



FALL 2017
COURSE CATALOG



Division of Continuing Education

GO WILD This Fall

NEW!
OLLI takes learning to a new level with "Explore More" courses. Page 24 – Explore North Florida's wild side.


Enrollment
Opens
August 15



Origami for Beginners **11**



Explore Jacksonville International Airport **19**



Cuba Today **30**

For those 50 and better.

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Jeanette M. Toohey, Director
Osher Lifelong Learning Institute

This catalog is brought to you by the OLLI program teams. Photos by Sonja Rocha, Jay Sherline and Jeanette M. Toohey.

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OLLI Courses

Different formats and course options provide many different ways to learn.

- NEW!** Courses offered for the first time or with new content.
- ED-ventures** Courses take place at locations all around town. Check course descriptions for details.
- Explore More** Courses that combine classroom and out of classroom experiences over multiple sessions.
- FREE!** Courses included with your membership with no classroom fees.



Osher Lifelong Learning Institute is a community of individuals who learn, travel and share for the fun of it.

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What’s all the excitement? Each term there are many new courses to try. Since there is always something new to learn, see or do, you’ll never be bored when you’re an OLLI member!



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Step Right Up to Share Your Passions!

First and foremost, we need facilitators to fulfill OLLI's goal of providing opportunities to learn forever. Our OLLI offers a remarkably diverse range of programs, and that is because we have exceptionally interesting members who are willing to share their passions, skills and expertise. Whatever you love, consider sharing your passion with others. A teaching background is not required. Just bring your enthusiasm and take off!

Get more involved in your OLLI!

For more information, email Jeanette Toohey, director, at jeanette.toohey@unf.edu.

There is no obligation.



Be sure to check out courses at our partner campuses. Special thanks to the partners for providing engaging learning environments.

PARTNER LOCATIONS



1 Fleet Landing Blvd.
Atlantic Beach, FL 32233
(at Mayport Rd.)

A Modern Marvel: The Brooklyn Bridge

WEDNESDAY, Sept. 6, 1 to 2:30 p.m.
1 session, \$20

Understand that iconic landmark's engineering and construction. When the bridge opened in 1883, it was the longest suspension bridge in the world. Boss Tweed helped get the project started. P.T. Barnum marched 21 elephants across the span to prove it was safe. Generations of artists (Georgia O'Keeffe, Andy Warhol), writers (Arthur Miller, Henry Miller and Jack Kerouac) and musicians (Wyckle Jean) were inspired by the bridge's beauty. Today, once threatened peregrine falcons call the bridge home.

Instructor: Joe Varon, p. 41

NEW!

Interior Decorating: Blending Old and New

WEDNESDAYS, Oct. 4 – 25, 10 to 11:30 a.m.
4 sessions, \$40

Everything old is new again when you add fresh color and organize a new design. Learn how to downsize by curating what you have. Create vision boards that express your style and offer a sense of balance.

Instructor: Marlene Kenney, p. 36

Want more?

If you're not lucky enough to be 50 yet, or if you prefer classes in the evenings, check out LEARN Jacksonville. LEARN Jacksonville offers a wide variety of fun and creative courses in a convenient evening or all day Saturday format.



- Arts, Crafts and Hobbies
- Health and Wellness
- Home and Garden
- Language and Culture
- Money Matters
- Technology
- Photography
- Show Business
- Writing
- Wine Tasting

LEARN Jacksonville courses are offered at the University of North Florida. To learn more, visit www.unf.edu/ce/learnjax. Call (904) 620-4200 to receive a free catalog.





235 Towerview Rd., St. Augustine, FL 32092 (World Golf Village)

25 State Rd. 13, Jacksonville, FL 32259 (Julington Creek)

Historic Jacksonville Theater Palaces, Drive-Ins and Movie Houses

FRIDAY, Sept. 8, 1 to 2:30 p.m.
1 session, \$20

Discover Jacksonville’s theater history of more than 100 years beginning with the Park Opera House, visited by President Grover Cleveland and destroyed by the Great Fire of 1901; through the “little Broadway” heyday when Forsythe Street was lined with theaters; to the present day survivors, the Florida Theatre and the Alhambra. Enjoy historical photos and anecdotes presented by a local, award-winning author.

Instructor: Dorothy Fletcher, p. 33

NEW!

Spymasters: Directors of CIA

THURSDAY, Oct. 12, 10:30 a.m. to noon
1 session, \$20

Consider the eye-opening challenges that have faced the two dozen directors of the Central Intelligence Agency since it was founded by President Truman in 1947. Originally a clearinghouse for foreign policy intelligence and analysis, the CIA currently collects, analyzes, evaluates and disseminates foreign intelligence and performs covert actions. Your instructor is an insider who provides behind-the-scenes glimpses.

Instructor: Edward Mickolus, p. 38

NEW!

Intelligence Failures of Pearl Harbor

THURSDAYS, Nov. 2 – 9, 10:30 a.m. to noon
2 sessions, \$30

Investigate historic mistakes. The Japanese attack on Pearl Harbor was not only a tactical intelligence failure by the United States, but also a strategical intelligence blunder by the Japanese. The Americans should not have been surprised on Dec. 7, 1941. They had the information but misused it. The Japanese misunderstood America’s response to their provocation. They should have known it would start a war that would lead to their total defeat. Explore whether that historic event offers any lessons pertinent to today.

Instructor: Joseph L. Warner, p. 42

50 Years of Jacksonville History: Journalism, Media, Politics

MONDAYS, Oct. 2 – 30, 10:30 a.m. to noon
(No class Oct. 16)
4 sessions, \$40

Achieve greater understanding of our community, its media and its politics. Your instructor has reported, commented on and participated in Jacksonville public affairs for nearly 50 years. Anticipate lively discussions focusing on the media and the politicians.

Instructor: Harry Reagan, p. 39

Armchair Travel Medley: India, Nepal and Bhutan

TUESDAYS, Oct. 10 – 31, 1 to 2:30 p.m.
4 sessions, \$40

Explore the people, places, histories and cultures of those countries in South Asia. While the region is defined by its former rule by Britain, it is equally defined by its diversity. Sit back and relax as an expert takes you on a journey of discovery.

Instructor: Roshan Massey, p. 37

Use Bible+ on Your iPad For Bible Study

TUESDAYS, Nov. 7 – 14, 1 to 2:30 p.m.
2 sessions, \$30

Energize your Bible study with a powerful, easy-to-use and economical app that lets you take notes, search them as you study and hyperlink them to verse. Powerful reference resources allow you to compare Greek and Hebrew word origins and explore linked concordances as well as dictionaries, maps, character studies and outlines.

Required: Download Olive Tree Bible app from iTunes

Instructor: Matt Lawrence, p. 37

MONDAYS at UNF

Most classes take place at the University of North Florida
Adam W. Herbert University Center
12000 Alumni Drive, Jacksonville, FL
See course description for date, time and location.

COURSES at UNF

OSHER
LIFELONG
LEARNING
INSTITUTE

Mondays at UNF

NEW!

Hands On: Close-Up and Macro Photography

Sept. 11 – 25, 9:30 to 11 a.m.
3 sessions, \$35

Discover a unique view of the tiny world around you. Learn basics, including equipment selection and production techniques that produce the best results. Course is a great overview for beginners and a good refresher with plenty of tips for more experienced photographers. Experiment during a special indoor studio session with plenty of interesting props and subjects.

Required: Digital camera and tripod, \$5 payable to the instructor for props

Instructor: Gary Whiting, p. 42

The Reformation(s): History and Legacy

Sept. 11 – Oct. 9, 9:30 to 11 a.m.
5 sessions, \$45

Martin Luther nailed his “95 Theses” on the door of the Wittenberg Castle Church in Germany 500 years ago. Discover how the Reformation grew out of complicated religious, social, political, economic and cultural factors. Assess the event’s legacy far beyond religious matters. Examine why our time is seen by many as the next reformation and what that might portend for the present and future. No prior knowledge is required.

Required: “The Reformation: A Very Short Introduction” by Peter Marshall

Instructor: Joe O’Shields, p. 39

NEW!

Islam: The Faith, the People and Their Politics

Sept. 11 – Oct. 30, 10 a.m. to noon
8 sessions, \$75

Transform your knowledge about the Muslim world. Improve your understanding of Islam’s beginnings in Mecca, fundamental beliefs, diverse population and widespread influence on our global civilization. Examine current events in Muslim majority countries and the impact of Muslim minority populations in Europe and American through texts and a wide array of multimedia.

Required: “If the Oceans Were Ink: An Unlikely Friendship and a Journey to the Heart of the Quran” by Carla Power

Instructor: Parvez Ahmed, p. 31

Warning: The Rules of Money Have Changed. Have You?

Sept. 11 – Oct. 9, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Are you going broke slowly but safely? Is there a contest going on to see whether you or your finances will expire first? Act to take control.

Instructor: Stanley B. Greenfield, p. 35

Join the OLLI community.
See page 43.



The Southern Home Front during the U.S. Civil War

Sept. 11 – Oct. 30, 1:30 to 3 p.m.
8 sessions, \$60

Improve your understanding of the experiences of southern civilians and common soldiers amidst the ferocious fighting of the Civil War. Examine key military battles, leaders and their armies, as well as guerrilla warfare, Hard War policies and military occupations. Explore the topics of slavery, free blacks, southern women and Unionists and the Emancipation Proclamation.

Required: “Seasons of War: The Ordeal of a Confederate Community, 1861-1865” by Daniel Sutherland

Instructor: Ken Hoffman, p. 36

NEW!

Origami for Beginners

Sept. 18 – Oct. 9, 9:30 to 11 a.m.
4 sessions, \$40

Create your own unique gift envelopes, gift boxes and holiday ornaments using origami. Learn the art and basic folds through simple models. Internet resources support your ongoing learning. Origami stimulates both sides of the brain and refines memory, eye-hand coordination and ability to concentrate on a specific task. The emotional satisfaction it provides as a calming, creative outlet is an added benefit.

Instructor: Cindy Dobelstein, p. 33

NEW!

Experimental Painting: Acrylics, Tissue and Collage

Sept. 18, 1 to 4 p.m.
1 session, \$30

Ignite your creativity. Learn to design compositions. Discover innovative ways to enliven your artwork using water media. All levels of experience – including none – are welcome for a

lively, fun afternoon. Workshop content is new each time it’s offered.

Recommended: Apron or smock

Required: \$20 payable to instructor for all art supplies required for the course

Instructor: Bonnie Yales-Gibson, p. 42

NEW!

Master the Masters: Adventures of a Symphonic Detective

Sept. 25 – Nov. 27, 1:30 to 3 p.m.
4 sessions, \$40

Dates vary according to the Jacksonville Symphony Masterworks schedule.

A collaboration with Beaches Residents Actively Supporting the Symphony (BRASS) and the Jacksonville Symphony (JSym).

Maximize your enjoyment of the JSym’s 2017-18 season with classes, analyzing each of the Masterworks Series. The Monday prior to the weekend concert, you will put the performance under the microscope. Learn about musical elements, time, place, people and politics in a conversational, interactive atmosphere designed to bring the music to life. Course features cameo performances by JSym musicians.

SEPT. 25: Beethoven and the Blind Banniser

OCT. 16: Czechmate

NOV. 6: Fabio, Fauré and Fantastique

NOV. 27: German Giants

Instructor: Lynne Radcliffe, p. 39

NEW!

The Neuroscience of Information Overload, Memory Loss and Aging’s Benefits and Blessings

Oct. 2 – 23, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Enhance your brain health in an interactive, participatory class focused on the neuroscience and causes of information overload and memory loss. Learn to regain and maintain brain health as you age. Identify strategies to increase your brain’s efficiency and efficacy.

Instructor: Rita Brodnax, p. 32

NEW!

Bits and Pieces: Collage with a Purpose

Oct. 9 – 30, 9:30 to 11 a.m.
4 sessions, \$40

Learn to make a collage from a variety of papers so that the design and structure are aesthetically pleasing. Each class focuses on a different compositional objective. Your final products will be suitable for framing! All students – beginner to advanced – welcome regardless of art skills or experiences.

Recommended: Decorative paper such as scrapbooking paper

Required: Pencil, scissors, glue stick

Instructor: Chris Fulmer, p. 34

Osher Lifelong Learning Institute (OLLI) is an owner/operator organization, with more than 1,400 members. Membership is \$50 per year. The only requirements to join are at least 50 years of life experience and a joy for learning. See page 43 to enroll.

NEW!

Photographer's Sunrise Walkabout on Big Talbot Island

Oct. 16, 6:35 to 8:30 a.m.
1 session, \$30

Do you have a passion for photography? Catch the perfect sunrise photograph at the island's famous driftwood boneyard beach. Your instructor is a seasoned photographer and master naturalist who can provide advice when you want or need it. Debrief with fellow members over a Dutch-treat breakfast after the shoot. Weather conditions may dictate an alternate date.

Required: Moderate walking, comfortable shoes, dress for the weather, bug spray

Instructor: Gary Whiting, p. 42

Mindfulness Basics: Enhancing and Sustaining Mindful Awareness

Oct. 16 – Nov. 20, 9:30 to 11 a.m.
6 sessions, \$50

Stimulate your ability to skillfully and peacefully navigate daily life. In this highly interactive class, you will learn to integrate the basics of mindfulness meditation into your daily activities. The content is based on a program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society.

Required: \$10 payable to the instructor for a CD that supports your learning and enhances your practice

Recommended: "Wherever You Go There You Are" by Jon Kabat-Zinn and instructor-provided MP3 recording of brief mindfulness practices

Instructor: Toni Nixon, p. 38

NEW: ED-VENTURE

Discover the Okefenokee National Wildlife Refuge

Oct. 23, begins 10 a.m.
1 session, \$50 (Includes lunch)

Enjoy a 90-minute boat tour with narration about the swamp's history, unique ecology, diverse habitats and abundant wildlife. Debrief over lunch followed by a stop at the visitor center. Delight in a self-guided driving tour along a scenic route. Visit the Chesser Island Homestead, built 10 years prior to the 1937 establishment of the refuge. Walk the boardwalk, climb the observation tower or hike the trail.

Recommended: Dress for the weather, closed-toe, non-skid shoes, sun and insect protection, camera, binoculars

Required: Transportation is on your own, agility to move from dock to boat and back

Coordinator: Cynthia Kastner, p. 36

NEW!

A Broad Brush with Salvador Dali and Frida Kahlo

Oct. 23 – 30, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Salvador Dali and Frida Kahlo, iconic artists of the 20th century, are celebrated for their creative energies and surrealistic styles. Both artists sought to unlock the power of imagination through their unconscious mind and dream interpretation. Paintings were outlandish, perplexing, sexual and sometimes violent in subject. Works were intended to jolt the viewer out of their comforting assumptions. Explore these two notorious artists and their eccentric works. Learn about each artist's unusual history, their creative sources and their symbolic imagery.

Instructor: Julie Giuliani, p. 34

NEW!

Life, Death and Other Stories: The Old City Cemetery

Oct. 23, 1:30 to 3 p.m.
1 session, \$20

Old cemeteries are fascinating places with many stories to tell. Join an author and historic preservationist for an unconventional classroom tour of Jacksonville's Old City Cemetery. Explore the cemetery's origins and development. Learn about the individuals and families buried there as well as their impact on the city's rich history. Acquire an understanding of the symbolism of funerary monuments common to the 19th century.

Instructor: Joel McEachin, p. 38

NEW!

