course will be strongly interactive, using transcripts of his talks as spurs to investigating the nature of meditation and the meaning of a spiritually rich life. We will take up his questions as he did – via dialogue and open-ended conversation.

Stephen Kennamer is a lifelong educator who has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.



♦ NEW ♦

HUMN064
**Harvesting Mysticism in the Epic,
from Homer to Blake**
Robert Reid

Session B
Tuesday, 10:30 a.m.–12 p.m.
4/11, 4/18, 4/25, 5/2, 5/9, 5/16

Unity of Charlottesville

\$66

Limit: 25

In surveying the changing stages of epic storytelling from Homer to Blake, we will explore its dynamics as a ground for mystic completeness, making it a holistic story: its uses of epiphany (encounters with divinity), asceticism (the growth of self-restraint), and emanation (the outburst of prophecy and mystic creation).

Recommended reading will be shared with those enrolled in this course.

Robert is retired from Emory & Henry College where he was H.C. Stuart Professor of English. Educated at Yale and at UVA (PhD 71), he has written several books and many articles on Shakespeare and Renaissance literature.

♦ NEW ♦

HUMN065
**Johann Wolfgang von Goethe:
Selected Poems**
Gordon M. Stewart

Session B
Wednesday, 10–11:30 a.m.
4/12, 4/19, 4/26, 5/3, 5/10, 5/17

Unity of Charlottesville

\$66

Limit: 12

Johann Wolfgang von Goethe (1749–1832), the “Universalgenie” of German history, arts and culture is well known for his many diverse and accomplished endeavors and especially for his poetry and magnum opus, *Faust*. Goethe explored the natural world, was active in public administration and the arts, and made significant contributions to every literary genre. In this course we will proceed chronologically, acquainting ourselves with his long, rich and creative life. In our six classes we will read and discuss bilingual versions of several well-known poems that grew out of his many love relationships, travels, experiences in nature, and

reflections about life. The course is taught in English with bilingual texts. Knowledge of some German is welcome and helps in the appreciation of his poems but is neither expected nor necessary. The format of the class is informal, with brief lectures about Goethe and introductions to the texts followed by discussion.

Recommended reading can be found on the OLLI at UVA registration site.

Gordon Stewart looks forward to the resumption of his long affiliation with OLLI. Since joining in the early years of JILL and while teaching in the Department of German at UVA he has taught several OLLI courses on German literature and cultural history, including one in Berlin with the Senior Center in 2017. Mr. Stewart has served on OLLI's Board of Directors, was a visiting professor four times in Germany (Tübingen and the Free University in Berlin) and sailed twice as faculty with Semester at Sea. Mr. Stewart earned a BA in German from Union College, his MA and PhD in German from the Johns Hopkins University and retired from UVA as Professor emeritus in 2014.

LIFESTYLE SESSION A

♦ NEW ♦

LIFE032
Learn to Play Bridge
Kathy Garrett

Session A
Tuesday, 10–11:30 a.m.
2/21, 2/28, 3/7, 3/14, 3/21, 3/28, 4/4
The Center

\$77

Limit: 24

This eight-week course is an introduction to bridge, designed to give students a chance to experience what the game is all about, to enjoy the experience with opportunities to play, talk, laugh, and develop ways of thinking about the game.

Recommended reading will be provided by the instructor.

Kathy Garrett is a certified instructor for Guided Autobiography, a course she has taught for OLLI in 2022. She is also a dedicated bridge player and an American Contract Bridge League (ACBL) certified instructor and Club Director. She is a member of the Jefferson Bridge Association (JBA).

LIFE008
The Art of Conversation
Richard Mason

Session A
Tuesday, 10–11:30 a.m.
2/21, 2/28, 3/7, 3/14, 3/21, 3/28
The Center
\$66
Limit: 18

Conversation is being challenged by social media, changing values, individual and intergroup bias, and a lack of common ground. The course will focus on why conversation is important and how to make it more effective. To address the “how” of conversing, participants will practice in small groups how to start/stop a conversation, how to change direction and how to have that “difficult” conversation.

Required material: Note paper and pencil.

Recommended reading will be shared with those enrolled in this course.

Richard Mason has a BA in American Literature from Middlebury College and an MA in public administration from California State University. During his career in business consulting, he has taught classes in active listening, facilitation, leading effective meetings, stress management and conflict resolution.

