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**2016 Fall
Enrollment
Starts Aug. 16**



**The Oceans:
Two-Thirds of Our World** **9**



**How to Become
a Prolific Writer** **19**




**Our Technological
Future** **27**

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JOIN US – BANNED BOOKS WEEK (BBW) CELEBRATION

SEPT. 25 – OCT. 1, 2016

Join us at the Thomas G. Carpenter Library at UNF to celebrate literature written by diverse authors that have been banned or challenged. There will be a faculty discussion on September 27 and a BBW read aloud on September 29.

All BBW events are free to the public.
More information on these and other Banned Books Week activities at the Carpenter Library are available at <http://libguides.unf.edu/BBW>.

TABLE OF CONTENTS

08 COURSES AT FLEET LANDING

Six courses for you to try

09 COURSES AT WESTMINSTER WOODS

Six courses for you to try

09 COURSES AT GLENMOOR

Four courses for you to try

MONDAY at UNF

10 **NEW** GUIDED AUTOBIOGRAPHY

Sept. 12 – Nov. 14, 9 to 11 a.m.

10 **NEW** A FEW OF MY FAVORITE THINGS: BEHIND THE SCENES WITH LIGHTNER MUSEUM CURATOR BARRY MYER

ED-venture

Sept. 12, 10 a.m. to noon

10 **NEW** ISLAM: THE FAITH, THE PEOPLE AND THEIR POLITICS

Sept. 12 – Nov. 7, 10:30 a.m. to noon

10 **NEW** URBAN LANDSCAPE PHOTOGRAPHY: GET MORE OUT OF YOUR DIGITAL CAMERA

Sept. 12 – 26, 11:30 a.m. to 1 p.m.

10 **NEW** BIG HISTORY

Sept. 12 – Oct. 17, 1:30 to 3 p.m.

11 **NEW** LIES, DAMNED LIES AND STATISTICS

Sept. 19 – Oct. 10, 11:30 a.m. to 1 p.m.

11 **NEW** FRENCH POETRY AND CONVERSATION

Sept. 19 – Oct. 10, 11:30 a.m. to 1 p.m.

11 **NEW** DISCOVER JACKSONVILLE CENTER FOR CLINICAL RESEARCH

ED-venture

Sept. 26, 10 a.m. to noon

11 VIETNAM WAR

Sept. 26 – Oct. 31, 11:30 a.m. to 1 p.m.

11 INVESTING FOR THOSE WHO DO NOT WANT TO THINK ABOUT IT

Sept. 26 – Oct. 10, 1:30 to 3 p.m.

11 **NEW** MASTER THE MASTERS: ADVENTURES OF A SYMPHONIC DETECTIVE

Sept. 26 – Jan. 2, 1:30 to 3 p.m.

12 **NEW** THE GILDED AGE IN AMERICAN HISTORY: ROBBER BARONS, IMMIGRATION, IMPERIALISM AND POPULISM

Oct. 3 – 31, 9:30 to 11 a.m.

12 THE GREAT AGE OF VIENNA: STRAUSS, BRUCKER, MAHLER AND WOLF

Oct. 3 – 17, 9:30 to 11 a.m.

12 **NEW** PHOTOGRAPHER'S SUNRISE WALK ABOUT AT THE JACKSONVILLE PIER

Oct. 10, 7 to 9 a.m.

12 **NEW** ROSE RUSTLING FLORIDA STYLE

Oct. 10 – 24, 9:30 to 11 a.m.

12 WARNING: THE RULES OF MONEY HAVE CHANGED. HAVE YOU?

Oct. 10 – Nov. 7, 9:30 to 11 a.m.

12 AMELIA ISLAND HISTORY AND TROLLEY TOUR

ED-venture

Oct. 10, 10 a.m. to 2 p.m.

13 CURRENT EVENTS

Oct. 17 – Nov. 21, 10 a.m. to noon



Classes are organized by weekday, then listed in the following order:


- Calendar date
- Time of day
- Alphabetical by title
- Partner campus classes on p. 8

Classes take place at the University of North Florida unless otherwise noted.



OLLI is where you can share new ideas.

Monday Continued

- 13** **NEW** **GUIDED AUTOBIOGRAPHY: PART II**
Oct. 17 – Nov. 14, 1:30 to 3:30 p.m.
- 13** **NEW** **PHOTO EDITING BASICS**
Oct. 17 – 24, 11:30 a.m. to 1 p.m.
- 13** **NEW** **AGING IN PLACE WITH TECHNOLOGY**
Oct. 24 – Nov. 14, 1:30 to 3 p.m.
- 13** **NEW** **EXPLORING HISTORY THROUGH FICTION:
FREE TO BE, A NOVEL**
Oct. 24 – 31, 2:30 to 4 p.m.
- 14** **NEW** **IMPROVE YOUR INTERNET
SEARCH SKILLS**
Oct. 31 – Nov. 14, 9:30 to 11 a.m.
- 14** **MINDFULNESS BASICS: ENHANCING
AND SUSTAINING MINDFUL AWARENESS**
Oct. 31 – Dec. 5, 9:30 to 11 a.m.
- 14** **NEW** **TAI CHI: WHAT'S IT ALL ABOUT**
Oct. 31 – Nov. 7, 9:30 to 11 a.m.
- 14** **THE WAR OF THE ROSES**
Nov. 7 – Nov. 28, 9:30 to 11 a.m.
- 14** **NEW** **VISIT VISUAL ARTIST
SUSANNE SCHUENKE'S STUDIO**
ED-venture 
Nov. 7, 10:30 a.m. to noon
- 14** **NEW** **BITS AND PIECES: COLLAGE WITH
A PURPOSE**
Nov. 7 – 28, 1:30 to 3 p.m.
- 15** **RETURNING TO OUR ROOTS: AN INTRODUCTION
TO NATUROPATHIC MEDICINE**
Nov. 21 – Dec. 12, 1:30 to 3 p.m.
- 15** **WELLNESS AND STRESS MANAGEMENT**
Nov. 21 – Dec. 12, 11:30 a.m. to 1 p.m.

TUESDAY at UNF

- 15** **NEW** **THE MOVIES: OUR ENDURING PASSION**
Sept. 13 – Nov. 15, 9:30 to 11 a.m.
- 15** **NEW** **PLAY OF THE HAND: PART I**
Sept. 13 – Oct. 18, 10 a.m. to noon
- 15** **NEW** **MASTER YOUR iPHONE OR iPAD CAMERA**
Sept. 13 – 20, 11:30 a.m. to 1 p.m.
- 15** **NEW** **SEX, MONEY AND VENGEANCE:
MOTIVATIONS FOR MURDER IN ENGLISH
AND IRISH MYSTERIES**
Sept. 13 – Oct. 18, 11:30 a.m. to 1 p.m.
- 16** **NEW** **INTERMEDIATE BRIDGE: MAJOR
SUIT RAISES**
Sept. 13 – Oct. 18, 1 to 3 p.m.
- 16** **NEW** **20 ESSENTIAL HERBS: A WORKSHOP**
Sept. 13 – 27, 1:30 to 3 p.m.
- 16** **NEW** **BEGINNING SPANISH: LEVEL I**
Sept. 13 – Nov. 1, 1:30 to 3 p.m.
- 16** **CULTURE AND RELIGION IN ASIA: THE
DEVELOPMENT OF CHRISTIANITY IN KOREA**
Sept. 13 – Oct. 4, 1:30 to 3 p.m.
- 16** **NEW** **MASTERING RETIREMENT: THE KEYS
TO SUCCESS AFTER YOUR RETIREMENT DATE**
Sept. 20 – 27, 9:30 to 11 a.m.
- 17** **CURRENT EVENTS**
Sept. 27 – Dec. 20, 9:30 to 11:30 a.m.
- 17** **NEW** **INTERIOR DECORATING: INNOVATE,
REJUVENATE AND APPRECIATE**
Oct. 4 – Oct. 25, 11:30 a.m. to 1 p.m.

- 17** **NEW** **TOP TIPS: MAKE YOUR iPhone OR iPad WORK FOR YOU**
Oct. 4, 6 and 13, 11:30 a.m. to 1 p.m.
- 17** **NEW** **CREATING A GARDEN THAT IS GOOD FOR THE PLANET AND FOR YOU**
Oct. 11 – 25, 9:30 to 11 a.m.
- 17** **WRITE YOUR LIFE STORY**
Oct. 18 – Nov. 8, 9:30 to 11 a.m.
- 17** **NEW** **KEEP YOUR SANITY AND EXPERIENCE SUCCESS WITH MULTIGENERATIONAL WORK PLACES AND FAMILIES**
Oct. 18 – Nov. 1, 11:30 a.m. to 1 p.m.
- 17** **NEW** **CHESS FOR BEGINNERS AND BEYOND**
Oct. 18 – Nov. 22, 1:30 to 3 p.m.
- 18** **NEW** **CHILDREN'S LITERATURE FOR GRANDPARENTS**
Oct. 18, 1:30 to 3 p.m.
- 18** **NEW** **INFORMATION OVERLOAD AND MEMORY LOSS**
Oct. 18 – Nov. 1, 1:30 to 3 p.m.
- 18** **NEW** **FRENCH BOOK CLUB**
Oct. 25 – Dec. 13, 9:30 to 11 a.m.
- 18** **NEW** **YOUR BUCKET LIST AND THE ROAD AHEAD**
Oct. 25 – Nov. 22, 1:30 to 3 p.m.
- 18** **NEW** **THE LANGUAGE OF BIRDS**
ED-venture
Nov. 1, 9 a.m. to noon
- 18** **A BRIEF HISTORY OF U.S. INTELLIGENCE**
Nov. 1, 1:30 to 3 p.m.
- 19** **NEW** **INTERMEDIATE CLAY SCULPTING**
Nov. 8, 9 and 10, 9 a.m. to 4 p.m.
- 19** **NEW** **DRINKING WATER YOU CAN COUNT ON: VISIT JEA'S WATER TREATMENT PLANT**
ED-venture
Nov. 8, 10 to 11:30 a.m.
- 19** **NEW** **FINANCIAL PLANNING AT THE END OF LIFE**
Nov. 8 – 15, 1:30 to 3 p.m.

- 19** **NEW** **HOW DO THEY DO THAT? SIGN DESIGN, FABRICATION AND INSTALLATION**
ED-venture
Nov. 15, 10 to 11:30 a.m.
- 19** **NEW** **HOW TO BECOME A PROLIFIC WRITER**
Nov. 15, 1:30 to 3 p.m.
- 19** **FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK**
Nov. 29, Dec. 1, 6 and 8, 11:30 a.m. to 1 p.m.
- 20** **NEW** **URBAN EXPLORATION: 14TH ANNUAL GINGERBREAD HOUSE EXTRAVAGANZA AND TOUR OF MERRILL HOUSE**
ED-venture
Dec. 6, 1 to 3 p.m.

WEDNESDAY at UNF

- 20** **NEW** **THE MAKING OF A MURDER MYSTERY**
Sept. 14 – Oct. 19, 9:30 to 11 a.m.
- 20** **NEW** **BRIDGE TO INTERMEDIATE SPANISH CONVERSATION**
Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.
- 20** **NEW** **INTERMEDIATE SPANISH: LEVEL I**
Sept. 14 – Oct. 19, 1:30 to 3 p.m.
- 20** **NEW** **THE DEVIL'S CHESSBOARD: ALLEN DULLES, THE CIA AND THE RISE OF AMERICA'S SECRET GOVERNMENT**
Sept. 14 – Nov. 9, 1:30 to 3 p.m.
- 21** **NEW** **LEADERSHIP**
Sept. 21, 9:30 to 11 a.m.
- 21** **NEW** **OPEN FOCUS: THE POWER OF ATTENTION**
Sept. 21, 9:30 a.m. to 5 p.m.
- 21** **NEW** **CONSERVATION COFFEE BREAK AT THE JACKSONVILLE ZOO AND GARDENS**
Sept. 21 **OR** Nov. 17, 10 to 11:30 a.m.
- 21** **APPLE USERS GROUP**
Sept. 21 **OR** Oct. 19 **OR** Nov. 16, 11:30 a.m. to 1 p.m.
- 21** **NEW** **WRITING YOUR LEGACY**
Sept. 28 – Oct. 19, 9:30 to 11 a.m.

Wednesday Continued

21 **NEW** **BEHIND THE SCENES: FLORIDA SCHOOL FOR THE DEAF AND BLIND**

ED-venture

Oct. 5, 10 a.m. to noon

22 **NEW** **DELIBERATIVE DEMOCRACY: CIVIL DISCOURSE ABOUT CRITICAL PUBLIC ISSUES**

Oct. 5 – Nov. 9, 11:30 a.m. to 1 p.m.

22 **NEW** **MYSTERIES UNLIMITED: INTERNATIONAL**

Oct. 5 – Nov. 9, 1:30 to 3 p.m.
(No class Oct. 12, 26 Nov. 9, 23)

22 **NEW** **EXTRAORDINARY WOMEN OF OUR TIMES: THEIR LIVES AND LEGACIES**

Oct. 12 – Nov. 16, 11:30 a.m. to 1 p.m.

22 **NEW** **PHOTO ART: ENHANCE YOUR PHOTOGRAPHY**

Oct. 12 – 26, 11:30 a.m. to 1 p.m.

22 **NEW** **CONSCIOUS AGING: LISTENING TO YOUR INNER WISDOM**

Oct. 12 – Nov. 16, 1:30 to 3 p.m.

23 **NEW** **THE SOUTHERN HOME FRONT DURING THE U.S. CIVIL WAR**

Oct. 19 – Dec. 14, 11:30 a.m. to 1 p.m.
(No class Nov. 23)

23 **CROSSING THE ST. JOHNS**

Oct. 19 – 26, 11:30 a.m. to 1 p.m.

23 **FIGHTING GRAVITY: BASIC STRUCTURAL ENGINEERING**

Oct. 19 – Nov. 9, 1:30 to 3 p.m.

23 **HAPPINESS**

Oct. 26 – Nov. 16, 9:30 to 11 a.m.

23 **NEW** **INSIDE OLLI**

Nov. 9, 10 a.m. to noon

23 **NEW** **GOOD BOOKS FOR ALL AGES**

Nov. 9, 11:30 a.m. to 1 p.m.

23 **NEW** **PROTECT YOURSELF FROM COMPUTER HACKING AND IDENTITY THEFT**

Nov. 9 – 16, 1:30 to 3 p.m.

24 **CREATIVITY FOR RETIREES**

Nov. 30 – Dec. 21, 1:30 to 3 p.m.

THURSDAY at UNF

24 **NEW** **ANCIENT GRAINS**

Sept. 8, 2:30 to 4:30 p.m.

Location: UNF Brooks College of Health Nutrition Lab

24 **NEW** **BEGINNING BRIDGE I**

Sept. 15 – Nov. 10, 9:30 to 11:30 a.m.

(No class Oct. 13)

24 **RECYCLING: HOW IT WORKS IN JACKSONVILLE**

ED-venture

Sept. 15, 10 a.m. to noon

24 **NEW** **BEGINNING FRENCH: LEVEL I**

Sept. 15 – Nov. 10, 11:30 a.m. to 1 p.m.

25 **NEW** **WRITING YOUR SPIRITUAL AUTOBIOGRAPHY**

Sept. 15 – Oct. 6, 11:30 a.m. to 1 p.m.

25 **NEW** **EXPLORING EMOTIONAL INTELLIGENCE**

Sept. 15 – Oct. 20, 1:30 to 3 p.m.