Photographer's Sunset Walkabout on the St. Johns River

Oct. 23, 6 to 8 p.m.
1 session, \$30

Fuse your passion for photography with a stunning Florida sunset along our majestic river. Your instructor is a seasoned photographer and master naturalist who helps you catch the perfect shot from a location known for its sunset views. Debrief with fellow members over a Dutch-treat dinner after the shoot. Weather conditions may dictate an alternate date.

Required: Moderate walking, comfortable shoes, dress for the weather, bug spray

Instructor: Gary Whiting, p. 42



NEW: ED-VENTURE

Birdwatching 101 at Fort Mose Historic State Park

Nov. 6, 9 a.m. to noon (Excludes lunch)
1 session, \$30

Calling all novice birdwatchers and history aficionados. A seasoned birdwatcher guides you in the park and teaches you how to get the most out of binoculars. Your birding session is followed by an exploration of the fort and a presentation about its 18th century history. An interactive museum tells the story of African slaves who fled to the site filled with hope for their newfound freedom. Debrief with fellow members over a sack lunch.

Recommended: Dress for the weather, cameras, binoculars, sack lunch

Required: Transportation is on your own, physical stamina for moderate walking

Coordinator: Laurel Conderman, p. 33

NEW!

History of Mathematics II: The Calculus

Nov. 6 – 27, 11:30 a.m. to 1 p.m.
4 sessions, \$40

What is calculus? Cultivate knowledge of an ancient branch of mathematics that is now an analytic tool used to model and solve problems in such diverse fields as of science, engineering and economics among others. Learn about the impact of the field's modern foundations built on the pioneering work of Isaac Newton and Gottfried Wilhelm Leibniz in the 17th century. No knowledge of calculus is required.

Instructor: Alan Gleit, p. 34

NEW!

Learn the Basics of Texas Hold'em Poker

Nov. 6 – 27, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Kenny Rogers' gambler declared, "If you're going to play the game boy, you got to learn to play it right." Learn the rules and etiquette for fixed limit, pot limit and no limit Hold'em poker. Distinguish between games for cash, in casino and tournament settings, and at home around the kitchen table. Understand card play and reading the community cards. Recognize the importance of table position, betting strategies, bluffing and managing your chips. Course designed as an introduction for new poker players or players with limited Texas Hold'em experience. Emphasis on weekly practice play and evaluation of possible outcomes.

Instructor: Bob Wagner, p. 42

NEW!

Multigenerational Similarities and Differences: How and Why They Matter

Nov. 6 – 13, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Generational similarities and differences impact relationships and communication. Transform your understanding of what matters and how you can be more effective with people of all ages, especially those you love and cherish. This fun, interactive class defines and explains generational differences. Emphasis on identifying the right things that produce optimal results and the wrong things that produce negative impacts.

Instructor: Rita Brodnax, p. 32

Wellness and Stress Management

Nov. 6 – 27, 1:30 to 3 p.m.
4 sessions, \$40

Empower yourself. Control your perceptions of and responses to stressors. Improve respiration, pulse, digestion, blood sugar and perspiration. Learn to read your body to reduce or eliminate stress-induced aches, pains and migraines. Discover techniques for correct diaphragmatic breathing. Increase your body's positive blood flow. Maximize progressive muscle relaxation, autogenic training, imagery and biofeedback skills. Integrate stress management in your healthcare. This highly interactive class provides aids you can use every day.

Instructor: Inge Thompson, p. 41



Have fun while you reduce stress and stay active.

NEW!

Make Slideshows and Videos with iMovie

Nov. 13 – 20, 9:30 to 11 a.m.
2 sessions, \$30

Calling all Mac users. Learn to harness the power of iMovie, a built-in software app that lets you make fun, interesting slide shows and videos from existing stills and movie clips. Create trailers and short films. Add sound tracks. Share with others. Your instructor is a veteran photographer and seasoned Mac user who keeps things simple for beginners and challenges more experienced users. Class features demonstration of the latest desktop edition, which differs from iPad and iPhone tablet versions.

Instructor: Gary Whiting, p. 42

NEW!

Troubled Waters: Connections and Consequences – the Future of Florida’s Waterways

Nov. 13, 1:30 to 3 p.m.
1 session, \$20

Join us for a documentary screening and discussion about the St. Johns River, federally-designated as an American Heritage River in 1998. It is the only river in our state to receive that prestigious designation and one of only 14 in the country. Florida’s waterways including lakes, springs, aquifers and other rivers are suffering from significant pollution problems and the impact of a rapidly growing population. A representative from the St. Johns Riverkeeper, an independent voice

The Osher Lifelong Learning Institute (OLLI) is associated with the University of North Florida. Programs are developed, organized and run by volunteers. More than 200 member volunteers contribute to the ongoing success of OLLI each term. To volunteer, email Jeanette Toohey, director, at jeanette.toohey@unf.edu for more information.

that defends, advocates, and activates others to protect and restore the St. Johns River, presents the film and facilitates discussion.

Instructor: Shannon Blankinship, p. 32

NEW!

Share Your Photos with Flickr and Google

Nov. 27 – Dec. 4, 9:30 to 11 a.m.
2 sessions, \$30

Swimming in photographs that just beg for organization? Worried that you’ll lose them when your Mac or PC crashes? Eager to share your photographs and travel memories securely with family, friends or other photographers and travelers? Learn to make albums and collages. Discover methods for uploading, managing and sharing your photographs or picture galleries. Your instructor is a seasoned photographer who demonstrates tools in real time.

Instructor: Gary Whiting, p. 42

NEW!

The Neuroscience of Learning and Memory

Dec. 4 – 11, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Maximize your brain’s ageless power. Focus on how the brain processes information, constructs meaning and creates sustainable memories in this interactive class. Enhance those brain functions to empower yourself and others.

Instructor: Rita Brodnax, p. 32

Tuesdays at UNF

NEW!

If It’s Tuesday, It Must Be Shakespeare

Sept. 12 – Oct. 31, 9:30 to 11 a.m.
8 sessions, \$60

Unleash your inner thespian! Take parts and read four plays. Act your parts if you wish. Each class begins with introductory remarks and ends with discussion if time permits. Increase your understanding of Elizabethan English. Novices welcome.

Instructor: Richard Eason, p. 33

Honey, What’s That Bird?

Sept. 12, 9:30 to 11 a.m.
1 session, \$20

Gather for a colorful photographic tour of wildlife and birds in North Florida’s backyards, forests and shorelines. Your guide is a seasoned photographer and Florida master naturalist whose visuals and stories provide insights into bird and wildlife behavior and habitat. Breathtaking images will inspire your photography. Instructor shares tips and techniques to get the most out of your camera and gear regardless of venue or subject. Presentation followed by questions and answers.

Instructor: Gary Whiting, p. 42

NEW!

Our Immune System: Friend and Foe

Sept. 12 – 26, 9:30 to 11 a.m.
3 sessions, \$35

Stay healthier and protect your wellness. Enhance opportunities to add years to your life and life to your years. Cultivate an understanding of



immunology (the immune system) in health and disease care. Gather for a worthwhile examination of the immune system's complexities as well as how it protects and endangers you. Learn about recent scientific research. Discover opportunities to increase the system's benefits to wellness and control its threats to your health, especially in aging.

Instructor: Louis Catania, p. 33

NEW!

Bridge VI: Defense

Sept. 12 – Oct. 17, 10 a.m. to noon
6 sessions, \$60

Learn to play bridge in this continuation of the series. Focus on defense, the most important part of the game. Understand proper leads, carding signals and much more. Classroom tools include bidding boxes.

Required: Good understanding of standard American bidding, Play of the Hand classes, American Contract Bridge League (ACBL) text, "Defense in the 21st Century"

Instructor: John Reeve, p. 39

NEW!

International Volunteer Vacations

Sept. 12 – 19, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Discover the possibilities of combining international travel with volunteering. Learn about the variety of volunteering experiences, volunteer roles, benefits and planning for a successful and rewarding experience. Two OLLI members share their experiences abroad.

Instructors: Gail Greenfield, p. 35 and Stanley B. Greenfield, p. 35

NEW!

Play of the Hand, Part IV

Sept. 12 – Oct. 17, 1 to 3 p.m.
6 sessions, \$60

Mobilize your bridge skills. Enrich your knowledge of slams, 4th suit force to game and much more. Classroom tools include bidding boxes.

Required: Good understanding of standard American bidding

Instructor: John Reeve, p. 39

NEW!

Introduction to Spanish: Level I

Sept. 12 – Oct. 31, 1:30 to 3 p.m.
8 sessions, \$60

Begin your journey in Spanish with basic vocabulary. Practice greetings, numbers, simple sentences and questions. Expand your skills by learning some simple grammar and terms that are useful in everyday settings.

Required: "See It and Say It in Spanish" by Margarita Madrigal, ISBN 978-0451168375

Instructor: Ileana Velazquez, p. 41

NEW!

Cradle of Western Civilization: "Do You Dig Indiana Jones?"

Sept. 12 – Oct. 17, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Beginning with pre-dynastic Egypt, explore the time period of the pyramids as well as the famous pharaohs. Continue with ancient Israel and archeological finds. Finally, follow the footsteps of Jesus from Bethlehem to Golgotha and enjoy a special program on Masada.

Instructor: Edwin Safer, p. 40

NEW!

Beginning Spanish: Level I

Sept. 19 – Nov. 7, 9:30 to 11 a.m.
8 sessions, \$60

Excited about learning Spanish? Focus on beginning grammar and vocabulary. Apply your new skills in conversational situations. Learn expressions of courtesy, rules of pronunciation, giving details (articles and nouns), expressing possession and using verbs.

Required: Previous basic Spanish language experience or familiarity, complete assigned exercises between sessions, "Español Con Amigos: A Partner Approach to Learning Basic Conversational Spanish" by Melissa Janel O'Gara, ISBN 978-1535250825 and "See It and Say It in Spanish" by Margarita Madrigal, ISBN 978-0451168375

Instructor: Alice Hill, p. 36

Current Events

Sept. 19 – Dec. 19, 9:30 to 11:30 a.m.
14 sessions, \$110

In this lively course, students discuss topics of interest drawn from readings and other media of the day. Each week, students bring at least one newsworthy article of interest to present to the class. The facilitator assists by keeping the discussion of the topic on track and open to all.

Facilitator: Jay Melesky, p. 38

NEW!

Staying Current

Sept. 19 – Nov. 7, 9:30 to 11 a.m.
8 sessions, \$60

Intensify your understanding of the media's major news stories. Understand what's real and what's not. Discern between the meaningful and accurate and the meaningless and inaccurate. Class selects topics. Robust discussion depends on a variety of perspectives and opinions. Instructor provides relevant readings.

Instructor: Samuel Hart, p. 35

NEW! Explore more



Coastal Shrimp: Legacy, Lore and Sustainability

Oct. 3 – 11, Dates and times vary
3 sessions, \$70

Shrimp has been America's most popular seafood for the past decade. Our coastal shores yield some of the world's best wild-caught shrimp. Learn about local shrimp, their ecosystem, the history and sustainability of harvesting and the future of the shrimping industry.

TUESDAY, Oct. 3, 9 to 11:30 a.m.
Location: UNF Adam W. Herbert University Center

Begin your journey of discovery by learning about the life cycle of these fascinating crustaceans. Enhance your understanding of their critical role in healthy ecosystems and their economic importance. (Dr. Eric Johnson)

Learn about shrimp aquaculture in the world today. Trace stages of shrimp growth. Enrich your appreciation of issues facing farmers today. Hear about a 15-year nutrition research project focused on shrimp nutrient needs in context of other animals grown for human consumption. (Dr. Gregory A. Ahearn)

WEDNESDAY, Oct. 4, 9 to 11:30 a.m.
Location: UNF Adam W. Herbert University Center

Recapture the halcyon days of the Sunshine State's commercial shrimping and boatbuilding industries. Discover the development of the Florida-style trawler and its centrality in the multibillion-dollar business. Presentation features stories and pictures that bring local history to life. (Brendan Burke)

Learn about the colorful lives of shrimpers and their families. Hear about their superstitions, prejudices and beliefs. Discover the essence of the fishing village of Mayport in the 1950s. (G. W. Reynolds)

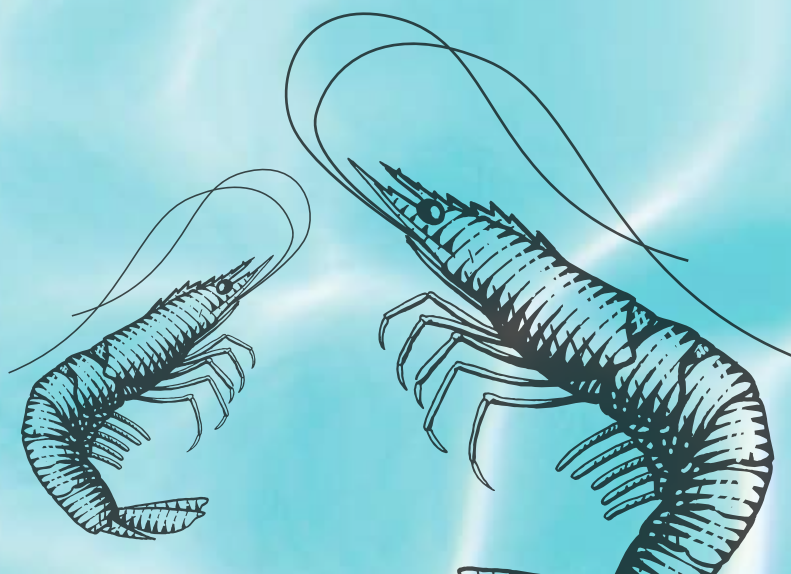
WEDNESDAY, Oct. 11, 10 a.m. to 3:30 p.m.
Location: Marine Extension and Georgia Sea Grant, 715 Bay Street, Brunswick, Georgia

Discover the economic and cultural importance of our region's commercial shrimp industry. Understand the challenges and the University of Georgia's Marine Extension and Georgia Sea Grant's partnering role for the past four decades to enhance sustainability and safety. (Bryan Fluech)

Embark on the 73-foot research trawler R/V Georgia Bulldog after a Dutch-treat lunch featuring Brunswick shrimp. Enjoy a hands-on session helping faculty and crew sort, identify and record data about their catch.

Required for this session: Good physical condition, stamina to walk between program sites, agility to climb up and down boat ladder, non-skid closed-toe shoes, dress for the weather, sun protection

Instructors: Gregory A. Ahearn, p. 31
Brendan Burke, p. 32
Bryan Fluech, p. 34
Eric Johnson, p. 36
G. W. Reynolds, p. 40



NEW!

Explore World Religions

Oct. 3 – 31, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Enrich your knowledge of the world's great religions and spiritual traditions. Examine Buddhism, Taoism, Hinduism, Judaism, Christianity, Islam and others with a special emphasis on what brings us together in spirituality rather than what separates us in dogma or culture.

Recommended: "The Illustrated World's Religions: A Guide to Our Wisdom Traditions" by Huston Smith ISBN-13: 978-0060674403

Instructor: Elizabeth Cantey, p. 32

NEW!

Journal to the Self: An Introduction

Oct. 3 – 10, 1:30 to 3 p.m.
2 sessions, \$30

Do you aspire to start journaling? Are you looking for a fresh approach? Have you kept a journal but put it aside? Discover methods based on Kathleen Adam's "The Journal to Self." Discuss the art and craft of journal writing. Practice several techniques. Share with fellow OLLI members in a relaxed, supportive setting. Research indicates diverse benefits include improved mental health, increased creativity and enhanced appreciation of personal achievements as well as growth opportunities.

