

OSHER  
LIFELONG  
LEARNING  
INSTITUTE

WINTER 2019  
COURSE CATALOG



Division of Continuing Education

# Learning is Life's Greatest ED-venture

More than education, ED-ventures take you out of the classroom and into the action.



Russian Meddling:  
An Old Practice

6



Native Plants are  
for the Birds

9



Bold Bean Roasters:  
Tour and Taste

11



Safeguard Your  
Foot Health

28

**Affordable classes, activities and community for those 50 and better.**



# 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](mailto:liz.iglesias@unf.edu).



University Development and  
Alumni Engagement



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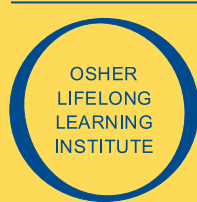
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## OLLI Courses

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then listed in the following order:**

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  
Helene Kirkpatrick, Member Engagement Coordinator

## PARTNER ADVISERS

Holly Cabutto..... Westminster Woods St. Augustine  
Jim Carpenter ..... Westminster Woods St. Augustine  
Rebecca Tudor ..... Fleet Landing  
Janice Richardson.. Vicar's Landing  
Elaine Smith ..... Westminster Woods on Julington Creek

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Glenn Hansen, Program  
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Peggy Schiffrers, 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 St. Augustine

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

**NEW!**

### Russian Meddling: An Old Practice

Thursdays, Feb. 21 – March 14,  
10:30 a.m. to noon 4 sessions, \$35

Maximize your understanding of Russian intelligence services over the last century. Focus on disinformation and deceptive operations directed against the West. Instructor provides helpful readings to enhance your understanding. Your questions and perspectives are welcome in this lecture and discussion class. An interest in current events and history is all that's required.

**Instructor:** Joseph L. Warner, p. 38

**NEW!**

### Healthy Living for Brain and Body

Tuesdays, April 9 – 16  
1 to 2:30 p.m. 2 sessions, \$30

Identify motives to take better care of yourself as you age. Learn what influences neuroplasticity and brain performance. Understand risk factors for neurocognitive decline. Develop strategies to age well

through physical health and exercise, diet and nutrition, cognitive activities and social engagement. Your active participation is welcome.

**Recommended:** Instructor-provided workbook

**Instructor:** Cari Eyre, p. 31

## Westminster Woods on Julington Creek

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

**NEW!**

### Thomas Jefferson's Human Side

Fridays, Jan. 18 – Feb. 22  
10:30 to 11:30 a.m. 6 sessions, \$50  
"Determine never to be idle." Jefferson's quote summarizes his inquisitive personality and outlook. Accelerate your appreciation of his brilliance and accomplishments. Examine his family background and boyhood. Investigate his public and private writing. Consider his views on education and slavery. Study Monticello, his remarkable home, to fully grasp his genius for architectural design and construction. Your interest is all that's required to participate in this lecture and discussion class.

**Instructor:** Reid Eikner, p. 31

## Fleet Landing

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

**NEW!**

### Morality, Justice and Society: Exercises in Public Philosophy

Thursdays, Jan. 17 – Feb. 21  
2 to 3:30 p.m. 6 sessions, \$50

Maximize your understanding of the variety of perspectives regarding justice and morality as well as their relevance on your experience of the world today. Examine hypothetical scenarios related to organ transplantation, torture, price gouging and concepts of a good life among others. Course format encompasses presentations and moderated discussion focused on awareness and acceptance of differences in reasoning. If your mind is actively engaged in analyzing our world and wondering how to better it, this class is for you.

**Instructor:** Jelena Gill, p. 32

**NEW!**

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

Friday, April 12  
2 to 3:30 p.m. 1 session, \$20

Immerse yourself 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 "The Wilderness of North Florida's Parks"

**Instructor:** Kathy Stark, p. 37



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

### NEW!

#### **Does Capitalism Have a Future?**

Jan. 14 – Feb. 25, 11:30 a.m. to 1 p.m.  
(No class Jan. 21) 6 sessions, \$50

Of course it does. Yet the reality is far more complicated than you think. Capitalism is a system. All systems have life cycles. No system is eternal. Examine the system's rules. Analyze the system's stages from birth and maturity to structural crises that may signal decline.

**Instructor:** Vladimir Ganine, p. 32

### UPDATED!

#### **Mastering iPhone or iPad Photography**

Jan. 14 – Feb. 11, 11:30 a.m. to 1 p.m.  
(No class Jan. 21) 4 sessions, \$40

Master your iPhone or iPad camera. Learn to take the best pictures possible. Review basic tips. Focus on free or inexpensive apps that maximize built-in capacity. Learn to edit and enhance your pictures and videos using free apps including Apple's and Adobe's versions among others. Advance your proficiency in photo organization. Explore a variety of storage options. Understand how to transfer photos to your computer. Bring your device to

this see-and-try class. Your instructor provides helpful notes and handouts.

**Required:** Basic iPhone or iPad knowledge

**Instructor:** John See, p. 36

### NEW!

#### **Experimental Painting: More Dancing Brushwork**

Jan. 14, 1 to 4 p.m.  
1 session, \$30

Maximize your creativity by learning how to use each brush. Paint a landscape, a floral and a colorful abstract in the same session! Your instructor provides printed instructions as well as personalized feedback in a supportive environment. Wear old clothes and bring an apron.

