

OSHER
LIFELONG
LEARNING
INSTITUTE

Summer 2019
COURSE CATALOG

LIVE Like You Mean It!

**Get insider access to North Florida's
best parks, resources and educators
while having a great time.**

**OLLI is the Jacksonville resource for classes,
activities and community for those 50 and better.**

Cover photo courtesy of Sheri Oliver-Giroux, OLLI member



Division of Continuing Education

WE'RE PROUD TO SUPPORT LIFELONG LEARNING.



Call us at
904.268.5200

or Visit
CommunityHospice.com
to learn more about our
programs or to request care.



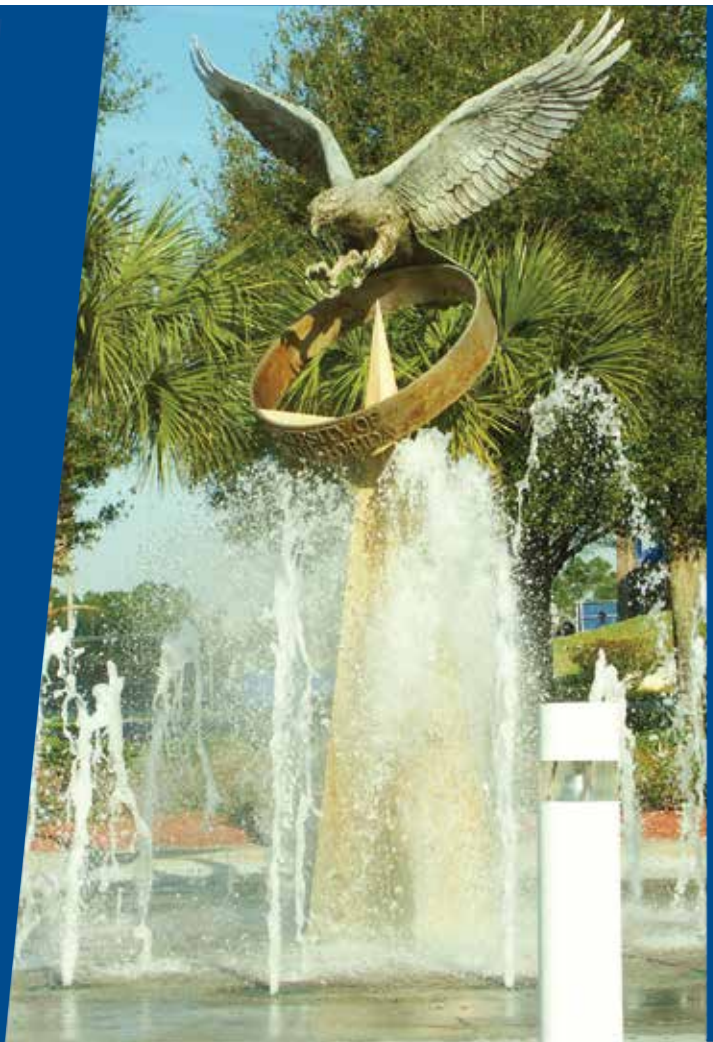
Keep OLLI at UNF Soaring

You can help our members and UNF students achieve their full potential through a planned gift to UNF. Whether through a bequest in a will, life insurance, retirement assets or a charitable gift annuity, your gift will help them soar to new heights.

To learn more about planned giving at UNF, contact Liz Iglesias, director of planned giving, at liz.iglesias@unf.edu.



University Development and
Alumni Engagement



Welcome!

At UNF, OLLI's motto is live well and learn forever. We are self-organized member volunteers working together to create and deliver educational, cultural and social opportunities for lifelong learners aged 50 and better.

Benefits

- Access to OLLI's vast selection of programs for a nominal fee
- Free parking when attending an OLLI course
- Three free classes: Don't Be a Sucker! Advice from the FBI (p. 12), Ride Sharing: Get Up, Get Dressed, Show Up and Never Give Up! (p. 23) and Ignite the Spark! (p. 28)
- Apple Users Group (p. 20)
- Opportunity to share your knowledge and talent with other OLLI members
- Be first to hear about new classes and opportunities through the OLLI newsletter
- And much more!
 - Stimulate/exercise your brain
 - Make personal discoveries
 - Be creative
 - Find fulfillment, self-fulfillment
 - Thrive
 - Open your mind
 - Satisfy your curiosity
 - Tap into your wisdom
 - Find new meaning
 - Make new friends, find your tribe
 - Be part of a thriving community of over 1500 members

Membership in the OLLI organization is only \$50 for the year. Thinking about joining? See page 39 for details.



Portrait by Gary Whiting

Calling all lifelong learners! Yes, it's your turn now.

Get involved with a health club for your mind, body and spirit. You'll find a wide variety

of opportunities between the covers of this catalog. Our program is designed to support your journey to greater fulfillment, discovery and self-actualization as well as satisfy your curiosity.

Some programs stimulate your brain. Research reveals that learning new things develops new neural connections and pathways which, in turn, enhance neuroplasticity. Others tap into your wisdom, unleash your creativity and provide platforms for you to share your passions or life experiences. All are designed to help you thrive in what some have termed the 2.5 phase of your life.

John Wooden, the legendary athlete, coach and motivator, remarked, "It's what you learn after you know it all that counts." Join a community of spirited people creating greater lives by finding new meaning and making new friends.

Gather with us to enrich your life! We're eager to welcome you to OLLI at UNF.

An eternal student,
Jeanette M. Toohey, Director OLLI at UNF



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OLLI Courses

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Day of the week, then calendar date,
then time of day, then alphabetical by title

New NEW!

Course offered for the first time.

Updated UPDATED!

Course offered with new content.

ED-ventures NEW: ED-VENTURE

Course takes place at locations all around town.
Check course descriptions for details.

Explore More EXPLORE MORE

Course that combines classroom and out-of-classroom
experiences over multiple sessions.

VOLUNTEER LEADERS

STEERING COMMITTEE

Judy Jameson, Program Coordinator
Terry Jones, Support Coordinator
Pati McMenemy, Associate, Program Coordinator

PARTNER ADVISERS

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Jim Carpenter Westminster Woods St. Augustine
Jennifer Joy Fleet Landing
Janice Richardson.. Vicar's Landing
Elaine Smith Westminster Woods on Julington Creek

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Glenn Hansen, Program
Billie Hayward, Support
Peggy Schiffers, Support
Ralph Viscariello, Member Engagement
Linda Ward, Program

SUPPORT

Jeanette M. Toohey, Director
Osher Lifelong Learning Institute

This catalog is brought to you by the OLLI program teams.

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All OLLI members
are welcome to
attend programs
at our partner
locations.
Be sure to check
them out. You'll
be glad you did!

OLLI PARTNER COURSES



Westminster Woods on Julington Creek

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

The 14th Colony: The American Revolution's Best Kept Secret

Wednesday, June 26, 1:30 to 3 p.m.
1 session, \$20

Discover one of the most astonishing episodes in Florida's 500-year history and a unique story in the American War of Independence. In his December 18, 1775, letter to John Hancock, General George Washington warned the Continental Congress that the British were stockpiling weapons and gunpowder in St. Augustine, East Florida. Washington's letter sounded an alarm that the British were preparing to reclaim the southern colonies by invading Georgia and South Carolina with an army from East Florida, a colony wholly loyal to King George III. Your instructor highlights Washington's prescience in chronicling the story. Skip the notetaking. An optional supplemental text provides the information you heard in class.

Recommended: Instructor's \$5 supplemental text

Instructor: Roger Smith, p. 36

NEW!

A Brief History of Chocolate

Tuesday, June 11, 10:30 a.m. to noon
1 session, \$20

Learn more about that delectable confection's origins and importance. Your instructor is a proud chocoholic who charts chocolate's journey from Mesoamerica to Europe and its eventual worldwide popularity.

Instructor: Robert L. Gold, p. 32

NEW!

Spanish Florida: A Historical Overview

Tuesday, June 18, 10:30 a.m. to noon
1 session, \$20

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

Recommended: Student purchase of instructor's book titled "St. Augustine: A Brief History of America's Oldest City"

Instructor: Robert L. Gold, p. 32

Westminster St. Augustine

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

Human and Molecular Genetics: A Course for the Layperson

Thursdays, July 11–Aug. 15
10:30 a.m. to noon
6 sessions, \$50

Are you curious about DNA and its implications? Learn about the circle of life and the flow of genetic information. Explore DNA-RNA-Protein, recombinant DNA and copying DNA, mutation, gene variation, gene discovery and sequencing. Understand evolutionary and ancestry concepts. Appreciate mechanisms of diseases, clinical ramifications and personalized medicine. Consider ethical dilemmas. Your questions and perspectives welcome in this lecture and discussion class.

Instructor: Jim Sylvester, p. 36

UPDATED!

Gullah-Geechee: Florida's Southern Route to Freedom

Saturdays, June 1–8, 1 to 2:30 p.m.
Field trip: Saturday, June 15
9:30 a.m. to noon
3 sessions, \$40

Intensify your knowledge of the impact of West African culture in St. Augustine and elsewhere in the state. Travel from 15th century Spain to European conflicts, New World exploration, the Spanish and British colonial eras and statehood. Learn about the interactions of other ethnic groups and nationalities that contributed to Florida's flourishing. Course format includes presentations, discussion, film screenings and a field trip.

Instructor: Derek Boyd Hankerson, p. 32

One Artist's Mission: Capture the Wilderness Beauty of North Florida's Parks

Thursday, July 11, 10:30 a.m. to noon
1 session, \$20

Immerse yourself in the beauty of North Florida's wilderness through Kathy Stark's art. An acclaimed figure on the local scene, she shares her passion for the outdoors, especially area parks, through her paintings. Your feast for the eyes is complemented by historical tidbits and surprising information. Learn about Stark's process from site selection to sketching and journaling prior to creating and publishing her work. You might have the rare opportunity to see a large-scale example in progress. Your interest in art, wild places or both is all that's required to participate in this lavishly illustrated lecture and discussion program.

Recommended: Instructor's book, "The Wilderness of North Florida's Parks"

Instructor: Kathy Stark, p. 36

NEW!

21st Century Geography

Wednesdays, July 17–Aug. 21
10:30 a.m. to noon, 6 sessions, \$50

Stretch beyond the capital cities of states and nations. One of the mothers of all sciences links the surface of the earth to the locations of and reasons for human events. Topics include population, economics, agriculture and climate change. Discuss the current geopolitical scene through the lens of geographical factors that affect relationships between nations. Bring your curiosity about current events to this lecture and discussion class.

Recommended: "The Revenge of Geography" by Robert Kaplan, "The Power of Place" and "Why Geography Matters," both by Harm De Blij

Instructor: Joseph L. Warner, p. 37



Fleet Landing

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

The Nazi Hunters

Thursday, June 20, 2 to 3:30 p.m.
1 session, \$20

Discover men and women who refused to allow Nazi crimes to be forgotten. Your instructor describes how he collected their accounts to create his recent book. Learn how the initial pursuit of revenge developed into an unyielding quest for justice. Perpetrators were tracked to the furthest corners of the globe. Cultivate an appreciation of the author's longstanding fascination with WWII-related subjects and what those extraordinary times can teach us today.

Recommended: Instructor's book, "The Nazi Hunters" is available for purchase in class

Instructor: Andrew Nagorski, p. 34

Philosophy through Thought Experiments, Puzzles and Paradoxes

Thursdays, Aug. 1–22, 2 to 3:30 p.m.
4 sessions, \$40

Explore philosophical questions using unique techniques. Probe why humans differ from robots and devices with artificial intelligence. Are thoughts and

decisions simply biochemical processes or something more? Do you have free will or are you just a victim of fate? Learn to investigate these and other questions in unusual, provocative ways. Class format inspires lively, jargon-free discussion that leads to new insights. Your inquiring mind and curiosity about the world around you are the only prerequisites. Instructor provides supplemental resources to enhance your learning. You may leave class with more questions than answers.

Instructor: Richard Birdsall, p. 29

NEW!

I Want to Write But How Do I Start?

Thursdays, June 6–27, 10:30 a.m. to noon
4 sessions, \$40

Define your strengths and decide what to write. Start with fiction. Your first session begins with idea generation and concludes with a writing assignment. Share your work in a friendly, supportive environment. Receive feedback by the method you choose, either in class or via instructor's email. Bring your desire to write to this highly interactive class.

Required: Pen or pencil, paper, writing assignments in and outside of class

Instructor: Janet Kuchler, p. 33

Join fellow OLLI explorers as we experience:

-Boston-

Gain a new appreciation for Boston's rich history, vibrant culture and magnificent environs.

Discoveries abound in an extraordinary adventure in a great American city. Follow the historic path where patriots once walked. Explore the Freedom Trail and notable landmarks along the way. Hear stories of famous revolutionaries, visit the sites of Paul Revere's famous "one if by land, two if by sea" lanterns at The Old North Church and the Boston Massacre. Cultivate an appreciation of the city's maritime history as you delight in a harbor cruise.

Experience cultural treasures including the Museum of Fine Arts and historic Trinity Church on Copley Square. Revel in the city's natural beauty. Learn about Frederick Law Olmsted, the founder of American landscape architecture and foremost park-maker, and the city's Emerald Necklace, his tour de force. Go behind the scenes at Fenway Park, Major League Baseball's oldest ballpark. Cheer the world champion Red Sox along with home game fans. Enjoy a foodie paradise, a prominent brewery and the renowned North End where aromas of garlic and oregano lure you into historic Italian restaurants. Use your limited free time to visit venues not on your itinerary.

When: Sept. 4 to Sept. 9, 2019

**Price: \$1,749 (pp double occupancy)
\$2,309 (pp single occupancy)**

What's included?

- 5 nights of accommodations at Hilton Boston Back Bay
- 12 meals (5 B, 4 L, 3 D)
- 2 expert-led lectures
- 10 field trips
- 2 performances
- An experienced group leader accompanies throughout the program
- Modest gratuities, taxes and destination fees
- Group travel and transfers throughout the program
- The Road Scholar Assurance Plan, including 24-hour assistance for medical and other emergencies

Exclusions:

- Travel to/from venue hotel
- Optional trip protection (you cancel or experience delays)

Activity level:

Let's Go! You're energetic and enjoy a good physical challenge. You like spending the day on the move. You're game to ride public transit and walk on city streets including cobblestones. You're comfortable walking for up to five miles daily. You have the mobility, stamina and agility to walk three to four miles over uneven surfaces.