Instructor: Meg Rohal, p. 40

NEW!

Spymasters: Directors of CIA

Oct. 3, 1:30 to 3:30 p.m.
1 session, \$20

Consider the eye-opening challenges that have faced the two dozen directors of the Central Intelligence Agency since it was founded by President Truman in 1947. Originally a clearinghouse

for foreign policy intelligence and analysis, the CIA currently collects, analyzes, evaluates and disseminates foreign intelligence and performs covert actions. Your instructor is an insider who provides behind-the-scenes glimpses.

Instructor: Edward Mickolus, p. 38

Discover the Secrets of Feng Shui

Oct. 10 – 17, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Connect with ancient wisdom to improve modern living. Create harmony and balance in your life through the art of placement. Discover the story your space tells.

Required: Student purchased three-ring notebook for materials supplied in class, home or office floor plan or footprint.

Instructor: Gabriele Van Zon, p. 41

NEW!

Deliberative Democracy: Civil Discourse about Critical Public Issues

Oct. 17 – Nov. 14, 1:30 to 3:30 p.m.
5 sessions, \$55

"To deliberate is to carefully weigh civic actions, laws or policies against the various things that people hold dear in order to settle on a direction to follow or purpose to pursue." That definition captures the essence of ordinary citizens engaged in civil political dialog. Deliberative forums draw on the wisdom of citizens as they share and listen to one another's opinions and seek some degree of common ground on complex questions. You will deliberate a total of four important issues including two facilitator-selected topics (Safety & Justice: How Should Communities Reduce Violence? and End of Life: What Should We Do for Those Who are Dying?) and two chosen by the

class. You will also contribute to the development of "Let's Talk about Water," an issue book that will be published jointly by the North American Association of Environmental Educators and the Kettering Foundation.

Required: An open mind, a commitment to listen carefully and share honestly, respect for diverse ideas and perspectives

Facilitator: Gregg Kaufman, p. 36

NEW!

Our Technological Future

Oct. 17 – Dec. 5, 1:30 to 3 p.m.
8 sessions, \$60

Examine the trends of technology in our future. Begin with a discussion of the exponential growth in the acceptance of new technologies. Explore a number of forthcoming technologies as well as their possible societal and ethical implications. Topics range from artificial intelligence and machine learning to driverless cars, robotic warfare and personalized higher education to automation and its impact on the future of jobs, advanced communication, space travel, virtual reality, genetic engineering, quantum computing and more. Class format includes lecture with multimedia presentations of specific technologies, a jargon-free discussion of how they work and their possible future impacts.

Required: Review of course materials distributed electronically in advance of each class

Instructor: Bernard Grossman, p. 35



Tai Chi for Your Aching Back

Oct. 31 – Nov. 7, 9:30 to 11 a.m.
2 sessions, \$30

Experience improved health, balance and vitality. Discover slow, gentle movements and exercises that help to release tension and stiffness and ease back pain. Course entails exercises and movements that may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor and do not enroll if you are uncertain of your ability to participate.

Required: Wear comfortable clothing

Instructor: Sue Lamb Myers, p. 38

Creativity for Retirees

Oct. 31 – Nov. 21, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Discover your second act in this high-energy, hands-on seminar. Experience a smorgasbord of idea generation techniques to explore your retirement opportunities. Explore how collaboration can spur new ideas, ways to overcome biases and mindsets and clarify a problem at hand. Devise fresh new ways of understanding issues in an intellectually liberating atmosphere. Develop new approaches to examine and maximize your happiness in this important life stage.

Recommended: “A Whack on the Side of the Head” by Roger Von Oech, George Willett and Nolan Bushnell and “Thinkertoys: A Handbook of Business Creativity” by Michael Michalko

Instructor: Edward Mickolus, p. 38

NEW!

Introduction to Bonsai

Oct. 31 to Nov. 14, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Bonsai is an ancient Asian art. The name means tree in a pot in both the Chinese and Japanese languages. Originally developed in China 2,000 years ago, the sublime art of bonsai

is practiced throughout the world today. Bonsai are appreciated for their shape, harmony, proportion and scale. Discover how to style and shape a bonsai tree. Learn pruning and wiring techniques in this demonstration workshop for beginners. Your instructor shares information about local sources for inexpensive materials and fitting a tree into a tiny pot.

Instructor: Joe Stumpf, p. 41

NEW!

Prelude to the Enlightenment: Early Modern Philosophers

Oct. 31 – Dec. 5, 1:30 to 3 p.m.
6 sessions, \$50

Enhance your knowledge of the 17th century philosophers who rejected the ideas of medieval Catholic scholastics and laid the intellectual groundwork for the 18th century Enlightenment. Understand theories and debates about human nature, the mind, good government and religious tolerance. Learn about significant philosophers including René Descartes, Thomas Hobbes, Baruch Spinoza and John Locke among others. No prior knowledge is required. Each class includes time for discussion. A course on the Enlightenment will be offered in winter 2018.

Recommended: “The Dream of Enlightenment: The Rise of Modern Philosophy” by Anthony Gottlieb

Instructor: Ken Hoffman, p. 36

Tai Chi: What’s It All About?

Oct. 31 – Nov. 7, 1:30 to 3 p.m.
2 sessions, \$30

Stretch your understanding of that wellness phenomenon’s myriad of benefits, its historical roots and its differences from conventional exercise. Discover Tai Chi principles. Learn how it can help you achieve better balance and mobility. Class format includes

lecture, discussion and demonstration. Enjoy the healing comfort of performing some basic Tai Chi movements. Course entails exercises and movements that may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor and do not enroll if you are uncertain of your ability to participate.

Required: Wear comfortable clothing

Instructor: Sue Lamb Myers, p. 38

NEW!

Embrace the Power of Positive Aging

Nov. 14 – 21, 9:30 to 11 a.m.
2 sessions, \$30

Getting old is not for the faint of heart but the alternative is far less attractive. Define the common myths about aging. Cultivate an understanding of the natural aging process. Maximize your enjoyment of aging through optimizing activities. Join us for a fun lecture and discussion program.

Instructor: Ken Tannenbaum, p. 41

NEW!

Learn to Cut Mats to Frame Art

Nov. 14, 9:30 to 11 a.m.
1 session, \$20

Are you eager to hang pictures without breaking the bank? Calling all novices who want to learn basic mat-cutting techniques. Do it yourself to save a bundle.

Recommended: Mat board no larger than 16 by 20 inches for class

Instructor: Jay Sherline, p. 40

NEW!

Traveling the Underground Railroads

Nov. 21 – Dec. 12, 3:30 to 4:30 p.m.
4 sessions, \$40

Transform your understanding of the

secret routes and safe havens that allowed enslaved people to escape. Did you know the network ran south as well as north? Learn why the story hasn't been told for three centuries. Instructor's presentations complimented by visuals. Discussion is welcome.

Required: \$10 payable to the instructor for her book, "The Journey South to Freedom"

Instructor: Meltonia Young, p. 42

ED-VENTURE

Urban Exploration: 15th Annual Gingerbread House Extravaganza and Tour of Merrill House

Dec. 5, 1 to 3 p.m. (Excludes lunch)
1 session, \$35

Discover a beloved local tradition at the Jacksonville Historical Society's Old St. Andrew's Church. Gigantic, creative houses built by chefs, bakers, architects, engineers, culinary school students, families and individuals. Themes range from traditional houses and buildings in Northeast Florida to fairy tales and animals. A builder shares how he or she became involved, timeline from start to finish, ingredients, construction techniques and transport to the exhibition. Gingerbread cookies are available for sale. Themed holiday trees created by Junior League Sustainers complement the display. Gingerbread display is fully accessible. Then tour the largest and most architecturally interesting 19th century home remaining in East Jacksonville. Learn about elements that define its Queen Anne and Eastlake styles. Gather for pre-tour Dutch-treat lunch at Uptown Kitchen and Bar.

Required: Transportation is on your own, mobility to climb stairs in the Merrill House

Coordinator: Billie J. Hayward, p. 35

Wednesdays at UNF

FREE MEMBER BENEFIT

Apple Users Group

Sept. 6, OR Oct. 4 OR Nov. 1
9:30 to 11 a.m.

1 session each, FREE

Gather with other Apple technology users. Learn as a group to maximize your technology product's potential. Bring your questions and interests to a friendly, supportive environment.

Facilitator: Carolyn Godwin, p. 34

NEW: ED-VENTURE

Explore Jacksonville International Airport

Sept. 13, 10 a.m. to noon
(Excludes lunch)

1 session, \$30

Curious about JIA, its origins, purview and operations? Join us for this once-in-a-lifetime opportunity to go behind the scenes. Visit canine patrol and VIP areas. Learn about TSA screening, the art collection and music programming. Explore public spaces with an insider. Debrief with fellow OLLI members over a Dutch-treat lunch at Ruby Tuesday.

Required: All enrolled subject to TSA security check, bring driver's license or other government issued identification, no photographs in baggage screening area, transportation is on your own

Coordinator: Bob Kastner, p. 36

Crossing the St. Johns

Sept. 13 – 20, 11:30 a.m. to 1 p.m.
2 sessions, \$30

Transform your knowledge of the seven bridges that cross our river. Learn about their namesakes, structure, spans and heights. Compare our bridges with other famous bridges.

Instructor: Joe Varon, p. 41

NEW!

Intermediate Spanish: Level II

Sept. 13 – Nov. 1, 11:30 a.m. to 1 p.m.
8 sessions, \$60

Practice intermediate Spanish. Improve your listening and speaking skills. Focus on concepts of time and negotiating terms to improve your conversational success in a variety of contexts.

Required: Conversational skills to use common verbs in simple tenses to express an opinion and describe past and future events, completion of practice exercises at home between sessions. "Practice Makes Perfect: Spanish Conversation," by Jean Yates, premium second edition, ISBN 978-1259586361, approximately \$11

Instructor: Steven D. Orr, p. 39



OLLI members like
to stay on the move!



Try something new.
You just might
surprise yourself.

NEW!

Sex, Money and Vengeance: Motivations for Murder in American Mysteries

Sept. 13 – Oct. 18, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Explore the essential elements in well-regarded American murder mysteries. Class format includes lecture, book critiques and discussions as well as experiential and interactive activities.

Instructor: Robert L. Gold, p. 34

Become a Prolific Writer

Sept. 13, 1:30 to 3 p.m.
1 session, \$20

Some writers finish one book and consider it a crowning achievement. Others find it a promising start. Learn the writing secrets of prolific authors to increase your productivity. Your instructor published nearly 150 books, scholarly journal articles and newspaper articles.

Instructor: Edward Mickolus, p. 38

NEW!

Constitutional Law

Sept. 13 – Oct. 18, 1:30 to 3:30 p.m.
6 sessions, \$60

Learn the history of the U.S. Constitution and the major participants. Understand the early obstacles and conundrums faced by the founders and the compromises reached to launch a new nation. Examine the meaning and language of the Preamble, Articles, Bill of Rights and the Amendments. Investigate “The Federalist Papers” and their relevance to our political establishment, both past and present. Explore the powers of the three branches, the makeup of our bicameral form of government and the definition of a democratic republic. Course content is new each term.

Required: OLLI-supplied copy of The Constitution, free “The Federalist Papers,” by John Jay, James Madison and Alexander Hamilton from Google for iPhone, tablet or laptop

Instructor: William Michael Savage, p. 40

NEW: ED-VENTURE

Flush and Forget: JEA Waste Water Treatment Plant

Sept. 20, 9:30 to 11:30 a.m.
1 session, \$30

Wonder what happens when you flush your toilet? Visit JEA’s largest regional wastewater plant, the Buckman Wastewater Facility, which treats an average of 23 million gallons of sewage daily. Learn about the long, complicated trip that more than 75 million gallons travel from collection lines to more than 1,300 pumping stations and 11 treatment plants. Take an in-depth look at how your water is processed and treated. Tour follows presentation.

Required: Closed-toe shoes, long pants, ability to stand and walk on uneven ground

Coordinator: Christine Lewitzke, p. 37

Ways to Happiness

Sept. 20 – Oct. 11, 9:30 to 11 a.m.
4 sessions, \$40

Transform your knowledge of happiness through the wisdom of the ancients and academic studies about the keys to happiness. Improve your happiness quotient through practice exercises.

Instructor: Robert Black, p. 32

NEW!**Making the Most of Your Golden Years: Health Strategies for Best Results**

Sept 20, 11:30 a.m. to 1 p.m.
1 session, \$20

Health strategies change as we age. Understand the best medical and health practices for older adults. Learn what questions to ask your doctor. Take home information on screening tests, examinations, medications, diet and exercise.

Instructor: Joseph T. Stepp, p. 41

NEW!**Advanced Beginning Knitting**

Sept. 20 – 27, Oct. 11 and 25, Nov. 8,
1:30 to 3 p.m.
5 sessions, \$45

Learn to select appropriate materials and patterns. Understand how to read patterns and charts. Acquire the know-how to control the size of your stitches. Your instructor is an accomplished fiber artist with expertise in sourcing materials. Course focuses on a beginner's stitch sampler scarf with pattern provided at no charge. First session focuses on casting on. Practice by knitting on your own between classes.

Required: Must know how to make knit and purl stitches, student-supplied knitting needles and scrap yarn for first class, additional purchases recommended by instructor

Instructor: Karen Backilman, p. 31

NEW!**America's First Battles, Part I: Our Revolution to 1900**

Sept. 20 – Nov. 8, 1:30 to 3 p.m.
8 sessions, \$60

How has the United States prepared for war in the past? Insights into history's lessons are often hidden in obscure locations or misplaced in the long forgotten words of well-intentioned but

little-known, minor government officials. Are you curious about this important aspect of our collective history? Do you believe that we can learn from preparing for conflict during peace, mobilizing for war, fighting battles, and adapting to the dangers and exigencies of conflict? Examine the situations faced by our nation's early leaders as well as their leadership traits and trials. Analyze the art and science of conflict from a uniquely American perspective. Consider the preservation of national freedom through the necessity of the profession of arms. Knowledge of U.S. military history or U.S. history is not required. An open mind and a desire to participate in a lively, interactive program where we appreciate diverse viewpoints and learn from others are the only requirements.

Recommended: "America's First Battles: 1776-1965" edited by Charles E. Heller and William A. Stofft, additional instructor-supplied reference materials

Instructor: John D. Frketic, p. 34

Investing for Those Who Do Not Want to Think About It

Sept. 20 – Oct. 4, 1:30 to 3 p.m.
3 sessions, \$35

Conquer the bad and ugly of investing. Increase your knowledge of investment products. Act to create a practical diversified portfolio that does not require further attention.

Instructor: Robert Black, p. 32

NEW!**Forum on Current Issues**

Sept. 27 – Nov. 8, 11:30 a.m. to 1 p.m.
7 sessions, \$55

Explore important contemporary issues each week to enhance your understanding of things that matter. Participants select two topics each week and distribute related reading material in advance of the next class. Topics range from political, social,

cultural and environmental issues or others that interest you. Discussion focuses on the implications of the issues at hand. Dialogue is always lively and engaging.