**Required:** \$20 materials fee payable to instructor for paper and small boards to paint on, sponge, pallet knife, paint; student-supplied scissors, brayer, paper towels, spritz bottle

**Instructor:** Bonnie Yales-Gibson, p. 38

### UPDATED!

#### **Master the Masters: Adventures of a Symphonic Detective**

Jan. 22 – June 3, 1:30 to 3 p.m.  
(Dates vary, no class Mon., Jan. 21)  
7 sessions, \$55

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. Put each performance under a microscope each Monday prior to the weekend concert. Begin with analyses of the programmed works. Focus on the composers and their compositions. Each week a guest musician makes a cameo appearance, plays for you and answers your questions. Bring the music to life in this lively, highly interactive class.

#### **SCHEDULE:**

Tuesday, Jan. 22: Don Giovanni

Feb. 11: Daphnis and Chloe

March 11: Verdi's Requiem

April 1: Rachmaninoff Symphony No. 2

April 22: Mozart's Jupiter

May 13: Brahms Symphony No. 1

June 3: Season Finale! Mahler 5

**Instructor:** Lynne Radcliffe, p. 35

**The University  
of North Florida  
and its Osher  
Lifelong Learning  
Institute are  
committed to  
promoting equal  
opportunity and  
fostering diversity.**



## NEW: ED-VENTURE

### A Closer Look at UNF: Sculpture Walk with Professor Jenny Hager-Vickery

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

1 session, \$30

(Fee includes UNF parking pass)

CNN anchor Wolf Blitzer commended UNF as the prettiest campus he'd ever visited. UNF is acclaimed for both its sensitively managed natural environment and contemporary LEED-certified buildings. Transform your appreciation of your campus. Take a detour to experience the public art that adorns it. All can be touched. Some even serve as bicycle racks. Visit the Osprey fountain and statue, a beloved site for meetups and photo ops. Move to the Peace Plaza featuring large scale sculptures of icons Mahatma Gandhi and Rev. Martin Luther King, Jr. Sculpture professor Jenny Hager-Vickery is your expert guide. She introduces you to works that are little known and little seen by the public-at-large. Learn about the faculty and students who maintain a commitment



to keeping UNF one of the most artistically diverse campuses in the State University System (SUS). Comfort stops are readily available. Transportation is on your own.

**Required:** Dress for the weather including walking shoes, mobility to walk about a mile including on uneven walkways, stand for 1.5 hours, embark and disembark shuttle bus

**Recommended:** Bring water bottle

**Coordinator:** Laurel Conderman, p. 30

## NEW!

### Disease, Disasters and Catastrophes: Their Effects on History

Jan. 28 – Feb. 25, 9:30 to 11 a.m.

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

## UPDATED!

### Make Unique Pillow Covers for Gifts and Décor

Jan. 28 – Feb. 11, 9:30 to 11 a.m.

3 sessions, \$35

Make distinctive pillow slipcovers for all occasions and every décor. Design a unique pillow for a birthday,

a special occasion or a hard-to-match sofa. Incorporate vintage keepsakes, use conventional and unusual materials. Learn basic construction techniques. Your instructor shares examples. The only requirement is your interest in being creative. Sewing experience is a plus but not required.

**Note:** Do not purchase pillow forms or materials prior to the first class.

**Instructor:** Liz Leuthold, p. 34

## NEW!

### More Common Health Problems in People Over 50

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

1 session, \$20

Enhance your understanding of common health problems. Identify the symptoms and natural history of anxiety, atrial fibrillation, coronary artery disease, congestive heart failure and esophageal reflux. Your instructor answers your questions and provides helpful notes.

**Instructor:** Joseph T. Stepp, p. 37

## UPDATED!

### Getting Through Grief: Myths, Realities and a Practical Guide Toward Healing

Feb. 4 – 18, 1:30 to 3 p.m.

3 sessions, \$35

Grief is not only about death and dying but can also arise from loss or significant change in your life. No grief is too old or too new in order to address. Class format includes lecture, discussion and guided imagery. With your permission, your confidential submission of a personal challenge in grief is woven into general class discussion. Your willingness to listen and share contributes to the supportive environment. The class an opportunity for personal growth and resource sharing. It is not group therapy.

**Instructor:** Rachel A. Weinstein, p. 38



**NEW!****Was Ruby McCollum Guilty of Murder? Screen a Documentary about a Sensational Murder Case in the Jim Crow South**

Feb. 11, 10 a.m. to 1 p.m.  
1 session, \$30

On Aug. 3, 1952, Ruby McCollum, age 42, shot State Senator-elect, Dr. C. L. Adams in Live Oak, Florida. She fired her .32-caliber revolver four times before going home to warm a bottle of milk for her baby daughter. McCollum was the wealthiest black woman in Suwannee County, Florida. Her husband, Sam, ran the local numbers racket. Murdering the town's most powerful white man over a doctor's bill would seem the least likely crime she might commit. Was Ruby insane, or was the killing of Dr. Adams the last sane act of a woman whose wealth and status could not protect her from the blind indifference and humiliations of the Jim Crow South? Your instructor invites you to screen her award-winning 2015 documentary, "You Belong to Me: Sex, Race and Murder in the South." Learn how the topic was chosen and researched as well as funded and produced. Your interest in Florida history, civil rights or women's rights is all that's required to participate in this program about a little-known local case that changed history.

**Instructor:** Jude Hagin, p. 32

**NEW!****From Queen to Queen**

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

Which queen had a mysterious ring placed on her corpse? Which queen attended a ball topless? Who slept in her own coffin? Which king was euthanized? Which prime minister flagellated himself as penance for his sins? What was the scandal on Cleveland Street? Which king gave

Germany secrets in WWII? Sometimes the truth is more interesting than fiction. Gather to find out why.