LIFE030
Movement Improvement
Ginny Jackson

Session A
Friday, 2–3:30 p.m.
2/24, 3/3, 3/10, 3/17, 3/24, 3/31
The Lodge at Old Trail
\$66
Limit: 8

This course is a movement awareness series designed to free the joints and strengthen the body. The course will include therapeutic yoga and muscular re-education using various movement disciplines. Somatic practices create change by making the brain more intelligent in sensing and controlling the muscles. They are small and non-strenuous. They offer paths to develop new movement habits. Participants should be able to get up and down from the floor. Chairs will be available to assist with this if needed.

Required material: Yoga mat, yoga block, rolled-up towel.

Ginny Jackson is a 500-hour certified Yoga therapist and teacher with a background in health and fitness.

She owned her own yoga studio in New Hampshire and has been teaching for 30 years. She enjoys sharing yoga therapies and movement ideas with her students.

◆ NEW ◆

LIFE033
Gypsy Childhood
Anna Askounis

Session A
Friday, 10–11:30 a.m.
4/7, 4/14, 4/21
Meadows Presbyterian Church
\$33
Limit: 12

In this class, we will write, reflect upon and discuss our experiences growing up in the military or foreign service or simply as a child whose parent moved frequently for work. “As the child of an Air Force officer and test pilot, I moved every two years and ultimately found, as an adult and as a marriage and family therapist, that these experiences affected me profoundly and shaped me in ways I never realized or understood.” We will examine these experiences as young children of elementary age and later as middle and high school students and later over our life spans to discover and understand how these experiences shaped us and influenced the choices we made in our professional and personal lives. “I look forward to including you in this exploration!”

Prerequisite: This course is for those whose childhoods were characterized by frequent moves.

Anna Askounis has taught English at the secondary and college levels and holds a doctorate in counseling from UVA. Prior to her retirement she was a psychotherapist, specializing in marriage and family therapy.





LIFE017
The Brief Insider's Guide to Virginia Wine
Scott Elliff

Session A
Friday, 1:30–3 p.m.
4/7, 4/14, 4/21 (Tour)

Homewood Suites
DuCard Vineyards for the last class

\$22
Limit: 35

The local wine industry has become an important feature of Charlottesville's landscape. This course will provide an overview, designed to help casual wine drinkers and enthusiasts get a better appreciation of the industry and a background on how it all comes together. Topics will include: 1) history and background of the industry, current status and future challenges; 2) key decisions and steps involved in starting and operating a vineyard, the science and art of making wine—methods, equipment, and decisions involved; 3) an on-site visit to DuCard Vineyards in Madison County, where we will walk through the vineyard and the winery to see it all first-hand and enjoy a tasting.

Note: Wine tasting at DuCard will involve a separate \$20 fee, paid to DuCard Vineyard at the DuCard Vineyard; transportation is on your own.

Charlottesville resident Scott Elliff founded DuCard Vineyards by planting vines in 2001 with no prior experience and on a whim really. He has come to love the challenges and constant learning that is involved in this "hobby gone wild," and the finished product too. He opened DuCard Vineyards in 2010 with a boutique, high-quality winery open to the public primarily on weekends.

LIFESTYLE SESSION B

LIFE007
Financial Planning for Success and Significance in Retirement
David John Marotta

Session B
Thursday, 12–1:30 p.m.
4/13, 4/20, 4/27, 5/4

 **Online**

\$44
Limit: 50

Most Americans fail to plan adequately for retirement. As a result, they often miss out on opportunities to enjoy the second half of life. The best financial planning takes place in the context of personal goals. Designed for people from age 50 to 65, this course covers several challenges in life planning that can benefit from action taken before and upon entering retirement. Strategies to cope with financial issues related to making a graceful transition to retirement are discussed, including how to handle investments; set safe spending rates; navigate retirement benefits, health care, and Social Security; organize estate planning; and manage generational financial planning. As we approach each financial-planning aspect, we keep the focus on making the shift from full-time work to balancing work and leisure and setting goals during midlife. By the end of the course, students will have developed an effective action plan to achieve their life goals.

David John Marotta, CFP®, AIF®, AAMS®, is the president of Marotta Wealth Management and writes a popular weekly financial column, "Marotta on Money." He has published or been quoted on financial matters in numerous major publications, including The Washington Post, the Los Angeles Times, and Money magazine.