Facilitator: Allan Silberman, p. 40

NEW!**Mah Jongg for Beginners**

Sept. 27 – Oct. 25, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Learn a game that is both challenging and fun! Mah Jongg is played with tiles rather than cards. Strategy, skill and an element of luck are required to win. The game originated in China centuries ago and continues to be played worldwide. An added benefit is that it has been proven to be a powerful tool in maintaining and enhancing brain health.

Required: Advance purchase of 2017 National Mah Jongg League card, large print version recommended (\$9) from www.nationalmahjonggleague.org or by calling (212) 246-3052, allow three weeks for delivery

Instructor: Diane Solms, p. 41

NEW!**Become Friends with Your Android Phone**

Oct. 4 – 18, 9:30 to 11 a.m.
3 sessions, \$35

Are you a first-time user of an Android phone or tablet? Learn the basics of calling, texting, searching and taking photos. Manage your contact list, use the voice to text feature, share documents and photos, download apps and customize your device based on your personal needs and requirements.

Instructor: Michael Schmitt, p. 40

NEW!

Mysteries Unlimited: International

Oct. 4 and 18, Nov. 1 and 15
1:30 to 3 p.m.
4 sessions, \$40

Contemporary crime fiction, including noir, is your point of departure to explore literary aspects, history, politics, culture and economics of countries worldwide. Gain new perspectives. Most authors come from areas they write about. A reading list and resources will be provided. Library quantities are limited, so books may need to be purchased. Class meets every other week to allow time for reading.

Required: Knowledge of following links to internet sites and downloading email attachments

Instructor: June Weltman, p. 42

NEW: ED-VENTURE

Beer Behind the Scenes: Intuition Ale Works

Oct. 4, 3:30 to 5 p.m.
1 session, \$40

Intuition Ale Works produces small-batch, handcrafted beers in a range of styles. Established in 2010 by brewer-owner Ben Davis, Intuition expanded and relocated downtown last year. Tour its state-of-the-art brewing facility and taproom. Pair sample sizes with light hors d'oeuvres prepared by Black Sheep Restaurant. Venue is fully accessible.

Coordinator: Christine Lewitzke, p. 37

Beekeeping – Your New Favorite Hobby

Oct. 11 – Nov. 15, 9:30 to 11 a.m.
Field trips: Oct. 25, Nov. 8
6 sessions, \$50

Discover the wonderful world of honey bees. Learn how to help save the planet by starting your own colony. Transform your health, your garden and your landscaping with a bee colony. Class includes field trips to a working apiary, “Crab Creek Bees.” Observe bees foraging, raising brood and making honey. Handle live bees and taste honey directly from the hive.

Required: Field trip transportation is on your own

Instructor: Steve Sheffield, p. 40

NEW: ED-VENTURE

The Courthouse Tour is Now in Session

Oct. 11, 10 to 11:30 a.m.
(Excludes lunch)
1 session, \$35

Experience the Duval County Courthouse. Learn how it supports the work of the Duval County and Fourth Judicial Circuit courts. Tour public areas, hear stories about the building and converse with clerk of courts personnel in the jury assembly room. Visit ceremonial courtrooms that host high profile activities and events. Venue is fully accessible. Parking is included in your fee. Debrief with fellow members over a Dutch-treat lunch in the Brooklyn neighborhood.

Required: Transportation is on your own, physical stamina to get to and

from venue and parking facility, business casual with comfortable walking shoes, full screening (metal detector and wand) of each participant and all items brought by them including cell phones and books

Prohibited: Cameras, selfie sticks, glass containers, weapons, blades, chemicals including mace, pepper spray, potential weapons including nail files, letter openers, tweezers, silverware and tools

Coordinator: Laurel Conderman, p. 33

Chess for Beginners and Beyond

Oct. 11 – Nov. 15, 1:30 to 3 p.m.
6 sessions, \$50

Explore the basics of a game rooted in noble culture and once dubbed the King’s Game. Discover key strategies to develop and enhance your game-playing skills. New students learn the game and returning students advance their skills! Start or boost your knowledge in this highly interactive class.

Required: A chess set and “A Primer on Chess” by Jose R. Capablanca; students read first chapter prior to first class

Instructor: Michael Willner, p.42

NEW!

Your Bucket List and the Road Ahead

Oct. 11 – Nov. 8, 1:30 to 3 p.m.
5 sessions, \$45

Share challenges you have met successfully, as well as those you hope to accomplish. Topics are selected by students in the class. Ponder where the road not taken might lead, the evolution of life’s philosophy. Make new OLLI friends by exploring what makes each of you unique. Course content is new each term.

Facilitator: Janet Willner Myers, p. 38

We would love to hear from you! Please submit any comments or questions to Jeanette Toohey at jeanette.toohey@unf.edu. If you want to make a real impact on your OLLI, think about volunteering. Many opportunities are available for next term.

NEW!**Unleash Microsoft PowerPoint for High Impact Presentations**

Oct. 11 – 18, 3:30 to 5 p.m.
2 sessions, \$30

Acquire the know-how to create clear, effective PowerPoint presentations and deliver them with confidence. Create memorable slides and avoid common presentation mistakes. Produce your own presentation between sessions and receive feedback in a friendly, relaxed environment. Whether your goal is to inform, persuade, inspire or entertain, this workshop fully equips you to deliver engaging presentations that will impress your audience.

Recommended: Laptop or other device with Microsoft PowerPoint installed

Instructor: Somesh Chablani, p. 33

Zen Buddhist Meditation

Oct. 18 – Nov. 22, 9:30 to 11 a.m.
6 sessions, \$50

Maximize your ability to meditate to increase positive health benefits and a sense of well-being. Each session encompasses two guided meditation sessions and plenty of time for discussion.

Required: Zabaton and zafu if you own them; if not, yoga mat or blanket and a firm pillow

Instructor: Bill Mayhew, p. 37

NEW!**Beginning Bridge I**

Oct. 18 – Dec. 6, 10 a.m. to noon
8 sessions, \$75

Learning to play the modern game of bridge is fun. Course follows the American Contract Bridge League's (ACBL) foundational curriculum of hand evaluation, bidding and card play. Potential health benefits are a plus.

Scientific studies indicate that playing bridge can boost your immune system and develop new neural pathways that enhance brain health. Absolute beginners are welcome. No prior experience with bridge is required.

Required: Free, instructor-supplied ACBL book "Bidding in the 21st Century"

Instructor: Faye Barkan, p. 31

NEW!**Quest for the Historical Jesus: From Schweitzer to Ewing and Aslan**

Oct. 18 – Nov. 8, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Evangelicals, atheists and everyone else is invited to examine scholarly efforts to uncover the life of Jesus, the person. What defined his life and the times in which he lived? What was his training? What was his message? How did the early church evolve? Published works by Albert Schweitzer, Bart Erhman, Katherine Pratt Ewing and Reza Aslan and others inspire and guide our civil discourse and discussion.

Instructor: Joel M. Reaser, p. 39

NEW!**Refresh Your Bridge!**

Oct. 18 – Dec. 6, 12:30 to 2:30 p.m.
8 sessions, \$75

Did you learn to play bridge when bidding three hearts meant those were in your hand? It's time to update your skills by learning the American Contract Bridge League's (ACBL) fundamentals. Begin by learning how to bid, then move to play of the hand and defense. Course designed to bring you up to date so you can play more and better bridge.

Required: Free, instructor-supplies ACBL book "Bidding in the 21st Century"

Instructor: Faye Barkan, p. 31

NEW!**Nixon: Man of Many Masks**

Oct. 25 – Nov. 22, 9:30 to 11 a.m.
5 sessions, \$45

President Richard Nixon may be remembered for Watergate but his legacy extends beyond that political scandal. Examine his career and administration. Enrich your understanding of his early political life, domestic policies and foreign agendas. Consider his handling of the Vietnam war among other topics.

Instructor: Tom Schmidt, p. 40

NEW!**The Lasting Effects of World War I**

Oct. 25 – Nov. 15, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Commemorate the 100th anniversary of America's entry into the war by defining its lasting impacts. Empires disappeared, new nations were created and others regained their former independence. Investigate the effects on present day world events.

Instructor: Joseph L. Warner, p. 42

Spanish Florida: A History

Oct. 25 – Nov. 29, 11:30 a.m. to 1 p.m.
6 sessions, \$50

Meet the characters and crooks that conquered, colonized and exploited the land and people. Discover the Spanish colony's eye-opening events. Focus on the famous, infamous and often foolish figures who shaped its long history.

Recommended: Student purchase of "St. Augustine: A Brief History of America's Oldest City" by Robert Gold

Required: Field trip transportation is on your own; physical stamina needed to walk and stand for two hours

Instructor: Robert L. Gold, p. 34

NEW! Explore more

Walk on the Wild Side!

**WEDNESDAYS, OCT. 18 – NOV. 1, TIMES VARY
3 sessions, \$65**

Discover area organizations dedicated to the preservation of our natural world. Enrich your understanding of conservation and restoration of ecosystems and habitats that support birds and other wildlife. Classroom session complements visits to venues.

**WEDNESDAY, OCT. 18, 11:30 A.M. TO 1 P.M.
Location: UNF Adam W. Herbert
University Center**

Chris Farrell, Northeast Florida policy associate, shares the work and impact of the Duval Audubon Society. Founded in 1939, it is one of 45 chapters of Audubon Florida and a member of the National Audubon Society. That chapter is dedicated to the enjoyment of birds and other wildlife. Its primary focus is the preservation of a diversity of species and habitats, through education, conservation, environmental leadership and community involvement.

Genevieve Fletcher, outreach coordinator, shares the work and impact of the Northeast Florida Land Trust. The organization protects private and public lands through land donation, acquisition and other strategies. It promotes understanding of how community, people, government and business integrate within the environmental value chain. Their work focuses on land preservation efforts in Baker, Clay, Duval, Flagler, Nassau, Putnam and St. Johns counties.

**WEDNESDAY, OCT. 25, 11 A.M. TO NOON
(Excludes lunch)**

**Location: B.E.A.K.S., 12084
Houston Ave., Jacksonville**

What brings more than 4,000 Florida birds a year to B.E.A.K.S., the Bird Emergency Aid and Kare Sanctuary on Big Talbot Island? Discover how a handful of rehabilitators, mostly volunteers, care for approximately 400 injured and orphaned wild birds a day. Species range from owls, eagles and storks to wrens, jays and pelicans. Learn how the sanctuary created an oil spill response team in 1987 without any federal funding and trained 165 people in every port throughout the state to implement the plan. Debrief with fellow OLLI members over a Dutch-treat lunch at the nearby Sandollar Restaurant. Venue is not fully accessible.

Recommended for this session: Hiking apparel, closed-toe shoes, insect spray, sunscreen, hat and water. Cameras welcome.

**WEDNESDAY, NOV. 1, 2 TO 4 P.M.
Location: St. Augustine Wild Reserve,
address provided to all enrolled**

Discover a rescue center that is a home of last resort for unwanted exotic animals as an alternative to euthanasia. Learn about exotic animal ownership and the prevention of animal abuse. Raise your awareness of endangered species and their dwindling wild habitats. Cameras, cell phone photographs and videos are prohibited. The venue is accessible to those with mobility concerns.

Recommended for this session: Hiking apparel, closed-toe shoes, insect spray, sunscreen, hat and water.

Coordinator: Lynn Weise, p. 42



NEW!

Spies in Fiction

Oct. 25 – Nov. 15, 1:30 to 3 p.m.
4 sessions, \$40

Maximize your appreciation of the unique genre; the literature of spying. Course focuses on fiction inspired by real world situations. Trace the art form’s evolution as it endeavors to mirror real intelligence wars. Your instructor’s insider perspective adds vitality and dimension to your learning experience.

Instructor: Joseph L. Warner, p. 42

NEW!

Improving Your Health with Technology

Nov. 8 – 29, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Maximize your understanding of the many changes underway in healthcare today. Identify ways to monitor and improve your health via patient portals, phone apps, virtual visits and websites. Investigate new research and techniques that are keeping people healthy longer. Learn what the future may hold for patients and families.

Instructor: Mary Gray, p. 35

A Modern Marvel: The Brooklyn Bridge

Nov. 8, 1:30 to 3 p.m.
1 session, \$20

Understand that iconic landmark’s engineering and construction. When the bridge opened in 1883, it was

the longest suspension bridge in the world. Boss Tweed helped get the project started. P.T. Barnum marched 21 elephants across the span to prove it was safe. Generations of artists (Georgia O’Keeffe, Andy Warhol), writers (Arthur Miller, Henry Miller and Jack Kerouac) and musicians (Wyclef Jean) were inspired by the bridge’s beauty. Today, once threatened peregrine falcons call the bridge home.

Instructor: Joe Varon, p. 41

Children’s Literature for Grandparents

Nov. 15, 1:30 to 3 p.m.
1 session, \$20

Sharing books with children is a great joy. Enrich the vocabulary of younger readers and introduce them to useful ideas and concepts. Books for older children present life experiences and food for thought, as well as platforms to discuss issues with a trusted adult. Your instructor is a lifelong educator who will share her favorite books for children of all ages and provide many useful related resources.

Instructor: Janet Wilner Myers, p. 38

Travel Safe and Healthy

Dec. 6, 11:30 a.m. to 1 p.m.
1 session, \$20

Conquer your travel fears. Learn how you can ensure your personal safety and well-being while traveling. Your instructor is a retired Foreign Service officer with tips to share.

Instructor: Joseph L. Warner, p. 42

Thursdays at UNF

NEW!

Beautiful Gardens Begin with the Seed

Sept. 7, 11:30 a.m. to 1 p.m.
1 session, \$20

Growing from seed is fun and easy! Learn the tricks from a master gardener with more than 30 years of seed propagation experience. Discover the miracle of the seed and how to treat it properly for successful results. Learn the steps to grow healthy plants and avoid pitfalls that create unfavorable propagation conditions.

Instructor: Shirley Barber, p. 31

NEW!

Take the Mystery Out of Medicare

Sept. 7, 1:30 to 3 p.m.
1 session, \$20

Learn what Medicare covers and the choices you have. Understand original Medicare, supplemental insurance plans, Medicare Advantage plans and stand-alone prescription drug plans. Get your questions answered and clear up any confusion.

Instructor: Laura Demps, p. 33

NEW!

French Book Club: Level I

Sept. 14 – Nov. 16, 9:30 to 11 a.m.
(No class Oct. 12, Oct. 19)
8 sessions, \$60

Boost your French language skills. Read and discuss a short mid-19th century classic novel of historical intrigue in the tulip crazed 17th century Netherlands.

Required: High intermediate proficiency in French, “La Tulipe Noire” by Alexandre Dumas, ISBN 978-8853001313

Instructor: Mireille Smith Threlkel, p. 41

Enrolling for Osher Lifelong Institute courses is easy. Go online to www.unf.edu/ce/olli, call the customer service team at (904) 620-4200 or use the form on page 43 to enroll in the courses of your choice. Seating is limited. Be sure to enroll early.

Mastering Retirement: The Keys to Success after Your Retirement Date

Sept. 14 – 21, 9:30 to 11 a.m.
2 sessions, \$30

Congratulations on navigating an early retirement! Ensure that your money will last and your loved ones will receive what you intend for them, without Uncle Sam taking an undeserved amount. Explore the investment, legal and healthcare challenges that await you, as well as appropriate decision-making as you face them. Class format includes guest speakers from the legal and healthcare fields that enliven your informative discussion.

Instructor: Bill Laird, p. 37

NEW!