Registration

At least one in a traveling quartet must be an OLLI member. Email unfolli@unf.edu to express interest. You'll be invited to attend a FREE information session.





OSHER
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Most programs
take place at the
University of
North Florida
Adam W. Herbert
University
Center 12000
Alumni Drive,
Jacksonville, FL.

See program
description for
date, time and
location.

UNF COURSES

MONDAYS

Disease, Disasters and Catastrophes:

Their Effects on History

April 29 – June 3, 9:30 to 11 a.m.
(No class May 27) 5 sessions, \$45

Maximize your understanding of factors that influence history. Transcend the notion that it is aggregated accounts of great men and women, political intrigue, military adventure or economic growth and development. Microorganisms, natural disasters and disasters orchestrated by humans have also played significant roles. Define calamities that affect human history. Situate events in context to see how phenomena fit together. Gather to define a disaster that affects human history. Recognize what may be learned. Your instructor recommends readings to enrich your learning in this lecture and discussion class.

Instructor: Joe O'Shields, p. 35

Social Security Checklist

April 29, 9:30 to 11 a.m.
1 session, \$20

Are you age 55 or better? Are you looking forward to life after retirement? Start planning now. Maximize your understanding of social security and factors that impact your benefits. Instructor provides an overview, answers your questions and directs you to helpful resources.

Instructor: Rory Gregg, p. 32

Tai Chi for Your Aching Back

April 29 – May 6, 9:30 to 11 a.m.
2 sessions, \$30

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

Required: Wear comfortable clothing

Instructor: Sue Lamb Myers, p. 34

Tai Chi for Health and Vitality

April 29 – May 20, noon to 1:30 p.m.
4 sessions, \$40

Improve your balance and flexibility, increase your strength and reduce stress through practice of an ancient Chinese martial art now adopted as a gentle form of exercise. Learn basic movements and sequences that you can use as a form of healthy, meditative activity for the rest of your life. Course entails exercises and movements that may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor, and do not enroll if you are uncertain about your ability to participate.

Instructor: Sue Lamb Myers, p. 34

NEW!

Charles I, Black Tom and the Divine Right of Kings

May 6, 9:30 to 11 a.m.
1 session, \$20

Discover a pivotal, fascinating period in English history. Meet King Charles I, ruler of England, Scotland and Ireland from 1625 to 1649. Understand how the beliefs that governed his policies and actions led to conflict with the parliament as well as some Protestant factions. Learn about the conditions and events that led to war with Scotland, an Irish rebellion and civil war in England. Chart the rise and fall of Thomas Wentworth, Earl of Strafford, the king's most able administrator. Bring your interest in English history to this illustrated lecture.

Instructor: Nancy Blanton, p. 29

UPDATED!

Diplomacy and the Making of U.S. Foreign Policy

May 6 – 20, 10 a.m. to noon
3 sessions, \$40

Accelerate your understanding of the many influences impacting the formulation of foreign policy. Evaluate the State Department's changing role in shaping and implementing that policy abroad. Your instructor shares personal experiences from his career as a diplomat to illustrate major shifts in diplomatic practice. Class format is lecture and discussion. Recommended readings enhance your learning and dialogue.

Instructor: Samuel Hart, p. 32

UPDATED!**Studio Painting in Oils and Acrylics**

May 6 – July 15 (No class May 27)
 11 a.m. to 1 p.m.
 10 sessions, \$85

Calling all artists from beginning to intermediate and advanced! Develop or enhance your technical skills. Consider the importance of perspective. Experiment with color and texture. Class format encompasses plenty of time to paint as well as opportunities to give and receive helpful critiques in a supportive environment.

Required: Suitable attire, materials from instructor's emailed list

Instructor: Maureen Kirschhofer, p. 33

NEW!**CRISPR and the Gene Editing Controversy**

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

Understand the gene editing technology known as CRISPR and its controversial applications. It has the potential to treat genetic diseases, cancer and HIV as well as eliminate pests and design babies. While it is the cheapest, simplest and most effective way to manipulate DNA, it also poses significant ethical challenges in a global society. How should the technology be used and controlled? Expect an explanation of gene editing basics and overview of the aspirations and potential dangers of a technology featured in recent and current media reports. Bring your curiosity, concern or both to this lecture and discussion class.

Instructor: Bryan McKersie, p. 34

NEW: ED-VENTURE**Beaches Legends, Liars and Lagers: A Walking Tour**

May 6, 5 to 8 p.m.
 1 session, \$50
 (Fee includes beverage on tour)

Beat evening rush hour traffic by gathering for a Dutch-treat happy hour at a local restaurant. Gary Sass, an award-winning storyteller and local historian, leads you on an entertaining stroll modeled on London's famed pub walks. Hear legends of the beaches, one of which is entirely fictional. Mingle along the way to decide which outlandish story is fake. Alight for a prepaid adult beverage midway through the tour. Finish outside a pub. Receive a free drink if you correctly identified the bogus story. Transportation is on your own.

Required: Mobility and stamina to walk one mile

Coordinators: Eric Haeseler, p. 32 and Christine Lewitzke, p. 33

UPDATED!**Master the Masters: Adventures of a Symphonic Detective**

May 13 and June 3, 1:30 to 3 p.m.
 2 sessions, \$25

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 2018-19 season of the Florida Blue Masterworks Series of concerts. Each Monday prior to the weekend concert, you put the performance under a microscope. Begin with analyses of the programmed works. Focus on the composers and their compositions. Each class concludes with a cameo appearance by a guest musician who plays for you and answers your questions. Bring the music to life in this lively, highly interactive class.

May 14: Brahms Symphony No. 1

June 4: Season Finale! Mahler 5

Instructor: Lynne Radcliffe, p. 35



**Get up close to
 the action with OLLI**

NEW!

Dental Implants and Dental Health

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

Learn how to improve your smile at any age. Gain insights about today's implants including techniques and long-lasting materials that provide the most lifelike results. Understand the important role of dental health in your overall well-being. Get your questions answered in this lecture and discussion program.

Instructor: Richard Carlson, p. 30

NEW!

Meet Your OLLI's Authors

May 20, June 17 and July 29
11:30 a.m. to 1 p.m., 3 sessions, \$35

Enhance your understanding of how and why people become authors. Each month read at least one book by an OLLI member. Expect a diverse range of topics and genres. Each session begins with a book discussion and is followed by conversation with the author. Learn how each approaches the craft of writing, garnering book ideas, undertaking research and addressing obstacles. Your questions and perspectives are welcome in this facilitated seminar.

Required: Acquire and read each month's book

Coordinator: Edward Mickolus, p. 34

Medicare 101

June 3, 9:30 to 11 a.m.
1 session, \$20

Increase your understanding of Medicare basics, including its history and what the alphabet of its parts (A, B, C and D) mean. Examine supplemental, advantage and prescription drug plans as well as other benefits and services. Access useful resources to inform your decision-making.

Instructor: Rory Gregg, p. 32

UPDATED!

Texas Hold'em Poker for Beginners

June 3 – 24, 11:30 a.m. to 2 p.m.
4 sessions, \$50

Kenny Rogers' gambler declared, "If you're going to play the game boy, you got to learn to play it right." Learn the order of play as well as evaluation of your hole cards and community cards. Recognize the importance of table position, effective betting, bluffing and managing your chips. Appreciate the importance of decision-making based on probability, psychology and patience. Course designed as an introduction for new poker players and those with limited Texas Hold'em experience. Emphasis on weekly practice play complemented by instruction.

Instructor: Bob Wagner, p. 37

NEW!

Don't Be a Sucker! Advice from the FBI

June 17, 11:30 a.m. to 1 p.m.
1 session, FREE

Older adults are common targets for cons and frauds. Discover the scams targeting local populations. Learn how to protect your finances. Hear how the FBI is working with local and state law enforcement to counteract crime and drug use as well as opportunities for community members to support those efforts. Gain insights about FBI operations and its investigative priorities in north Florida.

Instructor: Amanda Videll, p. 37

NEW!

Home Design Concepts for Successful Aging in Place

June 24, 11:30 a.m. to 1 p.m.
1 session, \$20

Americans are living longer and enjoying more active lives. Many wish to remain in their homes for emotional or economic reasons or both. Identify common challenges for older adults as well as those with mobility or sensory needs. Learn how you can create an attractive, comfortable and convenient environment that enhances safety and accessibility. Get your questions answered in a session that includes presentation, visuals and discussion.

Instructor: Bill Lazar, p. 33

NEW!

Learn to Blog with WordPress

July 1 and 8, 9:30 a.m. to 11 p.m.
2 sessions, \$30

What's a blog? Discover how you can start one for free. Novices learn basics about the art of blogging and one of the largest platforms for posting creative work on the Internet. Explore templates and techniques for adding photographs and events. Share your craft with family and friends or join the



global blogosphere. Your instructor is a seasoned blogger who demonstrates his use of WordPress to communicate with clients and fellow artists.

Required: Basic computer or tablet skills

Recommended: Bring your laptop or tablet to class

Instructor: Gary Whiting, p. 37

Protect Yourself from Scams

July 22, 9:30 to 11 a.m.

1 session, \$20

You have assets and were raised to be trusting and polite. That's why you're prey for fraudsters. Protect yourself. Learn what you can do to avoid becoming a victim. Learn about your options for recourse if you do.

Instructor: Rory Gregg, p. 32

NEW!

From Molly Hatchet to Burning Bras

July 22, 11:30 a.m. to 1 p.m.

1 session, \$20

Bring your interest in history and curiosity about economics to this illustrated presentation. Trace the recent history of women's empowerment and its impact on the economy. Consider women's right to own property. Reflect on the potential of women to influence the future.

Instructor: Scott Grant, p. 32

NEW!

Invest in Your Grandchildren's Future: Own Great American Companies

Aug. 26, 11:30 a.m. to 1 p.m.

1 session, \$20

Learn about the companies that have shaped and will continue to shape the economy. Which companies are they? How can owning them affect your family's future? Just bring your interest in economics to this program.

Instructor: Scott Grant, p. 32

TUESDAYS

Current Events

Session 1: April 30 – June 25

9:30 to 11:30 a.m., \$80

Session 2: July 2 – Aug. 27

9:30 to 11:30 a.m., \$80

9 sessions

Discuss significant news events of the day. Gain an appreciation of diverse opinions on each topic. Your active participation is essential. Bring at least one article each week to present as a potential topic. Your facilitator assists by keeping the discussion on track and open to all.

Facilitator: Jay Melesky, p. 34

Investing for Those Who Do Not Want to Think About It

April 30 to May 14, 9:30 to 11 a.m.

3 sessions, \$35

Conquer your fear of the markets. Do well without constantly tending your portfolio. Enhance your knowledge of investment products to mitigate your reliance on a third party. Your instructor provides helpful resources to complement this lecture and discussion class.

Instructor: Robert Black, p. 29

50 Years of Jacksonville History: Journalism, Media and Politics

April 30 – May 21, 11:30 a.m. to 1 p.m.

4 sessions, \$40

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

Instructor: Harry Reagan, p. 35



NEW!

All about Coffee

April 30 – May 7, 11:30 a.m. to 1 p.m.

2 sessions, \$30

Calling all fans of that delectable brewed drink! Learn what coffee is, where it's grown and its processing journey from the farm to your cup. Gain insights to prepare the optimal cup of coffee. Bring your curiosity to this lecture and discussion class. Your expert guide worked as a plant engineer for a major brand.

Instructor: Jayant D. Sathe, p. 35

UPDATED!

Learn to be Happy!

April 30 – May 21, 1:30 to 3 p.m.

4 sessions, \$40

Discover how to improve every aspect of your life. Tap into the latest scientific findings and how to measure happiness. Learn to apply a little effort to enhance your genetic predisposition to be happy. Positive effects include improved relationships, a sense of gratitude and a host of other physiological and psychosocial benefits. Your instructor shares his happiness practice during a recent series of health crises. Course format is lecture and discussion. Instructor supplies resources to support your ongoing learning.

Recommended: "Happy in Intensive Care" by the instructor

Instructor: Robert Black, p. 29

NEW!

**Stories of Liberia:
A Personal Odyssey**

April 30 – May 14, 1:30 to 3 p.m.
3 sessions, \$35

Liberia was founded in the early 1800s as a result of American politics framing slavery and race as well as foreign policy interests. Learn about the 1820 journey of 88 free black settlers and three white American Colonization Society (ACS) members who sailed to West Africa in search of a permanent settlement. Seven years later the country was established as a sovereign state. Your instructor is an acclaimed storyteller who enthralls you with accounts of a 10-month odyssey immersing herself in 171 years of Liberia's history, culture and people. She shares her research as well as her curatorial work to prepare three exhibits for the November 2017 reopening of the National Museum of Liberia, an institution that was nearly destroyed by civil war.

Instructor: Carol Alexander, p. 29

UPDATED!

**Straight Up! The History of
Helicopters and Their Impact**

April 30 – May 28, 1:30 to 3 p.m.
5 sessions, \$45

Discover that amazing invention's significant impact on history and everyday life. Examine the aerodynamics and functions of helicopters and other vertical takeoff aircraft. Trace the technology from its roots as an ancient Chinese toy to Renaissance artist Leonardo da Vinci's sketch for a manned helicopter. Unleash technology's hidden history from the Nazi WWII aviatrix on a mission to help Adolph Hitler escape to the intellectual who built a helicopter to study philosophy and a rescue pilot who went on to write operas. Learn which French female army surgeon flew a small, primitive helicopter across Indochina

battlefields to perform lifesaving surgeries long before the U.S. was involved in Vietnam. Consider whether the U.S. would have been involved in Vietnam without the helicopter, if they prolonged the Iranian hostage crisis and cost Jimmy Carter his bid to be re-elected as President. Gain insights about the role of that rotorcraft in Osama bin Laden's capture, medical evacuations and news gathering as well as naval, Coast Guard and Army National Guard operations. Conclude by looking to future innovations including transportation.