◆ NEW ◆

LIFE026
Botanical Garden of the Piedmont (BGP): Its Past and Future
Jill Trischman-Marks

Session B
Thursday, 1–2:30 p.m.
4/20, 4/27 (Tour)

Homewood Suites
Botanical Garden of the Piedmont tour for the last class

\$22
Limit: 18

Building a public botanical garden is not an easy feat. Botanical Garden of the Piedmont (BGP) is driven by the Central Virginia public's input, aspirations, and desire to be a place of beauty, education, healing, and unity. The input phase of the garden design process is ongoing. Through continuous outreach, we hope to ensure that the built garden will represent the hopes and dreams of the entire community.

This course will outline what has already been achieved in the process toward building the garden and give insight into the road map ahead. The first class will be in the classroom and the second class will be a tour of the garden site. The tour will let you see for yourself how the Garden is already working to showcase some of the unique flora of the Piedmont region, to enhance

public knowledge of nature and land stewardship, and to increase access to a place for solace and comfort in the community. For more information about the Garden: pedmontgarden.org.

Directions for the tour will be shared with those enrolled in this course.

Jill is a landscape architect with almost 30 years of experience in the Central Virginia area. After several years on the Garden's Board of Directors, Jill retired from her private practice and became the Executive Director and chief cheerleader for the Botanical Garden of the Piedmont (PGP). She is actively working to make the Garden site more welcoming and usable now and inviting public input into the features and programming of the future Garden to ensure it is the best it can be to serve the entire community.

LIFE001 **From Memories to Memoirs** **Faith Andrews Bedford**

Session B
Thursday, 10–11:30 a.m.

4/27, 5/4, 5/11, 5/18

Studio IX

\$44

Limit: 10

Our life journeys are made up of many threads woven together to form a rich tapestry. Young or old, experienced, or not, we are all weavers and storytellers. Through writing exercises, tips, memory triggers, and examples, you will be encouraged to create your own unique chronicle to treasure and pass down to the generations to come.

Required materials: A notebook and pen or pencil

Recommended reading can be found on the OLLI at UVA registration site.

Faith Andrews Bedford is an art historian, curator, essayist, and author of five books. Her essays have been featured in numerous magazines and anthologies. Her column "Kids in the Country" was published in Country Magazine for over a decade.

PUBLIC AFFAIRS SESSION A

PBAF035 **Longevity Advantage: Adding Years to Life and Life to Years: 101**

Scott Fulton

Session A

Wednesday, 10–11:30 a.m.

2/22, 3/1, 3/8, 3/15, 3/22, 3/29

Homewood Suites

\$66

Limit: 35

Aging, it's all the rage, but what is actually going on inside us? We used to think it was genetics, but now know that that only accounts for about two percent of longevity. This course looks at understanding our biological age, why we age at different rates, and the key elements of healthy heart and brain function.

Scott Fulton is Chair of the National Aging in Place Council, President of Home Ideations LLC, longevity authority, member of the American College of Lifestyle Medicine, engineering graduate of St. Lawrence College, Ironman triathlete, former OLLI instructor in Wilmington, DE, and now Charlottesville lover with his wife, Cindy.

◆ NEW ◆

PBAF050 **The Internet: Finding Nuggets Among the Dross (1.6 billion sites!)** **Jack Roberston**

Session A
Thursday, 9:30–11 a.m.

2/23, 3/2, 3/9, 3/16, 3/23

Studio IX

\$55

Limit: 12

There is a lot of "stuff" out there! What if we want to identify and connect with groups engaged in humanitarian or environmental or educational initiatives? Or how about technological innovation aimed at benefiting people? And then there's arts, good books, health and well-being. Fact-checking and transparency are important, too. Let's not overlook humor, philosophy, religion! This course will provide guided hands-on experience for each participant to learn where and how to search effectively. The "cheat sheet" for everyone to begin with is the publicly searchable database containing 1,000 selected and vetted organizations' websites: www.librarything.com/catalog/Humane4All.

Required material: Laptop or iPad, must be able to access and navigate the internet.

Recommended reading will be shared with those enrolled in this course.

Jack Robertson retired as Fiske and Marie Kimball Librarian Emeritus at Monticello's Jefferson Library in



October 2020. He has worked in research libraries and taught classes focusing on online resources and digital humanities in Charlottesville, Ann Arbor, Nashville, College Park, and Washington DC. He has a special interest in enabling do-it-yourself research on the Internet.