25 **NEW** **INTERMEDIATE FRENCH**

Sept. 15 – Nov. 10, 1:30 to 3 p.m.

25 **NEW** **WWII: RADAR, ELECTRONICS AND MORE**

Sept. 15 – Oct. 6, 1:30 to 3 p.m.

25 **NEW** **THE DEAD SEA SCROLLS: SECRET BOOKS OF THE BIBLE?**

Oct. 6 – Nov. 3, 11:30 a.m. to 1 p.m.

26 **NEW** **PAINTING WITH ACRYLIC PAINTS**

Oct. 6 – Nov. 10, 1:30 to 3:30 p.m.

26 **NEW** **PASTA 101**

Oct. 6, 2:30 to 4:30 p.m.

Location: UNF Brooks College of Health Nutrition Lab

26 **NEW** HOW IT'S MADE: FISH TO FRUIT
ED-venture

Oct. 13, 9:30 a.m. to noon

26 **NEW** UNDERSTANDING AGING: BONES,
JOINTS AND MUSCLES

Oct. 13 – Nov. 3, 9:30 to 11 a.m.

26 **NEW** ROLLING WITH THE ST. JOHNS RIVER

Oct. 13 – 27, 10 a.m. to noon

Location: Jacksonville University

27 GRAND GRANDPARENTING!

Oct. 20 – Nov. 3, 9:30 to 11 a.m.

27 **NEW** SPIRITUAL PAIN: PAIN DEEP DOWN IN
YOUR SOUL

Oct. 27, 9:30 to 11 a.m.

27 **NEW** NEWSWORTHY EXCURSION:
TOUR THE FLORIDA TIMES-UNION

ED-venture

Oct. 27, 10 to 11:30 a.m.

27 **NEW** OUR TECHNOLOGICAL FUTURE

Oct. 27 – Dec. 8, 11:30 a.m. to 1 p.m.

(No class Nov. 24)

27 IT IS GOING TO RAIN TODAY, BUT WHY?

Oct. 27 – Nov. 17, 1:30 to 3 p.m.

27 **NEW** THE FOUR THINGS THAT MATTER MOST

Nov. 3, 9:30 to 11 a.m.

28 **NEW** JUST WHAT WERE THEY THINKING?

Nov. 3 – Dec. 22, 9:30 to 11 a.m.

(No class Nov. 24)

28 **NEW** OUT OF AFRICA: AN UPDATE

Nov. 3, 9:30 to 11 a.m.

28 **NEW** URBAN EXPLORATION: DISCOVER THE
RITZ THEATER AND LA VILLA MUSEUM

ED-venture

Nov. 3, 10 a.m. to noon

28 **NEW** EARTH WILL SURVIVE. WILL
HUMANITY?

Nov. 3 – Dec. 8, 11:30 a.m. to 1 p.m.

(No class Nov. 24)

28 **NEW** HELP, I'VE BEEN HACKED! SECURITY
101 FOR YOUR IPHONE, IPAD AND APPLE
COMPUTER

Nov. 3 – 17, 11:30 a.m. to 1 p.m.

28 **NEW** SENIOR HUNGER IN NORTHEAST
FLORIDA: A HIDDEN TRAGEDY

Nov. 10, 11:30 a.m. to 1 p.m.

29 **NEW** THE HOLIDAY COCKTAIL PARTY

Nov. 10, 2:30 to 4:30 p.m.

Location: UNF Brooks College of Health Nutrition Lab

29 **NEW** ARMCHAIR TRAVEL MEDLEY: INDIA,
NEPAL AND BHUTAN

Nov. 17 – Dec. 15, 1:30 to 3:30 p.m. (no class Nov. 24)

29 **NEW** ZEN BUDDHIST MEDITATION

Sept. 16 – Oct. 21, 9:30 to 11 a.m.

29 MAH JONGG FOR BEGINNERS

Sept. 16 – Oct. 14, 1 to 3 p.m.

29 **NEW** PHOTOGRAPHIC PRESERVATION

Sept. 16, 6 to 7 p.m.

Location: UNF Thomas G. Carpenter Library

FRIDAY at UNF

30 **NEW** DISCOVER CLARA WHITE MISSION:
LIFTING OUR COMMUNITY THROUGH
ADVOCACY, TRAINING AND EMPLOYMENT

ED-venture

Sept. 30, 10 to 11:15 a.m.

30 PILATES FOR BUFF BONES

Sept. 30 – Oct. 21, noon to 1 p.m.

30 **NEW** URBAN EXPLORATION: DOWNTOWN
WALKING TOUR OF PUBLIC ART

ED-venture

Oct. 21, 10 a.m. to noon

30 REDISCOVERING THE LABYRINTH AS A
REFLECTIVE PRACTICE

Oct. 28, 10 a.m. to noon

Location: Omnisara Labyrinth and Gardens

30 **NEW** WRITE YOUR LEGACY WILL IN A DAY

Dec. 2, 9:30 a.m. to 3 p.m.

OLLI FALL 2016 PARTNER LOCATION COURSES

FLEET LANDING

Free to land Free to soar

www.fleetlanding.com

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

NEW WHAT HAVE WE LEARNED FROM THE GREAT RECESSION OF 2008?

FRIDAY Sept. 23 – Nov. 18, 2:30 to 4 p.m.
6 sessions, \$45 (No class Oct. 21, Nov. 11)

Explore the roots of the Great Recession of 2008, its inevitability and the perfect storm that deepened its impact. There are plenty of bad actors to blame. The easiest villains are identified, vilified and prosecuted, but were they the real cause? Discuss and debate policy prescriptions.

Instructor: Glenn Hansen, p. 34

NEW THE FRENCH RESISTANCE

WEDNESDAY Oct. 11 – Dec. 4, 10 to 11:30 a.m.
5 sessions, \$40 (No class Nov. 23)

Enrich your understanding of the French Resistance and the role it played in winning the European theater in WWII. Separate the myth from the truth. Assess the effectiveness of the resistance. Examine the costs to resisters and innocent bystanders, as a result of their actions against the German army. This course is the first of two exploring resistance activities in Europe after it was overrun by the Nazis.

Instructor: Wayne Heckrotte, p. 35

WRITE YOUR LIFE STORY

THURSDAY Oct. 6 – 27, 2 to 3:30 p.m.
4 sessions, \$35

See course description on page 17.

Instructor: Susan D. Brandenburg, p. 32

NEW EXPERIMENTAL PAINTING: A WORKSHOP

FRIDAY Oct. 14, 1 to 4 p.m.
1 session, \$25

Ignite your creativity. Learn to paint collages with acrylic paints, mediums and papers. Discover innovative ways to enliven your artwork.

Required: \$15 payable to instructor for art supplies

Instructor: Bonnie Yales-Gibson, p. 41

CROSSING THE ST. JOHNS

TUESDAY Oct. 18 – 22, 2 to 3:30 p.m.
2 sessions, \$25

See course description on page 23.

Instructor: Joe Varon, p. 40

NEW THE PEOPLING OF AMERICA: FROM THE ICE AGE TO THE INTERNET

THURSDAY Oct. 27 – Nov. 17, 1 to 3 p.m.
4 sessions, \$40

Thousands of years ago, the first bands of hunters crossed the then-existing land bridge from Siberia onto what is today the American continent. They were followed by successive incursions of Amerinds who slowly spread across the western hemisphere. After the European discovery of America, the early colonists were followed by great waves of immigrants who, in the course of the last four centuries, fled poverty, persecution and warfare, first in Europe and then in other parts of the globe. This course weaves a tapestry of these great movements of people and cultures that have resulted in the country we are familiar with today. It also points out that, although the origins of immigrants are continuously changing, they all seek the same things: freedom, opportunity and prosperity.

Instructor: John Gill, p. 33



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

NEW THE OCEANS: TWO-THIRDS OF OUR WORLD

TUESDAY Sept. 6 – 27, 10 to 11:30 a.m., 4 sessions, \$35

Discover the physics behind basic ocean functions, including waves, tides and currents. Learn about the flora and fauna of the depths. Course content will be presented free of jargon, using graphics and animations designed for clarity and comprehension. Question and discussion are encouraged.

Instructor: Bob Schiffner, p. 39

NEW CURRENT EVENTS FORUM

WEDNESDAY Oct. 5 – 26, 10 to 11:30 a.m.
4 sessions, \$35

Energize your knowledge of current events. Each week's discussion focuses on the impact and implications of these events. Participants select two topics each week. Related reading materials are distributed in advance. Maximize your understanding of the events that shape our world. Enjoy dialogue with your peers.

Facilitator: Allan Silberman, p. 40

A BRIEF HISTORY OF U.S. INTELLIGENCE

WEDNESDAY Oct. 12, 2 to 3:30 p.m., 1 session, \$15
See course description on page 18.

Instructor: Edward Micklous, p. 37

NEW TRAVEL SAFE AND HEALTHY

THURSDAY Oct. 20, 10:30 to 11:45 a.m., 1 session, \$15

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

Instructor: Joseph L. Warner, p. 41

**NEW 100 YEARS OF THE SPY NOVEL:
AN INTRODUCTION**

TUESDAY Oct. 25, 10:30 to 11:45 a.m., 1 session, \$15

Discover how real world situations have influenced that unique genre of literature. Focus on the genre's century-long evolution and literature from pre-WWII to today's War on Terror.

Instructor: Joseph L. Warner, p. 41

**NEW MEMORY IMPROVEMENT:
AN INTRODUCTION**

FRIDAY Nov. 11, 10 to 11 a.m., 1 session, \$10

Learn about your brain and simple techniques to make your memory work for you. Understand how your synapses operate. Discover how creating pictures and other techniques improve brain efficiency and help you remember names and good jokes.

Instructor: Frederick Lee, p. 37



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

MEDICARE 101

THURSDAY Sept. 15, 1:30 to 3 p.m., 1 session, \$15

Increase your knowledge of Medicare basics, including its history and what the alphabet of its parts (A, B, C and D) mean. Examine the costs associated with original Medicare. Understand the annual election or enrollment period. Discover useful resources to gain confidence in making decisions for yourself or a loved one.

Instructor: Rory Gregg, p. 34

NEW HOW TO BECOME A PROLIFIC WRITER

THURSDAY Sept. 29, 1:30 to 3 p.m., 1 session, \$15

See course description on page 19.

Instructor: Ed Mickolus, p. 37

NEW 100 YEARS OF THE SPY NOVEL

FRIDAY Oct. 28 – Nov. 18, 10:30 to noon, 4 sessions, \$35

Maximize your appreciation of that unique genre of literature inspired by real world situations. Course content focuses on the genre's century-long evolution and literature from pre-WWII to today's War on Terror.

Instructor: Joseph L. Warner, p. 41

FIGHTING GRAVITY: BASIC STRUCTURAL ENGINEERING

TUESDAY Dec. 6 – 27, 10:30 a.m. to noon, 4 sessions, \$35

See course description on page 23.

Instructor: Joe Varon, p. 40

OLLI FALL 2016 COURSES at UNF

Classes take place at the University of North Florida unless otherwise noted.

MONDAY at UNF

NEW GUIDED AUTOBIOGRAPHY

Sept. 12 – Nov. 14, 9 to 11 a.m.
10 sessions, \$80

Mobilize your amazing life story as a powerful tool for your ongoing personal and spiritual development. Explore central themes in your life to give new meaning to the past, present and future. Anticipate possible new directions. Class format encompasses guided exercises and time to share in a small group setting.

Required: Journal or tablet to write two pages in each class

Facilitator: Katheleen Triebwasser, p. 40

NEW A FEW OF MY FAVORITE THINGS: BEHIND THE SCENES WITH LIGHTNER MUSEUM CURATOR BARRY MYER

ED-venture

Sept. 12, 10 a.m. to noon (excludes lunch)
1 session, \$35

Discover the variety of treasures on display at Henry Flagler's former Hotel Alcazar. Enjoy melodious sounds from an antique musical instrument. Take a deep dive into the collection and its history with an expert guide. An early 19th century grand escritoire desk in the form of a classic pipe organ is one of the highlights. After the tour, dip into the menu at the Café Alcazar, formerly one of the largest indoor swimming pools in the world. Your fee allows you to continue touring after lunch. Venue is handicapped accessible. Transportation is on your own. Parking available nearby for an additional \$5.

Required: Comfortable shoes, ability to walk and stand for two hours

Coordinator: Laurel Conderman, p. 33

NEW ISLAM: THE FAITH, THE PEOPLE AND THEIR POLITICS

Sept. 12 – Nov. 7, 10:30 a.m. to noon
8 sessions, \$55

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 multi-media.

Required: "Destiny Disrupted" by Tamim Ansary

Instructor: Parvez Ahmed, p. 31

NEW URBAN LANDSCAPE PHOTOGRAPHY: GET MORE OUT OF YOUR DIGITAL CAMERA

Sept. 12 – 26, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Improve your urban landscape and street photography skills. Learn how to get better shots regardless of lighting conditions, whether you are using your camera for travel, fun or to create artistic photographs. Classroom sessions precede and follow a workshop in the field. Session one focuses on composition and exposure techniques, as well as practice. Session three focuses on answering your questions and obtaining feedback on your work in a friendly, helpful environment.

Instructor: Gary Whiting, p. 41

NEW BIG HISTORY

Sept. 12 – Oct. 17, 1:30 to 3 p.m.
6 sessions, \$45

Transform your understanding of the similar patterns and progressions of natural and human events from the Big Bang to modern times. Enrich your understanding of cosmology, evolution, genetics, the history of city states and the modern industrial and information revolutions. Course content is based on David Christian's "Maps of Time" and a related college and university syllabus supported by Bill Gates. Some sessions are technology-oriented and others are oriented toward more conventional history.

Instructor: John Tancredi, p. 40



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.

NEW LIES, DAMNED LIES AND STATISTICS

Sept. 19 – Oct. 10, 11:30 a.m. to 1 p.m.
4 sessions, \$35

In 1906, Mark Twain wrote, “Figures often beguile me particularly when I have the arranging of them myself; in which case the remark attributed to Disraeli would often apply with justice and force: ‘There are three kinds of lies: lies, damned lies, and statistics.’” Discover how statistics are used as evidence. Stretch your skills in determining the intentional or accidental misuse of statistics in advancing arguments. No statistical background is required. Instructor will not teach formal statistics.

Instructor: Alan Gleit, p. 33

NEW FRENCH POETRY AND CONVERSATION

Sept. 19 – Oct. 10, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Enhance your French conversational skills through reading simple poems (translations available) and discussion of open-ended questions supplied in advance. Class emphasizes conversation that uses a poem as the topic.

Required: Advanced, intermediate or better proficiency and “Introduction to French Poetry: A Dual Language Book” by Stanley Appelbaum (ISBN: 978-0486267111)

Recommended: French-English dictionary

Instructor: Nannette Boudreaux Martin, p. 37

NEW DISCOVER JACKSONVILLE CENTER FOR CLINICAL RESEARCH

ED-venture

Sept. 26, 10 a.m. to noon (excludes lunch)
1 session, \$25

Go behind the scenes to an unassuming center that has shaped the future of healthcare outcomes for more than 20 years. Discover how and why clinical trials are crucial to the Federal Drug Administration’s approval process. Learn about clinical trials, who pays for them, how trial participants are found and what they get from their participation. This center has conducted more than 1,000 clinical trials and is recognized worldwide for providing patients with access to cutting-edge medical research. Dress is casual. Transportation is on your own. Debrief over a Dutch-treat lunch at a nearby eatery. Venue is fully accessible.