Beginning French: Level II

Sept. 14 – Nov. 9, 11:30 a.m. to 1 p.m.
9 sessions, \$65

Enhance your knowledge of beginning French. Improve your listening and speaking skills using dialogues, songs and simple conversations. Have fun speaking French! Course continues Beginning French: Level II offered in winter 2017. New students should be prepared to begin with unit 2, chapter 5 of the textbook. True beginners should wait until fall 2018 for Level I.

Required: Previous study of French, “See It and Say It in French” by Margarita Madrigal and Colette Dulac ISBN 13: 978-0451163479 and “Echo (Nouvelle Version): Livre De L’eleve + DVDROM + Livre-web A1 2e Edition (French Edition)” by J. Girardet ISBN 978-2090385885

Instructor: Anne-Marie Lainé, p. 37

NEW!

French Book Club: Level II

Sept. 14 – Nov. 16, 11:30 a.m. to 1 p.m.
(No class Oct. 12, Oct. 19)
8 sessions, \$60

Boost your French language skills.

Read and discuss a 21st century novel set in mid-19th century Paris. Discover the impact of Baron Haussmann’s urban renewal program on the city and the lives of its inhabitants.

Required: Advanced proficiency in French, “Rose” by Tatiana de Rosnay, ISBN 978-2350871608

Instructor: Mireille Smith Threlkel, p. 41

Codes, Ciphers and Deception

Sept. 14 – Oct. 12, 1:30 to 3 p.m.
5 sessions, \$45

Stretch your knowledge of secret, hidden and secure communications through the ages. Learn the many and little known impacts on world history. Examine Mary – Queen of Scots, Room 40, Enigma and Fortitude South. Discover public key security.

Recommended: “The Code Book” by Simon Singe, “The Code Breakers” and “Seizing the Enigma” by David Kahn and “Bodyguard of Lies” by Anthony Cave Brown

Instructor: T. Parkinson, p. 39

NEW!

Wildlife Travel on Five Continents

Sept. 14 – Oct. 5, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Unleash your sense of adventure and exploration. Learn about animals in the wild. Plan future travel or enjoy an armchair journey. Your instructor shares his experience planning wildlife trips based on the animals and environments he wants to see. Enrich your understanding of how factors such as timing, type of trip and level of adventure can impact plans. Course resources include pictures, maps, memorabilia and your instructor’s recently published book.

Recommended: \$15 payable to the instructor for his book, “Searching for Predators”

Instructor: Sid Rosenberg, p. 40

NEW!

Reading and Performing Shakespeare: Othello

Sept. 14 – Oct. 19, 1:30 to 3 p.m.
6 sessions, \$50

Select a role and read the play aloud, act by act. Energize your appreciation through performance. Intensify your understanding of the characters through discussion of their speeches and actions.

Required: A reliable paperback of play

Instructor: Alexander Weiss, p. 42

NEW!

World War I: The War to End All Wars

Sept. 21 – Nov. 9, 11:30 a.m. to 1 p.m.
8 sessions, \$60

2017 marks the centennial of the United States’ entry into WWI, one of the deadliest conflicts in history. Examine seminal military events and actions. Discover the key personnel who charted the war’s tactics and progress as well as affected its outcomes. Course is the first in a series that concludes with WWII and the Pacific theater. Your instructor has been awarded the title of brevet historian. Your only homework assignment for this class is to learn what that means.

Instructor: Wayne Heckrotte, p. 35

A View of the Criminal Justice System

Oct. 5 – Nov. 9, 9:30 to 11 a.m.
6 sessions, \$50

Learn about criminal trials through the personal experiences and stories of a former Chicago police officer, criminal attorney and judge. Special emphasis is placed on the Constitution and its impact on every aspect from detention and arrest, right to speedy trial and adequate defense, rules of evidence, trial by jury and much more.

Instructor: William O’Malley, p. 39

NEW!

Guided Spiritual Story Writing: Part I

Oct. 5 – Nov. 2, 1:30 to 3 p.m.
5 sessions, \$45

Life storytelling is an endeavor that gets to the heart of who you are and what is most important to you. Writing your story is an empowering process. Go beyond the linear chronology of your life to capture the significant events, people and experiences that created you in all of your uniqueness. Tap into ageless, universal themes that connect all of humanity.

Join a new writing group that explores the grand themes that make up your life story. Guided exercises help you organize memories that develop your unique story's structure. Share in a friendly, supportive and confidential environment. This is an opportunity to acquire skills for lifelong growth and development, but it is not group therapy. People of all backgrounds are welcome including those with no faith context. No prior writing experience is required.

Recommended: Read one of these books in advance of the first class: "The Sacred Shed on the Edge of the Ravine" by B.R. Bodengraven; "Bird by Bird, Some Instructions on Writing and Life" by Anne Lamott; "Surprised by Joy" by C.S. Lewis; "The Snow Leopard" by Peter Matthiessen; "The Seven Storey Mountain" by Thomas Merton; "Dakota: A Spiritual Geography" by Kathleen Norris; or "Journal of a Solitude" by Mary Sarton.

Required: "Chances Are..." by Marie Laure purchased from Amazon

Instructor: Charlene Vincent, p. 41

ED-VENTURE

St. Augustine Lighthouse and Museum Sunset Moonrise Tour

Oct. 5, 5:30 to 8 p.m.
1 session, \$50

Ignite your appreciation of Mother Nature's visually spectacular nightly

changing of the guard. From your perch atop the lighthouse tower, watch the sun disappear behind historic St. Augustine as the full moon ascends from the Atlantic horizon. A complimentary glass of champagne and hors d'oeuvres enhance your evening.

Required: Physical stamina to ascend lighthouse spiral staircase, shoes suitable for the climb

Recommended: Dress for the weather, small backpack or fanny pack for personal items, water and camera. Transportation is on your own.

Coordinator: Pamela Keramati, p. 37

NEW!

The Movies: Our Enduring Passion

Oct 12 to Dec. 14, 9:30 to 11 a.m.
(No class Nov. 23)
9 sessions, \$65

Discover the early history of movies. The motion picture camera and flexible celluloid film were developed in France and America in the 1890s. Within 10 years, the movies were being shown in more than a dozen countries. Trace the medium's early history through 1939 by examining the directors and filming techniques that defined the era.

Instructor: Kenneth McMillan, p. 38

Genealogy: A Beginner's Guide

Oct. 12 – Nov. 2, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Trace your family tree. Learn basic research tools. Discover important online and print resources to aid you.

Instructor: Barbara Kiersh, p. 37

There is always something to look forward to when you are an OLLI Member.

Coming 2018



Home Improvement: Learn some simple Do-it-Yourself home repair techniques - and when to call a professional!



Walk on the Wild Side! Part II
Learn about conservation of sea creatures and their habitats.



Returning with new material – Showtime!



Preserve and Share Your Travel Memories

FREE MEMBER BENEFIT

Inside OLLI

Oct. 19, 10 a.m. to noon
1 session, FREE

New to OLLI? Don't miss this orientation program. Longtime member? Learn about OLLI's evolution, how it works and its national context. Learn what OLLI at UNF is doing to ensure its long-term health and viability.

Responses from participants:

"Extremely interesting and helpful."

"An excellent behind-the-scenes look at how OLLI works. Every OLLI member should sign up."

"The program was very enlightening."

Facilitators: Pamm Eutsler, p. 33 and John Fischer, p. 33

NEW!

**Astronomy:
Antiquity to Neptune**

Oct. 19 to Nov. 2, 1:30 to 3 p.m.
3 sessions, \$35

See the skies through the eyes of the antiquarians. Learn about the math, tools and instruments that promoted discovery from the Renaissance and Enlightenment into the 19th century. Take a close look at each era to understand advances in the field.

Instructor: T. Parkinson, p. 39

NEW!

**Sleep Apnea:
What You Need to Know**

Nov. 16, 11:30 a.m. to 1 p.m.
1 session, \$20

More than half of adults over the age of 65 complain of at least one type of sleep problem. Sleep apnea and other sleep disorders are a major risk factor for cardiovascular disease. Learn the symptoms of sleep apnea and how to diagnose and treat it.

Instructor: Irram Hamdani, p. 35

**A Brief History of
U.S. Intelligence**

Dec. 7, 11:30 a.m. to 1 p.m.
1 session, \$20

Transform your understanding of the history of U.S. intelligence, from George Washington and Benjamin Franklin's day to ours. Your instructor is a 33-year veteran CIA officer who shares themes underlying American intelligence, as well as the roles and functions of those in the intelligence community. Intensify your knowledge of what spies, techs and analysts do. Learn how intelligence informs policymakers responding to threats that the U.S. faces now and in the coming decades.

Recommended: www.cia.gov and instructor's books "The Secret Book of CIA Humor," "Stories from Langley" and "The Counterintelligence Chronology"

Instructor: Edward Micklous, p. 38

Fridays at UNF

**Write Your Legacy Will
in a Day**

Sept. 8, 9:30 a.m. to 3 p.m.
1 session, \$35

Embrace an ancient tradition to bequeath your values, beliefs, blessings and advice to future generations. Clarify and communicate your life's meaning. Complement wills for your possessions and advance directives. Writing exercises focus on preparation, action, completion, review and renewal. Create your legacy to celebrate accomplishments and achieve peace of mind. Your instructor designed this course when her father's passing left many of her questions about him and his life unanswered. Seize the day!

Facilitator: Kathleen Triebwasser, p. 41

ED-VENTURE

Explore Maggie's Herb Farm

Sept. 15, 10:30 to 11:30 a.m.
(Excludes lunch)
1 session, \$30

Boost your knowledge of a local source of medicinal and culinary herbs in a workshop format. Experience the vitality of a working farm including the sights and sounds of colorful butterflies, birds, free-range chickens and a splashing fountain. Sample an herbal tea. Bring a brown bag lunch to enjoy under the shade of cedar trees or motor to Woodpeckers BBQ for a Dutch-treat lunch. Rekindle your experience by visiting the farm's stand at the Riverside Arts Market.

Required: Walking on level grass, ground and greenhouse floors; dress for the weather including sunscreen; outdoor walking shoes and a hat. Cameras welcome. Wheelchair accessible on dry ground.

Coordinator: Pamela Keramati, p. 37



NEW!

Laughter Exercise Club

Sept. 15 – Oct. 20
11:30 a.m. to 12:30 p.m.
6 sessions, \$40

Stress is unavoidable. Laughter is the best medicine! Gather each week to practice laughter yoga. Your mind doesn't know whether or not you have a reason to laugh. Giggle, chuckle, guffaw and belly laugh your way to a better mood, at the very least, and possibly increased cardiovascular health.

Instructor: Janine DaPaah, p. 33

NEW!

Intermediate Mah Jongg

Sept. 15 – Oct. 13, 1 to 3 p.m.
5 sessions, \$55

Refresh your knowledge and understanding of the game's rules. Take your offensive and defensive skills to the next level. Can't you just hear the tiles click?

Required: Advance purchase of 2017 National Mah Jongg League card (\$9) by calling (212) 246-3052 or online at www.nationalmahjonggleague.org.

Instructor: Denice Goldberg, p. 34

NEW!

Explore Northeast Florida's Special Places: Natural History, Ecology and Scenic Beauty

Sept. 22 and Nov. 17,
11:30 a.m. to 1 p.m.
2 sessions, \$30

Explore the city, state and national parks of Northeast Florida through a series of documentary videos. Discover the ecology, history and importance of environmental stewardship of those special places. Your instructor spent a year exploring the park system and creating a documentary series for broadcast on WJCT. Local experts in the

fields of environmental policy, archeology and park administration are featured.

Recommended: Instructor-provided scavenger hunt to get you outside with camera in hand to explore the parks

Instructor: Sean Lahav, p. 37

NEW!

My First Lunch in Italy

Sept. 22, 2:30 to 4:30 p.m.
1 session, \$45

Location: UNF Brooks College of Health

Have you experienced a delicious meal that shocked and amazed you? Chef Kelly's answer is "Yes"! Join her for a demonstration and discussion about a homey repast that transformed her life. What's on the menu? Pan Con Tomate, rocket salad and an Italian version of franks and beans. And dessert? Parmesan cheese with honey.

Required: \$15 payable to instructor for supplies

Instructor: Kelly Baxley, p. 32

NEW!

The Powerful Influence of Music in Our Lives

Oct. 6 – 20, 9:30 to 11 a.m.
3 sessions, \$35

Hans Christian Anderson asserted, "Where words fail, music speaks." Define the music and songs that influenced your life. Consider songs from childhood and high school, those your parents and grandparents loved, songs you listened to on the radio and played on record players, and those that pull on your heartstrings because they represent a point in time in your life. Examine your emotional connections to music in any genre. Share with fellow members in a friendly, relaxed environment.

Recommended: CD or two of your favorite music

Instructor: Nisa McCall, p. 38

NEW!

Art of Our Time: A Beginners Guide to Contemporary Art

Oct. 6, Oct. 20 and Nov. 3
1:30 to 3 p.m.

3 sessions, \$35

Location: MOCA Jacksonville, 333 North Laura St. Jacksonville

Conquer your fear of contemporary art through this museum-based learning immersion program. Increase your knowledge and appreciation of MOCA Jacksonville's permanent collection by going behind the scenes with an expert. Discover new contemporary art trends through an exploration of the special exhibition galleries and atrium project featuring a site-specific installation by an emerging or midcareer artist. Arrive early to enjoy a Dutch-treat lunch at Café Nola and browse the museum shop.

Recommended: "Why a Painting is Like a Pizza" by Nancy G. Heller

Instructor: Anthony Aiuppy, p. 31

NEW!

Pasta 101

Oct. 13, 2:30 to 4:30 p.m.
1 session, \$45

Location: UNF Brooks College of Health

Why use dry pasta when fresh is so easy to make and so delicious to eat? Once the food of wealthy aristocrats, pasta is now a favored menu item everywhere. Make fettucine and spaghetti in this hands-on class. It is easier than you think and a great way to bond with fellow OLLI members.

Required: \$35 payable to instructor for supplies

Instructor: Kelly Baxley, p. 32

NEW: ED-VENTURE

Experience White Oak: History and Wildlife Conservation

Oct. 20, 9:30 a.m. to 3:30 p.m.
1 session, \$160 (Includes buffet lunch)

Established in the colonial era, White Oak was once owned by Zephaniah Kingsley and abandoned during the Civil War. The former plantation now protects, promotes and preserves endangered species and their habitats. Learn about the Gilman family's 20th century ownership of the property, its use in timber production, the breeding, raising and training of horses, and recreational programs to market their paper company. Howard Gilman initiated and supported conservation and propagation programs for endangered species, hosted national and international conferences and established the Mikhail Baryshnikov Dance Studio there. Philanthropists Mark and Kimbra Walter acquired White Oak in 2013 to advance the wildlife and conservation programs.

Required: Transportation is on your own, stamina to walk and stand throughout the day

Coordinator: Madeline Jorgensen, p. 36

NEW!

Just What Were They Thinking?

Oct. 20 – Dec. 22, 9:30 to 11 a.m.
(No class Nov. 10, Nov. 24)
8 sessions, \$55

Discover what we can learn from Anton Chekhov, Aristotle, Plato, Joseph Conrad, Immanuel Kant, Sigmund Freud and Jean Jacques Rousseau. In this highly participatory class, you answer questions from the leader's guide, take a turn as a moderator and share your thoughts, insights and reflections. Each term's course is new and independent from the others. You're expected to read 30 pages per week. Required text is two volumes. Focus on the first in fall and

the second in winter.