PBAF046 **Leadership Lessons from Ancient Wisdom and Contemporary Findings** **Russ Linden**

Session A
Tuesday, 10–11:30 a.m.
2/28, 3/7, 3/14, 3/21, 3/28, 4/4
Meadows Presbyterian Church
\$66
Limit: 25

We're living in disruptive times: extreme weather events, divisive politics, the Jan. 6 attack on the Capital, the pandemic. This is an incredible challenge to our brains, which are wired for certainty and control. How do we lead amidst such volatility? The Hebrew Bible offers powerful lessons. We'll explore key Biblical episodes as well as lessons from leaders like Nelson Mandela, Colin Powell, Abraham Lincoln. We'll also draw on social science findings showing how we can find opportunities to innovate during disruptive times. The course is for anyone (leader or not) who wants to handle change better.

Recommended reading will be shared with those enrolled in this course.

Russ Linden has taught leadership classes as an adjunct faculty member at UVA and the Federal Executive Institute for over 35 years. His latest book explores the Bible's timeless wisdom about leadership and change, as well as lessons from contemporary leaders.

◆ NEW ◆

PBAF051 **American Heroes You Should Know Better** **Michael Stahl**

Session A
Tuesday, 1-2:30 p.m.
2/28, 3/7, 3/14, 3/21, 3/28, 4/4

V R.R. Smith Center for History and Art
\$66
Limit: 25

American history is replete with men and women who have accomplished great things for the nation,

but whose accomplishments have been largely overlooked by historians. This course will call attention to breakthroughs in public health, medicine, foreign policy, domestic affairs, and national security that have been accomplished by men and women who have not gotten the notoriety they deserve.

Recommended reading can be found on the OLLI at UVA registration site.

*Michael Stahl has previously taught OLLI at UVA courses on the events of 1968, Robert F. Kennedy, and profiles of public service heroes. He taught for 20 years in George Mason University's Master of Public Administration Program. He served for 40 years in state and federal government in both the executive and legislative branches. He recently published *The Promise of Public Service, Ideas and Examples for Effective Service*.*

◆ NEW ◆

PBAF052 **Understanding Lebanon** **Win Dayton**

Session A
Wednesday, 9:30–11 a.m.
3/15, 3/22
The Center
\$22
Limit: 45

The smallest country in Asia, Lebanon nonetheless has projected an outsized profile in international news since its independence in 1943. What makes it so problematic and why should we care? This course will examine the significance of geography, history, religious demographics, and regional rivalries for this unique country, and spotlight Lebanon's potential implications for the United States in an evolving region. Discussion will draw lessons from recent events, including the Beirut port explosion and the conclusion of a maritime border agreement with Israel, and preview perils and hopes for Lebanon's future.

Win Dayton is a retired career member of the State Department's Senior Foreign Service. Mr. Dayton served as Deputy Chief of Mission at the US Embassy in Beirut 2019–2021. He is a graduate of UVA School of Law and worked on Capitol Hill and as an attorney in Dallas for five years before a 32-year career in diplomacy.

NOTE: Please check the registration system via OLLI's [website](#) for the most up-to-date information.

♦ NEW ♦

PBAF053
Where Do Stereotypes Come From?
Henry McHenry

Session A
Wednesday, 11 a.m.-1 p.m. (two-hour class)
3/22, 3/29, 4/5

Meadows Presbyterian Church

\$45
Limit: 16

To the extent that civic relationships among us are built on our perceptions of each other, we should investigate the nature of perception. To what extent do perceptions depend on “myth”? What can we do to wrest control of our community relationships away from myth, and bring them back toward relationships of kin, family? The workshops reveal the human perceptual mechanism which prevents us from breaking free of Us-Against-Them; and it distinguishes another way of seeing the world than perception allows, providing an actual experience of common ground among people whose opinions or positions may be irreconcilable.

Recommended reading will be shared with those enrolled in this course.

Henry McHenry is an independent academic and English teacher. McHenry graduated from Yale, holds a PhD in English from UVA, taught for several years in Upward Bound and the county schools, and for 20 years has been teaching Shakespeare and other courses at OLLI at UVA.

♦ NEW ♦

PBAF054
African Political Crises
David Throup

Session A
Friday, 3-4:30 p.m.
4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19

Studio IX

\$77
Limit: 20

This course shall examine political crises in Africa over the past 35 years. The first class will examine Somalia in the 1980s and 1990s, including the involvement of the US and the UN. The second class will discuss the genocide in Rwanda and explore how political events in Rwanda interacted with those in neighboring Burundi. Classes three and four consider the prolonged civil wars in

Liberia and Sierra Leone, and the institutional collapse of the two states. Class five will study the conflict in Cote d'Ivoire from the overthrow of the Bedie regime in 1998 to the end of the civil war in 2011. Algeria and Libya will be considered in class six, and the jihadist threat in Mali and Burkina Faso will be examined in the final class.