Instructor: Kenneth Bording, p. 30

NEW!

**Weather Around You:
An Introduction to the Basics**

May 7 – 21, 9:30 to 11 a.m.
3 sessions, \$35

Embrace your interest in meteorological phenomena. Define the forces that create daily conditions. Examine clouds, precipitation, wind and storms. Learn how to read a basic weather map and how meteorologists use them. Familiarize yourself with the instruments that measure weather variables. Discover facts behind weather disasters that could have been mitigated by more accurate forecasting. The basic math skills of addition, subtraction and multiplication are all you need to maximize your learning. Class format encompasses lecture, video, handouts and your participation.

Instructor: Paul Bell, p. 29

**Understand the Construction of
Racial Inequity in the U.S.**

May 7 – June 11, 11:30 a.m. to 1 p.m.
6 sessions, \$50

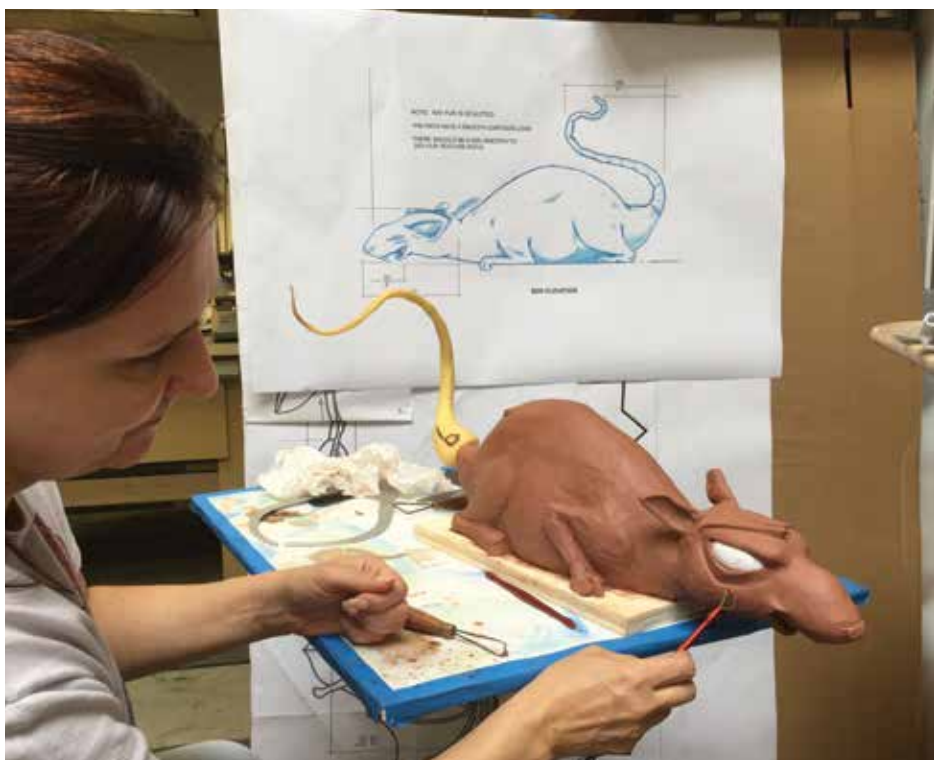
Transform your perception of the construction and experience of America's racial and ethnic identity groups as well as intergroup relations in the United States. How are social identity, race and ethnicity used to divide a majority poor middle class country? Social and racial identity inform consciousness of privilege and power as well as structural norms in societies and institutions. Assess social conflict over the historical distribution of wealth and power. Utilize systemic perspectives on systemic power relationships in the U.S. to learn how to bring humanity and support to individuals and groups who work for inclusion, racial equity and social justice. Your active engagement through discussion and outside reading, as well as small and large group exercises, ensures each session is meaningful and impactful.

Recommended: "White By Law: The Legal Construction of Race" by Ian Haney Lopez, "The Color of Wealth: The Story Behind the U.S. Wealth Divide" by Lui, Meizhu, et al., "A People's History of The United States 1492 – Present" by Howard Zinn

Facilitator: Annie Rodriguez, p. 35



**OLLI annual membership
is still only \$50.
See page 39 to join!**



UPDATED: ED-VENTURE

Discover Sally Corporation

May 14, 10 to 11 a.m. (Excludes lunch)
1 session, \$25

Location: 745 W. Forsyth St.,
Jacksonville

Visit a global animatronics leader headquartered in Jacksonville. Learn how creatures and rides are created, from concept to installation. You'll meet the firm's scream-inducing monster in residence, a tyrannosaurus rex. Most creations are one-of-a kind that cost between one and 10 million dollars. The firm's customers include Six Flags, Universal Studios and LEGOLAND. Sally's recently completed Justice League: Battle for Metropolis, a four-dimensional dark ride, was installed in Six Flags parks in California, Georgia and New Jersey. Cameras welcome. Transportation is on your own. After the tour, debrief with fellow members over a Dutch-treat lunch in Brooklyn.

Required: Mobility to stand and walk for an hour, comfortable shoes

Coordinator: Eric Haeseler, p. 32

Wellness and Stress Management

May 14 – June 4, 11:30 a.m. to 1 p.m.
4 sessions, \$40

Empower yourself. Control your perceptions of and responses to stressors. Improve respiration, pulse, digestion, blood sugar and perspiration. Learn to read your body to reduce or eliminate stress-induced aches, pains and migraines. Discover techniques for correct diaphragmatic breathing. Increase your body's positive blood flow. Maximize progressive muscle relaxation, autogenic training, imagery and biofeedback skills. This highly interactive class offers opportunities to integrate stress management into your health care.

Recommended: Wear loose, comfortable clothing

Instructor: Inge Thompson, p. 36

NEW!

Photographer's Walkabout in a Butterfly Rainforest

May 28, 9:30 to 11:30 a.m.

Field trip: June 4 10 a.m. to noon
at University of Florida's Museum
of Natural History, 3215 Hull Rd.,
Gainesville

2 sessions, \$35 (Includes field trip
admission fee)

Calling all novice and intermediate photographers with a passion for photography and nature. Prepare for your shoot in the classroom. Then apply what you've learned on your field trip to a living exhibit that features hundreds of free-flying butterflies and birds. Your mentor is a seasoned photographer and master naturalist who provides opportunities for you to practice techniques on your own or obtain advice. Debrief and enjoy camaraderie with fellow OLLIs over a Dutch-treat lunch. Extend your day by visiting the Harn Museum of Art. Field trip transportation is on your own. Weather conditions may require scheduling on an alternative date.

Required: A digital SLR, mirrorless or point-and-shoot camera (no cell phones); stamina and mobility for moderate walking, dress for warm weather and humid conditions, comfortable shoes

Instructor: Gary Whiting, p. 37

NEW!

**The Material World:
From Cavemen to Alchemy
to the Atomic Age**

May 28 – June 11, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Have you ever wondered why mom cooked with an iron skillet? Or, why clay pots have been used for cooking since biblical times? Consider the sources for those and other useful materials. Enhance your understanding of important scientific milestones and the evolution of the material world. Examine two broad questions: What materials did early humans use and why? What was the course from a few early materials to the vast number in use today? Learn how the social environment influences scientific thinking and the evolution in chemistry. Your instructor provides an overview at the beginning of each session to frame your discussion and refers you to helpful reading material.

Instructor: Paula Parker, p. 35

NEW!

**Independently Healthy:
Leverage Online Information to
Improve Healthcare Knowledge**

June 4 and 11, 1:30 to 3 p.m.
2 sessions, \$30

Two-thirds of Americans use the Internet to search for health information. Healthcare consumers and caregivers are invited to learn how to evaluate the trustworthiness of health-related websites and information. Appreciate the importance of health literacy and strategies to improve understanding and communication. Identify sources for validated web-based health information. Understand how clinical research can help you make informed decisions. This class combines lecture and discussion with interactive components. Your instructor administers at least one assessment tool and assigns homework that you'll discuss in the second session.

Instructor: Susan Harnett, p. 32

NEW!

**Share Your Vacations with
PowerPoint Presentations**

June 4, 11:30 a.m. to 1 p.m.
1 session, \$20

Create lively, engaging visual experiences for family and friends. Acquire fundamental skills with the potential to boost your confidence and unleash your imagination. Course format encompasses lecture, demonstration and discussion.

Required: Windows' PowerPoint program on your computer

Instructor: Joe Varon, p. 37

NEW!

**Understand Alzheimer's and
Dementia**

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

Explore the science of Alzheimer's. Define the disease and its 10 signs. Learn effective strategies for communicating with persons living with dementia. Recognize dementia-related behavior and anticipate appropriate responses. Your participation is welcome in this lecture and discussion class.

Instructor: Cari Eyre, p. 31

NEW!

**Travel Tale: An Elegant Safari
in South Africa**

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

Make virtual visits to Capetown, the Cape of Good Hope and famed wineries. Learn about an outstanding three-day visit in the bush with locals. Hear about experiences with the big five game and many other wild animals in this lavishly illustrated lecture and discussion program. You're welcome to attend whether you are considering such a trip or just curious.

Instructor: Robert Schiffner, p. 35

NEW!

**Get More from Your Camera:
A Travel Photography Workshop**

June 11 – 25, 9:30 to 11 a.m.

Field trip: June 18

3 sessions, \$35

Accelerate your skills! Get better shots regardless of lighting conditions. Learn about composition and exposure techniques in the classroom. Take a field trip to a local venue for hands-on experience. Transportation is on your own. Return to the classroom for a final session to get your questions answered and review student work in a friendly, helpful environment. Novice and intermediate photographers who want to take better photographs of family fun or beautiful landscapes are welcome.

Required: Bring camera and manual to class, no cell phones

Instructor: Gary Whiting, p. 37

UPDATED!

**Exploring Freedom through
Fiction: "Free To Be," a Novel**

June 11, 1:30 to 3 p.m.
1 session, \$20

Learn about the challenges faced by enslaved people during the Civil War. Some were free wage laborers. Not all wanted to be free. Others found the overnight transition from enslavement to freedom particularly difficult. Inspired by South Carolina's Port Royal Experiment, this work of historical fiction chronicles the journey of Crecie, a fourth generation slave. Your instructor presents her novel and encourages your participation in discussion.

Required: Prior to class read "Free To Be," available through the Jacksonville Public Library, Amazon, Kindle, Nook and iBooks

Instructor: Gracie Chandler, p. 30

NEW: ED-VENTURE

On the Move: Get to Know the North Florida Transportation Planning Organization

June 18, 10 to 11:45 a.m.

(Excludes lunch) 1 session, \$30

Location: 980 North Jefferson St., Jacksonville

Jeff Sheffield, executive director, guides your tour of the operation's hub and outlines the Dynamic Detour Program as well as the Smart Region Master Plan. Current projects have been built on more than a decade's worth of Intelligent Transportation System (ITS) initiatives. Learn about the TPO and its work, the role of technology and security measures. Consider the next wave of automated and connected vehicles. Examine how the Regional Transportation Management Center coordinates with Florida Department of Transportation, Florida Highway Patrol, Florida Fish and Wildlife Conservation Commission, the Jacksonville Sheriff's Office and other agencies to plan and manage major events including transportation incidents. Venue is fully accessible. Transportation is on your own. Debrief with fellow members over a Dutch-treat lunch in Riverside after the tour.

Recommended: Comfortable shoes

Coordinator: Diane Dyal, p. 30

NEW!

The Golden Age of Piracy

June 18 and 25, 11:30 a.m. to 1 p.m.

2 sessions, \$30

Much of the pirate lore you know does not comport with historical records. Examine whether fictional characters Captain Jack Sparrow and Long John Silver were modeled after real pirates. Compare literary and motion picture portrayals to factual accounts. Learn about legendary figures including Captain Kidd, Black Bart, Calico Jack Rackham and Blackbeard in the first session. In the second session, focus on the femmes fatales of the savage seas who were said to have hard hearts and soft bosoms. Chart the inglorious profession of piracy and its impacts on history's course.

Instructor: Patrick McCormack, p. 34

NEW: ED-VENTURE

Wine and Dine in France at Publix Aprons Cooking School

June 25, 11:30 a.m. to 1:30 p.m.

1 session, \$50

Location: 10500 San Jose Blvd., Jacksonville

Raise your glass of wine to toast the chefs and share a meal with fellow foodies. Your venue is ideal for learning a bit and having some fun. Enjoy a demonstration-style lunch – the chefs do the cooking, while you enjoy a French-themed lunch and wine pairings. Feast on potage au pistou (seasonal soup), coq au vin (chicken braised in wine) and île flottant (soft meringue floating in crème anglais). Be entertained and maybe even inspired to cook a similar meal on your own. Venue is fully accessible. Transportation is on your own.

Coordinator: Madeline Jorgensen, p. 32



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every day with OLLI

VOLUNTEER TODAY!



OLLI volunteers are the heartbeat of our organization and the reason we remain vibrant and affordable.

Volunteering is a great way to meet new friends, be part of a team and use your talent and skills to positively influence the direction of OLLI.

For details, contact the OLLI office at unfolli@unf.edu or Jeanette Toohey, director, at (904) 620-4200.

UPDATED!

Editing with Photos for Mac: An Introduction

July 2 – 16, 9:30 to 11 a.m.
3 sessions, \$35

Formerly iPhoto, Photos for Mac is Apple's organizing and editing software for the laptop or desktop computer. A seasoned photographer teaches you organization tips to store and arrange thousands of images for rapid retrieval. Learn steps to make image adjustments and export them for use in other projects. Experience is not required. This overview course for novices and intermediate photographers encompasses lecture, demonstration and a little hands-on experience.

Recommended: Bring MacBook laptop with Photos for Mac or iPhoto installed if you have one

Instructor: Gary Whiting, p. 37

NEW: ED-VENTURE

Museum of Southern History: Politics from 1840 to 1865

July 9, 10 to 11:30 a.m.
1 session, \$30

Enjoy museum president Ben Willingham's presentation about the circumstances that gave rise to the Civil War. Then tour museum exhibitions that fulfill the organization's mission to preserve the history, ideals and chivalry of the South. Displays range in date from the age of the Timucuan to Operation Enduring Freedom. Prized artifacts include several flags including a 37-star example donated by the Applegate family, one that adorned Abraham Lincoln's casket and a Confederate battle flag of the 19th regiment of Georgia's infantry. Learn about the museum's outstanding genealogical research resources. Cameras welcome. Venue is fully accessible. Transportation is on your own. After the tour, debrief over a Dutch-treat lunch at a neighborhood restaurant.