Required: "Great Books Reading and Discussion, First Series and Reader Aid" (2 volumes), ISBN 978-0-945159-75-9 from www.greatbooks.org

Facilitator: Ralph Sawyer, p. 40

Rediscovering the Labyrinth as a Reflective Practice

Oct. 27, 10 a.m. to noon
(Excludes lunch)
1 session, \$30

Location: Omnisara Labyrinth and Gardens, 414 Third Avenue N., Jacksonville Beach

Explore history, philosophy, significance and uses of the labyrinth, an ancient pattern found in many cultures around the world for millennia. Use the experience of walking this simple, ancient path with a Veriditas-trained facilitator as a way to quiet the mind, recover balance in life, and encourage meditation, insight, self-reflection and stress reduction. Discussion and question and answer will enhance your experience. Debrief over a Dutch-treat lunch.

Recommended: Comfortable shoes, a journal or sketchpad to record your thoughts and feelings and "Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Practice" by Lauren Artress

Required: Transportation is on your own, logistical instructions provided

Facilitator: Sam Hall, p. 35

NEW!

Digging Under Your Family Tree: A Genealogical Adventure

Oct. 27 – Nov. 3, 11:30 a.m. to 1:30 p.m.
2 sessions, \$30

Learn the initial steps of genealogical research through one woman's story and experience. Your instructor's interest in genealogy was sparked when she was filling out her son's baby book and

got vague and puzzling answers from relatives about her ancestors. Hear her intriguing story. Learn to interview family members and share your findings in class. Discover how to complete a relationship chart and discuss a list of useful genealogy websites and programs.

Recommended: Your electronic device, if desired

Instructor: Rhoda Boutin, p. 32

NEW!

It's Taco Time!

Nov. 17, 2:30 to 4:30 p.m.
1 session, \$45

Location: UNF Brooks College of Health

If you like tacos, you'll love fresh tacos even more! Make tortillas from scratch. Learn the secrets of quick and easy salsa and sauces to top them. What's on the menu? A steak taco and a vegetarian taco that will surprise you.

Required: \$20 payable to instructor for supplies

Instructor: Kelly Baxley, p. 32

NEW!

Cuba Today

Dec. 8, 10 a.m. to noon
1 session, \$20

Cuba is on the cusp of rapid transformation. Whether you are considering a trip to Cuba or just interested in recent developments there, this course is for you. Members share experiences of their 2016 OLLI charter Road Scholar trip to Havana, Cienfuegos, Santa Clara, Trinidad and the Bay of Pigs. Explore Cuban politics and economics. Consider Cuba's likely future and the role the United States might play. Your questions and perspectives are welcome.

Instructors: Bill Colvin, p. 33 and Samuel Hart, p. 35



FALL 2017 INSTRUCTORS



All OLLI instructors are volunteers. They take pride in sharing their knowledge with their fellow OLLI members. Do you have a passion you would like to share? Email Jeanette Toohey, director, at jeanette.toohey@unf.edu for more information.

Gregory A. Ahearn is a professor of physiology, anatomy and Presidential Professor of Biology in UNF's College of Arts and Sciences. He held The John A. Delaney Endowed Presidential Professorship from 2008 to 2011. Ahearn's research expertise includes biology, anatomy, comparative physiology, membrane physiology, aquaculture, crustaceans, fishes, environment, aquaculture and nutrition. Recent research projects focus on ocean acidification from climate change and the impacts of calcium uptake from seawater and freshwater by animals with a calcium carbonate skeleton. He received a Ph.D. from Arizona State University and completed postdoctoral work at the University of Copenhagen.

Coastal Shrimp: Legacy, Lore and Sustainability, p. 16

Parvez Ahmed is associate professor of finance in UNF's Coggin College of Business. He studied as a U.S. Fulbright Scholar in Bangladesh. His research has been published in major finance journals. He recently published a book titled "Mutual Funds - Fifty Years of Research Findings." His editorials about Islam and the American Muslim experience have been published in several leading newspapers across America and the world. He served on the board of OneJax (formerly the National Conference on Community and Justice) and Jacksonville's Human Rights Commission.

Islam: The Faith, the People and Their Politics, p. 10

Anthony Aiuppy is MOCA Jacksonville's Weaver Educator teaching students grades K – 12. He taught painting, drawing and design at the University of North Florida.

Art of our Time: A Beginners Guide to Contemporary Art, p. 29

Karen Backilman completed her undergraduate work in psychology at Simmons College and has master's degrees from Harvard and UNF. She has taught regular and special education, and served as teacher, media specialist and principal with the Duval County Public Schools. Backilman has taught OLLI classes in knitting, mystery books and home organization.

Advanced Beginning Knitting, p. 21

Shirley Barber has enjoyed growing plants from seed for more than 30 years. She has been a master gardener for 12 years for the University of Florida/St. Johns County. Barber is responsible for the design, implementation, signage and propagation of plant material installed in the floral garden displays at the St. Johns County Arboretum. She is project leader for the All-American Selections (AAS) Display Gardens of vegetables and flowers at the St. Johns County Arboretum. Barber has propagated more than 80,000 plants that were donated to the St. Johns County Arboretum and community outreach programs.

Beautiful Gardens Begin with the Seed, p. 25

Faye Barkan is an American Contract Bridge League (ACBL) accredited bridge teacher. As bridge director at The Connection in Summit, New Jersey she taught classes and ran weekly duplicate games. Barkan enjoys teaching bridge in sunny Florida.

Beginning Bridge, p. 23
Refresh Your Bridge!, p. 23

Kelly Baxley is a certified chef with a passion for learning and teaching all things food. A fateful visit to Italy in 2010 inspired her to pursue her dream of becoming a chef in her second act. Baxley has taught home cooks for more than 11 years, both at Williams Sonoma and in a local cooking studio.

It's Taco Time!, p. 30

My First Lunch in Italy, p. 29

Pasta 101 and 102, p. 29

Robert Black was a captain in the U.S. Air Force, a corporate executive and an entrepreneur. He has a B.S. in chemistry and holds M.S., E.E., P.E. degrees and an M.B.A. in finance from the University of Akron where he received Frank L. Simonetti Award for distinguished business alumni. He is an honorary member of the Financial Management Association and a certified instructor F.D.I.C. United Way Real Sense financial education. Black holds 17 U.S. patents. While he is neither a broker nor a financial adviser, he has been investing for more than 50 years and manages his own portfolio. Black has traveled to Australia and many places in Asia; he has also studied Buddhism, Tao and Christianity.

Ways to Happiness, p. 20

Investing For Those Who Do Not Want

To Think About It, p. 21

Shannon Blankinship is outreach director for the St. Johns Riverkeeper, an independent voice that defends, advocates and activates others to protect and restore the St. Johns River. She organizes community outreach events and programs, and develops partnerships with community organizations and businesses. Blankinship earned a B.S. in environmental science and natural resources. She earned a Juris Doctor with recognized honors in pro bono community service and an environmental certificate of law. She currently serves as an elected official in Duval County in the Soil and Water Conservation District.

Troubled Waters: Connections and Consequences – the Future of Florida's Waterways, p. 14

Rita Brodnax earned her doctorate in educational leadership focusing on curriculum and applying brain research to teaching, learning and communication. She has had culturally diverse and in-depth experiences in the education field, from teacher to administrator, professional development coordinator to consultant. Brodnax is passionate about creating engaging programs that allow participants to experience firsthand the power, delight and real-world benefits of better using their brains.

Multigenerational Similarities and Differences: How and Why They Matter, p. 13

The Neuroscience of Information Overload, Memory Loss and Aging's Benefits and Blessings, p. 11

The Neuroscience of Learning and Memory, p. 14

Rhoda Boutin, a native of Massachusetts, taught elementary school in Massachusetts and New Hampshire for 18 years. Her desire to build a family tree led to a quest for the truth that began more than 30 years ago.

Digging Under Your Family Tree: A Genealogical Adventure, p. 30

Brendan Burke is a maritime historian with St. Augustine Lighthouse & Maritime Museum's research wing, the Lighthouse Archaeological Maritime Program (LAMP). He has researched the commercial shrimping history of Florida since 2007. He is co-author of "Shrimp Boat City," a chronicle of commercial fishing and boatbuilding in St. Augustine. Offshore, Burke dives to excavate historic shipwrecks off the First Coast and undertakes research on the vessel ROPER. He holds a B.A. in history and anthropology and an M.A. in historical archaeology.

Coastal Shrimp: Legacy, Lore and Sustainability, p. 16

Elizabeth Cantey is an uplifting and inspirational speaker, teacher and seminar facilitator for private groups and spiritual centers. She is currently the minister and spiritual leader for the Center for Spiritual Living Jacksonville, a group that meets at UNF on Sundays (CSLJax.org). Cantey studied with Rev. Michael Beckwith, who was featured in "The Secret" by Rhonda Byrne, as well as works by Eckhart Tolle, Deepak Chopra and Sri Sri Ravi Shankar among others. She is currently pursuing a doctorate in consciousness studies and comparative religions.

Explore World Religions, p. 17

Dr. Louis (Lou) Catania is an internationally acclaimed clinical educator and author of 11 textbooks and more than 160 journal articles. He practiced clinical eye care for more than 45 years and currently serves as senior consultant at Nicolitz Eye Consultants, a multispecialty ophthalmology group in Jacksonville. In the second half of his career, Catania dedicates more than half of his time to research, writing and lecturing worldwide on ocular immunology and the human immune system. He held academic rank and visiting professorships at numerous universities in the U.S. and abroad. Catania's greatest passion is providing quality, worthwhile healthcare education and communicating

complex information at a comfortable, understandable level.

Our Immune System: Friend and Foe, p. 14

Somesh Chablani has an M.B.A. in information technology and has worked in the industry for more than 21 years. He is certified in presentation skills and earned both competent communicator and competent leader credentials from Toastmasters International.

Unleash Microsoft PowerPoint for High Impact Presentations, p. 23

Bill Colvin, a graduate of the University of Florida, retired two years ago. He taught high school math in Jacksonville for 10 years while serving in the U.S. Navy Air Reserve. Colvin organized and led the local teachers' union. He was president of the Duval Teachers Association and helped form Duval Teachers United (DTU). Colvin negotiated the DTU's first collective bargaining agreement with the Duval County School Board in 1974. Following 20 years of service as a senior project manager in Winn Dixie's IT department, he returned to teaching math and computer science for 13 years.

Cuba Today, p. 30

Laurel Conderman worked for more than 15 years as office manager in the Department of Pediatrics, University of Florida in Jacksonville before retiring in 2013. Her great enthusiasm for OLLI at UNF ED-ventures encouraged her to lead the team. Conderman also volunteers with the annual Congenital Heart Walk and her neighborhood civic association. She especially enjoys exploring our area's beautiful parks and natural places.

Birdwatching 101 at Fort Mose Historic State Park, p. 13 The Courthouse Tour is Now in Session, p. 22

Janine DaPaah learned that stress is unavoidable. In 2015, she discovered laughter yoga to cope with it and became a certified laughter yoga instructor.

Laughter Exercise Club, p. 29

Laura Demps grew up in Chicago, earned a B.A. in business administration and accounting and obtained her insurance license in 1991. Demps works primarily with Medicare and mature adults, often traveling around the state of Florida educating seniors on Medicare and Medicare products such as Medicare Supplements, Medicare Advantage Plans, Part D and Final Expense products. She has lived in Mandarin for 31 years and is involved in many areas of the community.

Take the Mystery Out of Medicare, p. 25

Cindy Dobelstein is a native Floridian who retired in 2007 from a career with BellSouth in Atlanta, Georgia. She was introduced to origami seven years ago during a difficult season of life. Since then Dobelstein has spent many satisfying hours creating fun objects from pieces of beautiful paper for grandchildren, family and friends.

Origami for Beginners, p. 11

Richard Eason is a retired Foreign Service officer. He has a lifelong passion for William Shakespeare's work, which he studied as a university undergraduate.

If It's Tuesday, It Must Be Shakespeare, p. 14

Pamm Eutsler is a native of St. Augustine. Early in her career she was an educator in childhood development. Later Eutsler was involved with global transportation logistics. Her passions are gardening, kayaking, photography and travel. Eutsler recently completed a walking trek of El Camino de Santiago, a 508-mile ancient pilgrimage route across northern Spain.

Inside OLLI, p. 28

John Fischer has an extensive background in manufacturing and management consulting. He has been associated with OLLI at UNF for nine years, primarily as a discussion leader on national and international affairs.

Inside OLLI, p. 28

Dorothy Fletcher retired after 35 years of teaching English in Jacksonville and began her writing career in earnest in 2007. She began a monthly column for the Florida Times-Union called "By the Wayside" which received a 2011 Jacksonville Historical Preservation Award from the Jacksonville Historical Preservation Commission. That column became the basis of the first of four histories about her beloved city, followed by "Growing Up Jacksonville," "Lost Restaurants of Jacksonville" and most recently "Historic Jacksonville Theatre Palaces, Drive-ins and Movie Houses."

Historic Jacksonville Theatre Palaces, Drive-ins and Movie Houses, p. 9

Bryan Fluech is associate director for the University of Georgia Marine Extension and Georgia Sea Grant Program. His duties include oversight of day-to-day operations as well as coordination of faculty and staff research and outreach. Projects promote resilient coastal communities, improved water quality, socially and ecologically sustainable fisheries, and responsible coastal development. Since 2016, Fluech has worked with Georgia's shrimping industry, researchers and resource managers to address the issue of black gill in the shrimp fishery. He was a Florida Sea Grant Extension Agent at the University of Florida for almost 10 years where he managed the county's cooperative extension program. In that role, Fluech worked with local charter captains and the commercial stone crab industry to develop best handling practices and other matters relevant to their fisheries. He has a bachelor's degree in biology and a master's degree in science education.

Coastal Shrimp: Legacy, Lore and Sustainability, p. 16

John D. Frketic is a retired Army intelligence officer. He spent 34 years on active duty with multiple combat tours including Vietnam, Operation Desert Shield/Desert Storm and Operation Iraqi Freedom. As an intelligence operator and analyst, he spent years working counterterrorism issues throughout the Balkans and the Middle East. Frketic is a graduate of the U.S. Army's prestigious School of Advanced Military Studies (SAMS) at Ft. Leavenworth, Kansas, and served as a National Security Fellow at Harvard's Kennedy School of Government. He has lived and traveled extensively throughout Europe, the Middle East, North Africa, and Southwest and Southeast Asia.

America's First Battles, Part I: Our Revolution to 1900, p. 21

Chris Fulmer is a retired art professor and supervisor of the two-dimensional studio program at North Lake College in Irving, Texas. She has degrees in English, painting, art education and art history. Fulmer's art has been exhibited internationally. Her commissions include the North Lake College station of the Dallas Area Rapid Transit system. Fulmer's work is also represented in public and corporate art collections. Her most recent creation is a book titled "Birds Wearing Clothes."

Bits and Pieces: Collage with a Purpose, p. 11

Julie Giuliani is a retired executive dean from Florida State College at Jacksonville. She has more than 30 years of leadership and management experience in higher education and business training. Giuliani has a master's degree in human resource development and training and a doctorate in adult education and administrative and policy leadership. In 2010, she was selected to attend a postgraduate studies program at Harvard School of Education Management and Leadership Institute. Her current focus is on researching the latest technologies available to improve the quality of life going forward. Giuliani also speaks at various organizations and conferences about technology and its possibilities.