David Throup was a student at Cambridge and London School of Economics before teaching for three years in Nairobi. He completed a PhD on Kenyan history and taught at UVA and elsewhere in US as well as in the UK before becoming a British diplomat. From 2001-17 he was a Senior Associate at the Center for Strategic and International Studies in Washington, DC and taught at Johns Hopkins.

PUBLIC AFFAIRS SESSION B

PBAF042
Longevity Advantage:
Adding Years to Life and Life to Years: 102
Scott Fulton

Session B
Wednesday, 10-11:30 a.m.
4/12, 4/19, 4/26, 5/3, 5/10, 5/17

Homewood Suites

\$66
Limit: 35

If you could add 10 years of doing more of the things you love, what would they be? This course looks at updating our understanding of how everyday choices can add up to big health span returns starting today! We'll also look at simple ways to measure and track our health along the way.

Longevity Advantage: Adding Years to Life and Life to Years: 101 is not required in order to take this course.

Scott Fulton is Chair of the National Aging in Place Council, President of Home Ideations LLC, longevity authority, member of the American College of Lifestyle Medicine, engineering graduate of St. Lawrence College, Ironman triathlete, former OLLI instructor in Wilmington, DE, and now Charlottesville lover with his wife, Cindy.

PBAF017
Israel's Strategic Position in the Middle East
Rabbi Joel Schwartzman

Session B
Thursday, 3-4:30 p.m.
4/20, 4/27, 5/4, 5/11



Meadows Presbyterian Church

\$44

Limit: 35

This four-session course will briefly touch on regional issues including: 1) water, natural resources, religion, historical origins, regional alliances, weaponry and the Suez Canal; 2) a bit of family background and a survey of the timeline of Israel's military conflicts; and in the sessions 3) and 4) examine Israel's strategic principles, relations with its neighbors, neighborhood relations in general, threats to and opportunities for peaceful coexistence, and military hardware. This course does not address, except tangentially, the Israeli-Palestinian conflict.

Recommended reading will be shared with those enrolled in this course.

Rabbi Joel Schwartzman is a Reform rabbi, ordained at the Hebrew Union College, where he received his Bachelor of Hebrew Letters, Masters of Hebrew Letters, and Doctor of Divinity (honoris causa). He served for 23 years as a chaplain in the US Air Force, retiring in the rank of colonel. He is a graduate of both Air Command and Staff, and Air Force War College. After leaving the Air Force, he led congregations in Denver, and served as Dean of the Denver Institute for Jewish Studies.

♦ NEW ♦

PBAF055

Ranked Choice Voting in Virginia

Liz White

Session B

Tuesday, 2-3:30 p.m.

5/23

 **Online**

\$11

Limit: 80

This course will provide an overview of how Ranked Choice Voting works and how it can be implemented to benefit the Commonwealth of Virginia on both a local and statewide level.

Liz White joined OneVirginia2021 in 2015 and was instrumental in the growth and development of Virginia's redistricting reform movement. In 2020, she was promoted to Executive Director of the OneVirginia2021 Foundation - the voter education wing of the organization. In 2021, she became Executive Director of the entire organization, which recently relaunched as UpVote Virginia. Liz has a BA from William & Mary and comes from a background in the arts. She lives in Chesterfield with her husband and two kids.

SCIENCE & TECHNOLOGY SESSION A

SCIT019

Native Plants

Frances Boninti

Session A

Monday, 10:30 a.m.-12 p.m.

2/20, 2/27, 3/6, 4/12 (Wednesday, Tour)

Homewood

(the last class is a tour of her private residence)

\$44

Limit: 44

"A bluish colored, funnel-formed flower in lowlands in bloom" wrote Thomas Jefferson, April 16, 1766. As Jefferson realized, our area is blessed with an incredible diversity of native flora. The bluebells he enjoyed and described in his Garden Book are still blooming in his lowlands. Learn to garden with native herbaceous and woody plants with the ultimate goal of having a naturalistic looking garden. We will cover identification, soil, and other needs of some of our most beloved natives. Also, pollinators and other invertebrates will be discussed as well as recommendations on tools, fertilization, and mulching.

Note: First three classes are indoors, fourth class is a visit to the instructor's home garden in Ivy in April. Directions will be shared with those enrolled.