Coordinators: Laurel Conderman, p. 30 and Andrea Zbiegien, p. 37

WEDNESDAYS

NEW!

The Jewish War

May 1 – 22, 9:30 to 11 a.m.
4 sessions, \$40

Examine the peculiar choices Adolf Hitler and his war cabinet made as they pursued the conquest of Europe in World War II. Was the goal to seize Europe or destroy Jews and Judaism? Study the evidence and assemble the puzzle pieces to make up your own mind in this stimulating lecture and discussion class.

Instructor: Merrill Shapiro, p. 36

UPDATED!

Mastering Retirement: Keys to Success after Your Retirement Date

May 1 and May 8, 9:30 to 11 a.m.
2 sessions, \$30

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

Instructor: Bill Laird, p. 33

NEW

Explore More

Your Parks and Other Timeless Treasures

May 1 – 15, Times vary

3 sessions, \$45

Locations vary

Boost your appreciation and enjoyment of Jacksonville's rich natural and cultural resources. The city boasts one of the largest urban park system in the United States. Its 84,000 acres are complemented by neighborhoods steeped in history and rich in cultural resources. Be inspired to take advantage of them! Learn how some of our parks were created, what they offer to the public and their future outlook. Presentations by recognized experts are complemented by guided field trips, all within an hour of UNF. Walk trails at a slow pace for up to a mile. Field trip transportation is on your own.

Required: Ability to walk safely on uneven ground for one hour

Recommended for field trips: Dress for the weather, comfortable closed-toe walking shoes, sunscreen, bug spray, water and camera

May 1, 10 a.m. to 1 p.m.

(Includes field trip and time for lunch)

Begin at UNF with an overview of the course. Receive itineraries and maps for each session. Carpooling encourages socialization and provides navigation assistance.

Guest speaker Maria Mark, coordinator of UNF's Environmental Leadership program shares insights about the past, present and future importance of nature and parks in our lives. She is a strong community advocate with an extensive background. Mark served as executive director of the Timucuan Parks Foundation for 10 years, earned Florida master naturalist certification and won awards for her work.

Field trip: Jacksonville Arboretum & Gardens

Location: 1445 Millcoie Road, Jacksonville

Begin under shade trees with a seated presentation to learn about the history and development of that 120-acre venue. Take a 0.3 mile or 900 step walk on the Lake Loop Trail as you hear about the plants and trees that create the property's unique beauty. Debrief with fellow members over a sack lunch. You're welcome to stay on after lunch to explore other trails or get more steps in.

Recommended: Sack lunch and beverage

May 8, 10 a.m. to noon

(Excludes time for lunch)

Field trip: Historic Springfield and Henry J. Klutho Park

Location: Karpeles Manuscript Library Museum, 101 West 1st St. (corner of 1st and Laura streets), Jacksonville

Museum director Rick Minor introduces one of 10 U.S. venues that present the private manuscript collection of David and Marsha Karpeles, the largest of its kind in the world. Then enjoy a presentation by a representative of the Springfield Improvement Association and Archives (SIAA). Established in 1869, that historic district boasts of a square mile containing 1,800 structures that are 75 years or older. Learn about the wide range of architectural styles represented by the historic homes known as the neighborhood's grand old ladies. Cultivate an understanding of historic preservation, beautification and programming initiatives that continually improve the community's vibrancy.

Conclude with a short walk to Henry J. Klutho Park, an 18-acre property that is a hub for a network of parks along Hogan's Creek. Klutho, a student of renowned architect Frank Lloyd Wright, transformed Jacksonville's skyline and historic neighborhoods by introducing the modernist Prairie Style in the years following the Great Fire of 1901. Tour the bandstand, fountain and heritage baseball field. Walk through a collection of sculptures curated by UNF art professor Jenny Hager-Vickery. Try your hand at disc golf before you debrief over a Dutch-treat lunch at a nearby restaurant.

May 15, 10 a.m. to 1 p.m.

(Includes time for lunch)

Field trip: Tillie K. Fowler Regional Park

Location: 7000 Roosevelt Blvd., Jacksonville

Meet Jean Schubert, naturalist supervisor for the City of Jacksonville's parks, to learn about the history, flora and fauna. Once used for a variety of military purposes beginning in WWI, the site is now known as a richly diverse ecosystem. Schubert, a captivating storyteller, provides memorable descriptions of the plants, trees, bugs and other critters you see along the trail. Visit the Nature Center's collection of live and preserved specimens before debriefing over a potluck picnic. You provide a small side dish to share, and we bring the hot dogs. Why not stay on after lunch to explore more of the park?

Coordinators: Laurel Conderman, p. 30 and Kathy Scott, p. 36



Apple Users Group

May 1, June 5 or Aug. 7,
11:30 a.m. to 1 p.m.

1 session (each), FREE

Boost your Apple technology skills. Guest speakers present tips about Apple products including iPhones, iPads and Macs. Topics include software and hardware. Presentations followed by question-and-answer period. Dispense your valuable knowledge and experience, too, as this is a sharing group. Whether you're a current or prospective Apple user, all from beginner to advanced are welcome.

Facilitator: Carolyn Godwin, p. 31

UPDATED!

The Chemistry of Cooking

May 1 – May 15, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Good fats or bad fats? Chocolate bar or sugar-free candy? Healthy eating is your goal whether the food comes from your kitchen or a purveyor. Understand the common ingredients and nutrients you consume each day and whether or not they contribute to good health. Learn about proteins, carbohydrates and fats as well as their effects on your health. Analyze nutrients found in common foods including beverages, meats and desserts. Investigate the composition of your favorite foods and recipes. Just bring your curiosity to this class that combines lecture and discussion with some small group work and sample tastings.

Instructor: Paula Parker, p. 35

NEW!

The Gospel of Thomas: Alternative or Suppressed Text?

May 1 – 29, 11:30 a.m. to 1 p.m.
5 sessions, \$45

Many accounts of the life of Jesus of Nazareth called gospels existed prior to the 3rd century. The 1945 discovery

of an ancient library at Nag-Hammadi in Egypt, a collection of 13 ancient codices containing more than 50 texts, precipitated a significant reevaluation of early Christian history and the nature of Gnosticism. Sayings by Jesus recorded by Thomas, one of his disciples, were among those texts. They may date from the time of Jesus but were not included in the Christian New Testament. Appreciate the variety of ways that early Christians may have understood Jesus and his message. Explore the range of interpretations that defined a variety of groups that self-identified as Christians. Consider the controversies and conflicts that played a formative role in defining Christian antiquity. Reflect on the impact that varieties of thought had on the development of approved texts. Bring your interest in early Christianity to this lecture and discussion class.

Required: Some familiarity with the Christian New Testament, particularly the gospels

Recommended: Gospel of Thomas, readily available free online

Instructor: Glenn Kuhnel, p. 33

NEW!

Getting Through Grief – Myths, Realities and a Practical Guide Toward Healing: Part II

May 1 – 22, 1:30 to 3 p.m.
4 sessions, \$40

Enhance your healing journey in a safe, confidential and supportive environment. Take a deeper dive into and through your grief experiences. Share your losses to the degree you feel comfortable. Garner support from and provide support to classmates. Acquire additional strategies to support your healing. Class format includes written exercises and compassionate discussion as well as guided imagery designed to help you manage difficult feelings such as anger, guilt, regret, unfinished business and yearning among others. Your instructor provides time for you to get your questions answered. The class is an opportunity for personal growth and resource sharing. It is not group therapy.

Prerequisite: Getting Through Grief: Myths, Realities and a Practical Guide Toward Healing offered in Fall 2018 or Winter 2019

Instructor: Rachel A. Weinstein, p. 37



UPDATED!**American Art and a St. Augustine Connection**

May 1 – 22, 1:30 to 3 p.m.
4 sessions, \$40

Explore Native American art traditions. Reflect on the history of the people. Consider how their art documents their lives and legacies. Learn about ledger art, a genre invented by prisoners of war at St. Augustine's Castillo de San Marcos (formerly Fort Marion). Enhance your appreciation of contemporary art as well as its connections to the histories and traditions of its Native American creators. Your interest in art and history is all that's required for this lecture and discussion class. Your instructor provides links to helpful resources that extend your learning.

Instructor: Richard Birdsall, p. 29

NEW!**Understanding Substance Abuse: What Do You Think and What Do You Know?**

May 1 – 22, 1:30 to 3 p.m.
4 sessions, \$40

Abuse of alcohol, drugs and other substances is at crisis-level in America. Delve beneath a superficial understanding of the problem by listening to facts provided by experts. Examine ideas and beliefs about abuse and addiction, current and historical theories of causation, and the effects of abuse on the body and brain. Learn about screening, prevention and treatment options. Explore the difficulties of implementing programs and policies in this stigmatized field. Analyze the complex and dynamic interaction between disadvantaged populations and their environments with an emphasis on obstacles to healthy development and functioning. Discuss what an American future might look like with marijuana's legalization. Consider

whether a truly drug-free America is possible or desirable. Class format combines lecture, facilitated small group discussion and recommended readings.

Instructor: Ellarwee Gadsden, p. 31

NEW!**Intermediate Mah Jongg**

May 8 – 29, 10 a.m. to 1 p.m.
4 sessions, \$50

Accelerate your game play. Acquire strategies to win. Topics include pick of the hand, observant play and discard planning. Emphasis on the development of a personalized play strategy. Begin with a guide at your side before you start playing independently.

Required: Advance purchase 2019 large print National Mah Jongg League card, intermediate level skills, play on a regular basis, comfort with game rules and play of the hand

Instructor: Diane Solms, p. 36

NEW!**Live Consciously by Exploring Death: A Death Doula's Guide**

May 8 – 15, 11:30 a.m. to 1 p.m.
2 sessions, \$30

You know that the death rate is 100 percent. But have you envisioned your own death? Explore the possibility of living your life more consciously with joy and peace of mind. Gather to explore what constitutes a good death. Prepare for the impact of the so-called silver tsunami. Learn how an end of life doula can assist in the death and dying processes. With your permission, your confidential submission of a concern or fear is anonymously woven into class discussion.

Instructor: Nada Frazier, p. 31

NEW!**Everything You Want to Know about Knitting But Are Afraid to Ask**

May 8 – 29, 1:30 to 3 p.m.
4 sessions, \$40

Learn advanced knitting techniques including short rows, edges, reading patterns and charts, and correcting errors. You're ready for this class if you're comfortable with basic techniques of casting on and binding off as well knit and purl stitching.

Required: Student-supplied yarn, knitting needles, stitch markers, yarn gauge and scissors

Instructor: Karen Backilman, p. 29

NEW!**Celebrate Chinese Culture: An Interactive Workshop**

June 12 – 26, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Explore important traditions, activities and ideas that define Chinese identity. Learn to play mah jong. Enhance your good health by practicing Kung Fu exercises. Hear folkloric tales, ghost stories and history as you enjoy traditional snacks. Your instructor shares his father's story of life under warlords, Japanese occupation, civil war and communist rule prior to coming to America.

Instructor: Raymond Wong, p. 37

NEW!**Nutrition and Heart Disease: Eat for Heart Health**

June 12, 11:30 a.m. to 1 p.m.
1 session, \$20

Filling your fork with tasty, nutrient-rich foods doesn't have to be complicated. Learn to make small yet meaningful dietary changes. Class format encompasses lecture and discussion.

Instructor: Jonathan Constantin, p. 30

UPDATED!

Prevent Heart Disease

July 3, 11:30 a.m. to 1 p.m.
1 session, \$20

Cardiovascular disease is the number one cause of death in the U.S. for both men and women. Some factors including age and family history cannot be controlled. Learn about modest lifestyle changes with the potential to have a significant positive impact on your heart health. Decrease your risk for heart disease by learning more in this lecture and discussion class.

Instructor: Ibrahim Fahdi, p. 31

THURSDAYS

NEW!

Senior Living: It's Not Just for Old People

May 2, 9:30 to 11 a.m.
1 session, \$20

Maximize your understanding of the latest options and how communities are evolving to meet changing needs. Learn some industry jargon and criteria for discerning which communities might be right for you or a loved one. Explore new services emerging to support older adults. Understand what Medicare will and will not pay for as well as other sources of financial assistance. If you're looking for insights and helpful tips

for selecting a future community this session is for you.

Instructor: Rebecca Harkness, p. 32

NEW!

Behind the Scenes: Tour UNF Library's Special Collections and University Archives

May 2, 10 to 11:15 a.m.

1 session, \$25

(Includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Learn the function and contents of special collections. Your guide presents interesting objects and shares the importance of developing and preserving special collections as well as the university's archives. Venue is fully accessible. Transportation is on your own.

Instructor: Susan Swiatosz, p. 36

UPDATED!

Painting with Acrylics: Workshops for Beginning and Intermediate Students

May 2 – 16, 1 to 4 p.m.

3 sessions, \$50

Explore why acrylics are the easiest, most forgiving paints and compare favorably to watercolors and oils. Learn optimal skills and techniques including brushwork, composition and simplified color theory in this learn-by-doing class. Focus on painting, one-on-one coaching, lecture and demonstration

in class. Continue painting at home. All levels of experience are welcome. Drawing skills are not required.

Required: Basic supplies from instructor's list, suitable attire

Instructor: Anthony Whiting, p. 37

UPDATED!

Travel: Monasteries of Bhutan, Nepal's Glorious Mountains and the Magic of India

May 2 – 23, 1:30 to 3 p.m.

4 sessions, \$40

Sit back and relax as an expert takes you on a virtual journey to South Asia. Lavishly illustrated remarks provide insights about the people, histories, cultures and geography. Expect to gain insights about places to visit and related visa formalities. Bring your curiosity or travel experiences to this gathering of voyagers.

Instructor: Roshan Massey, p. 33

NEW!