Required: No cameras due to confidentiality policy

Coordinator: Stan Porter, p. 38

VIETNAM WAR

Sept. 26 – Oct. 31, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Though they were not defeated on the battlefield, the United States and its allies lost the Vietnam War. Examine and discuss the political, social and military influences that played important roles in the U.S. involvement in Vietnam. Explore battles, turning points and the final peace agreement. Student participation is encouraged.

Instructor: Stewart Angell, p. 31

INVESTING FOR THOSE WHO DO NOT WANT TO THINK ABOUT IT

Sept. 26 – Oct. 10, 1:30 to 3 p.m.
3 sessions, \$30

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 MASTER THE MASTERS: ADVENTURES OF A SYMPHONIC DETECTIVE

Sept. 26 – Jan. 2, 1:30 to 3 p.m.
5 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 2016 – 2017 season with classes, analyzing each of the Masterworks Series. The Monday prior to the weekend’s concert performance, 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. 26: Rachmaninoff and The Rite

OCT. 17: Bachtobertfest

NOV. 7: Elgar’s The Dreams of Gerontius

NOV. 28: Humperdinck’s Hansel and Gretel

JAN. 2: Mozart and McGill

Instructor: Lynne Radcliffe, p. 38

Monday Continued

NEW THE GILDED AGE IN AMERICAN HISTORY: ROBBER BARONS, IMMIGRATION, IMPERIALISM AND POPULISM

Oct. 3 – 31, 9:30 to 11 a.m.
5 sessions, \$40

Discover a time in the last third of the 19th century that is similar to ours. Vast wealth inequalities, rampant capitalism, concerns about immigration and racial issues and a rapidly changing society.

The era also saw the rise of reform movements including populism. Explore the similarities and differences between the 19th century’s Gilded Age and our own early 21st Century.

Instructor: Joe O’Shields, p. 38

THE GREAT AGE OF VIENNA: STRAUSS, BRUCKER, MAHLER AND WOLF

Oct. 3 – 17, 9:30 to 11 a.m.
3 sessions, \$30

Discover Vienna’s history and culture through an exploration of its music, as well as the lives and careers of the outstanding composers who lived there. Enrich your music appreciation through lecture, discussion and listening with an expert.

Instructor: Merrill Jay Palmer, p. 38

NEW PHOTOGRAPHER’S SUNRISE WALKABOUT AT THE JACKSONVILLE PIER

Oct. 10, 7 to 9 a.m.
1 session, \$20

Share your passion for photography. Catch the perfect sunrise photo as you enjoy camaraderie with fellow OLLI photographers. Immerse yourself in a location known for gorgeous sunrise views. Your instructor is a seasoned photographer and master naturalist, who’s ready to guide you whether you want the opportunity to practice your technique on your own or obtain advice. You will debrief over an optional Dutch-treat breakfast. An alternative date may be announced depending on weather conditions.

Required: A digital SLR, mirror-less or point-and-shoot camera; moderate walking, comfortable shoes, dress for the weather

Recommended: Wide angle lens

Instructor: Gary Whiting, p. 41

NEW ROSE RUSTLING FLORIDA STYLE

Oct. 10 – 17, 9:30 to 11 a.m.
Field trip: Oct. 24, 9:30 to 11 a.m.
3 sessions, \$30

Discover a technique for preserving an important aspect of our country’s horticultural heritage. Rose Rustlers in Texas and California have rescued varieties found off the beaten path in cemeteries and deserted gardens. Class content addresses all aspects of this hobby from beginning to advanced including a local rose rustle.

Recommended: “In Search of Lost Roses” by Thomas Christopher

Instructor: Gene Waering, p. 41

WARNING: THE RULES OF MONEY HAVE CHANGED. HAVE YOU?

Oct. 10 – Nov. 7, 9:30 to 11 a.m.
5 sessions, \$40

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. 34

AMELIA ISLAND HISTORY AND TROLLEY TOUR

ED-venture

Oct. 10, 10 a.m. to 2 p.m.
1 session, \$40

Explore 4,000 years of the island’s history. Housed in the historic and renovated Nassau County Jail, the Amelia Island Museum of History’s galleries are filled with artifacts and stories that chronicle the heritage of the native Timucua people, Spanish and French explorers, pirates and genteel Victorian-era residents. Following a docent-led tour of the museum, enjoy a Dutch-treat lunch at Brett’s Waterfront Café. Then hop on a trolley for a tour of historic Fernandina Beach, Old Town and other points of interest. The trolley driver will relate interesting stories about the history of the area.

Recommended: Sunscreen, water, a hat and foul weather gear. Both tours are physically easy, as you will be seated much of the time.

Coordinator: Stan Porter, p. 38



CURRENT EVENTS

Oct. 17 – Nov. 21, 10 a.m. to noon
6 sessions, \$55

Increase your understanding of domestic and foreign events affecting your life. Address a broad range of topics with particular emphasis on the 2016 election cycle. Students contribute to topic selection and the instructor provides suggested readings.

Instructor: Samuel Hart, p. 35

NEW GUIDED AUTOBIOGRAPHY: PART II

Oct. 17 – Nov. 14, 1:30 to 3:30 p.m.
5 sessions, \$60

Continue your ongoing personal and spiritual development. Mobilize your life story as a powerful tool to explore central themes in your life. Give new meaning to the past, present and future. Anticipate possible new directions. Class format encompasses guided exercises and time to share in small group setting.

Required: Completion of Part I and journal or tablet to write two pages in each class

Facilitator: Kathleen Triebwasser, p. 40

NEW PHOTO EDITING BASICS

Oct. 17 – 24, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Deploy basic photo editing tools and techniques on your laptop or desktop computer. Organize files and images for rapid retrieval. Learn basic editing steps in programs including Lightroom, Photoshop Elements, Photos for OS X, (formerly iPhoto) or Google Photos (formerly Picasa). No experience required. This course is useful to those deciding on an editing platform or already using one.

Instructor: Gary Whiting, p. 41

NEW AGING IN PLACE WITH TECHNOLOGY

Oct. 24 – Nov. 14, 1:30 to 3 p.m.
4 sessions, \$35

Did you know that a woman reaching the age of 65 might expect to live an additional 21 years and a man, an additional 18.9 years? How do these statistics translate to quality of life as we grow older? A great majority of seasoned citizens want to stay in their homes, enjoying optimum wellness and active social exchanges. Intensify your understanding of the latest health, entertainment, residential and security technologies with the potential to provide supportive daily assistance.

Instructor: Julie Giuliani, p. 33

NEW EXPLORING HISTORY THROUGH FICTION: FREE TO BE, A NOVEL

Oct. 24 – 31, 2:30 to 4 p.m.
2 sessions, \$25

Transform your understanding of African-American enslavement through stories about the Gullah Geechee people of the South Carolina Sea Islands. "Free To Be" chronicles the story of Creecie, a fourth generation slave who struggles to realize her freedom in the years following the Civil War. She works the land abandoned by plantation owners under what is known today as the Port Royal Experiment. Living and working under a new form of white authority, the freed slaves like the fictional character of Creecie could become self-sustaining through crop cultivation, fishing and hunting. Sales of surplus crops supported their land purchases. In Chandler's novel, Creecie learns to negotiate life choices as a wage earner, free laborer, provider and protector. Most importantly, Creecie learns to remove the shackles of her mind and find her true power.

Required: Student purchase of "Free To Be" from the author/instructor at the first class (\$15) or in advance from Amazon for \$16.99 plus shipping and handling.

Instructor: Gracie Chandler, p. 33

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past and
discover
the future
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Monday Continued

NEW IMPROVE YOUR INTERNET SEARCH SKILLS

Oct. 31 – Nov. 14, 9:30 to 11 a.m.
3 sessions, \$30

Discover the basics of web searching. Learn how popular search engines work and how to find what you want quickly and easily. Explore alternative search options. Find out where to turn for more help. Increase your online safety and ability to recognize scams. Explore fun things available online. Course material delivered through a combination of presentation, demonstration and practice.

Instructor: Stephanie Weiss, p. 41

MINDFULNESS BASICS: ENHANCING AND SUSTAINING MINDFUL AWARENESS

Oct. 31 – Dec. 5, 9:30 to 11 a.m.
6 sessions, \$25

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.

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 TAI CHI: WHAT’S IT ALL ABOUT

Oct. 31 – Nov. 7, 9:30 to 11 a.m.
2 sessions, \$25

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.

Required: Wear comfortable clothing to practice

Instructor: Sue Lamb Myers, p. 38

THE WAR OF THE ROSES

Nov. 7 – 28, 9:30 to 11 a.m.
4 sessions, \$35

Connect with stories of mystery, intrigue, sex, murder and treachery through the dynastic wars fought between the Plantagenets from the houses of Lancaster and York. Learn which king had the most mistresses and which was executed in a barrel of his favorite wine. Which royal corpse was exhibited as a tourist attraction for 300 years? Which king lost his throne due to his father’s bigamy? Which king tossed a chamber pot on his brother? Sometimes the truth is more interesting than fiction.

Instructor: Harry Yoffee, p. 41

NEW VISIT VISUAL ARTIST SUSANNE SCHUENKE’S STUDIO

ED-venture

Nov. 7, 10:30 a.m. to noon (excludes lunch)
1 session, \$25

Go behind the scenes with an internationally acclaimed painter whose works have been exhibited and are represented in public, corporate and private collections worldwide. You may have seen works on view locally at the Mayo Clinic (Davis Building), Museum of Contemporary Art, the Beaches Museum, Florida State College at Jacksonville (South Campus), Avondale Artworks and Stellers Gallery. Your host shares her preparation and creative process through discussion about completed works and those in progress. Venue is handicapped accessible. Transportation is on your own. Debrief over a Dutch-treat lunch at a nearby eatery.

Coordinator: Laurel Conderman, p. 33

NEW BITS AND PIECES: COLLAGE WITH A PURPOSE

Nov. 7 – 28, 1:30 to 3 p.m.
4 sessions, \$35

Learn how 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.

Instructor: Chris Fulmer, p. 33

TUESDAY at UNF



NEW THE MOVIES: OUR ENDURING PASSION

Sept. 13 – Nov. 15, 9:30 to 11 a.m.
9 sessions, \$60

In the 1890s, in France and America, the motion picture camera and flexible celluloid film were developed. Within 10 years, the movies were being shown in more than a dozen countries. Follow the history of filmmaking through the directors and their filming techniques. Learn how the introduction of sound in the 1920s drastically altered the industry and careers of actors.

Instructor: Kenneth McMillan, p. 37

NEW PLAY OF THE HAND: PART I

Sept. 13 – Oct. 18, 10 a.m. to noon
6 sessions, \$55

Accelerate your bridge skills. Focus on bidding and play of the hand. Learn about defensive leads and signals. Bidding boxes will be used to deepen your knowledge of contract bridge.

Required: “Learn to Play Bridge: Play of the Hand” by American Contract Bridge League and an understanding of standard American bidding system including weak 2s, strong 2 club openings, Stayman and Blackwood.

Instructor: John Reeve, p. 39

NEW MASTER YOUR IPHONE OR IPAD CAMERA

Sept. 13 – 20, 11:30 a.m. to 1 p.m.
2 sessions, \$25

Improve your picture taking. Learn basic photography tips and free or inexpensive apps to make your built-in camera work better. Use free apps including Apple Photos, Apple’s iCloud Photo Library, Darkroom and Flickr to edit, enhance and store your pictures.

Instructor: John See, p. 39

NEW SEX, MONEY AND VENGEANCE: MOTIVATIONS FOR MURDER IN ENGLISH AND IRISH MYSTERIES

Sept. 13 – Oct. 18, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Transform your understanding of the essential elements in well-regarded murder mysteries. Class format includes lectures, book critiques and congenial group discussions.

Instructor: Robert L. Gold, p. 34

RETURNING TO OUR ROOTS: AN INTRODUCTION TO NATUROPATHIC MEDICINE

Nov. 21 – Dec. 12, 1:30 to 3 p.m.
4 sessions, \$35

Transform your knowledge of natural health and wellness. Explore naturopathic medicine, a distinct primary healthcare profession that emphasizes prevention, treatment and optimal health using natural therapies such as nutrition, herbs, homeopathy and physical manipulation.

Instructor: Todd Robinson, p. 39

WELLNESS AND STRESS MANAGEMENT

Nov. 21 – Dec. 12, 11:30 a.m. to 1 p.m.
4 sessions, \$35

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. 40

Tuesday Continued

NEW INTERMEDIATE BRIDGE: MAJOR SUIT RAISES

Sept. 13 – Oct. 18, 1 to 3 p.m.
6 sessions, \$55

Increase your bidding success through Jacoby 2 NoTrump, cue bids and limit raises. Extend your learning to encompass preemptive, weak freak and forcing no trump bids. Designed for intermediate and advanced players, this class will help you gain a competitive edge.

Instructor: John Reeve, p. 39

NEW 20 ESSENTIAL HERBS: A WORKSHOP

Sept. 13 – 27, 1:30 to 3 p.m.
3 sessions, \$30

Boost your understanding of medicinal plants used in home remedies to promote healthy living and a sense of well-being. Focus on the herbs, their uses, formulation techniques, tinctures and tea blends.

Required: \$35 materials fee payable to the instructor

Instructor: Libby Jennison, p. 35

NEW BEGINNING SPANISH: LEVEL I

Sept. 13 – Nov. 1, 1:30 to 3 p.m.
8 sessions, \$55

Begin your journey in Spanish with basic, practical vocabulary such as greetings and numbers and simple sentences and questions. Expand your skills by learning some simple grammar and additional vocabulary useful in everyday settings.

Required: “Barron’s E-Z Spanish” by Ruth J. Silverstein, Heywood Wald, and Allen Pomerantz (ISBN 978-0764141294 and “See It and Say It in Spanish” by Margarita Madrigal (ISBN 978-0451168375)

Instructor: Ileana Velazquez, p. 40

CULTURE AND RELIGION IN ASIA: THE DEVELOPMENT OF CHRISTIANITY IN KOREA

Sept. 13 – Oct. 4, 1:30 to 3 p.m.
4 sessions, \$35

Christianity came to Korea as a missionary religion in 1774 for the Catholics and in 1884 for the Protestants. Learn how Christianity encountered the religious and ethical traditions of Asia in Korea with varying degrees of success. Catholics confronted the Confucian worldview. Protestants resisted the Japanese Shinto shrine worship. Pentecostals interacted with Shamanism and the spirit world. Today, Christians and Buddhists face a dilemma over the respective roles of culture and religion in Korean society. Discover how Korea provides an ongoing example of interfaith relations in contemporary Asia.

Required: “Korean Theology in Historical Perspective” by Daniel J. Adams

Instructors: Carol Chou Adams (Chou Fang-Lan) and Daniel Adams, p. 31

NEW MASTERING RETIREMENT: THE KEYS TO SUCCESS AFTER YOUR RETIREMENT DATE

Sept. 20 – 27, 9:30 to 11 a.m.
2 sessions, \$25

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. 36



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CURRENT EVENTS

Sept. 27 – Dec. 20, 9:30 to 11:30 a.m.
13 sessions, \$100

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 open and on track.

Facilitator: Howard Hodor, p. 35

NEW INTERIOR DECORATING: INNOVATE, REJUVENATE AND APPRECIATE

Oct. 4 – 25, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Are you tired of the same old decor but don't want to spend an arm and a leg to redecorate? Discover ways to refresh your home without investing a lot of time or money. Invigorate your life with a new look. Class focus on inspiration, motivation and revitalization.