**Instructor:** Harry Yoffee, p. 38

**NEW!****Native Plants are for the Birds**

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

Attract more birds to your yard and keep them coming back. Discover the importance of proper tree, shrub and grass selection. Enhance your bird and bird behavior identification skills. Your instructor, a master naturalist and expert photographer, shares a portfolio of stunning images he took in his yard. His wildlife photography tips are lagniappe for shutterbugs.

**Instructor:** Gary Whiting, p. 38

**NEW!****Apple iCloud**

Feb. 18 – 25, 11:30 a.m. to 1 p.m.  
2 sessions, \$30

Unleash your device's power. Accelerate your understanding of how iCloud and iCloud Drive work. Learn what the Files app can do for you. Consider popular cloud-hosted services including Amazon Drive, Dropbox, Microsoft OneDrive and Google Drive. Your instructor demonstrates applications and provides helpful resources.

**Required:** Basic iPhone or iPad knowledge, iOS11 or better installed on your device

**Instructor:** John See, p. 36

**NEW!****Explore Color Palettes for Watercolors**

Feb. 18 – April 8, 9:30 to 11:30 a.m.  
8 sessions, \$70

Learn how to create harmonious, expressive paintings with just six tubes of paint. Understand monochromatic, analogous, complementary and split-complementary palettes. Instructor reviews materials with you. Come prepared to paint on the first day. All levels of students are welcome. Course format includes lecture, demonstration, painting and discussion.

**Required:** One tube of each of the following M. Graham watercolor paints – quinacridone rose, cadmium red light, azo yellow, cadmium yellow (no light or deep), phthalo blue and ultramarine blue; a HB or H pencil, a ½-inch red see-through gridded ruler, a kneaded eraser, one Winsor & Newton off-white and nonpermanent masking fluid, a plastic color wheel (no paint colors), a clear sheet of red acetate to view values, a watercolor palette with lid and large areas to mix colors, 9-by-12 watercolor paper (Arches Hot Press recommended), Blick Masterstroke Golden Taklon for Beginners brushes (1/2- and 1-inch flat, numbers 6, 12 and 000 round), two large empty yogurt containers for water, paper towels, one package Mr. Clean fragrance-free sponges, one sheet Saral wax free graphite transfer paper and one small spray bottle

**Instructor:** Elaine Bergstrom, p. 29



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

## NEW!

### **Female Aviation Pioneers: Beyond Amelia Earhart**

Feb. 18 – March 11, 1:30 to 3 p.m.  
4 sessions, \$40

Discover the daring, motivated women who took to the skies. They set records and revealed the effective use of aircraft. Meet early aviators including those of the Wright brother's era. Learn which aviatrix started a cosmetic company and which had ties to Jacksonville. Your perspectives welcome in this lecture and discussion class.

**Instructor:** Terry Jones, p. 33

## NEW!

### **River Sunset Photography Workshop and Photographer's Walkabout**

Feb. 25, 11:30 a.m. to 1 p.m.  
**Field Trip:** March 4, 6 to 8 p.m.  
2 sessions, \$35

Fuse your passion for photography with a stunning Florida sunset along the majestic St. Johns River. Prepare for your shoot in the classroom. Then apply what you've learned on a field trip. Your mentor is a seasoned photographer and master naturalist who provides an opportunity for you to practice techniques on your own or obtain advice. After your field trip, debrief over an optional Dutch-treat dinner. Field trip transportation is on your own. An alternative date may be announced depending on weather conditions.

**Required:** A digital SLR, mirror-less or point-and-shoot camera; stamina and mobility to walk one-half mile over uneven ground in low-light conditions, dress for the weather including comfortable shoes and bug spray

**Instructor:** Gary Whiting, p. 38

## NEW!

### **Great Composers of Early Romantic Piano Music: 1820 to 1860**

March 4 – April 8, 1:30 to 3:30 p.m.  
6 sessions, \$50

Explore the great composers of that era. Focus on Franz Schubert, Frédéric Chopin, Robert Schumann and Franz Liszt. Listen to and screen performances that more than a dozen composers created for orchestra, chamber ensemble and solo piano. Renowned pianists are highlighted. Your instructor provides information about the era, composer biographies and stylistic information about the musical works.

**Instructor:** Kenneth Hoffman, p. 33

## NEW!

### **The Nazi Hunters**

March 11, 11:30 a.m. to 1 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. 35



## NEW!

### **Take Wing: A Workshop all about Birds**

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

Begin with a focus on eastern bluebirds and their comeback from near extinction. Learn how to attract them to your yard and safely host nesting families. Consider their symbolic value in North and Native American culture. Then break into your sack lunch as you have some fun and get your questions answered. You might play some trivia and hear some music. End with a focus on ruby-throated hummingbirds. Those amazing migratory creatures can't walk but they journey more than 3,000 miles each year. Their flight is lightning-quick and their wings beat more than 50 times per second when they hover. The species is the only one of its type that breeds in eastern North America. Jacksonville boasts of many prime nesting areas. Acquire the knowledge to attract them to your yard including the selection of native plants and nectar feeders. Your instructor's credentials tell the story of his passion for birds. He is a master naturalist, wildlife photographer, member of the Florida Bluebird and National Audubon societies, and on staff at Wild Birds Unlimited.