Hope of Freedom: Southern Blacks and the American Revolution

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

1 session, \$20

Enrich your understanding of this important period in our nation's history. Gain insights into overlooked aspects of African-American history. Your instructor presents original research he collected through more than five years working at the Library of Congress and Britain's National Archives. If you love history or enjoy a good mental scavenger hunt, you'll enjoy this illustrated talk and classroom discussion. Skip the notetaking. An optional supplemental text provides the information you heard in class.

Recommended: Instructor's \$5 supplemental text

Instructor: Roger Smith, p. 36



NEW: ED-VENTURE

Ride Sharing: Get Up, Get Dressed, Show Up and Never Give Up!

May 9, 11:30 a.m. to 2:30 p.m.

(Time includes class, Dutch-treat snack and round-trip travel)

1 session, FREE (Excludes ride service)

Mobility connects you to the world. Empower yourself by learning to schedule and pay for ride services. Start in the classroom by learning how Uber and Lyft work. Then install the Lyft app on your device. An experienced consumer who is also a fellow OLLI member provides tips. At class conclusion, you pair up to share a ride to St. Johns Town Center for a Dutch-treat lunch or snack. Each in a pair pays for one leg of the trip. Cost is approximately \$8 to \$10.

Required: Cell phone or device to install the app and order a ride, pay for one leg of trip

Coordinators: Laurel Conderman, p. 30 and Christine Lewitzke, p. 33

NEW!

Women of the American Revolution: Lost Voices of America's First Generation

May 9, 1:30 to 3 p.m.

1 session, \$20

Accelerate your understanding of some chapters missing from history books. Your instructor presents original research he collected through more than five years working at the Library of Congress and Britain's National Archives. If you love history or enjoy a good mental scavenger hunt, you'll enjoy this talk and the classroom discussion. Skip the notetaking. An optional supplemental text provides the information you heard in class plus additional material excluded due to time constraints.

Recommended: Instructor's \$10 supplemental text

Instructor: Roger Smith, p. 36



Need a lift?
Learn and connect
with OLLI education.
You'll be amazed
where it takes you!

NEW!

Brilliant Lights in Northern Gloom: The Renaissance in Northern Europe

May 16 and 23, 9:30 to 11 a.m.

2 sessions, \$30

Delight in some iconic yet often overlooked art of that seminal era. Begin with early Netherlandish painters Jan van Eyck and Rogier van der Weyden as well as Hans Memling, a German. Appreciate the importance of Bruges, the Flemish capital in Belgium. Examine the otherworldly works of Hieronymus Bosch and Albrecht Durer's influential paintings and woodcuts. Conclude by returning to Flanders to consider works by Pieter Bruegel the Elder, a chronicler of daily life and the times. Course format includes lecture and discussion as well as analysis of the art itself.

Instructor: Richard Eason, p. 30

UPDATED!

Genealogical Research in Your Bedroom Slippers

May 16 – 30, 11:30 a.m. to 1 p.m.

3 sessions, \$35

Calling all mid-level and experienced genealogists. Advance your success

by learning about useful free and subscription online resources. Course format includes lecture, discussion and presentation of websites. Beginners should wait for a future class.

Required: Computer skills, mid-level or greater experience in genealogical research

Recommended: Bring your laptop or tablet to class

Instructor: Barbara Kiersh, p. 32

NEW!

Quantum Mechanics and the Periodic Properties of the Elements

May 16 – June 13, 11:30 a.m. to 1 p.m.

5 sessions, \$45

Consider how quantum mechanics can help you understand the properties of elements in the periodic table. Learn about wave-particle duality, electron orbitals and valence electrons. Examine their relevance to some chemical and physical properties of the elements. If you've taken Alan Gleit's quantum mechanics class, this will be refresher with half new class content focused on linking that branch of physics to chemistry.

Instructor: Alan Gleit, p. 32

NEW: ED-VENTURE

**After the Great Fire of 1901:
Edward Waters College and
Cowford Chophouse**

May 16, 10 a.m. to 3 p.m.
(Includes lunch) 1 session, \$45
(Includes round-trip bus transportation,
excludes lunch)

Location: UNF's Adam W. Herbert
University Center, 12000 Alumni Dr.,
Jacksonville

Learn about Florida's oldest
independent educational institution. It
was established by African-Americans
to benefit newly emancipated slaves.
Founded in 1866 as Brown Theological
Institute, the school was located on 10
acres in Live Oak, Florida, and served
elementary, high school, college and
seminary students. By the 1890s, the
curriculum had expanded, the facility
was relocated to Jacksonville and
renamed in honor of the third bishop
of the African Methodist Episcopal
Church. The Great Fire of 1901
destroyed the first local campus. The
oldest building on the rebuilt campus
is Centennial Hall of 1916. Designed
by Richard Lewis Brown, the city's first
known African-American architect, the

building houses the library and the
Obi-Scott-Umunna collection of African
art. Continue over a Dutch-treat lunch
(approximately \$20) from a limited
menu at the former First National Bank
of Florida. Built in 1902, it is now as
it was then, an emblem of the urban
core's vitality. The edifice hosted a
number of businesses through the years
including the offices of Henry J. Klutho,
the former student of famed architect
Frank Lloyd Wright, who introduced the
modernist Prairie Style of architecture
to Jacksonville. Now home to the
Cowford Chophouse, the structure
features many restored architectural
details including 300-year-old heart
pine lumber, intricate brick work and
arched windows. Ride the elevator
to the top floor and walk down the
staircase to view historic photographs
of the building. Cameras are welcome.
Venues are fully accessible. Round trip
bus transportation from UNF is included
in your fee.

Required: Dress for the weather
including comfortable shoes, mobility
to stand and walk for an hour, ability to
embark and disembark bus

Coordinators: Laurel Conderman,
p. 30 and Hope McCharen, p. 34

NEW!

**3D Printing: Make Stuff That
Matters**

June 6, 1:30 to 3 p.m.
1 session, \$20

Join the digital revolution. Maximize
your knowledge of the technological
manufacturing advances that allow
you to preserve your heirlooms
or build a house. Learn to access
digital resources for your projects.
Gain insights about the process from
design to production. A demonstration
illustrates what can be done as well as
generates questions and discussion.

Instructor: Bryce Pfanenstiel, p. 24

UPDATED!

Cheap Art

June 13 – 27, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Relax, have fun and create art with
inexpensive materials! Explore subject
matter, design ideas and a bit of art
history. Enjoy some studio time with
helpful instruction. Create art using
resources from around the house and
a few inexpensive items from the local
craft store. Content is new each term.

Required: Instructor emails an
economical supply list (e.g. pencil,
paper, scissors and glue) prior to first
class

Instructor: Chris B. Fulmer, p. 31



Edward Waters College

UPDATED *Explore More* Rolling on the St. Johns River

June 27 – July 25, 10 a.m. to noon
(Excludes lunch, no class July 4)
4 sessions, \$80 (Includes UNF parking pass)

Locations vary

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 classes are hosted at UNF's archaeology lab, Jacksonville University's LEED Gold-certified Marine Science Research Institute (MSRI) and the St. Johns Riverkeeper on the R/V Larkin, JU's research pontoon boat. Class sessions are fully accessible. You must be able to step down onto the boat and onto the dock to participate in the boat trip. Transportation is on your own. Cameras welcome.

Recommended: Bring a sack lunch and beverage from home to enjoy on MSRI's covered deck overlooking the river after JU session

June 27

Location: UNF Archaeology Lab, Social Sciences Building (Building 51)

Enrich your understanding of the area's early inhabitants and the river's role in their lives. Dr. Keith Ashley, assistant professor of anthropology and coordinator of archaeological research at UNF, provides insights about the latest discoveries and what the archaeological record reveals.

Required: OLLI-supplied UNF parking pass



July 11

Location: Jacksonville University's Marine Science Research Institute, 2800 University Blvd., Jacksonville

Dr. Quinton White, executive director of JU's Marine Science Research Institute, welcomes you to the MSRI, provides an overview of its work and introduces you to the river's ecology. Nadia Gordon, marine mammal research biologist with the Florida Fish and Wildlife Commission's Fish and Wildlife Research Institute, shares timely insights about manatees and other wildlife that inhabit the river.

July 18

Location: Jacksonville University's Marine Science Research Institute, 2800 University Blvd., Jacksonville

Jane Durocher, middle basin advocacy director in the St. Johns Riverkeeper's Deland office, and Ray Whaley, a Riverkeeper volunteer, share their experiences as kayakers who paddled the entire river.

July 25

Location: Jacksonville University's Marine Science Research Institute, 2800 University Blvd., Jacksonville

St. Johns Riverkeeper, Lisa Rinaman, reports on the state and future of the river onboard the R/V Larkin, JU's research pontoon boat. Cameras welcome.

Required: Mobility to step down onto boat and dock, dress for the weather, closed-toe shoes with skid-proof soles

Coordinators: Arlene Dawson, p. 30 and Marcia Mederos, p. 34





Original art by William McMahan, OLLI instructor

NEW!

Make Still Life Drawings in Colored Pencil

July 25 – Aug. 1, 9:30 to 11 a.m.
2 sessions, \$30

Produce colorful drawings of fruits and vegetables. Explore color theory. Begin with a foundation of light yellow colors and gradually introduce richer, more vibrant colors. Learn and practice measuring techniques that ensure accurate relative proportions. No prior experience is required. Bring your interest to this learn-by-doing class that includes discussion and instructor's helpful feedback.

Required: Paper (any size, Bristol is preferred for the best experience), a set of 12 or more colored pencils (preferably wax-based Prismacolor Premier or oil-based Faber Castell Polychormos)

Instructor: William McMahan, p. 34

NEW: ED-VENTURE

Explore the Beaches Museum and History Park

July 25, 10 a.m. to noon
1 session, \$30

Step back in time to learn about the First Coast's diverse history and heritage. Hear about the events as well as stories of the hardy pioneers, early settlers, river pilots and fisherman that shaped our area. Your docent-led tour includes the iconic 1887 chapel, the Mayport Railway Depot, the train foreman's house, a 1911 locomotive and the 1873 cracker-style Oesterreicher – McCormick cabin. Go behind the scenes for a peek into the archives and collections storage. Whether you're a native or a transplant, you'll learn something new.

Coordinators: Diane Dyal, p. 30 and Bob Kastner, p. 32

A Broad Brush with Salvador Dali and Frida Kahlo

Aug. 8 – 22, 11:30 a.m. to 1 p.m.
3 sessions, \$35

Calling all art lovers for an interactive investigation of those two iconic 20th-century painters celebrated for their creative energies and surrealistic styles. Both artists sought to unlock the power of imagination through their unconscious mind and dream interpretation. Paintings were outlandish, perplexing, sexual and sometimes violent in subject. Works were intended to jolt the viewer out of their comforting assumptions. Explore these two notorious artists and their

eccentric works. Learn about each artist's unusual history, their creative sources and their symbolic imagery.

Instructor: Julie Giuliani, p. 31

FRIDAYS

OLLI Book Club

April 12, May 10 and June 14
1 to 3 p.m.
3 sessions, \$45

Revel in the joys of a good book with an OLLI tribe of spirited, intelligent readers. Discover wonderful authors and works that aren't on your radar and those you might never have read on your own. Share your appreciation of beautiful writing as well as your insights and life experiences as they relate to the material. You'll enjoy new and old books as well as those written by a variety of authors ranging from first-time to established and award winning. Genres range from fiction, nonfiction, historical fiction to memoir, biography and classics with some science fiction in the mix from time to time. Topics typically range from culture and the human condition to history; however, you're welcome to propose any subject that interests you. All in the group are invited to vote on the selections, usually twice a year. Take turns facilitating monthly meetings to ensure conversation flows. Please note that newly published works available only in hardback are eliminated from consideration.

Required: Acquire the books in any format from any source, take a turn supplying light refreshments

Lead facilitator: Joyce Lasch, p. 33



OLLI annual membership is still only \$50. See page 39 to join!

NEW!

Ignite the Spark! Share Your Passion with Your Fellow OLLI Members

May 3 – 10, 11:30 a.m. to 1 p.m.
2 session FREE

Do you have knowledge, experiences, talents or skills you'd like to share with others but don't know how to start? Whatever your passion may be, you can be sure that there are OLLI members who share your interest and would be excited to learn more. OLLI is built on a foundation of volunteerism and many of our instructors have never taught before. It's so easy and fulfilling to be a contributor to OLLI at UNF's dynamic, diverse programming. You'll begin by brainstorming how your hobby or passion can easily become an OLLI program. Experienced OLLI instructors and volunteers demonstrate how to convert your idea to a plan as well as provide support and resources. They'll also model the joys and challenges of an engaging class. Course format is small group work after a brief presentation about class structure options. Just bring your passion and desire to share it.

Facilitators: OLLI at UNF Instructor Support Team, p. 30

We're OLLIs.

We all have unique life experiences. We have passions and there are few things more rewarding than sharing those passions. Have you always loved Walt Whitman's poetry? Are you a gardening aficionado? Have you always been fascinated by ancient Rome? OLLI lets you share those interests with others who share your curiosity, your appreciation for learning and the jolt you feel when you learn something new and exciting.

Passion, not expertise, is all you need. After enrolling in more than 20 OLLI programs, I decided it was time to step up and teach, too. I am having a blast! I have taught Shakespeare and the Middle East as well as a humor salon. I have a long list of other topics in my back pocket, from art to history to biography. I relish the exchanges and debates in class, to say nothing of what I learn from those in my classes. Teaching at OLLI gets you thinking and interacting with other smart, experienced people. You really should take the plunge! You'll have fun.

— Richard Eason



Portrait by Gary Whiting

NEW!

Art in the Library: Your VIP Tour

May 3, 11 a.m. to 12:15 p.m.

1 session, \$20

(Includes UNF parking pass)

Location: UNF Thomas G. Carpenter Library

Discover more than 100 of Jacksonville's most prolific artists and photographers. Learn about unusual art media utilized in their projects. Your instructor shares stories behind the creation of their works. All art lovers and Jacksonville fans are invited to this tour and discussion. You'll receive a gift of the official Art in the Library full-color catalog as a memento. Venue is fully accessible. Transportation is on your own.