Instructor: Marlene Kenney, p. 36

NEW TOP TIPS: MAKE YOUR IPHONE OR IPAD WORK FOR YOU

Oct. 4, 6 and 13, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Accelerate your understanding of your iOS devices and the amazing things you can do with them. Begin by learning to manage and customize all options in the settings app. Boost your knowledge about keeping your devices secure and managing your long list of passwords with the free app 1Password.

Instructor: John See, p. 39

NEW CREATING A GARDEN THAT IS GOOD FOR THE PLANET AND FOR YOU

Oct. 11 – 18, 9:30 to 11 a.m.
Field trip: Native Park Oct. 25, 9:30 to 11 a.m.
3 sessions, \$30

Pollinators are responsible for one-third of every bite we eat. Their numbers are declining and home gardens provide an opportunity to make a tangible difference. Discover how you can make a pollinator-friendly garden that's easy, affordable and fun.

Recommended: "Bringing Nature Home: How You Can Sustain Wildlife with Native Plants" by Doug Tallamy

Instructor: Sally Steinauer, p. 40

WRITE YOUR LIFE STORY

Oct. 18 – Nov. 8, 9:30 to 11 a.m.
4 sessions, \$35

Begin writing the story of your life and legacy. This course will offer a bullet list of practical steps for beginning the project, including a number of questions and suggestions to pique the memory and imagination. We will focus on class members and their lives, with a high level of participation and exchange of ideas. Your first session will be introductory and exploratory. You will then be asked to explore your memories and do some research into your family/personal history and return with a white page (summary) of your life story to share with the class if you are comfortable sharing.

Instructor: Susan D. Brandenburg, p. 32

NEW KEEP YOUR SANITY AND EXPERIENCE SUCCESS WITH MULTIGENERATIONAL WORKPLACES AND FAMILIES

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

Transform your knowledge of each generation's characteristics, similarities and differences in this interactive class. Discover interaction methods and techniques to assure your success in diverse, multigenerational families and workplaces

Instructor: Rita Brodnax, p. 32

NEW CHESS FOR BEGINNERS AND BEYOND

Oct. 18 – Nov. 22, 1:30 to 3 p.m.
6 sessions, \$45

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. 41

Tuesday Continued

NEW CHILDREN'S LITERATURE FOR GRANDPARENTS

Oct. 18, 1:30 to 3 p.m.
1 session, \$15

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. 37

NEW INFORMATION OVERLOAD AND MEMORY LOSS

Oct. 18 – Nov. 1, 1:30 to 3 p.m.
3 sessions, \$30

Intensify your understanding of how the brain processes information. Grasp the amount of information that we can take at a time in our present moment memory before being overwhelmed. Learn neuroscience-based techniques that will reduce anxiety and help you process information efficiently and effectively. Increase your ability to successfully retrieve memories in this interactive class.

Instructor: Rita Brodnax, p. 32

NEW FRENCH BOOK CLUB

Oct. 25 – Dec. 13, 9:30 to 11 a.m.
8 sessions, \$55

Boost your French language skills through reading and discussion of a short, classic novel of topical interest. Texts are in both original and easy to read versions.

Required: Advanced, intermediate or better proficiency, "Jean de Florette" by Marcel Pagnol, original ISBN: 978-2877065115, easy-read ISBN: 978-8723904232 for fall term and "Manon des Sources" by the same author, original ISBN: 978-2877065122; easy-read ISBN: 978-8723904249 for winter 2017

Instructor: Mireille Smith Threlkel, p. 40

NEW YOUR BUCKET LIST AND THE ROAD AHEAD

Oct. 25 – Nov. 22, 1:30 to 3 p.m.
5 sessions, \$40

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.

Facilitator: Janet Myers, p. 37

NEW THE LANGUAGE OF BIRDS

ED-venture

Nov. 1, 9 a.m. to noon (excludes lunch)
1 session, \$35

Calling all nature lovers for a rare opportunity. Learn about the power to understand the language of birds from St. Johns County naturalist AyoLane Halusky. Explore the meanings of different bird calls, alarms and behaviors. Discover how human behavior affects wildlife. Practice what you learn on an interpretive walk through Trout Creek Park. Transportation is on your own, but carpooling is encouraged. Debrief over a Dutch-treat brown bag picnic at the park's community center.

Required: Mobility to stand for an hour, stamina to walk a half mile on trails, water bottle, insect repellent, dress for conditions including comfortable shoes, hat and sunglasses

Recommended: Camera, binoculars and read "What the Robin Knows" by Jon Young

Coordinator: Gary Whiting, p. 14

A BRIEF HISTORY OF U.S. INTELLIGENCE

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

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.

Instructor: Edward Micklous, p. 37

NEW INTERMEDIATE CLAY SCULPTING

Nov. 8, 9 and 10, 9 a.m. to 4 p.m.
3 sessions, \$150

Connect with your inner artist. Improve your techniques for more powerful effects. Grasp the structure of the face and head working from reference sources rather than a live model. Create a full-sized clay bust in this learning immersion class.

Required: \$50 payable to instructor for clay, wooden armature and two new tools. Student supplied plastic crate approximately 12 inches tall, misting water bottle, two old kitchen towels and an oversized cup

Recommended: "Portrait Sculpting: Anatomy & Expressions in Clay" by Philippe and Charisse Faraut, ISBN 0-9755065-0-1

Instructor: Glenn Ross, p. 39

NEW DRINKING WATER YOU CAN COUNT ON: VISIT JEA'S WATER TREATMENT PLANT

ED-venture

Nov. 8, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Learn about the facility's history and the laboratory's incorporation into a historic Main Street building. Discover the facility's role in testing, treating, controlling and delivering more than 80 million gallons each day. Program concludes with a chemical reaction demonstration. Transportation is on your own. Debrief over a Dutch-treat lunch at a nearby eatery. Venue is fully accessible.

Required: Ability to walk a mile, closed-toe shoes and long pants

Coordinator: Christine Lewitzke, p. 37

NEW FINANCIAL PLANNING AT THE END OF LIFE

Nov. 8 – 15, 1:30 to 3 p.m.
2 sessions, \$25

Stretch your understanding of the important financial issues that must be addressed when faced with life threatening situations. Topics include insurance planning, tax planning, budgeting, investment planning and estate planning. Consider quality of life advance directives that can help your family make better decisions.

Instructor: Carolyn McClanahan, p. 37

NEW HOW DO THEY DO THAT? SIGN DESIGN, FABRICATION AND INSTALLATION

ED-venture

Nov. 15, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Signs are all around you. Boost your appreciation of Harbinger, a local family-owned company that works with the Jacksonville Jaguars, 7-Eleven, Gate, Maxwell House, Coca-Cola, Goodwill and Nemours among others. OLLI supporter Roger Williams is chairman of the board. Cameras welcome. Transportation is on your own. Venue is fully accessible. Debrief over a Dutch-treat lunch at the Olive Garden.

Coordinator: Cynthia Kastner, p. 36

NEW HOW TO BECOME A PROLIFIC WRITER

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

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: Ed Mickolus, p. 37

FACIAL FITNESS: EXERCISES FOR THE FACE AND NECK

Nov. 29, Dec. 1, 6 and 8, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Physical exercises are an important part of keeping our bodies fit. However, many people neglect the muscles in the neck and face. Discover the importance of neck and facial fitness. Various exercises will be demonstrated by the instructor or via DVD, with time for students to practice each exercise. Most exercises take less than one minute to complete. Students will be encouraged to practice at home. Exercising facial muscles can tone and firm the face while stimulating blood flow and circulation, resulting in a healthy, refreshed look: a natural face lift.

Instructor: Evelyn Anchondo, p. 31



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Tuesday Continued

NEW URBAN EXPLORATION: 14TH ANNUAL GINGERBREAD HOUSE EXTRAVAGANZA AND TOUR OF MERRILL HOUSE

ED-venture 

Dec. 6, 1 to 3 p.m. (excludes lunch)
1 session, \$25

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. 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. Gingerbread display is fully accessible. Transportation is on your own. Gather for pre-tour Dutch-treat lunch at Uptown Kitchen and Bar.

Required: Mobility to climb stairs in the Merrill House

Coordinator: Billie J. Hayward, p. 35

NEW BRIDGE TO INTERMEDIATE SPANISH CONVERSATION

Sept. 14 – Oct. 19, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Improve your confidence and fluency in Spanish to prepare for the Intermediate Spanish Conversation class in the winter 2017 term. Practice listening and speaking in a variety of conversations. Discuss your interests, likes and dislikes. Share what you know and do not know.

Required: Low intermediate proficiency in Spanish and "Conversational Spanish: A Real Life Approach to Building Oral Proficiency" (1997) ISBN 978-0844273433, by Juan Kattan-Ibarra

Instructor: Martha Bertran, p. 31

NEW INTERMEDIATE SPANISH: LEVEL I

Sept. 14 – Oct. 19, 1:30 to 3 p.m.
6 sessions, \$45

Expand your beginning Spanish knowledge. Learn verb tenses and vocabulary. Improve your listening and speaking skills. Increase your conversational skills. Reinforce and extend what you learned in beginners' courses.

Required: Ability to understand and respond to simple sentences and questions in Spanish, textbook to be announced.

Instructor: Martha Bertran, p. 31

NEW THE DEVIL'S CHESSBOARD: ALLEN DULLES, THE CIA AND THE RISE OF AMERICA'S SECRET GOVERNMENT

Sept. 14 – Nov. 9, 1:30 to 3 p.m.
9 sessions, \$60

Are you ready for a real life spy thriller? Join a discussion of a book that examines the formation of America's modern intelligence apparatus and its towering, influential architects. Class format requires weekly reading and participation.

Required: "The Devil's Chessboard: Allen Dulles the CIA and the Rise of America's Secret Government" by David Talbot

Instructor: Bill Howes, p. 35

WEDNESDAY at UNF

NEW THE MAKING OF A MURDER MYSTERY

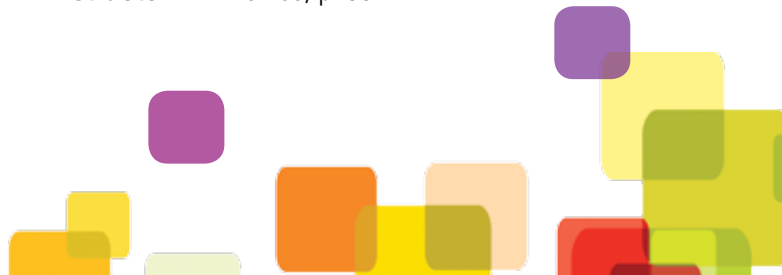
Sept. 14 – Oct. 19, 9:30 to 11 a.m.
6 sessions, \$45

Learn the essential elements required to create a compelling murder mystery. Class format includes lecture, writing exercises and congenial group discussions about the works of acclaimed mystery writers, as well as those by students in the class.

Instructor: Robert L. Gold, p. 34



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.



NEW LEADERSHIP

Sept. 21, 9:30 to 11 a.m.
1 session, \$15

Mobilize General Dwight D. Eisenhower's leadership style. He said, "The essence of leadership is to get others to do something because they think you want it done and because they know it is worth while doing." Learn to lead by artful persuasion without appearing to give orders.

Instructor: Robert Black, p. 32

NEW OPEN FOCUS: THE POWER OF ATTENTION

Sept. 21, 9:30 a.m. to 5 p.m. (includes lunch break)
1 session, \$40

How you pay attention is as important if not more – than to what we pay attention. Attention is the foundation of our experience. How we attend to something literally changes what we find. Open Focus teaches you to shift your attention from a narrow focus to a broad, open and more flexible attention. Learn a practical, effective method to relieve stress, increase function and enhance creativity in our iOS epidemic culture. Workshop includes lecture, easy and enjoyable exercises and class discussion.

Recommended: \$2 payable to instructor for practice CDs

Instructor: Martha Bennett, p. 31

NEW CONSERVATION COFFEE BREAK AT THE JACKSONVILLE ZOO AND GARDENS

Sept. 21 **OR** Nov. 17, 10 to 11:30 a.m.
1 session (each), \$45

Stretch your understanding of zoos and zoo staff. An expert provides insights about the conservation of wildlife and wild places. The staff shares zoo involvement in national and international initiatives. Class format includes presentation and questions and answers. Your visit includes zoo admission, a VIP experience and coffee.

Host: Jacksonville Zoo and Gardens, p. 35

APPLE USERS GROUP

Sept. 21 **OR** Oct. 19 **OR** Nov. 16, 11:30 a.m. to 1 p.m.
1 session (each), FREE member benefit

Gather with other Apple technology users. Maximize your technology product's potential. Get your questions answered in a friendly, relaxed environment.

Facilitator: John See, p. 39

NEW WRITING YOUR LEGACY

Sept. 28 – Oct. 19, 9:30 to 11 a.m.
4 sessions, \$35

You live publicly and privately. How much do those you love really know about you? Do they know what has made your life valuable, the tenets you live by or what really matters to you? Your instructor calls those things your soul print. Gather to explore the translation of your soul print into a printed legacy.

Required: Your willingness to share your life and ideas with others in a supportive environment, as well as your preferred writing materials

Instructor: Sheila Weinstein, p. 41

NEW BEHIND THE SCENES: FLORIDA SCHOOL FOR THE DEAF AND BLIND

ED-venture

Oct. 5, 10 a.m. to noon (excludes lunch)
1 session, \$25

Maximize your knowledge of that celebrated boarding school. Established in 1885, FSDB is the largest school of its type in the U.S. and boasts an annual budget of more than \$30 million. Famous alumni include musician, songwriter and composer Ray Charles, jazz pianist Marcus Roberts, blues musician Charles Atkins, professional motocross racer Ashley Fiolek and astronaut Joseph Walker. Explore the campus on a golf cart tour. Visit students in class. Discover newest learning materials including Brailers. Shop for plants in the horticulture shop. Debrief over a Dutch-treat lunch at La Pentola. Transportation is on your own. Parking is free at both venues.

Coordinator: Kathy Marquis, p. 37



You never know who you will meet
at an OLLI event

Wednesday Continued

NEW DELIBERATIVE DEMOCRACY: CIVIL DISCOURSE ABOUT CRITICAL PUBLIC ISSUES

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

Ignite your civic engagement through deliberative forums on issues proposed by the National Issues Forums Institute. Topics include:

Making Ends Meet: How Should We Spread Prosperity and Improve Opportunity?

Healthcare: How Can We Reduce Costs and Get the Care We Need?

Climates Choices: How Should We Meet the Challenges of a Warming Planet? and

Political Fix: How Do We Get American Politics Back on Track?

Moderated dialogues encourage participants to share personal opinions, carefully listen to others' perspectives and seek common ground. Two class sessions are devoted to either additional forum topics or the development of a dialogue resource related to a critical public issue in Jacksonville.

Required: \$10 materials downloaded from www.nifi.org

Facilitator: Gregg Kaufman, p. 36

NEW MYSTERIES UNLIMITED: INTERNATIONAL

Oct. 5 – Nov. 30, 1:30 to 3 p.m.
(No class Oct. 12, 26, Nov. 9, 23)
5 sessions, \$40

Contemporary crime fiction, including noir, is your point of departure to explore literary aspects, history, politics, culture and economics of countries worldwide. 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. The schedule allows time for reading.