Fran Boninti has been a Master Gardener since 1991 and has worked over 12,000 volunteer hours. She was the state horticulture chair for The Garden Club of Virginia, is a graduate of the first Charlottesville Tree Steward class, and was on the board at Ivy Creek for nine years. She has also been a Monticello garden guide with Monticello Saturdays in the Garden. She is a charter member of the Jefferson Chapter of the Virginia Native Plant Society.

♦ NEW ♦

SCIT039

Developing a Sustainable Society Will Take

More than Curbing Greenhouse Gasses

Theodore Homyk, Jr.

Session A

Tuesday, 11 a.m.-12:30 p.m.

2/21, 2/28, 3/7, 3/14, 3/21, 3/28

Unity of Charlottesville

\$66

Limit: 25

Publicity touts climate change, brought about by increases in atmospheric greenhouse gases, as the existential threat to modern civilization. But climate change is only one of several interrelated factors, affected by human activity, that are undermining the stability of the Earth's major ecosystems and their ability to support life. Increasing evidence indicates that the collapse of many regional, lost civilizations was associated with damage to their local ecosystem due to human activity. We will discuss whether a similar collapse could occur at a global level, what the consequences might be, and nature's math, which makes addressing all human activity affecting ecosystems urgent and tricky. We will conclude with a discussion of the sacrifices and changes in our lives we need to make, to ensure the sustainability of future generations.

Required material: Laptop and/or writing pad for taking notes.

Recommended reading can be found on the OLLI at UVA registration site

Ted Homyk holds a PhD in Molecular Biology from Vanderbilt University and conducted postdoctoral research at the University of British Columbia in fruit fly genetics. He has taught biology and science fiction classes at UVA.

♦ NEW ♦

SCIT040

Kitty Cousins: The Wildcats of the World **Steve Stearns**

Session A

Thursday, 3-4:30 p.m.

2/23, 3/2, 3/9, 3/16, 3/23, 3/30



Online

\$66

Limit: 30

That feline fluffball that rubs against your leg to greet you is one of 41 species of cats in the world. Everyone knows some of the Big Cats like the lion and tiger, but few know the smaller cats like southern Africa's Black Footed Cat, south Asia's Rusty Spotted Cat or South America's Guíña. This course will introduce you to all 40 species of wildcats alive today. It will describe their evolution and classification into eight lineages. Unfortunately, almost all are in danger of extinction. You'll learn what's threatening them and be inspired by the many dedicated people working to save them.

Steve Stearns has cared for cats for over 50 years and has been a cat volunteer at the Charlottesville-Albemarle SPCA since 2013. This motivated him to delve deeply into the evolution, physiology, ecology and behavior of the Felidae Family. He shares this knowledge via presentations, OLLI courses, and a blog.

♦ NEW ♦

SCIT041

Geology Beneath Your Feet and in Your Future **Robert Finley**

Session A

Tuesday, 1-2:30 p.m.

2/28, 3/7, 3/14 (field trip), 3/21, 3/28

The Center

\$55

Limit: 24

Earth materials provide virtually all the resources, other than plant materials, that humans directly use every day. Rocks and minerals provide metals, sand and gravel, cement, soils, and control where water is stored and flows. Fossil fuels (oil, natural gas, and coal from really old plant material) are found in rocks in unique locations and with unique histories. Further, the geologic history of earth materials shapes our landscape from the scale of global tectonic plates and entire continents to the hills in our Charlottesville neighborhoods. After all, how did the Blue Ridge get to be a ridge, anyway? This course will first provide a brief geologic history of Virginia (about one billion years will be covered) showing how tectonic plates have crashed together to build major mountain chains, eroded, pulled apart, crashed again, and eroded again to create what we see today. The variability of Virginia geology will be contrasted with other parts of the US and the world. With this background, we will then meet at the UVA Fontaine Research Park for a field trip to look at large blocks of major Virginia rock types in the "rock garden." Back in class, we will move on to a basic understanding of how the variability in earth materials is now more critical than ever. As the world transitions away from fossil fuels, we will need more lithium, nickel, and cobalt for batteries, copper and aluminum for motors, wind turbines, and thousands of miles of new power lines, and rare earths for magnets. Where is all this stuff going to come from? What are the trade-offs in mining that we face? With this course you will now appreciate that this material is where it is because of geologic history, and the politics of access and extraction are not simple issues.

Participants will need to provide their own transportation for the field trip and an alternate date will be set in case of rain.