Required: Mobility and stamina to tour the venue

Instructor: Jen Jones Murray, p. 34

NEW!

Create a Shutterfly Photo Memory Book

June 7 – 21, 9:30 to 11 a.m.

3 sessions, \$35

Discover creative ways to share your photographs using an online platform. Begin with a brief illustrated overview of options, styles and levels of support. Then spend most of your time beginning and possibly completing your first book. Create a path from your photo storage area to the application. Tell your story by selecting at least 25 pictures to upload, embellish and showcase. Examine advanced editing techniques to further customize or enhance image presentation. Print a PDF of your book as a trial.

Required: Laptop computer (no tablets), ability to set WiFi to UNF's network as a guest, access to 25 or more of your photographs and free Shutterfly (shutterfly.com) account

Recommended: Google Chrome web browser

Instructor: Sondie Frus, p. 31

NEW!

Mindfulness Workshop: Start or Enhance Your Practice

June 14, 9:30 a.m. to noon

1 session, \$30

Learn to mitigate stress by slowing down and being in the moment despite the hectic pace of modern life. Understand what mindfulness is and how you can benefit from it in any facet of your life. Curriculum is based on the Mindfulness Based Stress Reduction (MBSR) developed by Jon Kabat Zinn and the University of Massachusetts Medical School's Center for Mindfulness. Your instructor leads you through several guided meditations, invites you to reflect on your experience and facilitates class discussion.

Recommended: Wear comfortable clothing, bring a yoga mat or towel

Instructor: David Sacks, p. 35

NEW!

Aging Doesn't Have to Equal Pain

June 21 and 28, 11:30 a.m. to 1 p.m.

2 sessions, \$30

Do you experience pain that limits your activity? Are you tired of being told you must accept your pain or take pain pills? Learn to overcome obstacles created by pain. Enhance your understanding of your body's functions and optimizing them. Improve your balance and posture. Class format encompasses presentation, discussion, demonstration and limited practice. Exercises and movements may be difficult or even painful for people with certain pre-existing conditions. Consult with your doctor and do not enroll if you are uncertain of your ability to participate.

Recommended: Wear comfortable clothing

Instructor: Aaron P. Robles, p. 35

NEW!

The Autonomous Revolution is Coming: Florida Leads the Pack in Driverless Deployment

July 12, 9:30 to 11 a.m.

1 session, \$20

Driverless vehicles were once the stuff of science fiction. They are now legal and being deployed on streets throughout Florida. They also promise to reshape communities. Maximize your understanding of the opportunities and challenges posed by the next generation of mobility. Consider the regulatory structure and what's next for Florida's transportation system.

Instructor: Christopher Emmanuel, p. 30

NEW!

Five Big Questions

July 5 – Aug. 2, 9:30 to 11 a.m.

5 sessions, \$45

Why do we live, die, love, hate and believe? Learn from one another by sharing ideas in a supportive, judgment-free environment. This philosophical discussion group encompasses some readings and significant dialogue among participants.

Instructor: Kathy Triebwasser, p. 36

NEW!

Structural Heart Disease: New Treatments and Technologies

Aug. 2, 11:30 a.m. to 1 p.m.

1 session, \$20

Understand some advances that have supplanted major surgery, its associated potential risks, extensive hospital stays and lengthy recovery times. Learn about catheter-based options that require only small incisions.

Instructor: Vaqar Ali, p. 29

SUMMER 2019 INSTRUCTORS

All OLLI instructors are volunteers.
They take pride in sharing their knowledge
with their fellow OLLI members.

Do you have a passion you would like to share? Email Jeanette Toohey, director, at jeanette.toohey@unf.edu for more information.

Carol Alexander is an arts management executive, producer, storyteller and educator with a passion for history and culture. She founded two Florida museums and a theater and contributed to the renovation of the National Museum of Liberia. Alexander is president and chief creative officer of MaBu: A Cultural Resource. She assists individuals and organizations who seek to deepen their self-knowledge and that of the cultures that surround them. In 2017 Alexander was invited by Liberia's President Ellen John Sirleaf to curate and design three floors of art and history exhibits at the National Museum of Liberia in Monrovia as well as oversee its reopening after 20 years of closure and a devastating civil war.

Stories of Liberia: A Personal Odyssey, p. 14

Vaqar Ali joined First Coast Cardiovascular Institute after completing his training at the University of Kentucky's Gill Heart Institute. He gained extensive experience in coronary and peripheral endovascular interventions as Chief Cardiology Fellow there. Ali also completed a fellowship in heart failure and transplantation. He has a particular interest in TAVP, Watchman and Mitraclip procedures that prevent patients from undergoing open-heart surgery.

Structural Heart Disease: New Treatments and Technologies, p. 28

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

Everything You Want to Know about Knitting But Are Afraid to Ask, p. 21

Paul Bell, a New Englander and ardent Boston Red Sox fan, retired as CEO of a Jacksonville aftermarket automotive manufacturing firm. Throughout his 40-year corporate career, he sustained a lifelong study of meteorology. Bell was inspired by Dr. Jerome Spar, professor of meteorology and oceanography at New York University who was also a fellow at the American Meteorological Society. Bell created and presented a daily weather forecast for NYU's FM radio station. He enjoys sharing his fascination with the diversity and dynamics of our daily weather.

Weather around You: An Introduction to the Basics, p. 14

Richard Birdsall is a retired air traffic controller and computer systems manager. He has graduate degrees in public administration and philosophy. Birdsall taught public administration, political philosophy and sociology at UNF and humanities and philosophy at FSCJ. He is a student of philosophy and art history as well as local, state and national history.

Native American Art and a St. Augustine Connection, p. 21
Philosophy through Thought Experiments and Puzzles, p. 8

Robert Black was a captain in the U.S. Air Force and an entrepreneur who founded three companies over the last 30 years. He holds 17 U.S. patents in diverse fields and managed more than 600 employees as a corporate executive. Black is a certified F.D.I.C. instructor for Real Sense financial education programs and has managed his investments for more than 50 years. He has a B.S. in chemistry and holds M.S., E.E., P.E. degrees and an MBA in finance. A world traveler, Black has visited 57 countries and spent time with local people in each. He backpacked through Laos, spent months in Hong Kong and spent more than a year in Thailand. Black has sailed both the Atlantic and Pacific oceans, Lake Erie and the Gulf of Mexico. His most recent project is a book on happiness entitled "Happy in Intensive Care" available on Amazon and Barnes and Noble.

Investing for Those Who Do Not Want to Think About It, p. 13
Learn to be Happy!, p. 13

Nancy Blanton is the author of award-winning novels based on 17th century Irish history. She's a member of the Florida Writers Association, Historical Novel Society and Florida Authors and Publishers Association. Blanton co-founded Amelia Indie Authors, a cooperative dedicated to supporting and empowering independent authors. She has worked as a journalist, magazine editor, corporate communications leader and brand manager.

Charles I, Black Tom and the Divine Right of Kings, p. 10

"The art of teaching is the art
of assisting discovery."

– Mark Van Doren

INSTRUCTORS

Ken Bording served as a military aviator for 34 years prior to retirement. He is credited with 7,500 hours total flight time and more than 2,500 combat flight hours. Bording served as an instructor pilot, instrument flight examiner, aviation safety officer and Federal Aviation Administration radar air traffic control instructor and evaluator. He is designated as subject matter expert for the U.S. Army's innovative Aviation Combined Arms Tactical Training (AVCATT) Simulation System that remains the service's advanced pre-combat training system for young aviators. Bording has a lifelong interest in aviation history and is a member of American Aviation Historical Society as well as the Florida Aviation Historical Society. He has a B.S. in aeronautical science, a minor in aviation history and an MBA in aviation.

Straight Up! The History of Helicopters and Their Impact, p. 14

Richard Carlson has been a trusted Jacksonville dental expert for more than 25 years. He prides himself as a gentle, caring patient-centered practitioner who remains up to date with research studies, materials and techniques. Carlson's practice emphasizes comfort and caring.

Dental Implants and Dental Health, p. 12

Gracie Chandler, a Gullah Geechee descendent, received the 2015 Florida Book Award silver medal for "Free To Be: A Novel." She began her teaching career as an elementary school teacher and later became a school library media specialist in 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 Freedom through Fiction: "Free To Be, a Novel," p. 16

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

After the Great Fire of 1901: Edward Waters College and Cowford Chophouse, p. 24

Explore More: Your Parks and Other Timeless Treasures, p. 19
Museum of Southern History: Politics from 1840 to 1865, p. 18
Ride Sharing: Get Up, Get Dressed, Show Up and Never Give Up!, p. 23

Jonathan Constantin received his medical degree from the University of Medicine and Dentistry of New Jersey. After a residency at Thomas Jefferson University Hospital he was appointed a cardiology fellow at Drexel University. Constantin is board certified in cardiovascular diseases, nuclear cardiology, echocardiography and internal medicine. His personal philosophy is that he is a resource charged with educating patients about their choices.

Nutrition and Heart Disease: Eat for Heart Health, p. 21

Arlene Dawson enjoys volunteering and RV travel in retirement. She has an avid interest in U.S. presidents. Dawson also enjoys playing bridge and the many rewards of being a member of OLLI at UNF.

Explore More: Rolling with the St. Johns River, p. 25

Diane Dyal is a Jacksonville native who enjoys the outdoors. In 2001, she was fortunate to be involved in the formation of Untamed Adventures, an outdoor adventure group for women. Prior to retiring, Dyal worked in management with Frank Griffin Motors for more than 30 years.

Explore the Beaches Museum and History Park, p. 26

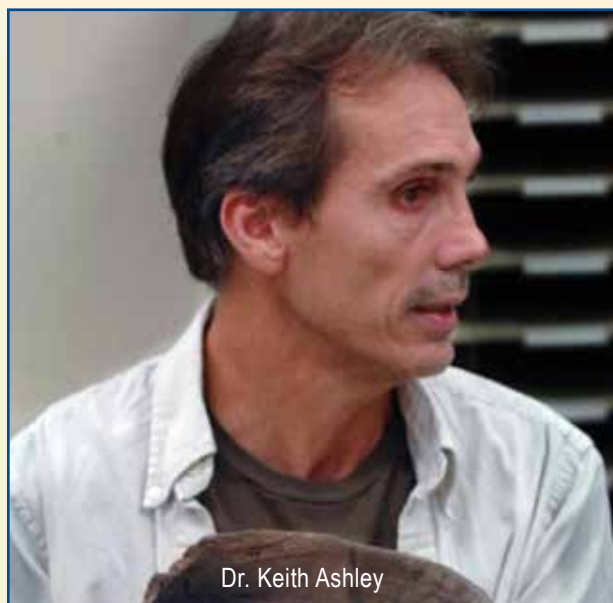
On the Move: Get to Know the North Florida Transportation Planning Organization, p. 17

Richard Eason served 32 years with the U.S. State Department, most of them overseas, including 12 years in the Middle East. He has had a lifelong love of literature and history and has taken many college courses in those fields.

Brilliant Lights in Northern Gloom: The Renaissance in Northern Europe, p. 23

Christopher Emmanuel is director of infrastructure and governance policy for the Florida Chamber of Commerce and leads Autonomous Florida. He advocates for transportation, utilities, energy and technology policy at the local, state and federal levels. Emmanuel sits on the Florida transportation plan and strategic intermodal system committee and the U.S. Chamber of Commerce's autonomous vehicle working group. A graduate of the University of Florida and Florida State College of Law, he is a member of James Madison Institute's board of advisors.

The Autonomous Revolution is Coming: Florida Leads the Pack in Driverless Deployment, p. 28



Dr. Keith Ashley

Photo courtesy of Spinnaker Media

Cari Eyre completed undergraduate work at California State Polytechnic University before earning an M.Ed. in educational leadership at UNF. Her focus was Alzheimer's outreach and community education. Eyre also completed a post-graduate professional program in geriatric care management at the University of Florida. Her experience includes hands-on care and service as director of a local assisted living memory care neighborhood. Eyre is associate director of programs for the Alzheimer's Association in the North Florida region.

Understand Alzheimer's and Dementia, p. 16

Ibrahim Fahdi joined the First Coast Cardiovascular Institute (FCCI) team in 2018. In 1992, he received his doctorate in medicine from Aleppo University Faculty of Medicine in Aleppo, Syria. Fahdi completed postgraduate fellowship training in cardiovascular disease at the University of Arkansas for Medical Sciences in 2004. He has worked as a cardiologist in Florida and Alabama for 14 years. In addition to a dedication to patient care, Fahdi held academic appointments at Florida State University and University of Arkansas for Medical Sciences. The latter appointment included 14 years of service as adjunct clinical associate professor of medicine.

Prevent Heart Disease, p. 22

Nada Frazier is a certified end of life doula, trainer and consultant. She is founder of The Sacred Servant (thesacredservant.com). A member of the National End-of-Life Doula Alliance, Frazier facilitates the Death Café of Northeast Florida. She serves as spiritual leader of Unity of Jacksonville Beach. Frazier is an inspirational speaker, hospice spiritual care volunteer, mediator, published author and Florida registered paralegal. She enjoys spending time with her family and in nature. Frazier never met a rock or a stone she did not love.

Live Consciously by Exploring Death: A Death Doula's Guide, p. 21

Sondie Frus has a passion for traveling and recording her memories using Shutterfly. She uses advanced techniques to create unique books and tell her grandchildren stories they will enjoy. Her goal is to inspire others to do the same.

Create a Shutterfly Photo Memory Book, p. 28

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. She created works for major hotels and spas, as well as the North Lake College station of the Dallas Area Rapid Transit system. Fulmer's latest endeavor is "Birds Wearing Clothes: Picture Book Full of Humorous Silly Birds" featuring her collages.

Cheap Art, p. 24

Ellarwee Gadsden earned a bachelor's degree in philosophy from Howard University, an M.S. in social work from Columbia University and a Ph.D. in social work from Simmons College. She has worked extensively in the fields of child welfare, substance abuse, HIV/AIDS and social welfare policy. Gadsden was director of social services for the city of Worcester, Massachusetts, and co-director of that state's Office of Foster Care Review Appeals. She has taught undergraduate and graduate classes at colleges and universities along the eastern seaboard, from Boston to Baltimore. Gadsden retired from Morgan State University where she headed the social welfare policy and substance abuse course sequences.