**Recommended:** Sack lunch and beverage

**Instructor:** Gary Whiting, p. 38



**UPDATED!****Philosophy through Thought Experiments, Puzzles and Paradoxes**

March 18 – April 8, 9:30 to 11 a.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. 30

**NEW: ED-VENTURE****Bold Bean Coffee Roasters: Tour and Taste**

March 18, 10 a.m. to noon  
(Excludes lunch) 1 session, \$40  
(Fee includes coffee to brew at home)

**Location:** 4815 Executive Park Ct., Jacksonville

Experience the locally owned coffee shop that Buzzfeed cited as one of 24 you must try before you die. Learn about the firm's history and sourcing. Tour the facility. Observe the roasting process and savor samples. Venue is fully accessible. Debrief over a Dutch-treat lunch. Transportation is on your own.

**Coordinator:** Christine Lewitzke, p. 34

**NEW!****Native American Art and a St. Augustine Connection**

March 18 – April 8, 11:30 a.m. to 1 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 is all that's required for this lecture and discussion class. Your instructor provides links to resources to extend your learning.

**Instructor:** Richard Birdsall, p. 30

**NEW!****Nature Photography Workshop and Photographer's Walkabout at Jacksonville Arboretum**

March 25, 11:30 a.m. to 1 p.m.  
**Field trip:** April 1, 8 to 10 a.m.  
2 sessions, \$35

Share your passion for photography and nature. All photographers from novices to experts are welcome. Prepare for your shoot in the classroom. Then apply what you've learned on a field trip to the famed 120-acre arboretum. That urban woodland is full of trails and distinct ecological habitats. Your mentor is a seasoned photographer and master naturalist who provides an opportunity for you to practice techniques on your own or obtain advice. After your field trip, debrief over an optional Dutch-treat lunch. Field trip transportation is on your

own. Weather conditions may require scheduling on an alternative date.

**Required:** A digital SLR, mirror-less or point-and-shoot camera; stamina and mobility to walk moderately or strenuously for two miles over uneven ground, dress for the weather including comfortable shoes

**Instructor:** Gary Whiting, p. 38

**NEW!****Antiviral Drugs: Discovery and Development**

April 15 – 22, 11:30 a.m. to 1 p.m.  
2 sessions, \$30

How are antiviral drugs discovered and developed? The co-inventor of Retrovir®, the first drug approved for the treatment of HIV infection, is your expert guide through the process. He also provides an overview of the history of antivirals and other key discoveries. Your curious mind and high school biology are all that's required for this lecture and discussion class.

**Instructor:** Phillip Furman, p. 32

**NEW!****Summer of '64**

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

Enhance your appreciation of the dramatic events of that momentous season. Consider Martin Luther King, Jr.'s stay in St. Augustine as heightened nationwide civil rights activities led to new legislation. Native son "Bullet Bob" Hayes held the international stage at the Tokyo Olympics as a record-breaking sprinter. Hurricane Dora advanced on Jacksonville as the Beatles created a storm of their own by demanding racially integrated seating for their Gator Bowl concert. Gather to reflect and remember.

**Instructor:** Scott A. Grant, p. 32



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



**When you're with OLLI, you're with friends.**

## TUESDAYS

### Current Events

Jan. 8 – April 23, 9:30 to 11:30 a.m.  
16 sessions, \$125

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. 35

### NEW!

### Inches and Miles

Jan. 15, 9:30 to 11 a.m.  
1 session, \$20

You use those familiar units of measurement every day. Have you ever wondered about their origins or relative uniqueness? Consider how they developed. Ponder the basis for more effective alternatives. Reflect on the ways in which the physical and cultural world informed the construction of measurements for distance, time and temperature. Your questions and perspectives are welcome in this lecture and discussion class.

**Instructor:** Joseph Varon, p. 38

### Journal to the Self: An Introduction

Jan. 15 – 29, 9:30 to 11 a.m.  
3 sessions, \$35

Stimulate your creativity and enhance your personal growth. Discover techniques with potential to help you set goals, solve problems, capture memories from the everyday to extraordinary and offer quiet moments for reflection. Class content is based on "Journal to the Self" by Kathleen Adams. Class format is a writing circle. You have the opportunity to practice the techniques and share your work in a safe, supportive setting. Whether you need inspiration or confidence to begin a journal or seek new ways to journal, this class is for you.

**Instructor:** Meg Rohal, p. 36

### Learn to be Happy!

Jan 15 – Feb. 5, 9:30 to 11 a.m.  
4 sessions, \$40

Discover how to improve every aspect of your life. Access the wisdom of the ancients including Seneca, Epicurus, Marcus Aurelius, Lao Tsu, Buddha and Jesus among others. Tap into the latest findings in the field of positive psychology. Learn how applying a little effort enhances your genetic predisposition to be happy. Positive

effects include improved relationships, a sense of gratitude and a host of others that are physiological and psycho-social. Your instructor shares the constructive benefits of 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. 30

### UPDATED!

### A Tale of Five Cities: The World Before the Great War

Jan. 22 – Feb. 26, 11 a.m. to 1 p.m.  
6 sessions, \$60

It was neither the best of times, nor the worst of times. It was the time late in the 19<sup>th</sup> and early in the 20<sup>th</sup> centuries when tradition gave way to modernity. Europeans thought the world meant Europe and Europe meant the world. Your instructor takes you on a time traveler's return trip to the capitals of five empires lost forever in the fog of war. Enjoy an archeological dig rather than a nostalgic journey to a mythical belle époque or a historian's 20/20 hindsight analysis. Dust off fragmentary evidence of the events, issues and people that shaped the era as recorded in newspapers and other publications, memoirs, sepia tone photographs and blurry newsreels of the day.