Required: Knowledge of following links to Internet sites and downloading e-mail attachments

Instructor: June Weltman, p. 41

NEW EXTRAORDINARY WOMEN OF OUR TIMES: THEIR LIVES AND LEGACIES

Oct. 12 – Nov. 16, 11:30 a.m. to 1 p.m.
6 sessions, \$45

Explore and compare the lives and legacies of five pairs of extraordinary and unconventional women. Class format is highly interactive through round table exchange, information sharing and weekly research and presentations. Diverse pairs of subjects proposed include: Washington Post publisher Katherine Graham and New York Times' executive editor Jill Abramson; environmentalist Rachel Carson and zoologist Dian Fosse; international correspondent Christiane Amanpour and National Public Radio host Diane Rehm; and, photojournalists Dorethea Lange and Margaret Bourke-White.

Required: Independent reading and research, as well as internet skills

Facilitator: Lee Marshall, p. 37

NEW PHOTO ART: ENHANCE YOUR PHOTOGRAPHY

Oct. 12 – 26, 11:30 a.m. to 1 p.m.
3 sessions, \$30

Transform your ordinary photographs into extraordinary works of art and décor. Learn techniques, tips and tools using a variety of free, Internet-based software programs. Convert your photos into wall art, books, cards, pillows and more.

Required: Flash drive containing your photographs

Instructor: Melinda Bradshaw, p. 32

NEW CONSCIOUS AGING: LISTENING TO YOUR INNER WISDOM

Oct. 12 – Nov. 16, 1:30 to 3 p.m.
6 sessions, \$45

Explore unexamined beliefs about aging. Develop self-compassion. Discover what has given meaning to your life and the lives of others. Enhance your connection with others by understanding a shared humanity. Reduce your fear and increase your acceptance of death and dying. Create a new vision of aging.

Required: \$40 payable to the instructor for course workbook, participation in small group discussion and some writing

Instructor: Roger Cochran, p. 33



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.

NEW THE SOUTHERN HOME FRONT DURING THE U.S. CIVIL WAR

Oct. 19 – Dec. 14, 11:30 a.m. to 1 p.m.
(No class Nov. 23)
8 sessions, \$55

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. 35

CROSSING THE ST. JOHNS

Oct. 19 – 26, 11:30 a.m. to 1 p.m.
2 sessions, \$25

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

Instructor: Joe Varon, p. 40

FIGHTING GRAVITY: BASIC STRUCTURAL ENGINEERING

Oct. 19 – Nov. 9, 1:30 to 3 p.m.
4 sessions, \$35

Improve your understanding of basic structural engineering techniques. Gravity is a natural phenomenon by which all things with mass are brought towards one another. On Earth, gravity makes things want to fall down. Structural engineers may not know exactly how gravity works, but they have developed robust tools to prevent things from falling down.

Instructor: Joe Varon, p. 40

HAPPINESS

Oct. 26 – Nov. 16, 9:30 to 11 a.m.
4 sessions, \$35

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!
**INSIDE
OLLI**



Nov. 9, 10 a.m. to noon
1 session, FREE member benefit

Position yourself as an OLLI insider. Learn tips to get the most from your membership. Discover what makes OLLI at UNF tick and how it is unique in the national network. Explore special opportunities. 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: John Fischer, p. 33 and Nancy Sticht, p. 40

NEW GOOD BOOKS FOR ALL AGES

Nov. 9, 11:30 a.m. to 1 p.m.
1 session, \$15

Transform your knowledge of new and forthcoming books for readers of all ages and interests, including fiction and nonfiction. An independent bookstore owner shares her expertise and provides reviews and recommendations. Discussion and questions welcome.

Instructor: Rona Brinlee, p. 32

NEW PROTECT YOURSELF FROM COMPUTER HACKING AND IDENTITY THEFT

Nov. 9 – 16, 1:30 to 3 p.m.
2 sessions, \$25

Maximize your understanding of who hacks, why and how they do it and whom they target. Topics include bank account and identity theft, as well as fraud. Consider complexities associated with recovery and restoration beyond bank or credit card losses. Learn about risks associated with theft and manipulation of medical records. Act to make yourself, your family and your computing devices more secure. Little technical knowledge is required.

Instructor: Thomas Kinney, p. 36

Wednesday Continued

CREATIVITY FOR RETIREES

Nov. 30 – Dec. 21, 1:30 to 3 p.m.
4 sessions, \$35

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. 37



Join OLLI with a friend and share the fun of learning something new.

THURSDAY at UNF

NEW ANCIENT GRAINS

Sept. 8, 2:30 to 4:30 p.m.
1 session, \$20 (includes UNF parking pass)
Location: UNF Brooks College of Health Nutrition Lab

Discover some lost ancient grains that are making a comeback in the modern world for both their flavor and their health benefits. Some experts consider those grains a nearly perfect food because they are rich in protein, Omega-3 fatty acids and antioxidants. Learn how to buy them and incorporate them in your meal planning. Come hungry to this demonstration class. You will sample the grains in a variety of dishes.

Required: \$10 payable to the instructor for food supplies

Instructor: Kelly Baxley, p. 31

NEW BEGINNING BRIDGE I

Sept. 15 – Nov. 10, 9:30 to 11:30 a.m. (No class Oct. 13)
8 sessions, \$70

Discover the modern game of bridge. If you have limited or no experience with the game, this course is for you. Learn basics from evaluating your hand to bidding and play of the hand. Develop the foundation that leads to your enjoyment of the game.

Instructor: Christine Hammel, p. 34

RECYCLING: HOW IT WORKS IN JACKSONVILLE

ED-venture

Sept. 15, 10 a.m. to noon
1 session, \$25

Transform your understanding of how recyclables are processed for sale as commodities. Learn what recycling is, what materials are recyclable, how materials are recycled and how the community benefits from recycling. Discover how benches, tables, carpet, counter tops and window blinds are made from recyclables. See the mechanical and hand sorting of recyclable materials as well as products made from recycled materials in a 70,000-square-foot green facility. Enjoy a Dutch-treat lunch after the tour.

Required: Closed-toe, non-slip shoes or sneakers. Transportation is on your own

Coordinator: Geri Buchanan, p. 33

NEW BEGINNING FRENCH: LEVEL I

Sept. 15 – Nov. 10, 11:30 a.m. to 1 p.m.
9 sessions, \$60

Calling all true beginning students of French. Grasp basic, everyday vocabulary and phrases in simple dialogs and conversations. Advance to beginning grammar and vocabulary useful in different real-life situations. Have fun speaking French!

Required: “See It and Say It in French” by Margarita Madrigal and Colette Dulac, ISBN-13: 978-0451163479 and “Écho: Méthode de Français” (Nouvelle Version): Livre De L’éleve + DVD-rom + Livre-web A1 2e Edition (French Edition) by J. Girardet, ISBN: 978-2090385885

Instructor: Anne-Marie Lainé, p. 36

NEW WRITING YOUR SPIRITUAL AUTOBIOGRAPHY

Sept. 15 – Oct. 6, 11:30 a.m. to 1 p.m.
4 sessions, \$35

Spiritual autobiography is different from autobiography and memoir. It is a quest to connect the dots of your interior life rather than a linear chronology of your life story. The thread running through your life will appear. Class format includes reading others' stories, exercises, such as drawing timelines and writing with the aid of prompts. There is no requirement to share with the class or instructor. You do not have to be a writer to tell your story.

Required: Read one of these texts in advance of the first class "Surprised by Joy" by C.S. Lewis, "West with the Night" by Beryl Markham or "The Snow Leopard" by Peter Matthiessen.

Recommended: In addition to those listed above "Writing the Sacred Journey: The Art and Practice of Spiritual Memoir" by Elizabeth Andrew, "Bird by Bird, Some Instructions on Writing and Life" by Anne Lamott, "The Seven Storey Mountain" by Thomas Merton, "The Pen and Bell: Mindful Writing in a Busy World" by Brenda Miller and Holly J. Hughes, "Remembering Your Story, Creating Your Own Spiritual Autobiography" by Richard Morgan, "Dakota: A Spiritual Geography" by Kathleen Norris, "Confession" by Leo Tolstoy and "Waiting for God" by Simone Weil.

Instructor: Charlene Vincent, p. 40

NEW EXPLORING EMOTIONAL INTELLIGENCE

Sept. 15 – Oct. 20, 1:30 to 3 p.m.
6 sessions, \$45

Time magazine called high levels of emotional intelligence the best predictor of success in life. Daniel Goleman popularized the theory of emotional intelligence. He defined it as the ability to recognize, understand and modify one's own emotions, as well as understand and cope with the emotions of others. Examine the theory of emotional intelligence to see how it applies to your life and the lives of those you know and love. Introspection and interaction are required.

Instructor: Jane Bryant, p. 32

NEW INTERMEDIATE FRENCH

Sept. 15 – Nov. 10, 1:30 to 3 p.m.
9 sessions, \$60

Enhance your knowledge of French through additional practice and learning. Songs, poems, recipes and other authentic materials supplement language study and practice in this multilevel class.

Required: "Latitudes 2: Méthode de Français A2/B1 (1CD audio)" (French Edition) by Régine Mérioux, ISBN: 978-2278062508 and advanced or better beginner proficiency

Instructor: Anne-Marie Lainé, p. 36

NEW WWII: RADAR, ELECTRONICS AND MORE

Sept. 15 – Oct. 6, 1:30 to 3 p.m.
4 sessions, \$35

Stretch your knowledge of electronics, radio and radar developments before and during WWII. Instructor shares his interests, topical collections, readings, personal stories and observations.

Recommended: "The Invention that Saved the World" by Robert Buder, "Tuxedo Park" by Jennet Conant, "The Wizard War" by R.V. Jones and general high school science knowledge.

Instructor: T. Parkinson, p. 38

NEW THE DEAD SEA SCROLLS: SECRET BOOKS OF THE BIBLE?

Oct. 6 – Nov. 3, 11:30 a.m. to 1 p.m.
5 sessions, \$40

Enrich your knowledge of the Dead Sea Scrolls, a vast collection of manuscripts written in Hebrew, Aramaic and Greek. Since their discovery more than 60 years ago in caves near an ancient settlement of Qumran near the Dead Sea, they have been the subject of intrigue and controversy. Why are they considered to be one of the most important archeological discoveries of the 20th century? Are they lost books of the Bible? Learn why the scrolls are important. Explore the diversity of the manuscripts that have provided insights into the development of both Judaism and Christianity.

Instructor: Glenn Kuhnel, p. 36



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.

Thursday Continued

NEW PAINTING WITH ACRYLIC PAINTS

Oct. 6 – Nov. 10, 1:30 to 3:30 p.m.
6 sessions, \$55

Unleash your creativity. Accelerate your understanding of the importance of color choices and proper paint mixing techniques. Learn what it takes to create successful paintings including good composition. Course combines demonstration, one-on-one instruction and hands-on learning. The instructor’s goal is to help you gain the required knowledge, skills, competency and confidence to paint better and paint more. Drawing skills are not required.

Required: Some prior experience painting with acrylics, watercolors or oils, \$45 materials fee payable to the instructor or student supplied materials from instructor’s list

Instructor: Anthony Whiting, p. 41

NEW PASTA 101

Oct. 6, 2:30 to 4:30 p.m.
1 session, \$20 (includes UNF parking pass)

Location: UNF Brooks College of Health Nutrition Lab

Learn the secrets of making fresh pasta in this hands-on cooking class. Discover the secrets of making perfect pasta at a fraction of the cost of store bought. Sample your creations to be transported to the Tuscan hills. Recipes will be supplied.

Required: \$10 payable to the instructor for food supplies

Instructor: Kelly Baxley, p. 31

NEW HOW IT’S MADE: FISH TO FRUIT

ED-venture

Oct. 13, 9:30 to noon (excludes lunch)
1 session, \$25

Tour the Beaver Street Fisheries, a locally headquartered leader in the seafood industry that distributes quality frozen products in the U.S. and worldwide. Learn about sourcing, processing, sale and distribution. Cross the street to the Jacksonville Farmers Market for a tour to learn what’s sold, how and to whom. Transportation is on your own. Debrief over a Dutch-treat lunch at Andy’s Café in the market. Extend the fun and shop.

Required: Comfortable shoes (no heels), dress in layers, stamina to walk on uneven terrain for one and a half hours

Coordinator: Cynthia Kastner, p. 36

NEW UNDERSTANDING AGING: BONES, JOINTS AND MUSCLES

Oct. 13 – Nov. 3, 9:30 to 11 a.m.
4 sessions, \$35

Intensify your understanding of the aging process and the potential positive impact of certain lifestyle choices. Examine the macro and micro physiological factors that reveal the aging process. Learn about the importance of preserving strength and balance. Achieve greater self-knowledge and self-awareness.

Instructor: Irving Sterman, p. 40

NEW ROLLING WITH THE ST. JOHNS RIVER

Oct. 13 – 27, 10 a.m. to noon (excludes lunch)
3 sessions, \$70

Location: Jacksonville University

Intensify your knowledge of the river, its history and current state. Local experts and advocates share the river’s beauty and fragility, as well as its importance to our area’s quality of life and economy. Your classrooms are Jacksonville University’s LEED Gold-certified Marine Science Research Institute (MSRI), also home of the St. Johns Riverkeeper and the R/V Larkin, JU’s research pontoon boat.

OCT. 13

Welcome and introduction to the river (Dr. Quinton White) and the area’s early native people and European settlers (Dr. Keith Ashley)

OCT. 20

Marine life: urban dolphins (Dr. Quincy Gibson), manatees and other wildlife (Nadia Gordon)

OCT. 27

Report from the St. Johns Riverkeeper onboard the R/V Larkin (Lisa Rinaman)

Debrief after each class over a brown bag lunch on the MSRI’s covered deck.

Required: Ability to step down into boat and onto the dock

Instructors: Keith Ashley, p. 31, Quincy Gibson, p. 33, Nadia Gordon, p. 34, Lisa Rinaman, p. 39 and Quinton White, p. 41



GRAND GRANDPARENTING!

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

When a grandchild is born, so is a grandparent! Learn how to bond with your grandchildren through shared interests and experiences as well as by creating brand new memories together. Discover the importance of play and the value of storytelling in teaching lifelong lessons while also having fun. Understand your unique role and the effect of unconditional love and acceptance.

Instructor: Rob Groleau, p. 34

NEW SPIRITUAL PAIN: PAIN DEEP DOWN IN YOUR SOUL

Oct. 27, 9:30 to 11 a.m.
1 session, \$15

Explore pain that is often unexplained, the pain that touches the very core of your being. Topics range from existential pain faced when dying or pain about meaning in life when life does not go as expected. Intensify your understanding of various kinds of spiritual pain and ways to help resolve such pain through lecture and discussion.

Instructor: Karen K. Heistand, p. 35

NEW NEWSWORTHY EXCURSION: TOUR THE FLORIDA TIMES-UNION

ED-venture

Oct. 27, 10 to 11:30 a.m. (excludes lunch)
1 session, \$25

Maximize your understanding of the news with a visit to your local daily newspaper. Gather for an overview followed by a walking tour to various departments. Visit news and editorial rooms, library and advertising, as well as areas for composition, platemaking and press and distribution. Your Tour Times swag bag includes newspaper reporting and production information, fact sheet, newspaper and other Times-Union products. Cameras are welcome. Venue is fully accessible. Transportation is on your own. Debrief over a Dutch-treat lunch at Riverside's Pinegrove Market and Deli.