Understanding Substance Abuse: What Do You Think and What Do You Know?, p. 21

Julie Giuliani is a retired executive dean from Florida State College at Jacksonville. She has more than 30 years of leadership and management experience in higher education and business training. Giuliani has a master's degree in human resource development and training and a doctorate in adult education and administrative and policy leadership. In 2010, she was selected to attend a postgraduate studies program at Harvard School of Education Management and Leadership Institute. Giuliani has taught business and communication courses in a variety of instructional modes including programs especially designed for online delivery. She serves on several OLLI teams including the instructor support team.

A Broad Brush with Salvador Dali and Frida Kahlo, p. 26

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

Quantum Mechanics and the Periodic Properties of the Elements, p. 23

Carolyn Godwin has several passions including Apple products and making things. A native Floridian, she has owned her own businesses, served as a school administrator and enjoyed more than 30 years of gleaning computer knowledge. Godwin purchased one of the first Macintosh computers in 1984 and has loved all things Apple ever since. Leisure hours inspire her to return to her family roots by working on creative projects. Jewelry making became Godwin's favorite pastime in 2000. She finds the simple, elegant craft of weaving chain especially soothing. Godwin has a B.S. in textiles and merchandising.

Apple Users Group, p. 20

INSTRUCTORS

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

A Brief History of Chocolate, p. 7

Spanish Florida: A Historical Overview, p. 7

Scott A. Grant is known for his lively, detailed presentations about infamous events in local history. He is also an excellent chess player and a successful business owner. Grant studied economics and history at Cornell University before working on Wall Street and earning a law degree from Rutgers University. He moved his family and investment business, Standfast Asset Management, to Ponte Vedra Beach 12 years ago. By day, Grant handles nearly \$90 million in private investments. When he has free time, he researches his next history topics in museums and libraries.

From Molly Hatchet to Burning Bras, p. 13

Invest in Your Grandchildren's Future: Own Great American Companies, p. 13

Rory Gregg is passionate about working in the healthcare industry as a licensed agent for Humana and thrives daily by serving his members. He is a Medicare expert and holds national and state licensing for health, life and annuities.

Medicare 101, p. 12

Protect Yourself from Scams, p. 13

Social Security Checklist, p. 10

Samuel Hart is a retired career diplomat who has taught OLLI at UNF classes since 2011. He was also trained as an economist and a soldier. Hart's presentations and current events discussions draw on his academic background and experience in foreign affairs.

Diplomacy and the Making of U.S. Foreign Policy, p. 10

Eric Haeseler is a retired naval officer with a professional background in property and casualty insurance. His expertise encompassed underwriting, sales and claims. Haeseler received his bachelor's degree in history and government from Waynesburg University.

Beaches Legends, Liars and Lagers: A Walking Tour, p. 11

Discover Sally Corporation, p. 15

Derek Boyd Hankerson conducts primary research, publishes and presents programs on American history including topics on the African diaspora, the great migration on Africans in the new world, and Florida's rich international, multi-cultural history. In 27 years of government service, he served in the administrations of Ronald Reagan, George H. W. Bush and George W. Bush. Hankerson also worked for the state of Pennsylvania and the St.

Johns County Board of County Commissioners. He is a founding member and producer of Freebooters Productions (FRP), an independent film and digital production company in St. Augustine. For the last 17 years, Hankerson has created marketing campaigns as well as produced and co-produced documentary films. His educational training and curriculum programs include topics related to the Gullah-Geechee cultural heritage and the Underground Railroad that brought enslaved peoples to Spanish Florida. In addition, Hankerson is a catalyst connecting the First Coast to Fort Mose, the National Park Service Underground Railroad Network, Freedom Project and the Gullah-Geechee Cultural Heritage Corridor. He continues to work on documentary film projects, film festivals and publications.

Gullah-Geechee: Florida's Southern Route to Freedom, p. 7

Rebecca Harkness received her degree in rehabilitative services from Florida State University. She earned a license as a certified senior advisor and currently specializes in senior living for Oasis Senior Advisors. Harkness enjoys helping others navigate the maze of options.

Senior Living: It's Not Just for Old People, p. 22

Susan Harnett is a medical information services librarian at the University of Florida. She has more than 10 years of experience in the field. Harnett's research interests focus on health literacy and consumer education. Harnett's goal is to encourage all to participate in their health through information and understanding.

Independently Healthy: Leverage Online Information to Improve Healthcare Knowledge and Communication, p. 16

Madeline Jorgensen is a founding member of OLLI at UNF. She served on its advisory board and led its Activities Committee. Jorgensen is passionate about organizing interesting field trips for OLLI members, and continues to serve on the ED-ventures team.

Wine and Dine in France at Publix Aprons Cooking School, p. 17

Bob Kastner, a New Jersey native, was U.S. Navy Quartermaster for six years. He retired after serving 37 years as plant manager for Equistar Chemicals, a distilled spirits plant that packages and distributes ethyl alcohol, denatured alcohol and industrial solvents. Kastner and his wife, Cynthia, moved to Jacksonville in 2004. He volunteers at TPC's annual tournament and as a TPC Sawgrass storyteller. Kastner ushered at the Florida Theater and the Baseball Grounds. He enjoys golf, travel and outdoor activities.

Explore the Beaches Museum and History Park, p. 26

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

Genealogical Research in Your Bedroom Slippers, p. 23



Maureen Kirschhofer began her working career as an art teacher in Buffalo, New York, after completing her B.F.A. at the University of Rochester and an M.S. in art education at the State University College at Buffalo. In 1981, she began a new career as an insurance agent for the Paul Revere Company. A Chartered Life Underwriter since 1991, Kirschhofer has had a distinguished career in insurance and financial planning. She has held many positions and received many honors on local, state and national levels, including president of the Jacksonville Society of Financial Planners.

Studio Painting: Oils and Acrylics, p. 11

Janet Kuchler writes with the nom de plume Janet Cooper. She has published four novels that are currently available on Amazon; "Loving My Enemy" and "Independence" are historical romances; "Another Chance" is a time-travel romance; and "Secrets in the Lowcountry" is a mystery romance. In childhood, Kuchler's sisters remarked that she couldn't distinguish between the truth and fiction. She thinks that was very good beginning for a fiction writer.

I Want to Write But How Do I Start?, p. 8

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 departments. Kuhnel has also taught at Seattle University, Mount St. Paul College and Loyola University in New Orleans. Prior to retiring, he held a variety of administrative positions in the Catholic Diocese of St. Augustine. Kuhnel currently serves as senior theologian at a parish and provides small group seminars on biblical and theological topics. 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 Gospel of Thomas: Alternative or Suppressed Text?, p. 20

Bill Laird is one of only 1,300 individuals nationwide to hold both the Certified Financial Planner™ (CFP™) certification and Chartered Financial Analyst® (CFA®) designations. 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 17 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. Laird is married with two children and lives in Clay County.

Mastering Retirement: The Keys to Success after Your Retirement Date, p. 18

Joyce Lasch, a Jacksonville resident since 1995, joined OLLI at UNF in 2008. She previously resided and received her degrees in Pittsburgh, Pennsylvania, and in the Maryland suburbs of Washington, D.C. Lasch's passions are fitness, nutrition and health. She continues to stay active as a group exercise instructor and yoga teacher.

OLLI Book Club, p. 26

Bill Lazar is executive director of the St. Johns Housing Partnership, a private nonprofit organization dedicated to providing affordable housing services to low income households. He is a licensed Florida residential contractor and a Certified Aging in Place Specialist through the National Association of Home Builders. Lazar has 30 years of experience managing housing services that are designed to help others to live independently and with dignity. He specializes in green building renovations that integrate accessibility modifications with energy and water conservation that promote affordable living.

Home Design Concepts for Successful Aging in Place, p. 12

Christine Lewitzke moved to Jacksonville after retiring 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.

Beaches Legends, Liars and Lagers: A Walking Tour, p. 11

Ride Sharing: Get Up, Get Dressed, Show Up and Never Give Up!, p. 23

Roshan Massey was born and educated in India. After completing his MBA in England, he spent most of his working life in Australia. Massey 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.

Travel: Monasteries of Bhutan, Nepal's Glorious Mountains and the Magic of India, p. 22

INSTRUCTORS

Hope McCharen is a native New Englander. After relocating to Jacksonville in 1985, she developed an appreciation for the area's history and natural beauty. McCharen enjoyed many ED-ventures before joining the team. ED-ventures satisfy her curiosity and connect with her passion for education.

After the Great Fire of 1901: Edward Waters College and Cowford Chophouse, p. 24

Patrick McCormack received his B.A. from the University of Massachusetts at Dartmouth with a dual major in psychology and sociology emphasizing research and analysis. In retirement, he pursues a second career as a history lecturer on cruise ships and through the Jacksonville Public Library system. McCormack's topics include pirates, the Maya, Caribbean history, Atlantis and the Bermuda Triangle. He is a member of the American Association for the Advancement of Science, the Archaeological Institute of America, the Florida Anthropological Society, Institute of Maya Studies and the St. Augustine Archaeological Association. McCormack's motto is "always question history even when it is written in stone."

The Golden Age of Piracy, p. 17

Bryan McKersie received a Ph.D. in biology. He was a professor for 20 years at University of Guelph, Canada. McKersie left academia to work with BASF in North Carolina for 15 years where he managed international research projects in plant biotechnology. In retirement, McKersie writes about research project management.

CRISPR and the Gene Editing Controversy, p. 11

William McMahan received his M.F.A. in printmaking from Indiana University. After moving to Jacksonville in 2012, he began teaching at the Art League of Jacksonville (ALJ). McMahan currently manages and teaches at the Murray Hill Art Center for ALJ. He offers a variety of drawing classes at San Marco's Reddi Arts and the Cultural Center at Ponte Vedra Beach. McMahan produces drawings and etchings in surrealist and representational styles. He is currently working on a series of abstract pen and brush drawings.

Make Still Life Drawings in Colored Pencil, p. 26

Marcia Mederos grew up around North Texas lakes where she enjoyed boating and fishing. Her move to Jacksonville 20 years ago has enabled her to boat up and down the mighty St. Johns River, an entirely different experience. Both the river and OLLI at UNF are treasures that Mederos feels fortunate to support.

Explore More: Rolling with the St. Johns River, p. 25

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

Current Events, p. 23

Edward Mickolus says he snuck off with a Ph.D. from Yale University before they noticed it was missing. He was a CIA analyst, operations officer and manager for 33 years. Mickolus taught creativity and other techniques at the CIA, the FBI Academy and other federal agencies. He runs Vinyard Software Inc. and authored 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.

Meet Your OLLI's Authors, p. 12

Jen Jones Murray is marketing and community services coordinator for UNF's Thomas G. Carpenter Library. An advocate for education, culture and the arts, she was director of the Jacksonville International Airport art program; she managed its rotating exhibitions and coordinated the commission of permanent large-scale, site-specific, public art for the Jacksonville Aviation Authority. Murray has a B.A. from UNF and founded its Art in the Library Program. She has more than 20 years of experience leading arts businesses, place-making organizations and community-based programs. Murray received the University of North Florida Outstanding Alumni Award in 2009, Jacksonville Business Journal's Top 40 Under 40 Award and Outstanding Neighborhood Business Leader by Riverside Avondale Preservation. The last award recognized her as the president of the Avondale Merchant Association for leading that historic neighborhood through its most recent restoration.

Art in the Library: Your VIP Tour, p. 28

Sue Lamb Myers has been an enthusiastic practitioner of Tai Chi for more than 12 years. She has experience with numerous Yang style tai chi forms and the Cheng Man-ch'ing sword form. Myers studied with master instructors Ken Lo, Sam Tam, Liu Peng and Ken Van Sickle.

Tai Chi for Health and Vitality, p. 10

Tai Chi for Your Aching Back, p. 10

Andrew Nagorski, an award-winning journalist, was born in Scotland to Polish parents and moved to the U.S. as an infant. During a long career at Newsweek, he served as the magazine's bureau chief in Hong Kong, Moscow, Rome, Bonn, Warsaw and Berlin. Nagorski is the author of six books including "Hitlerland" and "The Nazi Hunters." His newest book, "The Year Germany Lost the War: 1941," will be published by Simon and Schuster in May 2019. Nagorski's work has appeared in countless publications, including The Wall Street Journal, The New York Times and Foreign Affairs. He lectures extensively in the U.S. and abroad.

The Nazi Hunters, p. 8

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.). O'Shields 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. He enjoys riding his bicycle, practicing yoga and being a grandfather.

Disease, Disasters and Catastrophes: Their Effects on History, p. 10

OLLI at UNF Instructor Support Team comprises Rita Brodnax, Julie Giuliani, Bob Rothberg and Nancy Sticht. All are seasoned educators with a passion for OLLI and encouraging more members to share their passions with fellow members.

Ignite the Spark! Share Your Passion with Your Fellow OLLI Members, p. 27

Paula Parker moved to Jacksonville from Ohio. She taught in Florida, North Carolina and Ohio after receiving a Ph.D. in chemistry from The Ohio State University. Parker was active as a volunteer for nearly two decades during her childrearing years. She subsequently taught first-year college level chemistry. Students in those courses included a number of nursing and nutrition students.

The Chemistry of Cooking, p. 20

The Material World: From Cavemen to Alchemy to the Atomic Age, p. 16

Bryce Pfanenstiel embraced his midlife crisis more than six years ago when he and Adam Dukes launched a 3D printing business. He focuses on local access to the latest technological developments. Pfanenstiel's motto is, "you can't make America great again without making people create again." See his latest projects at forgejax.com.

3D Printing: Make Stuff That Matters, p. 24

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

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

Harry Reagan came to Jacksonville in 1967 as an investigative reporter at WJXT TV-4. He soon became editorial director, researching and presenting the nightly editorials for more than 20 years. Reagan served five years as an at-large member of the Jacksonville City Council and eight years handling public information for the Jacksonville Sheriff's Office. He has been a

member of the Jacksonville Historical Society for many years and served as its president for five years. Reagan is also involved with numerous volunteer activities, including Friends of the Jacksonville Public Library.