**Instructor:** Peter Bartha, p. 29

### UPDATED!

### Intermediate Spanish: Level II

Jan. 15 – March 19, 11:30 a.m. to 1 p.m.  
10 sessions, \$70

Enhance your oral proficiency through practice. Grammar and vocabulary are important tools. Develop your listening, speaking, reading and comprehension skills through individual work as well as collaborative activities in pairs and



groups. Your participation is essential in this fun class, which is a review, continuation and expansion of the fall 2018 intermediate level course.

**Required:** Intermediate Spanish I or equivalent proficiency

**Instructor:** Alice Hill, p. 33

**NEW!**

**Intermediate Bridge:  
2-Suited Hands**

Jan. 15 – Feb. 26, 1 to 3 p.m.  
(No class Feb. 12) 6 sessions, \$60

Learn to evaluate and bid 2-suited hands. Define Michaels cue bid and Unusual No Trump. Understand how and when to apply rule of 20 or 22. Each session begins with a lecture followed by coded card play. Classroom tools include bidding boxes. If you already use transfers, takeout and negative doubles, you are prepared for this class.

**Required:** Beginning Bridge I and II, review Michaels and Unusual No Trump bids at [www.acbl.org](http://www.acbl.org) prior to first class

**Instructor:** John Reeve, p. 36

**UPDATED!**

**Introduction to  
Digital Photography**

Jan. 15 – 29, 1:30 to 3 p.m.  
**Field trip:** Jan. 22, 8 to 10 a.m.  
3 sessions, \$35

Curious about all of those buttons on your camera? Are you a beginner or novice? Don't know where to go or whom to ask for help? Here's your chance to join a class for novice digital photographers! Learn composition, exposure and focus. Gain a better understanding of your camera's functions. A seasoned photographer is your mentor. Classroom emphasis is on basics. Practice techniques on a photo-shoot field trip at a picturesque local venue. Transportation is on your own. Debrief over a Dutch-treat lunch after your photo-shoot.

**Required:** A digital camera and manual, dress for the weather on field trip

**Instructor:** Gary Whiting, p. 38

**UPDATED!**

**Miles Davis, Musical Innovator**

Jan 15 – Feb. 26, 1:30 to 3:30 p.m.  
6 sessions, \$50

Open a window onto jazz, America's classical music, by exploring the work of one of its most innovative, influential and acclaimed musicians, bandleaders and composers. Miles Davis, a trumpeter, began his career as a sideman to bebop titan Charlie Parker in the mid-1940s. By the mid-1970s he pioneered cool, modal and free jazz as well as hard bop and electric jazz-rock fusion forms. Davis' collaborations with legendary figures including Sonny Rollins, Thelonius Monk, John Coltrane, Herbie Hancock and Chick Corea secured his legacy. Audio recordings and videos of live performances complement instructor's presentations and your discussion. Your interest is the only requirement for this introductory course.

**Instructor:** Kenneth Hoffman, p. 33

**NEW!**

**Spanish for Beginners: Level II**

Jan. 15 – March 19, 1:30 to 3 p.m.  
10 sessions, \$70

Calling all new Spanish language learners. Build your skills by acquiring basic concepts and vocabulary. Create sentences, engage in conversation and recite in each session. Class format also includes lecture and discussion. Completion of Spanish Level I gives you an edge but is not a prerequisite for this class.

**Required:** "Learn Spanish: How To Learn Spanish Fast in Just 168 Hours (7 Days)" by The Blokehead and "Easy Spanish Phrase Book" by Pablo Garcia Loaeza

**Instructor:** Ileana Velazquez, p. 38

**NEW!**

**A Smattering of Acting  
for Beginners**

Jan. 22 – Feb. 26, 9:30 to 11 a.m.  
6 sessions, \$60

Unleash your creativity and boost your self-confidence in this largely participatory class. Learn to use your body and voice in the development and interpretation of characters. Discover the importance of vocal qualities including breathing, articulation, volume, pace, projection, clarity, expression and pitch. Enhance characterizations through stance, eye contact and poise. Your instructor recommends preparation for each class and supplies helpful materials. Demonstrate your newly acquired skills by miming, improvising, presenting a skit or a monologue, or reading a play or a poem in later sessions of the class. No memorization is required. Release your inhibitions and let your imagination flow in this no danger, no embarrassment zone.

**Required:** Receive course materials via email and print at home, acquire performance materials from library

**Facilitator:** Elaine LaBrizzi, p. 34

**NEW!**

**Broadway Musicals:  
Les Misérables**

Jan. 22, 11:30 a.m. to 1 p.m.  
1 session, \$20

Enrich your future experience of the FSCJ Artist Series performance at the Times-Union Center for the Performing Arts or look at Victor Hugo's classic through a new lens. Explore the story, historical context and music of that smash hit. Your learning experience features excerpts from the book and clips of the acclaimed 2012 film. By the time Les Miz comes to Jacksonville it will be the fifth-longest running Broadway musical. Find out why!

**Instructor:** Nancy Sticht, p. 37

## UPDATED!

### Russian Revolution

Jan. 22 – March 12, 11:30 a.m. to 1 p.m.  
8 sessions, \$60

One hundred years ago the autocratic regime of Tsar Nicholas II collapsed. Learn about the first major event, the February Revolution of 1917, its causes and effects as well as those of the October Revolution later that year. Understand why the Whites, a loose confederation of conservatives and reformists opposed to Bolshevik rule, initially emerged victorious. Discover motivations and outcomes of Allied interventions. Gain insights into the ultimate ascendancy of the Bolsheviks. Instructor provides recommended readings via email for this lecture and discussion class. Your interest is the only requirement.