Coordinator: Georgia Pribanic, p. 38

NEW OUR TECHNOLOGICAL FUTURE

Oct. 27 – Dec. 8, 11:30 a.m. to 1 p.m. (No class Nov. 24)
6 sessions, \$45

Examine the trends of technology in our future. Begin with a discussion the exponential growth in the acceptance of new technologies. Explore a number of forthcoming technologies and discuss their possible societal and ethical implications. Topics range from driverless cars, robotic warfare and personalized higher education to advanced communication, space travel, virtual reality and gene manipulation. 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. 34

IT IS GOING TO RAIN TODAY, BUT WHY?

Oct. 27 – Nov. 17, 1:30 to 3 p.m.
4 sessions, \$35

Learn the physics behind the basic weather we experience. Discover the causes of seasons, winds, precipitation, fronts and much more. A synopsis of meteorology and computer animations demonstrate and explain the processes. Questions and discussion encouraged to make it an enjoyable learning experience.

Instructor: Bob Schiffner, p. 39

NEW THE FOUR THINGS THAT MATTER MOST

Nov. 3, 9:30 to 11 a.m.
1 session, \$15

Anticipate things that are vitally important to resolve before your death or that of a loved one. Unfinished business may be resolved by saying or hearing "Please forgive me," "I forgive you," "Thank you," and "I love you."

Recommended: "The Four Things that Matter Most: A Book about Living" by Ira Byock

Instructor: Karen K. Heistand, p. 35



Enroll in OLLI courses
online at www.unfolli.com
or call (904) 620-4200.

Thursday Continued

NEW JUST WHAT WERE THEY THINKING?

Nov. 3 – Dec. 22, 9:30 to 11 a.m. (No class Nov. 24)
7 sessions, \$50

Discover what we can learn from Aristotle, Thomas Hobbes, William Faulkner, John Locke, Anton Chekhov, Alexis de Tocqueville and Leo Tolstoy. 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. This is the first in a series of Great Books courses. Each term’s course is new and independent from the others. You’re expected to read 30 – 40 pages per week. A new series of Great Books will be offered each term.

Required: “Introduction to Great Books First Series” and “Leader’s Guide” from www.store.greatbooks.org (Grades 9-12)

Facilitator: Ralph Sawyer, p. 39

NEW OUT OF AFRICA: AN UPDATE

Nov. 3, 9:30 to 11 a.m.
1 session, \$15

In 1985, the epic movie *Out of Africa* introduced Karen Blixen and her life on a coffee plantation in the early years of colonial Kenya. That extraordinary visual and musical feast showcased a specific period in Kenya’s development. Discover what has happened to the major sites and people involved 31 years later. Contrast that era with contemporary life in Kenya with emphasis on Nairobi, its major tourist sites and local conservation efforts.

Instructor: Georgia Pribanic, p. 38

NEW URBAN EXPLORATION: DISCOVER THE RITZ THEATER AND LA VILLA MUSEUM

ED-venture 

Nov. 3, 10 a.m. to noon (excludes lunch)
1 session, \$25

Established in 1929, the Ritz Theater and its historic La Villa neighborhood were home to African-American authors, poets, artists, musicians, playwrights and performers. That vibrant area, known as the Harlem of the South, hosted musical, dance and theatrical productions, as well as movies. The museum opened in 1999. Exhibits document the culture and history of the

area including people of African descent in northeast Florida prior to statehood in 1845 and life in the 20th century. Your docent-led tour includes animatronic displays created by Sally Corporation featuring James Weldon Johnson and his brother, J. Rosamond Johnson. Those La Villa natives created *Lift Every Voice and Sing*, now known as the Black American national anthem. Venue is fully accessible. Transportation is on your own.

Required: Stamina to stand and walk for two hours, comfortable shoes

Coordinator: Billie Hayward, p. 35

NEW EARTH WILL SURVIVE. WILL HUMANITY?

Nov. 3 – Dec. 8, 11:30 a.m. to 1 p.m. (No class Nov. 24)
5 sessions, \$40

Oceans, volcanoes, ice and atmosphere have continually altered, reshaped and renewed our planet during its multi-billion-year history. The current population of 7.4 billion represents the newest force. One certainty is that Earth will survive. The fate of human civilization remains unknown. This class focuses on interactions between natural and human forces.

Instructor: Mike Shore, p. 39

NEW HELP, I’VE BEEN HACKED! SECURITY 101 FOR YOUR IPHONE, IPAD AND APPLE COMPUTER

Nov. 3 – 17, 11:30 a.m. to 1 p.m.
2 sessions, \$25

How easy is it to hack into your iPhone? Do you need a virus protector on your Apple computer? What settings should you use on your iPhone, iPad and Mac to keep your information private? What is Malware? How do you stay safe online? What is e-mail phishing? Get answers to your online security, safety and privacy questions.

Instructor: John See, p. 39

NEW SENIOR HUNGER IN NORTHEAST FLORIDA: A HIDDEN TRAGEDY

Nov. 10, 11:30 a.m. to 1 p.m.
1 session, \$15

Learn the magnitude of the problem and efforts currently underway to address it. Course format includes a panel discussion with student participation.

Facilitator: Ken Tannenbaum, p. 40

NEW THE HOLIDAY COCKTAIL PARTY

Nov. 10, 2:30 to 4:30 p.m.

1 session, \$20 (includes UNF parking pass)

Location: UNF Brooks College of Health Nutrition Lab

Stretch your repertoire for holiday cocktail party nibbles. Think outside the box and minimize your time in the kitchen. Discover presentation techniques for your tasty morsels that will lead your guests to ask for referrals to your caterer. Come ready to nibble and make a game plan in this combination hands-on, demonstration and discussion class. Recipes will be supplied.

Required: \$15 payable to the instructor for food supplies

Instructor: Kelly Baxley, p. 31

NEW ARMCHAIR TRAVEL MEDLEY: INDIA, NEPAL AND BHUTAN

Nov. 17 – Dec. 15, 1:30 to 3 p.m. (no class Nov. 24)

4 sessions, \$35

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

NEW ZEN BUDDHIST MEDITATION

Sept. 16 – Oct. 21, 9:30 to 11 a.m.

6 sessions, \$45

Experience traditional Zen meditation with a seasoned Zen meditator who studied with recognized masters. Review the background of Buddhism leading to the Zen method. Develop posture, breathing and techniques to achieve understanding and compassion. Emphasis is on the act of meditating.

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

Instructor: Bill Mayhew, p. 37

MAH JONGG FOR BEGINNERS

Sept. 16 – Oct. 14, 1 to 3 p.m.

5 sessions, \$50

Enjoy a fascinating rummy-like game that is played with tiles rather than cards. Mah Jongg originated in China and dates back to the time of Confucius. Originally played by the ruling classes, the game's popularity in the west exploded in the 1920s. Acquire the knowledge and skills you need to compete in this popular pastime.

Required: Advance purchase of 2016 National Mah Jongg League card (\$9) by calling (212) 246-3052 or online at www.nationalmahjonggleague.org.

Instructor: Denice Goldberg, p. 34

NEW PHOTOGRAPHIC PRESERVATION

Sept. 16, 6 to 7 p.m.

1 session, \$10 (Course fee includes parking pass)

Location: UNF Thomas G. Carpenter Library

Improve your theoretical and practical understanding of preserving historic photographs in your collection. An expert demonstrates proper cleaning techniques and guides hands-on experiences. Course fee includes preservation materials for use in class and at home.

Required: \$15 materials fee payable to OLLI, 3 to 5 aged photographs

Instructor: Aisha Johnson-Jones, p. 36



FRIDAY at UNF

NEW **DISCOVER CLARA WHITE MISSION: LIFTING OUR COMMUNITY THROUGH ADVOCACY, TRAINING AND EMPLOYMENT**

ED-venture

Sept. 30, 10 to 11:15 a.m. (excludes lunch)
1 session, \$25

Stretch your knowledge of the Mission's history and future plans. Maximize your understanding of the important work of Clara White and her daughter, Dr. Eartha White. Learn about the current facility and programs. Tour the museum featuring artifacts focused on Jacksonville's history. Debrief with fellow OLLI members over a Dutch-treat buffet lunch at Clara's at the Cathedral. Mission students cater and host the weekly luncheons.

Coordinator: Georgia Pribanic, p. 38

PILATES FOR BUFF BONES

Sept. 30 – Oct. 21, noon to 1 p.m.
4 sessions, \$35

Improve strength, flexibility and balance in this Pilates mat class. Develop better concentration, control, centering, flow, precision and breathing. Exercises are safe for those with low back pain, low bone density and spine issues. All ages are welcome.

Required: Ability to get up and down from the floor without assistance

Recommended: Yoga mat if you own one

Instructor: Julie Baskin, p. 31

NEW **URBAN EXPLORATION: DOWNTOWN WALKING TOUR OF PUBLIC ART**

ED-venture

Oct. 21, 10 a.m. to noon (excludes lunch)
1 session, \$25

Explore five Art in Public Places sites and the art that adorns them. MOCA's deputy director, Ben Thompson, is your expert guide. Learn about the role of the Cultural Council of Greater Jacksonville and the City Council's Art in Public Places Ordinance of 1997. Join us for a Dutch-treat lunch at Café NOLA after the tour.

Required: Ability to walk and stand for two hours, dress for the weather and wear comfortable shoes

Coordinator: Billie J. Hayward, p. 35

REDISCOVERING THE LABYRINTH AS A REFLECTIVE PRACTICE

Oct. 28, 10 a.m. to noon (excludes lunch)
1 session, \$25

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, 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. 34

NEW **WRITE YOUR LEGACY WILL IN A DAY**

Dec. 2, 9:30 a.m. to 3 p.m. (includes break)
1 session, \$30

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.

Facilitator: Kathleen Triebwasser, p. 40



With OLLI,
you will
discover
talents you
never knew
you had.

OLLI FALL 2016 FACULTY

Special thanks to our volunteer instructors -
they are paid with our appreciation!

Carol Chou Adams (Chou Fang-Lan) and **Daniel Adams** are a husband and wife team with extensive teaching experience in the United States and Asia. Rev. Carol Chou Adams and Rev. Daniel Adams spent a combined 37 years in Taiwan and Korea working as educators. They have also served as visiting professors and special lecturers in Myanmar (Burma), Hong Kong, Japan, Thailand, Indonesia and Malaysia. Avid travelers, they have visited more than 100 countries, where they always sought out centers of religious devotion and places of cultural and archeological interest. Carol is a graduate of Tainan Theological College, Elmhurst College (B.A., L.H.D.), the University of Dubuque Theological Seminary (M.Div.), Presbyterian School of Christian Education (M.A.) and the Southeast Asia Graduate School of Theology (Th.D.). Daniel holds degrees from Seattle Pacific University (B.A.), the University of Dubuque Theological Seminary (M.Div.), Soochow University in Taiwan (M.A.) and Aquinas Institute of Theology (Ph.D.).

Culture and Religion in Asia: The Development of Christianity in Korea, 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 serves 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

Evelyn Anchondo is originally from El Paso, Texas and retired from federal law enforcement with more than 30 years of service. She was the assistant to the director of volunteer services with an AIDS organization in El Paso and was involved with an AIDS organization in Jacksonville. Anchondo has provided one-on-one literacy tutoring in both cities. She has been interested in healthy living for a long time and enjoys regular exercise to stay and look healthy.

Facial Fitness: Exercises for the Face and Neck, p. 19

Stewart Angell was in the U.S. Marine Corps from 1959 to 1967 and served as a police officer for 24 years, the last 18 as a police chief. He has a bachelor's degree in business and law enforcement with a minor in history as well as a master's degree in police administration. His interest in history is focused on the Korean War and the war in Vietnam.

Vietnam War, p. 11

Keith Ashley is coordinator of Archaeological Research at UNF. Dr. Ashley has been involved in archaeological excavations throughout the southeastern United States. His current research focuses on the Native American history and cultures of Florida and coastal Georgia.

Rolling with the St. Johns River, p. 26

Julie Baskin has 30 years of teaching experience including 15 years specializing in Pilates. Trained by the industry's top educators, she brings attention to form and safety in each class. Pilates for Buff Bones, p. 30

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 return and 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.

Ancient Grains, p. 24

The Holiday Cocktail Party, p. 29

Pasta 101, p. 26

Martha Bennett has more than 25 years of experience as a psychotherapist and an educator. She received an M.A. in psychology from the University of West Georgia and is certified as a body-centered psychotherapist by the Hakomi Institute in Boulder, Colorado. Bennett is certified as an Open Focus coach by Les Fehmi, Ph.D. the creator of Open Focus. She has taught in the OLLI program at UNF since June 2011.

Open Focus: The Power of Attention, p. 21

Martha Bertran was born in Cuba and immigrated to Miami with her parents. She is a retired high school Spanish teacher and has taught all levels from beginners to advanced students. She is now enjoying retirement in the Jacksonville area after living in many cities and countries. Her passions are teaching and traveling.

Bridge to Intermediate Spanish Conversation, p. 20

Intermediate Spanish: Level I, p. 20

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.

Happiness, p. 23

Investing For Those Who Do Not Want To Think About It, p. 11

Leadership, p. 21

Melinda Bradshaw is a graduate of The School of Visual Arts at Florida State University. She retired after a 25-year career as a graphic designer and photographer, working mostly for hospital-based public relations and marketing and local newspapers. Bradshaw's work is featured at First Street Gallery in Neptune Beach. Public collections and commissions include works for the Commission Chambers at Atlantic Beach City Hall, Fleet Landing retirement community, Miami's Leon Medical Center and Everbank.

Photo Art: Enhancing Your Photography, p. 22

Susan D. Brandenburg is an award-winning biographer and freelance journalist with more than 30 years of experience writing newspaper columns, feature articles, press releases, personal and professional profiles, brochures and biographies. She is president of Susan the Scribe Inc. Publishing and takes life stories from concept to completion and from first interview to book-in-hand. Brandenburg is a former columnist for the St. Augustine Record and Florida Times-Union newspapers. Her feature articles have appeared in Women's World Weekly, Chicken Soup for the Golfer's Soul, FolioWeekly, ARBUS, Jacksonville Luxury Living Magazine, Jacksonville Magazine, Women's Digest, H Magazine, Waters Edge, Ponte Vedra Recorder, Resident Community News and San Marco and Beaches Magazines.

Brandenburg's "Sharecropper's Son: The Story of Doc Garland Granger" won the Florida Writer's Association 2010 Royal Palm Literary Award in the biography category. She is currently at work

on her 28th manuscript. Brandenburg serves on the boards of the National League of American Pen Women and the Stetson Kennedy Foundation.

Brandenburg is a world traveler who has lived in Germany, Japan, California, Texas, New York, Nebraska, Montana and Arizona, and has traveled to Australia, the U.K., Alaska, Panama, Costa Rica and Mexico. She is the mother of two and grandmother of four. Her motto, "The Power of One," refers to God, the one whose guidance she seeks in using the gift of words He has given her. Visit her website: www.susanthescribe.vpweb.com.

Write Your Life Story, p. 17

Rona Brinlee is the owner of The BookMark, an independent bookstore in Neptune Beach. Since 1995, she has developed a national reputation for hosting major authors and recommending books on NPR. Brinlee received her Ph.D. in anthropology from Columbia University and moved to Jacksonville in 1980 to start the anthropology program at UNF.

Good Books for All Ages, p. 23

Rita Brodnax, CEO of Brodnax's Better Brains, specializes in applying neuroscience research to learning, teaching, leading and communicating. She focuses on teaching people how to use their brains better for greater serenity and success in their personal and professional lives.

Brodnax earned her doctorate from Indiana University in educational leadership, 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. She has trained thousands of teachers and administrators and worked with hundreds of schools as they pursued their continuous improvement, performance and learning community goals.