A Broad Brush with Salvador Dali and Frida Kahlo, p. 12

Alan Gleit received a Ph.D. in mathematics with a minor in physics. He was a professor for many years in various departments, including mathematics and statistics at multiple universities. Following his career as a tenured professor, he started a second career in risk management working for several large financial institutions.

History of Mathematics II: The Calculus, p. 13

Carolyn Godwin purchased one of the first Macintosh computers in 1984 and has loved all things Apple ever since. She has a B.S. in textiles and merchandising. A native Floridian, Godwin has owned her own businesses, served as a school administrator and enjoyed more than 30 years of gleaming computer knowledge.

Apple Users Group, p. 19

Robert L. Gold is a retired professor of Latin American history as well as a writer and lifelong reader of murder mysteries. He has written a colonial city murder mystery series set in Savannah, Georgia; St. Augustine; and New Orleans, as well as historical works and a variety of other published articles, columns and stories in journals, magazines and newspapers.

Sex, Money and Vengeance: Motivations for Murder in Mysteries, p. 20

Spanish Florida: A History, p. 23

Denice Goldberg is passionate about Mah Jongg. She has been playing twice a week for 10 years. She's eager to make Mah Jongg addicts of others.

Intermediate Mah Jongg, p. 29

Mary Gray is a former nurse, professor and information technology professional. In retirement, she enjoys reading, travel, grandchildren and volunteering with OLLI.

Improving Your Health with Technology, p. 25

Gail Greenfield is a certified holistic nurse and a Reiki master. She and her husband, Stanley, love to travel the world seeking unique experiences. Combining volunteer work with their travels provides them with opportunities to fully immerse themselves in the life of the countries they visit. Their volunteer vacations included caring for elephants in India and teaching English in Spain.

International Volunteer Vacations, p. 15

Stanley B. Greenfield is a retired insurance and financial consultant who has lectured about financial matters worldwide. He served as an adjunct professor at several universities and published thousands of articles. Greenfield and his wife, Gail, love to travel the world seeking unique experiences. Combining volunteer work with their travels provides them with opportunities to fully immerse themselves in the life of the country they are visiting.

International Volunteer Vacations, p. 15

Warning: The Rules Of Money Have Changed. Have You?, p. 10

Bernard Grossman is professor emeritus and was formerly professor and department chair of Aerospace and Ocean Engineering at Virginia Tech for more than 25 years. His specialty was computational fluid dynamics. Early in his career, Grossman worked at Grumman Aerospace in the research department when the Apollo Lunar Module and F-14 were being designed and built. He was also a founder and vice president of education at the National Institute of Aerospace. Grossman occasionally teaches graduate level classes in aerospace engineering at the University of Florida. He is currently retired and lives in Del Webb Ponte Vedra.

Our Technological Future, p. 17

Sam Hall is a founding member and community outreach director of Omnisara Labyrinth and Gardens in Jacksonville Beach, Florida. He is a Veriditas-trained facilitator and ordained as an interfaith minister from One Spirit Interfaith Seminary in New York City. Hall focuses on men's spirituality using the labyrinth as a template for discussions,

workshops and retreats. He has a degree in biology and chemistry.

Rediscovering the Labyrinth as a Reflective Practice, p. 30

Irram Hamdani is a board certified physician practicing as a pulmonologist and sleep specialist. Her switch from business to medicine was motivated by a desire to make a difference in the lives of others. Hamdani's residency in internal medicine was followed by a fellowship in pulmonary and critical care with additional training in sleep and palliative care. Her multidisciplinary treatment philosophy emphasizes the patient as a whole being and addresses physical as well as emotional and spiritual support. Hamdani is passionate about helping patients and families deal with difficult end-of-life issues as well as advanced, complex diseases.

Sleep Apnea: What You Need to Know, p. 28

Samuel Hart has experience as a soldier, diplomat and teacher. He holds degrees from the University of Mississippi, the Fletcher School of Law and Diplomacy and Vanderbilt University. He also attended the John F. Kennedy School of Government at Harvard. His military experience includes duty as a paratrooper and general's aide. For 27 years, he was a diplomat with the U.S. Department of State, serving overseas in Latin America, Southeast Asia and the Middle East. From 1982 through 1985, he served as U.S. ambassador to Ecuador. Since retirement from State, Sam has been a business consultant and lecturer on American foreign policy at numerous colleges and universities and for 15 years on cruise ships. Hart is active in the World Affairs Council and other volunteer organizations.

Staying Current, p. 15

Cuba Today, p. 30

Billie Hayward became a full-time community volunteer after a career as psychiatric clinical nurse specialist. She contributes her time and talents to the arts, the Jacksonville Historical Society and OLLI at UNF.

Urban Exploration: 15th Annual Gingerbread House Extravaganza and Tour of Merrill House, p. 19

Wayne Heckrotte welcomes to his classes both those who love history and those who think they don't. This term marks his 10th anniversary as an OLLI instructor. Heckrotte enjoys both informing and entertaining in his courses at UNF and its partner campuses.

World War I: The War to End All Wars, p. 26

Alice Hill has taught Spanish to high school, college and adult students for 30 years. She enjoys traveling, reading and spending time with her grandchildren.

Beginning Spanish: Level I, p. 15

Ken Hoffman is a retired software developer who teaches courses in social, political, intellectual and music history. He holds a B.A. in philosophy and pursued graduate studies in American and European history at UNF. Hoffman has been an avid fan of classical music and jazz since his teens.

Prelude to the Enlightenment: Early Modern Philosophers, p. 18

The Southern Home Front during the U.S. Civil War, p. 11

Eric Johnson is a fisheries ecologist and an assistant professor in UNF's biology department. His research integrates ecology and fisheries science to address research questions related to commercial and recreational fisheries for sustainable management of coastal resources. Johnson is particularly interested in understanding the impacts of invasive species on Florida's ecosystems. He holds a bachelor's degree in biology as well as master's and doctoral degrees in marine science. He was a postdoctoral fellow at the Smithsonian Institution.

Coastal Shrimp: Legacy, Lore and Sustainability, p. 16

Madeline Jorgensen is a founding member of OLLI at UNF. She served on its advisory board and led its activities committee. Jorgensen continues to serve as a member of the ED-ventures Team to pursue her passion for organizing interesting field trips for OLLI members.

Experience White Oak: History and Wildlife Conservation, p. 30

Bob Kastner, a New Jersey native, was U.S. Navy Quartermaster for six years. He retired after serving 37

years as plant manager for Equistar Chemicals, a distilled spirits plant that packages and distributes ethyl alcohol, denatured alcohol and industrial solvents. Kastner and his wife, Cynthia, moved to Jacksonville in 2004. He volunteers at TPC's annual tournament and as a TPC Sawgrass storyteller. Kastner ushered at the Florida Theater and the Baseball Grounds. Kastner enjoys golf, travel and outdoor activities.

Explore Jacksonville International Airport, p. 19

Cynthia Kastner moved to Jacksonville in 2004 from New Jersey. She was a lawyer for AT&T, Western Electric and Lucent Technologies for 25 years. She is chair of the Board of Trustees at Christ United Methodist Church in Neptune Beach. Kastner served on the architectural review board for Queens Harbour and as vice president for activities for First Coast Newcomers. She received a B.A. in economics from Rutgers University and a J.D. from Seaton Hall Law School.

Discover the Okefenokee National Wildlife Refuge, p. 12

Gregg Kaufman served four Lutheran churches for more than 30 years and taught at a public liberal arts university for 10 years before retiring in 2014. He is affiliated with the Kettering Foundation as a research associate, serves on the National Issues Forums Institute advisory board and works with religious and higher education institutions.

Deliberative Democracy: Civil Discourse about Critical Public Issues, p. 17

Marlene Kenney, owner of Room Rescuer Decorating, is passionate about decorating. She helps clients find their style while using pieces they love. Kenney is an expert at rearranging and creating rooms that reflect client lifestyles and tell their stories visually. She has written numerous articles on interior decorating for The Beaches Leader and St. Johns Magazine. Kenney also teaches classes for new homeowners at Beaches Habitat for Humanity.

Interior Decorating: Blending Old and New, p. 8

Instructors are ready to answer your questions and provide a unique and informative learning experience.



Pamela Keramati retired after teaching children in grades K – 8 for 38 years. She continues to teach as a substitute for the pleasure of working with children and supporting public education. Keramati, an outdoor enthusiast and nature lover, is a member of the Sierra Club who enjoys hiking.

Explore Maggie’s Herb Farm, p. 28
St. Augustine Lighthouse & Museum Sunset Moonrise Tour, p. 27

Barbara Kiersh is a retired genealogy librarian with the Jacksonville Public Library. She studied with the National Genealogical Society and has enjoyed family research for more than 20 years. In retirement, Kiersh teaches and is a freelance researcher.

Genealogy: A Beginner’s Guide, p. 27

Sean Lahav produced, narrated and directed the WJCT documentary series “Exploring Northeast Florida’s Special Places” as a UNF student. Through a partnership with the UNF Environmental Center and Public Trust Law, he spent a year exploring the city, state and national parks of Duval County, Florida. Lahav is a graduate of the UNF and National Outdoor Leadership School. He is an avid outdoorsman, landscape photographer, backpacker and scholar. Lahav’s travels have taken him from the seashores of Florida and Cape Cod to the mountains of North Carolina and the desolate landscapes of the great American West. View his portfolio at www.seanlahav.com.

Explore Northeast Florida’s Special Places: Natural History, Ecology and Scenic Beauty, p. 29

Anne-Marie Lainé was born and raised in France. As an educator, she has taught students of all ages and grade levels in France, Canada and the U.S. She holds a B.S. in science and education from Université du Québec Montréal and a master’s degree in education from Curry College in Massachusetts. Lainé teaches water aerobics in the St. Augustine area.

Beginning French: Level II, p. 26

Bill Laird is one of only 1,300 individuals nationwide to hold both the Certified Financial Planner™ (CFP™) certification and Chartered Financial Analyst® (CFA®). He serves Dixon Hughes Goodman Wealth Advisors as a financial advisor. As a member of the firm’s investment policy committee, Laird helps shape the investment and

service experience for the firm’s clients nationally. He has 16 years of experience in wealth management. Laird specializes in assisting clients through major life transition events, such as retirement, divorce, death and long-term care. He invests significant voluntary efforts to Rotary International, the Estate Planning Council of Northeast Florida and the Financial Planning Association of Jacksonville. He is married with two children and lives in Clay County.

Mastering Retirement: The Keys to Success After Your Retirement Date, p. 26

Matt Lawrence has an architecture degree from Auburn University and has managed the automation of AT&T’s Florida buildings. He has been a contributor to automation industry standards for data centers and other mission-critical facilities worldwide and has been a designer of residential automation systems for over 25 years. Lawrence is also a counselor/teacher for CRU Inner City ministries, Catholic Charities and First Coast Women’s Services and has taught for many local churches and ministries. He is a Sunday school leader at First Baptist Church of Jacksonville. Lawrence is married and has three beautiful granddaughters.

Use Bible+ on Your iPad For Bible Study, p. 9

Christine Lewitzke moved to Jacksonville following retirement from her second career at The University of Alabama’s College of Continuing Studies. She joined OLLI at UNF in 2010. Lewitzke enjoys planning local and international travel that is off the beaten path.

Beer Behind the Scenes: Intuition Ale Works, p. 22
Flush and Forget: JEA Waste Water Treatment Plant, p. 20

Roshan Massey was born and educated in India. After completing his M.B.A. in England, he spent most of his working life in Australia. Roshan is a travel enthusiast who has taken groups on tours of India, Kashmir, Nepal and now, Myanmar. When he was much younger, he took groups by road from England to India and from England to North Africa.

Armchair Travel Medley: India, Nepal and Bhutan, p. 9

Bill Mayhew is a longtime practitioner of Zen Buddhism who has studied with several leading Roshis over the last two decades. He is currently an ordained student of Roshi Michael Elliston, Abbot of the Silent Thunder Order of Soto Zen and the Atlanta Soto Zen Center.

Zen Buddhist Meditation, p. 23

Nisa McCall is a published songwriter who enjoys playing guitar and singing with the Jacksonville Bluegrass Group at Under the Oaks in Mandarin Park. She was a facilitator for the guitar music program in Florida Atlantic University's continuing education program and served on the advisory board for lifelong learning of Broward County. McCall had the pleasure of playing with Teddy Mulet, a trumpet player for Gloria Estefan, as well as many other talented musicians from Broward County. Her soon-to-be-published book, "The Magic of Music," was inspired by her passion for music and her deep appreciation of songwriters and musicians.

The Powerful Influence of Music in Our Lives, p. 29

Joel McEachin has worked for more than 30 years in the field of cultural resource management, predominately in local government but also with nonprofit organizations and the private sector. His experience encompasses the establishment and coordination of a municipal historic preservation program, provision of administrative support to a historic preservation commission and management of a design review process. In addition, McEachin researches and prepares reports for the designation of local landmarks and historic districts. Related experience includes completing or managing historic property surveys and the preparation of nominations to the National Register of Historic Places. He served as research associate for "Jacksonville's Architectural Heritage, Landmarks for the Future," contributor to "African American Architects, A Biographical Dictionary, 1865 – 1945," and author of "Jacksonville's Legacy, African-American Heritage Trail." He holds B.A. and M.S. degrees in anthropology and archaeology and a Master of Education degree.

Life, Death and Other Stories: The Old City Cemetery, p. 12

Kenneth McMillan was a professor in the UNF's Department of Art and Design where, for 35 years, he taught aesthetics, art of the 20th century, art since 1940, ceramics, sculpture and film. He is a former chair of that department. McMillan's travel to England, Ireland, Wales, France, Bulgaria, Spain, Japan, New Zealand, Australia and Belize included research and presentations.

The Movies: Our Enduring Passion, p. 27

Jay Melesky worked for more than 40 years in banking and healthcare industries as an information technology specialist. He pursues his passion for history through extensive reading and travel, as well as by taking classes and seminars. Melesky believes that we never stop learning and that current events represent the perfect platform for continual lifelong learning.

Current Events, p. 15

Edward Mickolus says he snuck off with a Ph.D. from Yale University before they noticed it was missing. He was an analyst, operations officer and manager at the CIA for 33 years. Mickolus taught creativity and other techniques at the CIA, the FBI Academy and a host of other federal agencies. He runs Vinyard Software Inc. and is the author of 24 books including "The Secret Book of CIA Humor." Mickolus will autograph any book you'd like, but he prefers to sign those he actually wrote. He is a recovering standup comic.

A Brief History of U.S. Intelligence, p. 28

Creativity for Retirees, p. 18

Become a Prolific Writer, p. 20

Spymasters: The Directors of the CIA, p. 9, 17

Janet Willner Myers is a retired educator with 40 years of experience in elementary education in three public school districts, two private schools and abroad in Japan for the U.S. Department of Defense. She received her bachelor's degree in early American history. She holds a master's and a doctorate in educational leadership from UNF. Myers' wide ranging interests include travel, reading, sewing, painting, gardening and bowling.

Children's Literature for Grandparents, p. 25

Your Bucket List and the Road Ahead, p. 22

Sue Lamb Myers has been an enthusiastic practitioner of Tai Chi for more a decade. She has experience with numerous Yang style tai chi forms and the Cheng Man-ch'ing sword form. Myers studied with master instructors Ken Lo, Sam Tam, Paul Campbell and Ken Van Sickle.