**Instructor:** Irwin Kirk, p. 33

### Wellness and Stress Management

Jan. 22 – Feb. 12, 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. Integrate stress management in your healthcare. This highly interactive class provides aids you can use every day.

**Recommended:** Wear loose, comfortable clothing

**Instructor:** Inge Thompson, p. 37

## UPDATED!

### Play Reading

Jan. 22 – March 12, 1:30 to 3 p.m.  
8 sessions, \$60

Forget your personal and world problems by reading a play aloud, with or without emotion. Read the lines of one character from a facilitator-supplied copy of the play. Fellow members read the lines of subsequent characters and other lines of the character you read. Encounter characters in plays by famous playwrights.

**Facilitator:** Laura Rubin, p. 36

## NEW!

### Beginning French: Level I, Part B

Jan. 29 – March 26, 9:30 to 11 a.m.  
9 sessions, \$65

Calling all true beginning students of French and those whose skills need refreshing. Acquire the foundational skills of speaking, listening, reading and writing. Grasp basic, everyday vocabulary and phrases in simple dialogs. Sing French songs and catch up on contemporary French culture. Class conducted largely in French to build your confidence and comfort with the language.

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

**Instructor:** Anne-Marie Lainé, p. 34



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

### Tai Chi for Health and Vitality

Feb. 5 – 26, 9:30 to 11 a.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. 35

## NEW!

### Characters and Crooks in Florida History

Jan. 29 – March 5, 11:30 a.m. to 1 p.m.  
6 sessions, \$50

Calling all with an interest in colonial Florida! Explore the lives and significance of eight major figures who influenced the period and the place. Seven were famous Spaniards. One was an infamous Englishman. Your questions and perspectives are welcome in this lecture and discussion class.

**Recommended:** Instructor's book, "St. Augustine: A Brief History of America's Oldest City"

**Instructor:** Robert L. Gold, p. 32



**NEW!****Intermediate French:  
Level I, Part B**

Jan. 29 – March 26, 11:30 a.m. to 1 p.m.  
9 sessions, \$65

Enhance your French proficiency through practice of the foundational skills of speaking, listening, reading and writing. Read articles, listen to songs and catch up with French news. Discuss recipes and a variety of French speaking cultures. Class conducted largely in French to build your confidence and comfort with the language.

**Required:** Beginning French: Level III or some French language proficiency including conversational skills, "See It and Say It in French" by Margarita Madrigal and Colette Dulac, ISBN-13: 978-0451163471 and "Écho: Méthode de Français" (Nouvelle Version): Livre De L'élève + DVD-rom + Livre-web A1 2e Edition (French Edition) by J. Girardet and J. Pecheur, ISBN: 978-2090385885

**Instructor:** Anne-Marie Lainé, p. 34

**NEW!****Advanced French: Level I, Part B**

Jan. 29 – March 26, 1:30 to 3 p.m.  
9 sessions, \$65

Advance your language skills using authentic French materials. Learn to express your points of view in French. Examine and converse about current events. Discuss issues related to the French speaking world. Refresh or extend your proficiency with advanced grammar and conjugation as needed. Class conducted entirely in French to build your proficiency.

**Required:** Intermediate French: Level III or comparable proficiency, "Latitudes 2 Methode de français" A2/ B1+CD Audio French edition by Regine Merieux, Emmanuel Laine and Yves Loiseau Didier, ISBN:978-2278062508

**Instructor:** Anne-Marie Lainé, p. 34

**UPDATED!****Explore World Religions**

Feb. 5 – March 19, 11:30 a.m. to 1 p.m.  
7 sessions, \$55

Diogenes said, "I am not an Athenian, or a Greek, but a citizen of the world." Enrich your knowledge of the world's great religions and spiritual traditions. Examine Buddhism, Taoism, Hinduism, Judaism, Christianity, Islam and others. Emphasize what brings us together in spirituality rather than what separates us in dogma or culture. The world has become a smaller place in the information age. You can be transported to Jerusalem, Mecca or Nepal in just a few seconds with just a few clicks. Enhance your capacity to live in peace and harmony with those whose religious outlooks differ from yours. Learn what the world's great wisdom traditions can teach about compassion and tolerance. Whether you're a history buff or want to expand your world view, this lecture and discussion course is for you. Instructor provides handouts to extend your learning.

**Recommended:** "The Illustrated World's Religions: A Guide to Our Wisdom Traditions" by Huston Smith ISBN-10: 0060674407 or ISBN-13: 978-0060674403

**Instructor:** Elizabeth Cantey, p. 30

**Tai Chi II**

Feb. 5 and 12, 12 to 1:30 p.m.  
2 sessions, \$30

Recalibrate and revitalize your tai chi practice. Review key elements. Learn new exercises and insights. 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.

**Required:** Completion of Tai Chi for Health and Vitality

**Instructor:** Sue Lamb Myers, p. 35

**UPDATED!****Beautiful Gardens  
Begin with the Seed**

Feb. 5, 1:30 to 3 p.m.  
1 session, \$20

Growing plants from seed is fun and easy! Learn tricks from a master gardener with more than 35 years of seed propagation experience. Discover the miracle of the seed and proper treatment for successful results. Grasp the steps to propagate healthy plants and avoid pitfalls that create unfavorable conditions. Review products for the seeding process. Get your questions answered. Your instructor offers you a parting gift for participating.