Dr. Brodnax's workshops are interactive, engaging and participatory. She models the most powerful brain-based system and strategies to demonstrate how brain compatible learner experiences ensure learning, sustainable memory and growth in the neural networks of the brain. Participants experience firsthand the power, delight and real-world benefits of using their brains better.

Information Overload and Memory Loss, p. 18

Keep Your Sanity and Experience Success with Multigenerational Workplaces and Families, p. 17

Jane Bryant worked as a counselor for Florida State College at Jacksonville for 36 years. Throughout her career she worked with students of all ages and in all career fields, individually and in groups through workshops and classes. Bryant holds a B.A. in sociology and philosophy and an M.A. in counseling. She also completed postgraduate work in organizational development. Exploring Emotional Intelligence, p. 25



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Geri Buchanan is originally from Bethlehem, Pennsylvania. She has a background in clinical nutrition and worked in multiple healthcare settings. Buchanan also worked on the management team in a retail operation. Now happily retired, she is an outdoor enthusiast and nature lover who enjoys exploring Jacksonville and environs. Buchanan's enjoyment of OLLI at UNF ED-ventures led her to volunteer with the team.

Recycling: How it Works in Jacksonville, p. 24

Gracie Chandler, a Gullah Geechee descendent, received the 2015 Florida Book Award silver medal for "Free To Be." She began her teaching career as an elementary school teacher and later became a school library media specialist in the Miami-Dade County public schools. Chandler is a graduate of Florida A&M University and received a master's degree from the University of Northern Colorado.

Exploring History through Fiction: Free To Be, a Novel, p. 13

Roger Cochran received his Ph.D. in medical sociology and gerontology following remission from Stage IV colon cancer 25 years ago. He has 30 years of consciousness training through his experience with Zen meditation, as a Zen lay practice leader and a Conscious Aging facilitator. Cochran consults with healthcare organizations that want to add new services for their community. He participated in Jacksonville Community Council Inc. (JCCI) inquiries on aging and mental health. Cochran served on the board of Elder Source (the Area Agency on Aging) and several religious organizations.

Conscious Aging: Listening to Your Inner Wisdom, p. 22

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 UNF OLLI 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.

A Few of My Favorite Things: Behind the Scenes with Lightner Museum Curator Barry Myer, p. 10

Visit Visual Artist Susanne Schuenke's Studio, p. 14

John Fischer is a retired management consultant with an extensive professional background in factory management, technology and human resources that required extensive domestic and international travel and periodic relocations. He has been involved in OLLI since its inception as a member and a facilitator of Current Events and Great Decisions. His lifelong hobby has been reading: books, newspapers and journals with an emphasis on politics, governance, economics, demographics and culture. However, win or lose, time is always reserved for the Detroit Tigers.

Inside OLLI, p. 23

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 and is represented by three galleries in Texas and Jackson Hole, Wyoming. She created art for major hotels and spas, as well as the North Lake College station of the Dallas Area Rapid Transit system.

Bits and Pieces: Collage with a Purpose, p. 14

Quincy Gibson is a research scientist at UNF who has spent time in Australia and Hawaii studying the behavior of marine mammals. Since 2010, she has been conducting weekly cruises along the St. Johns River photographing, counting and observing dolphin behavior with some very interesting results.

Rolling with the St. Johns River, p. 26

John Gill is professor emeritus of applied statistics at Michigan State University. A lifelong history buff, Gill taught enrichment courses on the subject at the University of North Carolina, Asheville and Blue Ridge Community College in Hendersonville, North Carolina and at Florida Gulf Coast University in Fort Myers, Florida.

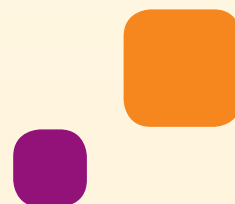
The Peopling of America: From the Ice Age to the Internet, p. 8

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 received her B.A. from the University of Wisconsin, Madison; her M.A. in human resource development and training from Northeastern Illinois University; and her doctorate in adult education and administrative and policy leadership from Northern Illinois University. 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.

Aging in Place With Technology, p. 13

Alan Gleit received his Ph.D. from Stanford 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.

Lies, Damned Lies and Statistics, p. 11



Robert L. Gold is a retired professor, writer and lifelong reader of murder mysteries. He has written a colonial city murder mystery series set in Savannah, 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.

The Making of a Murder Mystery, p. 20

Sex, Money and Vengeance: Motivations for Murder in English and Irish Mysteries, p. 15

Denice Goldberg is passionate about Mah Jongg. She has been playing twice a week for 10 years. She's eager to share the game with others.

Mah Jongg for Beginners, p. 29

Nadia Gordon is a marine mammal research biologist with the Florida Fish and Wildlife Conservation Commission's (FWC), Fish and Wildlife Research Institute (FWRI). The FWRI is in St. Petersburg with five marine mammal labs throughout the state. Gordon, along with a full-time and part-time staff member, operates out of FWC's Northeast Field Lab located at the Jacksonville Zoo and Gardens. Responsibilities of the biologists include rescue, research, recovery and necropsy of manatees, dolphins and whales. Originally from Illinois, Gordon has always had an interest in zoology and previously worked with terrestrial mammals, such as lions, tigers and bears. She is a graduate of Northern Illinois University and has been a marine mammal biologist with FWC since December 2010.

Rolling with the St. Johns River, p. 26

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.

Warning: The Rules Of Money Have Changed. Have You?, p. 12

Rory Gregg is passionate about working in the healthcare industry as a licensed agent for Humana and thrives daily on serving his members to the fullest. He is a Medicare expert and holds national and state licensing for health, life and annuities. Gregg is also a tournament angler and fishing guide with more than 30 years of local inshore fishing knowledge and experience. Additionally, he is a writer for two regional outdoor publications, a seminar host and appears on national television broadcasts.

Medicare 101, p. 9

Rob Groleau is a father of four boys and grandfather of eight. He is a former teacher who provided family and spiritual support in the Army National Guard's chaplaincy. Groleau planned and conducted numerous parenting workshops designed to aid parents and strengthen family relationships.

Grand Grandparenting!, p. 27



It's always is a good feeling to learn something new.

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. He is currently retired and lives in Del Webb Ponte Vedra.

Our Technological Future, p. 27

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

Christine Hammel taught middle school students for 20 years. She developed a passion for bridge in retirement and is eager to share it with interested beginners. Hammel's experience as a beginning bridge instructor at OLLI has been very rewarding.

Beginning Bridge I, p. 24

Glenn Hansen has served in both private and public sector organizations in the fields of strategy, operations, finance and audit/control. Most recently, he served as a member of Mayor Alvin Brown's Cabinet and was a key member of the Finance Team. Hansen retired from the Federal Reserve Bank of Chicago as a senior vice president and has 40+ years of experience in various types of financial institutions. He has been adjunct faculty at the graduate level for 35+ years at major universities in both Chicago and Jacksonville.

What Have We Learned from the Great Recession of 2008?, p. 8

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.

Current Events, p. 13

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: 14th Annual Gingerbread House Extravaganza and Tour of Merrill House, p. 20

Urban Exploration: Discover the Ritz Theater and La Villa Museum, p. 28

Urban Exploration: Downtown Walking Tour of Public Art, p. 30

Wayne Heckrotte worked in the computer field for more than 41 years, but for as long as he can remember he has been a history buff. Heckrotte had the usual high school history courses and one college course on the subject, but he has been a prolific reader of all things historical. He acquired his knowledge of history the easy way. He loves it! Heckrotte enjoys visiting historical sites and history museums. His recent OLLI classes have focused on the histories of WWI, WWII and the interwar period of the 1920s and 30s. Heckrotte is completing his ninth year as an OLLI instructor.

The French Resistance, p. 8

Karen K. Heistand, M.A., B.C.C., M.Div., ACPE Supervisor, is chaplain and clinical pastoral educator for Community Hospice of Northeast Florida. Rev. Heistand is an ordained American Baptist minister with more than 30 years of experience. She has led the clinical pastoral education program and trained faith-based leaders in the art of pastoral presence and care since joining Community Hospice in 2011.

The Four Things That Matter Most, p. 27

Spiritual Pain: Pain Deep Down in Your Soul, p. 27

Howard Hodor retired after 35 years of experience in commercial and residential real estate development. He served as founding chairman of Gainesville's Council for Economic Outreach and received the governor's appointment to the Southern Growth Policy Board and Florida Council of 100. Hodor served as administrative committee chairman of the board that founded Enterprise Florida. At the request of the governor, he assumed the responsibilities of president and CEO of that organization for 18 months.

Current Events, p. 17

Ken Hoffman is a retired software developer who has lived in Jacksonville since 2004. He holds a B.A. in philosophy from Fairleigh Dickinson University and has completed two-thirds of the credits towards an M.A. in history at UNF. Hoffman's interests include American history from Columbus through the 19th century, the abolition of slavery and the U.S. Civil War and various aspects of European history. He enjoys teaching social, political and intellectual history, as well as occasional music history courses.

The Southern Home Front during the U.S. Civil War, p. 23

Bill Howes holds a B.A. and M.A. in the teaching of history and social sciences and an Ed.D. in educational leadership. He is a retired educator who has also served as a principal and a superintendent of schools in Michigan, Wisconsin, and Florida. He taught college classes at St. Norbert College and the University of Wisconsin-Fox Valley. Howes has an ardent interest in the study of history. This is his ninth year teaching in UNF's OLLI program. The Devil's Chessboard: Allen Dulles, the CIA and the Rise of America's Secret Government, p. 20

Jacksonville Zoo and Gardens fosters understanding of the interaction of people, wildlife and their environment through engaging guest experiences and innovative educational opportunities.

Conservation Coffee Break at the Jacksonville Zoo and Gardens, p. 21

Libby Jennison is a community herbalist. She studied herbalism with Emily Ruff, the director of the Florida School of Holistic Living, and continues her education with Thomas Easley at the Eclectic School of Herbal Medicine. Jennison's motto is "We need to learn to get out of our own way!"

20 Essential Herbs: A Workshop, p. 16



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Aisha Johnson-Jones received a Ph.D. in information studies from Florida State University. She is an experienced archival manager and history adjunct who specializes in the preservation of historic photos and documents. She is head of Special Collections and Archives at UNF's Thomas G. Carpenter Library. She has preserved historic collections at Fisk University, Florida A&M University and Florida State University in addition to those at UNF.

Photographic Preservation, p. 29

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.

How Do They Do That? Sign Design, Fabrication and Installation, p. 19

How It's Made: Fish to Fruit, p. 26

Gregg Kaufman is a retired pastor of Evangelical Lutheran Church in America and public liberal arts university professor, who served parishes in Pennsylvania, Georgia and New Jersey. He taught religion, politics and several democratic citizen skill development courses including public deliberation. Kaufmann coordinated the American Democracy Project and the Coverdell Institute at Georgia College. He is a member of the National Issues Forums Institute advisory body and is a research associate with the Kettering Foundation. Kaufman consults via The Deliberative Voice www.thedeliberativevoice.com.

Deliberative Democracy: Civil Discourse about Critical Public Issues, p. 22

Marlene Kenney is a retired human resources director with a lifelong passion for interior design and decorating. In retirement, she created Room Rescuer, a decorating consulting company. Kenney helps clients create rooms that tell their stories and reflect their personalities and outlooks by repurposing what they already own. Room Rescuer's motto is "Remain calm while we resolve your decorating dilemma."

Interior Decorating: Innovate, Rejuvenate and Appreciate, p. 17

Thomas Kinney retired as the chief information security officer (CISO) for a large business unit within a major U.S. defense contractor at the end of 2012. As CISO, he was responsible for the identification and mitigation of risks to the company's information and systems, measuring IT security effectiveness and the continuous improvement of security defenses in anticipation of and in reaction to threats.

Protect Yourself from Computer Hacking and Identity Theft, p. 23

Glenn Kuhnel has taught at every level from elementary to graduate school. Early in UNF's history, he was an adjunct in the history, philosophy and religion department. He has also taught at Seattle University, Mount St. Paul College and Loyola University in New Orleans. Prior to retiring, Kuhnel held a variety of administrative positions in the Catholic Diocese of St Augustine. He currently serves as senior theologian at a parish and provides small group seminars on biblical and theological topics. Kuhnel was educated in the classics. He holds a master's degree in scripture, a doctorate in religious studies and a divinity degree from Oxford University.

The Dead Sea Scrolls: Secret Books of the Bible?, p. 25

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 enjoys teaches water aerobics in the St. Augustine area.

Beginning French: Level I, p. 24

Intermediate French, p. 25

Bill Laird is one of 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. 16



Join OLLI for courses, Ed-ventures and special events all year.

Frederick B. Lee is happily retired but loves teaching and speaking. He is president and owner of an educational institute devoted to brain training, memory improvement and speed reading.

Memory Improvement: An Introduction, 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.

Drinking Water You Can Count On: Visit JEA's Water Treatment Plant, p. 19

Kathy Marquis is an Army brat who grew up all over the world. She married a Navy pilot and got to see even more. As a result, she developed a love of history and other cultures. She and her husband moved to the heart of downtown St. Augustine in 2000. Living in the oldest city in the U.S. has been a perfect fit. She enjoys sharing interesting sites in the city with fellow OLLI members. Marquis is a graduate of FSU and UNF and had a career in teaching, most recently at the Florida School for the Deaf and Blind in St. Augustine.

Behind the Scenes: Florida School for the Deaf and Blind, p. 21

Lee Marshall is an OLLI instructor whose courses focus on contemporary women's issues. Marshall retired after more than 20 years as an area and regional director of several nonprofit national health agencies in New York. She holds a B.A. in social sciences from Mercy College in Dobbs Ferry, New York and pursued graduate studies in psychology and English at Manhattanville College in Purchase, New York.

Extraordinary Women of our Times: Their Lives and Legacies, p. 22

Nannette Boudreaux Martin comes from a Cajun/German family. Her undergraduate double major was in French and English comparative literature. She did post-graduate work at American University in Washington, D.C. and at UNF. She has traveled worldwide and is planning a river cruise from Marseille.

French Poetry and Conversation, p. 11

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. 29

Bill Mayhew has been a serious student and practitioner of Zen Buddhism since he retired from business 18 years ago. His teacher is Eido Shimano Roshi of Dia Bosatso Zendo, a Rinzai Zen monastery in the mountains of New York. Mayhew an affiliate of the North Carolina Zen Center for the last 10 years and participates in sesshins, silent weeklong meditation retreats.

Zen Buddhist Meditation, p. 29

Carolyn McClanahan is a physician turned financial planner. She is a contributing writer to Forbes, Money, CNBC and Financial Planning magazine. McClanahan is a nationally recognized speaker on health issues that intersect with finance.

Financial Planning at the End of Life, p. 19

Kenneth McMillan was a professor in the UNF's Department of Art and Design where, for 30 years, he taught Aesthetics, Art of the 20th century, Art Since 1940, Ceramics/Sculpture and 3-D Design. He is a former chair of that department. Although teaching full time, he was able to travel extensively and these experiences add a passion to his teaching. As a retiree, he is now producing art and researching and serving as a volunteer teacher for the St. John's Cultural Council and the O.U.R. Communities in Schools Program of St. Johns County.