Dr. Robert Finley is a retired research geologist who has specialized in energy resources and the geopolitics of the energy transition. Rob also is a Virginia Master Naturalist and leads a local geology field trip each year. He carried out his research career at the state geological surveys in Texas and Illinois.

♦ NEW ♦

SCIT002

Birdlife of Central Virginia Jennifer Gaden

Session A

Monday, 9:30–11 a.m. (classroom days)

8:30–10 a.m. (field trip days)

3/6, 3/13, 3/20, 3/27, 4/3, 4/10
(classroom and field trip days alternate)

Ivy Creek Nature Center

\$66

Limit: 35

The course will look at groups of birds in central Virginia, with an emphasis on the unique adaptations that enable them to live successfully in particular habitats. These will include birds of prey, woodland birds, birds of open areas, and migratory birds. The course will include three lectures and three field trips at nearby public parks with level trails.

More information will be sent to enrolled members.

Jennifer Gaden, a graduate of Smith College and Columbia University, has been interested in natural history and birds for most of her adult life. A retired outreach educator for the former Charlottesville chapter of the Virginia Museum of Natural History, she has been a longtime member and former president of the Monticello Bird Club, an active member of both the Virginia Society of Ornithology and Ivy Creek Foundation, founder of the Great South Bay Audubon Society on Long Island, New York, and she is a Master Naturalist.

SCIENCE & TECHNOLOGY SESSION B

♦ NEW ♦

SCIT042

Worlds of Wonder: Current Developments in Astronomy Charles Hamilton

Session B

Monday, 9:30–11 a.m.

4/10, 4/17, 4/24, 5/1, 5/8, 5/15

Homewood Suites

\$66

Limit: 35

We are constantly receiving breathtaking reports of an astronomical discovery, a new image downloaded from a space telescope, or other scientific wonder. This course is intended to review recent discoveries of, and developments in, astronomy and to assess their importance. We will place these ongoing discoveries into an emerging view of our universe. We'll look at a selected number of current discovery missions, including but certainly not limited to, the James Webb Space Telescope. This course will not involve a live observing session – many of the matters to be discussed are not visible to any but the most sophisticated and inaccessible instruments. Many, such as gravitational waves, are not visible at all.

Recommended reading will be shared with those enrolled in this course.

Charlie Hamilton is a lifelong amateur astronomer and a retired attorney. Since retirement, he has taught OLLI courses on a variety of topics.

SOCIAL SCIENCE SESSION B

SCSC024

Social Psychology of Bigotry Marion Votaw

Session B

This course schedule and location will be announced at a later date.

The Rev. Dr. Martin Luther King Jr. had a dream. But *can* we see the content of the character at all, or only the color of the skin? This course will take a more focused look at bigotry than a general Social Psychology course. We will start with an overview of how social perception and cognition happen in general, then concentrate on how the “Us or Them” component influences how we see others, and what we read into their behaviors. We will address highly controversial issues, such as police shootings, anti-Semitism, sexism, ageism, politicization of science, and other prejudices and discriminations. We will conclude with how to [try to] work against such divisions.

Recommended reading can be found on the OLLI at UVA registration site.

Marion Votaw grew up an Embassy brat, mostly in West and North Africa. They [nonbinary] came to Charlottesville for graduate school... and never left. Marion has taught sciences to students from adolescents to retirees at UVA, PVCC and ITT Tech, French to preschoolers on up, and mah jongg to anyone interested. They started teaching at OLLI in 2020.

What You Need to Know

MEMBERSHIP AND COURSE FEES BY SEMESTER

OLLI at UVA offers Fall and Spring semesters annually, each consisting of two, seven-week sessions (A and B) plus additional member and public programming. A membership fee of \$75 per semester entitles you to register for courses offered in both sessions that semester, as well as member benefit programs or activities that occur throughout the semester. Course pricing is based on the length of the course and the type of course that is being taught. **Memberships are non-refundable.**

SCHOLARSHIPS

A limited number of scholarships are available to support those who would find it a hardship to pay standard rates for membership or tuition. Contact the OLLI office for information about our simple request process.

♦ NEW ♦

REFUND POLICY

Spring 2023 refunds for all Session A courses must be requested by **February 6**, regardless of the start date for the course. Refunds for all Session B courses must be requested by **March 27**, regardless of the start date for the course.

Please note: We will no longer accept refunds two weeks before the course start date, as we did in the past.