**Instructor:** Shirley Barber, p. 29

**The more you know,  
the more you grow...  
literally!**



## Investing for Those Who Do Not Want to Think About It

Feb. 12 - 26, 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. 30

### NEW!

## Pearl Harbor: Forgotten Secrets, Long-Lost Stories

Feb. 12 – March 5, 1:30 to 3 p.m.  
4 sessions, \$40

President Franklin D. Roosevelt cited the December 7, 1941, attack on Pearl Harbor as a “day that will live in infamy.” The event is forever seared into the American national psyche. Those alive on that day will remember it forever. Those who endured or responded to it are honored for their valor. The day’s heroes will always be revered for their sacrifices. You know the major storyline. On a sleepy Sunday morning, hundreds of Imperial Japanese carrier-launched aircraft inflicted terrible damage on America’s Pacific Fleet in a surprise attack. Discover the less monumental yet crucial stories that shape that epic event. Who fired the first shot on the day? Who were the first to fall in the attack? Were they heroic fighter pilots defending the island or innocent civilians enjoying a weekend flight? Was the mighty Battleship Arizona the first American vessel to sink? What of the enemy attacker who seized and terrified a Hawaiian island? Were there opportunities to alter history’s course? Explore the twists and turns that elevated some as heroes and felled others as victims in that tropical paradise. Your instructor crafts multimedia presentations that frame discussion.

**Instructor:** Ken Bording, p. 30

### NEW!

## Doctors of the Game®: A History of the Golf Profession

Feb. 19 – March 5, 9:30 to 11 a.m.  
3 sessions, \$35

Enrich your knowledge. Examine three distinct eras of golf from the Scottish evolution (1457 to 1890) and an American transformation (1890 to 1915) to the game in a changing world (1916 to the present). Consider the artisans who designed and produced clubs and balls and how those tools impact performance. Learn about the founding of the caddie position and the game’s first rules. Understand how the game survived the socio-economic challenges of two world wars, the Great Depression and discrimination. Discover Florida’s influence on the game through the creation of grand golf resorts. Historic images complement your instructor’s presentation about the development of what is now a popular worldwide sport.

**Recommended:** Instructor’s “Doctors of the Game®” available at [www.doctorsofthegame.com](http://www.doctorsofthegame.com)

**Instructor:** Billy Dettlaff, p. 31

### NEW!

## Explore Fine Art Photography

March 5 and 12, 9:30 to 11 a.m.  
2 sessions, \$30

Define fine art photography in context of the medium’s other applications. Consider photography’s impact on culture and society. Go behind the scenes with an artist who shares her First Coast Reflections project. Track the project’s culmination as a book, “Historic Homes of Florida’s First Coast.” Learn about the professional presentation of art and the importance of exhibition venue selection. Your interest is all that’s required to participate in this lavishly illustrated lecture and discussion program.

**Recommended:** Instructor’s book, “Historic Homes of Florida’s First Coast”

**Instructor:** Mary Atwood, p. 29

### NEW!

## Music in the Age of Napoleon: 1800 to 1815

March 12 – April 16, 9:30 to 11 a.m.  
6 sessions, \$50

Boost your appreciation of the European art songs, operas and symphonies that premiered between 1800 and Napoleon’s exile in 1815. Learn about transitional works between the classical and romantic eras. Focus on compositions by Ludwig van Beethoven, Franz Schubert and Gioachino Rossini. Enhance your listening skills. Bring your love of music and your curiosity to a course that blends lecture and discussion with carefully curated musical selections and performances.

**Instructor:** Richard Bobo, p. 30

### UPDATED!

## Wildlife Travel on Five Continents

March 19 – April 9, 11:30 a.m. to 1 p.m.  
4 sessions, \$40

Gather to share your travel adventures, learn about special travel experiences or collect ideas for future trips. Your instructor conveys his knowledge of planning trips based on the wildlife and environments he wants to see. He reveals encounters in the Galapagos Islands as well as eastern and southern Africa. He also regales you with tales of connecting with migrating polar bears, Alaskan brown bears, tigers, purring cheetahs and koalas through lavishly illustrated presentations. Your travel stories and perspectives are welcome.

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

**Instructor:** Sid Rosenberg, p. 36



**UPDATED!****Deliberative Democracy:  
Civil Discourse about Critical  
Public Issues**

March 19 – April 16, 1:30 to 3:30 p.m.  
5 sessions, \$45

Stretch beyond adversarial and expert politics to realize your engagement as a citizen. Deliberate difficult, complex issues in a respectful, civil manner through dialogue and discourse. Topics range from immigration to the opioid crisis and economic vitality among others. Your active participation is essential. All that's required is an open mind, a commitment to listen carefully and share honestly, and respect for diverse ideas and perspectives.

**Facilitator:** Gregg Kaufman, p. 33

**NEW!****Florida's Most Defiant Suffragist:  
Mary Nolan of Jacksonville**

March 26 and April 2, 11:30 a.m. to 1 p.m.  
2 sessions, \$30

In 1917, petite, frail, physically impaired, 73-year-old women were not expected to defy either authority or social convention. Nolan did both when she picketed the White House and burned the president's speeches. She was arrested nine times and imprisoned twice in the fight for women's suffrage. Examine this Springfield neighborhood grandmother's protest, from picketing to arrests to imprisonment. Consider her writings and speeches on a woman's right to vote. Your perspectives are welcome in this lecture and discussion course.

**Instructor:** Judith G. Poucher, p. 35

**NEW!****19<sup>th</sup> Century Romanticism  
in Music**

April 23 – May 28, 1:30 to 3:30 p.m.  
6 sessions, \$50

Accelerate your music appreciation. Focus on works composed between 1830 and 1860 by Felix Mendelssohn, Robert Schumann, Hector Berlioz, Frederick Chopin and Richard Wagner. Genres include program music, art songs, grand opera and character pieces for solo piano. Learn about related trends in art and literature. Bring your interest and curiosity to a course that blends lecture and discussion with carefully curated musical selections and performances. Instructor provides resources and occasionally suggests readings that enhance your learning.