50 Years of Jacksonville History: Journalism, Media and Politics, p. 13

Aaron P. Robles received both his B.S. in exercise physiology and fitness management and M.P.T. from the University of Delaware. He is certified as a functional manual therapist through the Institute of Physical Art and specializes in manual spinal and sports rehabilitation. Robles has experience working with Olympic and professional athletes. He owns Innovative Physical Therapy in Jacksonville and John Goetze Physical Therapy at the beaches.

Aging Doesn't Have to Equal Pain, p. 28

Annie Rodriguez, M.Ed., is a social justice and institutional change trainer and consultant. Her work represents a unique blend of community organizing, teaching and organizational development consulting. Rodriguez works with institutions, organizations and community groups across the country to positively influence racial identity consciousness, social justice and anti-racist change. She is passionate about eliminating racial and social inequity.

Understand the Construction of Racial Inequity in the U.S., p. 14

David Sacks has practiced yoga and meditation daily since 2010. He completed the Mindfulness Based Stress Reduction (MBSR) course developed by Jon Kabat Zinn and the University of Massachusetts Medical School's Center for Mindfulness. Sacks also completed program's mindfulness tools, a teacher training intensive program and several retreats.

Mindfulness Workshop: Start or Enhance Your Practice, p. 28

Jayant D. Sathe was born in India and came to the U.S. at age 21 to pursue a graduate degree in engineering. He lived abroad in three countries while working for a multinational consumer products company.

All about Coffee, p. 13

Robert Schiffner holds a B.S. in engineering from Pennsylvania State University 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 retiring, Schiffner worked 25 years for PriceWaterhouseCoopers 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 International Special Olympics competitions. Schiffner has taught at several community colleges and is currently on the staff at Embry Riddle Aeronautical University and at St. Johns River State College.

Travel Tale: An Elegant Safari in South Africa, p.16

INSTRUCTORS

Kathy Scott was an insurance broker for 35 years. Soon after retiring, she became involved with OLLI at the University of Georgia and loved it. When Scott and her husband decided to move to Jacksonville to be near grandchildren, she was happy to find OLLI at UNF. Scott volunteers with the Explore More and instructor liaison teams. She has found the OLLI programs to be incredibly fulfilling and fun. Scott enjoys the outdoors, art, culture and all of the interesting sites in the region.

Explore More: Your Parks and Other Timeless Treasures, p. 19

Merrill Shapiro attended the Jewish Theological Seminary of America in New York until he was selected to do research in Jewish education for the Melton Institute at Ohio State University. He completed his rabbinic studies as a Jewish agency scholar at Hebrew University and served as a visiting scholar at Israel's Yad Vashem Holocaust Memorial in Jerusalem. Shapiro has served congregations in Columbus, Ohio; Richmond, Virginia; Orlando; and Palm Coast, Florida. He was adjunct faculty at the University of Central Florida, has taught Road Scholar courses at Stetson University and currently serves as instructor of the Old Testament at St. Thomas Episcopal Church in Palm Coast. Shapiro is the immediate past president of the Board of Trustees of Americans United for Separation of Church and State, president of the St. Augustine Jewish Historical Society, president of the Democratic Club of Flagler County and past president of the Orlando and Richmond Virginia Boards of Rabbis. He and his wife, Robyn, have two daughters and five grandchildren.

The Jewish War, p. 18

Roger Smith received a Ph.D. in early American history and Atlantic world studies from the University of Florida in 2011. He received the Aschoff Fellowship Dissertation Award and the Jack and Celia Proctor Award in Southern History for his work on the American Revolution in the southern colonies. Smith now represents Colonial Research Associates and speaks nationally on his Revolutionary war research. Smith provided consultation for the AMC television series "Turn" and appears on the PBS series "Secrets of the Dead: The Secrets of Spanish Florida." He serves on the national committees for education, history and historic sites as well as celebrations for the Sons of the American Revolution (S.A.R.). Smith received a national award from the S.A.R. for "furthering the preservation of United States history and its traditional teachings in our schools."

The 14th Colony: The American Revolution's Best Kept Secret, p. 7
Hope of Freedom: Southern Blacks and the American Revolution, p. 22

Women of the American Revolution: Lost Voices of America's First Generation, p. 23

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

Intermediate Mah Jongg, p. 21

Kathy Stark, a Jacksonville native, is a painter who specializes in watercolors and oils. She is a member of Southlight Gallery, a collaborative space in the city's downtown core. Stark's work has been collected both privately and corporately and exhibited in museums and galleries in Northeast Florida. Her book, "The Wilderness of North Florida's Parks," combines her expansive watercolor paintings with sketches, historical facts and maps to create a unique blend of art and educational resources. The book is both a tribute and guide to the great unspoiled stretches of our region.

One Artist's Mission: Capture the Wilderness Beauty of North Florida's Parks, p. 8

Susan Swiatosz has been an archivist for more than 15 years. After a career in historic preservation in New York City, she received her MLIS at Pratt Institute in 2003 with a focus in archives and records management. Swiatosz was awarded both the George Simor Merit Award in Archival Management and the Pratt Circle Award for Outstanding Academic Achievement. She worked for several years in the Washington D.C. area with an archival consulting firm. After returning to her home state of Florida in 2005, Swiatosz served as a children's librarian in Broward County, archivist at the Flagler Museum in Palm Beach, and most recently archivist at the Boynton Beach City Library. She is active in regional and state archival groups including service as president of the Society of Florida Archivists. Swiatosz is the head of special collections and university archives at UNF. She holds a BA in history from Colorado State University and an MS in historic preservation from Columbia University.

Behind the Scenes: Tour UNF Library's Special Collections and University Archives, p. 22

Jim Sylvester holds a doctorate in biochemistry. He is emeritus principal research scientist at Nemours Biomedical Research and professor of biochemistry and molecular biology at Mayo College of Medicine.

Human and Molecular Genetics: A Course for the Layperson, p. 7

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

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).

Five Big Questions, p. 28

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

Share Your Vacations with PowerPoint Presentations, p. 16

Amanda Videll is public affairs officer for the FBI's 40-county Jacksonville division. She has 20 years of communications industry experience. Videll was a lead investigative reporter for CBS 47 and Fox 30 Action News in Jacksonville. She was a digital media producer for the Florida Times-Union and Jacksonville.com. Videll has held a variety of positions in public relations, marketing and film production.

Don't Be a Sucker! Advice from the FBI, p. 12

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

Texas Hold'em Poker for Beginners, 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.

21st Century Geography, p. 8

Rachel A. Weinstein holds a bachelor's in applied health science and a master's in education with a specialty in counseling and counselor education, both from Indiana University. She spent the early part of her career as a general psychotherapist in Pennsylvania before moving to California to specialize in grief, loss and life transitions. Weinstein's passion is providing individual support, healthcare advocacy and public education, especially for those whose needs are overlooked and underserved. She works at Baptist Health's AgeWell Center for Senior Health and has a private practice focused on supporting grief, loss and life transitions.

Getting Through Grief – Myths, Realities and a Practical Guide Toward Healing: Part II, p. 20

Anthony Whiting is a professional artist who worked internationally as an architect and recently devoted himself to painting and teaching. His paintings are inspired by nature in all its forms. Whiting was the recipient of the first prize in Jacksonville's brAIDS ARTreach 2006 and was selected as the signature artist the following year. He also received the best of show award in 2013 at the Art-On-The-Green exhibition. Whiting exhibits his work in the U.S., England and France. He was recently honored as one of the top nine art teachers among nearly 180 in Jacksonville.

Painting with Acrylics: Workshops for Beginning and Intermediate Students, p. 22

Gary Whiting is a freelance photographer, instructor and naturalist who specializes in wildlife and landscape images. His vision is to capture uncommon moments that create unique works of art. Whiting is a photo contest judge who also offers private photography and editing instruction as well as website consulting for anyone wanting to preserve and share their images. Whiting is a certified UF/IFAS Florida master naturalist. In that role, he works to help the public understand environmental sustainability, connectivity and biodiversity in Florida's natural world. Whiting has conducted numerous seminars for camera clubs and bird conservation organizations across Northeast Florida. He is on staff at Wild Birds Unlimited.

Editing with Photos for Mac: An Introduction, p. 18

Get More from Your Camera: A Travel Photography Workshop, p. 16

Learn to Blog with WordPress, p. 12

Photographer's Walkabout in a Butterfly Rainforest, p. 15

Raymond Wong emigrated from China to the U.S. with his family. His professional career was devoted to promoting Asian diversity in industry and the federal government. Wong was Asian diversity chair for two federal agencies and sponsored numerous diversity initiatives for which he received a prestigious commendation.

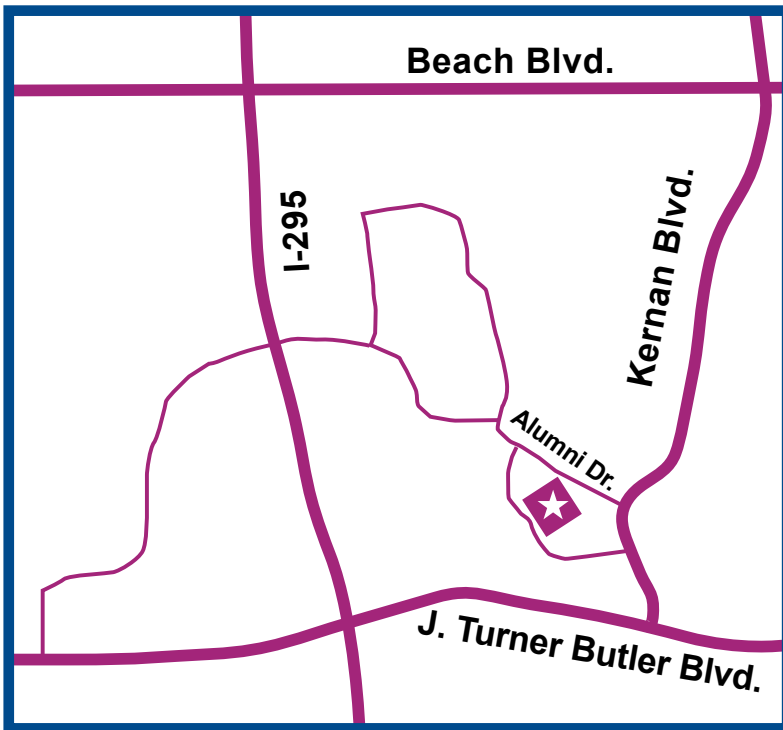
Celebrate Chinese Culture: An Interactive Workshop, p. 21

Andrea Zbiegien began her career as an educator. After moving from Brunswick, Ohio, to Brunswick, Georgia, in 1987, she continued to work in education as a consultant providing teaching methodology workshops. Zbiegien enjoys creating interesting and stimulating field trips as learning immersion experiences. She expresses her appreciation of the great outdoors and travel through creative endeavors including poetry. Encounters with amazing OLLI members encouraged Zbiegien to get involved as a volunteer.

Museum of Southern History: Politics from 1840 to 1865, p. 18



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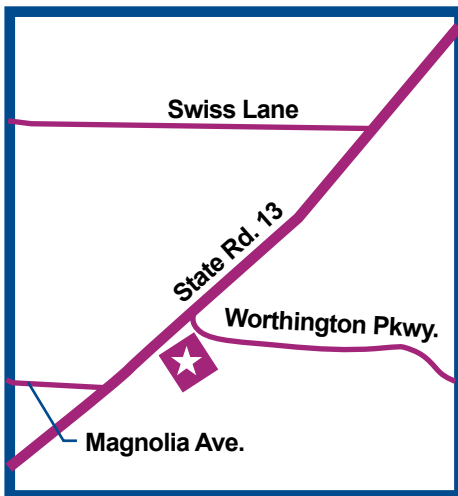


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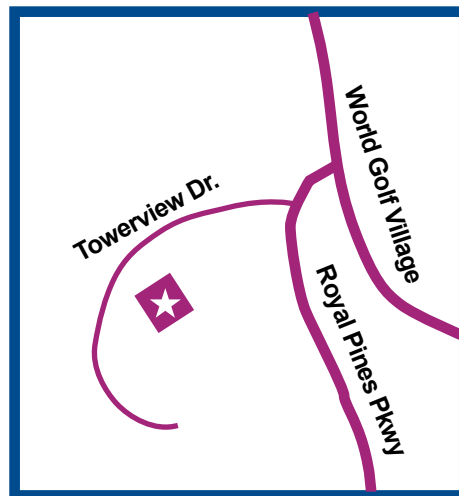
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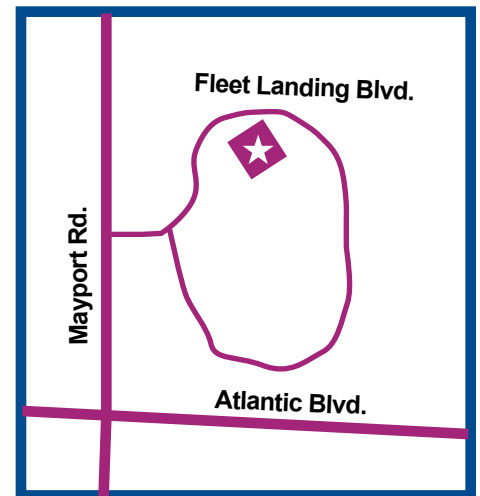
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Cancellation requests must be received prior to the first day of class in order to receive a 90% tuition refund.* Your tuition may be transferred to a future class that occurs prior to June 30, 2019, but only immediately upon your cancellation. No refund or transfer requests will be accepted after the start of a class or if you do not attend. In the event we cancel a class, students will be contacted by email or telephone and given the option to transfer to another class or receive a 100% refund.

*10 percent administrative fee is retained by the University.

OLLI ED-ventures and Explore More programs are nonrefundable.



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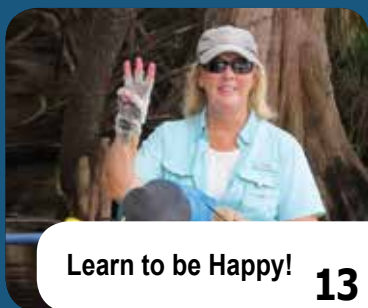
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