Exceptions will be made for cancelled courses. See cancellation policy in the Member Handbook. **Membership, Michie Tavern lectures, Outings, and Explorers' Tours are non-refundable.**

COURSE WAITLISTS

Even with online courses there may be limits to enrollment based upon subject matter and course design. You will not be charged when placed on a waiting list. After registration, OLLI works to accommodate as many students as possible, and a space may open. The OLLI office will contact you if a space becomes available to ask if you still want to join. Please respond within two business days. Please do not attend the course unless you are contacted and enrolled.

GUESTS

OLLI courses are intended for OLLI members only. Members may invite a guest to one class, or social. We welcome meeting new, potential members and we ask to be informed before their visit.

SCHEDULE CHANGES

This catalog was printed in November 2022. Schedule updates may have been made after that date. Please check the online OLLI registration site for the most up-to-date information. The OLLI office communicates all schedule changes, last-minute class cancellations, and makeup classes by email. Please check your email regularly!

HOW TO REGISTER

Each person must register individually and pay with a separate credit card transaction, or a check payable to OLLI at UVA.

ONLINE: Go to olliuva.org.

Click on the blue "Register Online" button and use a credit card to register for courses and events. Online registration is available 24 hours a day, seven days a week. **Please keep in mind that online registration is the best way to get your seat in the courses you want.**

PAPER: Complete the registration form at the back of this catalog and mail in, or drop off, to the OLLI office. Please be sure to include your email address on your registration form for essential program information throughout the semester. If mailing a check, please only pay for your membership as some courses may be waitlisted. **Please keep in mind that online registration is the best way to get your seat in the courses you want.**



Registration for Spring 2023 opens at 10 a.m. on **Tuesday, January 24, 2023.**

We highly encourage you to register online at olliuva.org. This is the best way to get a seat in a course.

MEMBER INFORMATION			
Last Name	First Name	Preferred Name	
Home Address	City	State	Zip Code
Email	Home Phone	Mobile Phone	

COURSES

Course selection: online registration is the best way to reserve your seat!

If a course is full, you will be placed on a waiting list and will not be charged.

Course No.	Course Title	I would like to know more about Class Moderator duties	Course
		Total Courses	\$

Please indicate an additional course (if any) that you'd like to add in the event a course you've listed above is full.

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PAYMENT: Enter Credit or Debit Card Information below. PLEASE DO NOT SEND CHECK(S) UNLESS YOU ARE PAYING ONLY FOR MEMBERSHIP. If you prefer to pay by check, OLLI will send an invoice for your payment, which can then be made by check, or by telephone with a card.

Send Invoice

Card # _____

Exp Date ____/____ Amount to be Charged \$ _____

Name on Card _____

Signature _____

Membership Fee (\$75 per semester)

* Please see member terms of agreement at olliuva.org

Annual Fund Donation (tax deductible)

Scholarship Fund Donation (tax deductible)

Discount (Instructor Spouse/Partner or Class Moderator)

TOTAL OF ALL CHARGES \$

Registration forms can be dropped off at the OLLI office, 969 Second St. SE Suite 101, Charlottesville, VA 22902.
Registration forms can be mailed to OLLI at UVA, PO Box 2198 Charlottesville, VA 22902.

OFFICE USE ONLY

_____ Date form received

_____ Date enrolled/initials



Meet Ryan.

Sentara Martha Jefferson Hospital is dedicated to improving the health of our community and it shows through the compassionate care provided by the people that work within our walls.

Ryan Thompson, RN, BSN, is one of those people. From the moment you meet Ryan, you know that you are in the hands of a dedicated caregiver focused on helping you feel better.

“When you serve in the community in which you live, these people stop being

Hear more from Ryan in his own words at [Sentara.com/MarthaJeffersonPeople](https://www.sentara.com/MarthaJeffersonPeople).



OLLI
Osher Lifelong
Learning Institute

Osher Lifelong Learning Institute
at the University of Virginia

P.O. Box 2198
Charlottesville, VA 22902

change service requested

Spring 2023

CALENDAR

VISIT [OLLIUVA.ORG](https://olliuva.org) FOR UPDATES

Spring 2023 Membership will be available
for purchase on January 10 at 10 a.m.

January 9 at 2 p.m. Taste of OLLI
Meadows Presbyterian Church
Charlottesville

January 11 at 2 p.m. Taste of OLLI
R.R. Smith Center for History and Art
Staunton

January 13 at 2 p.m. Virtual Taste of OLLI
Online

January 24 at 10 a.m.
Spring 2023 Course Registration Opens



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olliuva.org



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FOR NEWS AND UPDATES

  @OLLIUVA