The Movies: Our Enduring Passion, 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. He 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. 18

Creativity for Retirees, p. 24

How to Become a Prolific Writer, p. 19

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 from the University of California at Berkeley. 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. 18

Your Bucket List and the Road Ahead, p. 18

Sue Lamb Myers has been an enthusiastic practitioner of Tai Chi for more than 10 years. She studied with such masters as Ken Lo, Sam Tam and Kenneth Van Sickle. Myers' numerous Yang Style Tai Chi forms as well as the Cheng Man-ch'ing Sword form. Tai Chi: What's It All About, p. 14

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 from Rutgers University and master's and doctorate degrees in educational psychology from Boston University. 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. 14

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 Gilded Age in American History: Robber Barons, Immigration, Imperialism and Populism, p. 12

Merrill Jay Palmer retired in 2006 after 31 years as the director of Choral Activities at UNF. In addition to his choral responsibilities at UNF, he also taught classes in conducting, music history, theory, voice and humanities. He chaired the Department of Fine Arts from 1981 to 1984. Palmer also served as director of Adult Music at Palms Presbyterian Church in Jacksonville Beach, Florida, for more than 27 years, retiring from that position in 2003. Palmer was an adjudicator, clinician and guest conductor for FMEA, Six Flags Inc. in Georgia and Texas, the Florida Conference of the United Methodist Church and the

New York State School Music Association. He led UNF choirs that toured Europe and sang in Notre Dame Cathedral, Paris; St. Thomas and St. Nicolai churches in Leipzig; Santa Maria Novella, Florence and Martinu Hall in the Academy of Performing Arts in Prague among many others. The UNF choirs he led performed in Charleston, Atlanta, Savannah, Palm Coast, Orlando, Tampa and numerous Jacksonville venues.

The Great Age of Vienna: Strauss, Brucker, Mahler and Wolf, p. 12

T. Parkinson has a Ph.D. in physics. He has shared his decade-long interest in codes, ciphers, deception, the atom bomb and WWII technology with OLLI for several years. WWII: Radar, Electronics and More, p. 25

Stan Porter is a retired computer tech who enjoys art, architecture, walking, biking and reading. While living in Neptune Beach, he was a volunteer at BEAM, a food bank in the beaches area. He and his wife recently relocated to the Riverside area where they are regulars on the RAM ride, a Riverside Arts Market community bike ride that rides to coffee shops in the downtown, Springfield, San Marco and Riverside/Avondale neighborhoods. Porter is a longtime member of OLLI and currently serves on the ED-venture team.

Discover Jacksonville Center for Clinical Research, p. 11
Amelia Island History and Trolley Tour, p. 12

Georgia Pribanic is a retired educator from the University of South Carolina whose love of travel is reflected in the motto "Have bags will travel or, if spur of the moment, no bags needed." She has lived throughout the U.S. and abroad in the Netherlands for six years. Pribanic has traveled throughout Europe, communist controlled regions and Egypt. Kenya was added to her bucket list after the release of the movie "Out of Africa" in 1985. She realized that personal goal in March 2016.

Discover Clara White Mission: Lifting Our Community through Advocacy, Training and Employment, p. 30
Newsworthy Excursion: Tour the Florida Times-Union, p. 27
Out of Africa: An Update, p. 28

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, as well as program coordinator and teacher at the First Coast Community Music School. Radcliffe is 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 Orchestra." Master the Masters: Adventures of a Symphonic Detective, p. 11



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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. Intermediate Bridge: Major Suit Raises, p. 16
Play of the Hand – Part I, p. 15

Lisa Rinaman is the St. Johns Riverkeeper, the chief advocate and public voice for the river. As a former senior staff member for Jacksonville Mayor John Peyton, she led the effort to develop and implement irrigation, fertilizer and Florida friendly landscaping ordinances to better protect the St. Johns and local waterways. Rinaman's current responsibilities include: holding regulatory agencies and those polluting the river accountable; identifying and advocating for solutions that will protect and restore the river; working with government entities, businesses, community leaders and citizens to resolve problems that impact the river's health; and communicating with the media and the public to educate and raise awareness about important river related issues.
Rolling with the St. Johns River, p. 26

Todd Robinson is a graduate of Bastyr University and holds a doctorate in naturopathic medicine. He offers naturopathic consultations in Jacksonville Beach, specializing in naturopathic cancer support.
Returning to Our Roots: An Introduction to Naturopathic Medicine, p.15

Glenn Ross has been an OLLI member for five years and now teaches in the program. He is president of AllEnergy LLC, a company he started in 2004. As a technical consulting firm, the primary focus of AllEnergy is dispute resolution, mediation, contract interpretation and renegotiation for energy companies. Ross has worked with clients throughout North America, the United Kingdom, Japan and Europe. He has a B.S. in electrical engineering and an M.B.A.
Intermediate Clay Sculpting, p. 19

Ralph Sawyer has facilitated or taught more than 30 courses since the inception of OLLI at UNF. He 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. He has been interested in current events since college and has taught about poverty in America, the righteous mind, the economic crisis of 2008 and the Great Decisions series.
Just What Were They Thinking?, p. 28

Bob Schiffner holds a B.S. in engineering from Penn State and an M.S. in geophysics from the United States Naval Postgraduate School, with a dual major in meteorology and oceanography. He retired as an aviator on several aircraft carriers after 20 years in the U.S. Navy. After retirement, Schiffner worked 25 years for Price Waterhouse Coopers and other major management companies in the data processing arena. During his last six years of employment, he traveled the world as the computer games system manager for the International Special Olympics competitions. Since retirement, he has taught at several community colleges and is currently on the staff at Embry Riddle Aeronautical University and at St. Johns River State College.
It Is Going To Rain Today, But Why?, p. 27
The Oceans: Two-Thirds of Our World, p. 9

John See has extensive experience working with Apple computers and software. Prior to retirement, he was a K-12 teacher, college instructor, school district technology coordinator, a district information technology manager, and, in Minnesota, a department of education technology specialist who assisted schools and teachers with their technology training needs. He designs websites for small businesses around the U.S. and facilitates an Apple users group in Del Webb Ponte Vedra.
Apple Users Group, p. 21
Help, I've Been Hacked! Security 101 for Your iPhone, iPad and Apple Computer, p. 28
Master Your iPhone or iPad Camera, p. 15
Top Tips: Make Your iPhone or iPad Work for You, p. 17

Mike Shore has taught OLLI classes on American culture, climate change, biological origins of warfare, the future of American newspapers, how technology is increasing human lifespan and how austerity is changing America.
Earth Will Survive. Will Humanity?, p. 28



Most courses and events take place at the beautiful Adam W. Herbert University Center.

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.

Current Events Forum, p. 9

Sally Steinauer is a Florida master naturalist. She has been a member of the Florida Native Plant Society for 10 years and currently serves as the president of the local Ixia chapter. Steinauer is co-leader of the chapter's restoration of the City of Jacksonville's Native Park. The chapter was honored by the Florida Native Plant Society's with its 2016 Landscape Award for that work.

Creating a Garden That Is Good for the Planet and for You, p. 17

Irving Sterman is a graduate of the State University of New York at Buffalo schools of pharmacy and medicine. He is a retired orthopedic surgeon with a lifelong interest in aging processes and preventative measures. Sterman has lived in Jacksonville for 16 years and is passionate about OLLI programs.

Understanding Aging: Bones, Joints and Muscles, p. 26

Nancy Sticht spent more than 40 years as a human resource development and public affairs professional for the federal government. Her favorite contributions included developing and conducting training in leadership, risk communication, media relations and public participation, as well as collaborating on several award-winning video and publication projects. A native of Buffalo, New York, she holds a B.S. in communication and an M.S. in management of adult learning. Now retired, she is writing the next chapter of her life while enjoying traveling, reading, theater and photography.

Inside OLLI, p. 23

John Tancredi is a retired mining and chemicals industry executive. He has always been fascinated by history, particularly looking at the subject through the lens of technology.

Big History, p. 10

Ken Tannenbaum has been very active in senior issues in Northeast Florida since he moved here five years ago. He has an extensive and diverse background as a senior executive both in healthcare and health insurance.

Senior Hunger in Northeast Florida: A Hidden Tragedy, p. 28

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. 15

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, p. 18

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).

Guided Autobiography, p. 10

Guided Autobiography: Part II, p. 13

Write Your Legacy Will in a Day, p. 30

Joe Varon is a retired structural engineer. He was chief engineer for Haskell, a leading design-build firm and taught structures in the Construction Management Department at UNF as an adjunct professor.

Crossing the St. Johns, p. 23

Fighting Gravity: Basic Structural Engineering, p. 9, 23

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.

Beginning Spanish: Level I, p. 16

Charlene Vincent holds a Master of Sacred Theology degree from Boston University School of Theology and a Master of Theological Studies from Episcopal Divinity School. She is the co-author of "Tuscan Retreat." Vincent's forthcoming spiritual autobiography, "Chances Are," will be used in the class.

Writing Your Spiritual Autobiography, p. 25

Gene Waering is an avid rose gardener in Jacksonville who specializes in rare roses. He is the immediate past president of the Jacksonville Rose Society. Waering recently coedited two books, "The Sustainable Rose Garden" and "Old Rose Survivors." Rose Rustling Florida Style, p. 12

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.

100 Years of the Spy Novel: An Introduction, p. 9

100 Years of the Spy Novel, p. 9

Travel Safe and Healthy, p. 9

Sheila Weinstein is an author, pianist, liver of life and columnist for the Ponte Vedra Recorder. Losing the love of her life at the age of 64 forced her to find out who she was on her own. Fear and anguish gave rise to a new life of self-awareness and confidence. Her book "Moving to the Center of the Bed: The Artful Creation of a Life Alone" (www.centerofthebed.com) chronicles her story. Weinstein is now living the sequel.

Writing Your Legacy, p. 21

Stephanie Weiss is UNF Thomas G. Carpenter Library's online learning librarian. She was a librarian for the Jacksonville Public Library system. Prior to that, she worked for more than five years in the field of education and training. Weiss earned a B.A. in Spanish from Flagler College and a M.S. in library and information studies from Florida State University.

Improve Your Internet Search Skills, p. 14

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. She 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

Quinton White received his B.S. degree from North Carolina Wesleyan College, his M.S. degree from the University of Virginia and completed his Ph.D. at the University of South Carolina at the Baruch Institute for Marine Biology and Coastal Research. He is the founding executive director of the JU Marine Science Research Institute. White joined the faculty at Jacksonville University in 1976. He has been active in marine science education and research concerning the St. Johns River and the impact of humans on marine ecosystems. White serves as a consultant with the City of Jacksonville Waterways Commission on manatee and water quality issues.

Rolling with the St. Johns River, p. 26

Anthony Whiting is an award-winning artist who has taught thousands of students in the U. S. and England. He has taught community education courses at Fletcher High School. Whiting has also taught at the Cultural Center at Ponte Vedra Beach, Michael's and Hobby Lobby stores. He has offered workshops and presentations at the Artists Guild at Orange Park and The Plantation Artists Guild in Amelia Island. Prior to becoming a professional artist and art educator, he practiced architecture internationally for many years.

Painting with Acrylic Paints, p. 26

Gary Whiting has a B.S.B.A. in marketing. He is a certified University of Florida/IFAS Florida master naturalist and freelance photographer. A former Fortune 500 marketing executive, Whiting is currently pursuing his personal vision. A dedicated film photographer since the age of 12, his passions are creating unique images and sharing his love of nature and photography. Whiting pursues his interests in photography while cruising Florida waters with his wife and two dogs. He also works part-time at Wild Birds Unlimited.

The Language of Birds, p. 18

Photo Editing Basics, p. 13

Photographer's Sunrise Walkabout at the Jacksonville Pier, p. 12

Urban Landscape Photography: Get More Out of Your Digital Camera, p. 10

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. He retired from Los Angeles County after serving as a fireman and an EMT. Willner moved to Florida to join his sister and parents. He plays competitive tennis and bridge.

Chess for Beginners and Beyond, p. 17

Bonnie Yales-Gibson is a versatile artist and teacher, who works in most art media; she also taught 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. 8

Harry Yoffee is a physician specializing in internal medicine who works part time as a consultant for the Veterans Administration and vocational rehabilitation. He has studied English history for more than 50 years.

The War of the Roses, p. 14



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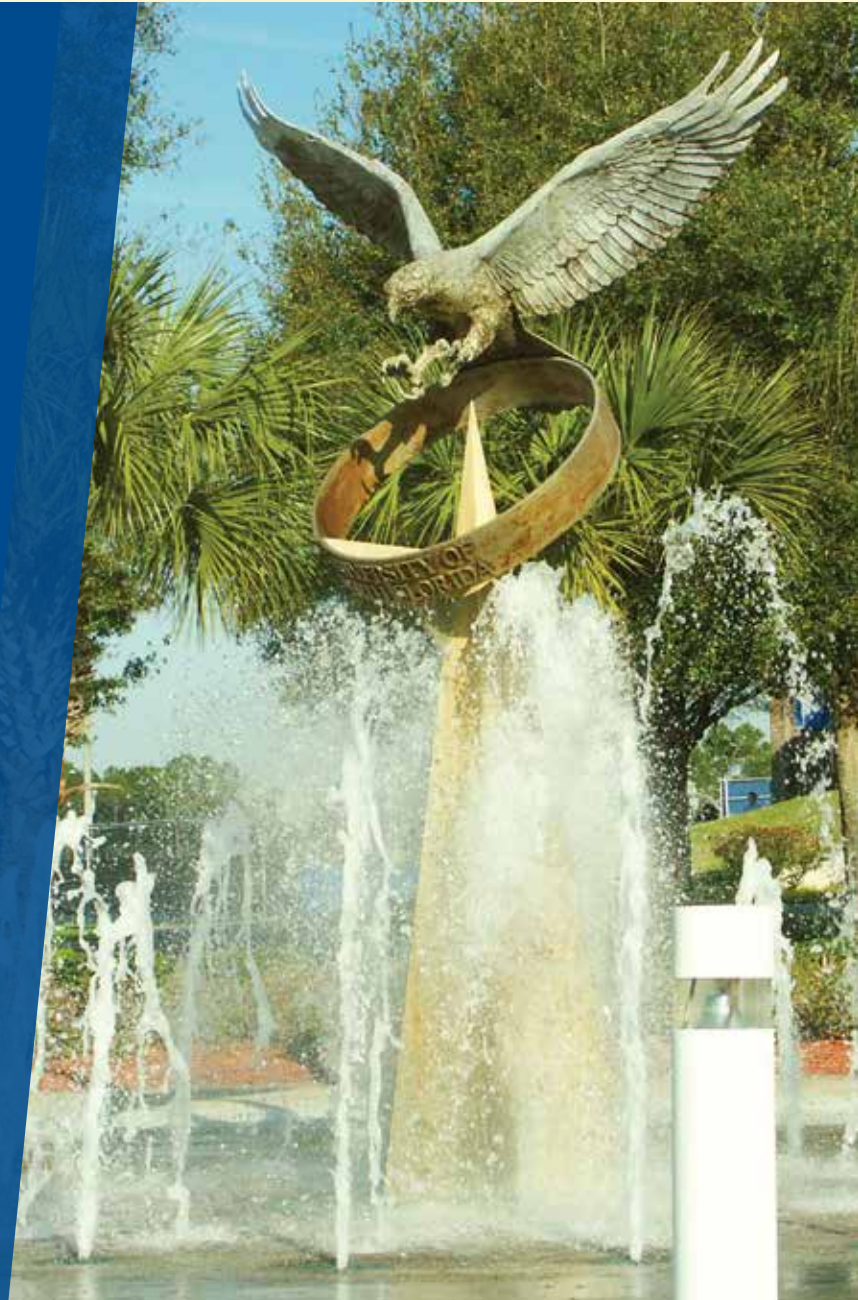
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