Tai Chi for Your Aching Back, p. 18

Tai Chi: What's It All About?, p. 18

Toni Nixon, a mindfulness trainer and a certified health and wellness coach, has been a psychotherapist, educator and consultant for more than 35 years. She completed a professional training program in Mindfulness Based Stress Reduction at the Center for Mindfulness in Medicine, Health Care and Society at the University of Massachusetts Medical School under the direction of Jon Kabat-Zinn, Ph.D. and received additional training at the Centre for Mindfulness, Research and Practice at the University of Wales. Nixon has studied and practiced extensively in various meditation traditions. She received a bachelor's in psychology and master's and doctoral degrees in educational psychology. Nixon's work is a powerful synthesis of coaching and mentoring, mindfulness meditation, mental imagery and enhancement of brain flexibility through new thinking and practice.

Mindfulness Basics: Enhancing and Sustaining Mindful Awareness, p. 12

William O'Malley is a retired Chicago Circuit Court judge, a former defense attorney and Chicago police officer. He holds a degree from Loyola University of Chicago and has his J.D. from Chicago Kent College.

A View of the Criminal Justice System, p. 26

Steven D. Orr first learned Spanish while living in Spain. He next went into the Peace Corps in Panamá. Somewhat later, Orr worked for a major organization for many years in a job that took him into almost every country in Latin America. His experience taught him a lot about the Spanish language, its nuances, and its idiomatic differences from country to country. Retired now, Orr has been an OLLI student for a number of years, and he welcomes the opportunity to serve as a volunteer instructor of Spanish.

Intermediate Spanish: Level II, p. 19

Joe O'Shields is a practicing lawyer in Jacksonville. He has a lifelong love of history and earned degrees in that discipline from the University of South Carolina (B.A.) and UNF (M.A.). He is an active communicant at St. John's Episcopal Cathedral, has mentored an Education for Ministry class for 12 years and practices as a spiritual director. O'Shields enjoys riding his bicycle, practicing yoga and being a grandfather.

The Reformation(s): History and Legacy, p. 10

T. Parkinson holds a B.S. and a doctorate in physics. He spent five years studying planetary atmospheres at Kitt Peak National Observatory, followed by 23 years of applied physics in commercial product development and conducting contract research and development on underwater weapons for the Department of the Navy.

Astronomy: Antiquity to Neptune, p. 28
Codes, Ciphers and Deception, p. 26



Lynne Radcliffe is a musical educator, performer and composer. She serves as director of music at St. Paul's by-the-Sea Episcopal Church in Jacksonville Beach, adjunct faculty at UNF and program coordinator and teacher at the First Coast Community Music School. Radcliffe serves on the boards of the Beaches Fine Arts Series and BRASS, Beaches Residents Arising in Support of the Symphony. She received her bachelor's degree in music in piano performance from Memphis State University and pursued graduate studies in musicology at the University of Memphis. Radcliffe was formerly a contributor to "Encore!," the magazine of the Jacksonville Symphony, as well as a former host for the public radio program "WJCT Presents the Jacksonville Symphony."

Master the Masters: Adventures of a Symphonic Detective, p. 11

Harry Reagan came to Jacksonville in 1967 as an investigative reporter at WJXT TV-4. He soon became editorial director, researching and presenting the nightly editorials for more than 20 years. Reagan served five years as an at-large member of the Jacksonville City Council, and he was responsible for public information at the Jacksonville Sheriff's Office for eight years. He has been a member of the Jacksonville Historical Society for many years and served as its president for five years. Reagan is also involved with numerous volunteer activities, including Friends of the Jacksonville Public Library.

50 Years of Jacksonville History: Journalism, Media and Politics, p. 9

Joel M. Reaser holds a doctorate in industrial psychology. He was associate director for research at AARP and senior vice president at the National Older Worker Career Center. Reaser served as adjunct and visiting professor at George Washington University. A pickleball enthusiast, he is proud father of three and grandfather of four.

Quest for the Historical Jesus: From Schweitzer to Ewing and Aslan, p. 23

John Reeve retired from the advertising and publishing industry. A Silver Life Master with more than 1,700 Master Points, Reeve frequently competes in regional and national bridge tournaments.

Bridge VI: Defense, p. 15
Play of the Hand, Part IV, p. 15

G. W. (Billy) Reynolds, a Mayport shrimper's son, is a retired educator, coach and administrator. He is a lifelong resident of Jacksonville Beach where he lives with his family. Reynolds's Jetty Man series provides a colorful perspective on the life of a shrimper.

Coastal Shrimp: Legacy, Lore and Sustainability, p. 16

Meg Rohal is a retired elementary educator. She is certified to present the Journal to the Self workshop through the Center for Journal Therapy in Denver. Rohal conducts journaling workshops in the Jacksonville area. She loves to travel, write, exercise and dance.

Journal to the Self: An Introduction, p. 17

Sid Rosenberg was bitten by the wanderlust bug at a very early age. Over the past 30 years, he has pursued his passion for travel and wildlife adventures in 85 countries. Rosenberg is a retired UNF professor of finance and real estate.

Wildlife Travel on Five Continents, p. 26

Edwin Safer is a professor who retired from Florida Community College in Jacksonville (now Florida State College in Jacksonville) and served as adjunct professor at UNF. From 1999 to 2013, he lectured to seasoned adults on Celebrity Cruises.

Cradle of Western Civilization: "Do You Dig Indiana Jones?", p. 15

William Michael Savage is a retired airline pilot with more than 45 years of flight experience, 36 as a wide-body international captain. During his flying career, he obtained a law degree and now practices at his firm Savage Mediation Solutions, PA, and is a mediator for Florida's Fourth and Seventh Circuits. He teaches constitutional law and continues to teach flying at St. Augustine Airport with Florida Aviation Inc.

Constitutional Law, p. 20

Ralph Sawyer has facilitated or taught more than 50 courses since the inception of OLLI at UNF. Topics include poverty in America, the righteous mind, the economic crisis of 2008, Great Decisions and Great Books, and books by numerous authors. He has been interested in current events since college. Sawyer is a retired Navy ophthalmologist and was chairman and residency director

of the training program at the National Naval Medical Center for 15 years. He has lectured nationally at a number of ophthalmology organizations for 20 years.

Just What Were They Thinking?, p. 30

Tom Schmidt is a retired railroad executive. He holds an M.A. in history from UNF and has taught American history as an adjunct professor at both UNF and Florida State College at Jacksonville.

Nixon: Man of Many Masks, p. 23

Michael Schmitt started and plans to expand a small business to teach older adults how to use and enjoy smart technology. His diverse teaching background includes nursing education, advanced life support and English as a foreign language to medical and business personnel. Visit his website www.learn4fun4ever.com.

Become Friends with Your Android Phone, p. 21

Steve Sheffield loves the hobby of beekeeping. He started with one box hive and one pound of bees. Sheffield now manages multiple colonies and hundreds of thousands of bees. He harvested five gallons of honey last year.

Beekeeping: Your New Favorite Hobby, p. 22

Jay Sherline is an active photographer who taught basic digital photography to OLLI at UNF members. He is a retired pharmacist with a passion to share a love of photography that dates back to his preteens.

Learn to Cut Mats to Frame Art, p. 18

Allan Silberman is a retired Foreign Service officer and experienced trainer who led classes in the U.S. and abroad. He served in the U.S. embassies in Brazil and Ecuador and in the U.S. Department of State in Washington D.C. He also established and led the Alternative Dispute Resolution office at the U.S. Federal Election Commission for six years where he resolved more than 120 disputes. As vice president for the American Arbitration Association, Silberman directed its department of education and designed training in alternative methods for commercial, labor, community and international disputes. He is a graduate of Miami University and the University of Illinois and was a Fulbright scholar at the London School of Economics.

Forum on Current Issues, p. 21

Diane Solms retired in 2017 as senior director for curriculum and learning for St. Johns County schools. In retirement she enjoys teaching Mah Jongg in St. Johns County.

Mah Jongg for Beginners, p. 21

Joseph T. Stepp has lived in Jacksonville since age five. He received his B.S. and M.D. degrees from the University of Florida. Stepp practiced with the Internal Medical Group from 1979 to 2017, focusing on older patients. He is board certified in internal medicine and geriatrics.

Making the Most of Your Golden Years: Health Strategies for Best Results, p. 21

Joe Stumpf's love for plants, and particularly for growing trees, began at an early age in Pennsylvania. His interest in bonsai began with the acquisition of a kit of bonsai seeds in 1973. Stumpf is a master gardener. He is a member of the Mandarin Garden Club, the North Florida Bonsai Club, the American and International Bonsai societies and the Bonsai Societies of Florida. Stumpf's Ficus microcarpa was displayed in Epcot's Japanese pavilion during the park's 2011 flower and garden show.

Introduction to Bonsai, p. 18

Ken Tannenbaum is a former healthcare and health insurance executive who has failed retirement several times. He is now semiretired and remains active as a volunteer in a number of agencies and programs serving seniors in Northeast Florida. Tannenbaum is the 2017 recipient of the Delores Barr Weaver Elder Advocate award.

Embrace the Power of Positive Aging, p. 18

Inge Thompson has a B.A. and an M.A. in music. Singing is her first love. Thompson's 1953 marriage to a Jacksonville native led her into the restaurant business and management of two well-known venues, Hargraves Steak House and Florida Grill. After attaining an M.S. in health education from UNF, she worked in Memorial Hospital's rehabilitation unit.

Wellness and Stress Management, p. 13

Mireille Smith Threlkel was born and raised in French speaking Switzerland. She earned a B.A. in political science and an M.B.A. at UNF. Her international marketing career was in Switzerland, where she worked for a number of multinational companies. Threlkel has traveled extensively, strengthening her interest in expanding multicultural communications and understanding. She has taught OLLI classes since 2011.

French Book Club: Level I, p. 25

French Book Club: Level II, p. 26

Kathleen F. Triebwasser, a licensed marriage and family therapist for more than 25 years, is a life and wellness coach. She has expertise in self-discovery and self-empowerment coaching. Triebwasser's passion is personal history research and writing. She is the co-owner of O.P.A.L. (Ordinary People Amazing Lives Productions).

Write Your Legacy Will in a Day, p. 28

Gabriele Van Zon is a feng shui master and senior member of the Feng Shui Institute of America. Her website fengshuiuniversal.com offers free newsletters and blogs. Van Zon has been teaching and consulting for 15 years.

Discover the Secrets of Feng Shui, p. 17

Joe Varon is a retired structural engineer. He was chief engineer for Haskell, a leading design-build firm. Varon taught structures in UNF's construction management department as an adjunct professor.

Crossing the St. Johns, p. 19

A Modern Marvel: The Brooklyn Bridge, p. 8, 25

Ileana Velazquez was born in Puerto Rico and moved to New York City with her parents at the age of three. After working as a licensed social worker for 36 years in Western Connecticut, she retired and taught social work and cultural diversity at the local college. Unfortunately, superstorm Sandy scared her into moving to more pleasant temperatures. She is fluent in Spanish and credits her parents for instilling pride in her culture and language.

Introduction to Spanish: Level I, p.15

Charlene Vincent holds two master's degrees in theological studies. She leads workshops, seminars and retreats focused on spiritual autobiography. Vincent's spiritual autobiography is titled "Chances Are."

Guided Spiritual Story Writing: Part I, p. 27

Bob Wagner retired as petroleum industry engineer after 30 years and another six years teaching engineering internationally. He is an avid Texas Hold'em player and has taught the game for the past several years. Wagner plays weekly in a private club, regularly at the local poker rooms and in charity events. He has also played in U.S. world poker tournaments.

Learn the Basics of Texas Hold'em Poker, p. 13

Joseph L. Warner is a retired Foreign Service officer with more than 30 years experience working overseas. He currently teaches geography and international relations at Florida State College at Jacksonville.

The Intelligence Failures of Pearl Harbor, p. 9
Spies in Fiction, p. 25
Travel Safe and Healthy, p. 9, 25
The Lasting Effects of World War I, p. 23

Lynn Weise is a native of Milwaukee, Wisconsin. She spent 30 years in the field of ophthalmology as an administrator including service as a national speaker and practice management representative. Weise was director of community relations for HandsOn Jacksonville for 13 years and Blueprint for Leadership, a program that prepares local leaders to be effective on nonprofit governing and advisory boards. She has a lifelong interest in other cultures and served on the board of the Multi-Cultural Network and the Jacksonville Asian-American Association. Weise's volunteer work includes on-the-air radio and televised fundraising for WJCT, production assistance for the Mayport and Jacksonville jazz festivals, and service as annual fundraising chair for the Yates (now Winston Family) YMCA. A mother of two and grandmother of four, she is passionate about the arts, the environment, genealogy and lifelong learning.

Walk on the Wild Side!, p. 24

Alexander Weiss earned bachelor's and master's degrees from the University of Maryland in medieval and comparative literature. He earned his Ph.D. from the University of California, Berkeley in medieval literature, specializing in Chaucer. He taught English at Radford University in Radford, Virginia, from 1976 to 2006 before retiring as professor emeritus. His major publication was "Chaucer's Native Heritage."

Reading and Performing Shakespeare: Othello, p. 26

June Weltman is a lifelong mystery fan. A former newspaper reporter and a freelance writer and editor, she is the author of "Mystery of the Missing Candlestick," a mystery for ages 9-13 that won a special award from the Florida Historical Society. Weltman teaches adult education classes in writing mysteries for children, teens and adults. She has won national awards for her mystery reviews, which appeared in the Florida Times-Union.

Mysteries Unlimited: International, p. 22

Gary Whiting is a freelance photographer, instructor and naturalist who specializes in wildlife and landscape images. His photographs capture uncommon moments to create unique works of art. Whiting's work has been featured in Bird Watchers Digest, St. Johns Magazine and Wild Birds Unlimited retail store videos as well as local business communications and publications. In retirement, he works at Wild Birds Unlimited, teaches photography one-on-one, consults on photography websites, judges photography contests and advises those who wish to share and preserve their images. Whiting conducts seminars for camera clubs and bird conservation organizations across Northeast Florida. He is also a certified University of Florida/IFAS Florida master naturalist who promotes public understanding of Florida's environmental sustainability, connectivity and biodiversity.

Hands On: Close-Up and Macro Photography, p. 10
Honey, What's That Bird?, p. 14
Make Slideshows and Videos with iMovie, p.14
Photographer's Sunrise Walkabout on Big Talbot Island, p. 12
Photographer's Sunset Walkabout on the St. Johns River, p. 12
Share Your Photos with Flickr and Google, p. 14

Michael Willner grew up in southern California. He served in the U.S. Army during the Vietnam War. Willner graduated from Long Beach State with a degree in economics. He also holds master's degrees in family counseling and vocational rehabilitation. Willner retired from Los Angeles County after serving as a fireman and an EMT. He moved to Florida to join his sister and parents. He plays competitive tennis and bridge.

Chess for Beginners and Beyond, p. 22

Bonnie Yales-Gibson is a versatile artist and teacher, who works in most art media; she also taught painting and needlework on cruise ships for 12 years. Yales-Gibson is known for her art projects in synagogues, churches and other institutions.

Experimental Painting: A Workshop, p. 11

Meltonia Young is a historian of African and African-American history. She was a Road Scholar presenter for the North Carolina Humanities Council. Young's investigation of plantation life entailed travel from Virginia to Jamaica and Africa. She earned a B.A. in African-American studies and a M.A. in liberal arts with a concentration in African and African-American history.

Traveling the Underground Railroads, p. 18



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