**Instructor:** Richard Bobo, p. 30

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

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

Immerse yourself 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. 37



Original art by Kathy Stark, OLLI instructor





#### NEW: ED-VENTURE

### All about Oysters: Mother Nature's Front Line

April 16, 10:30 a.m. to April 17, 1 p.m.  
(Excludes travel time)  
1 two-day session, \$100  
(Includes program fees and most meals,  
excludes housing)  
**Location:** Savannah

Accelerate your understanding of that keystone species and the role it plays in aquatic ecosystems and biodiversity. Be sure to bring all you need for a program conducted primarily outdoors. Cameras are welcome. Transportation is on your own but carpooling is encouraged. Parking is plentiful and free at all venues. Instructions regarding housing (\$47 pp shared, \$63 pp single) are sent to those enrolled.

**Required:** Ability to walk on uneven ground, mobility to board and exit the skiff, willingness and attire to wade in shallow water

#### April 16, 10:30 a.m. to 7:30 p.m.

Begin at Pin Point Heritage Museum to learn about a Gullah/Geechee enclave that was founded by first-generation freedmen. Located in the former A.S. Varn & Son Oyster and Crab Factory, the museum features enlightening multimedia presentations and exhibits that celebrate the area's people as well as their history, cultural traditions and connections to the water. Debrief over a Dutch-treat lunch on your way to the University of Georgia's Marine Extension and Georgia Sea Grant. The university's Skidaway Institute of Oceanography and Georgia Aquarium are your classrooms. After checking

in to your overnight accommodations, enjoy a behind-the-scenes tour of the aquarium followed by a nature trail walk. Debrief over dinner before you retreat for the evening.

**Included:** Program fees, dinner  
**Excluded:** Lunch, housing

#### April 17, 8 a.m. to 1 p.m.

Rise, shine and enjoy breakfast on campus. Then make your way to the marine lab for an introductory session about oysters with a special emphasis on their populations. Learn how they support fish habitat, shelter other living organisms and filter pollutants. Consider both recreational and commercial fishing. Head to the skiff for a 2.5 hour guided exploration of habitat. In the case of inclement weather, you'll experience interactive marine classes and/or laboratory experiences. Once you return and clean up, debrief over lunch on campus. Program concludes after lunch.

**Included:** Breakfast, program fees, lunch

**Coordinator:** Christine Lewitzke, p. 34

## WEDNESDAYS

#### UPDATED!

### Forum on Current Issues

Jan. 16 – March 6, 9:30 to 11 a.m.  
8 sessions, \$60

Enhance your understanding and appreciation for events, people and developments reported in the news. Focus on the critical international, state and local news stories that impact your world. Your active engagement through topic selection, distribution of relevant reading material prior to class and facilitated discussion ensures lively weekly sessions. Content is new each term.

**Facilitators:** Allan Silberman and Joan Silberman, p. 37

#### UPDATED!

### Zen Buddhism: A Personal Perspective

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

Expand your knowledge of the Buddha and Buddhism, particularly Zen. Examine its history, basic tenants and psychology. Increase your understanding of the religion's organization, growth and expansion, and current trends through the insights of a serious practitioner. Your instructor emphasizes the meditative focus of Zen. Each session encompasses lecture, discussion and a very brief meditation.

**Instructor:** Bill Mayhew, p. 34

### Fiction or Nonfiction? Cataloging the Bible

Jan. 16 – Feb. 6, 11:30 a.m. to 1 p.m.  
4 sessions, \$40

What is Biblical Inerrancy and how did it arise? Is the word fiction synonymous with false? Is the Bible the work of the Divine or humans? Was it a collaborative effort? What does historicity mean to the various communities of Bible students the world over? There are no easy answers on the subject. Leave class with more questions than when you began.

**Recommended:** Bring a Holy Bible to class

**Instructor:** Merrill Shapiro, p. 36

#### NEW!

### Hidden Messages in Western Art

Jan. 16 – Feb. 20, 11:30 a.m. to 1 p.m.  
6 sessions, \$50

Understand how artists concealed messages, many political or moral, in their paintings. Contemporaries understood the meanings even when the messages were cloaked in religious or mythological allegories. Remember that not every culture or era embraced

the concept of freedom of expression, especially in public. Today, we can decode messages hidden in some paintings. Other messages have been lost to the sands of time. Have fun by trying to decipher them with an expert. Your interest is all that's required to participate in this lecture and discussion class.

**Instructor:** Tatiana Ganina, p. 32

#### NEW!

### Intermediate Spanish IV

Jan. 16 – March 6, 11:30 a.m. to 1 p.m.  
8 sessions, \$60

Continue to improve your intermediate skills. Conversational situations include making a case or a point and retelling a conversation. Course conducted primarily in Spanish with English commentary as needed. Your participation and desire to learn new Spanish language material are essential. Complete practice exercises at home between classes to keep your skills fresh and your learning on track.

**Required:** Spanish conversational skills to participate in discussions, "Practice Makes Perfect: Spanish Conversation," by Jean Yates, premium second edition, ISBN 978-1259586361

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

**Instructor:** Steven D. Orr, p. 35

### Mysteries Unlimited: International

Jan. 16 and 30, Feb. 13 and 27,  
1:30 to 3 p.m.  
4 sessions, \$40

Contemporary crime fiction awaits you. Uncover criminals in foreign lands. Some books include noir and strong violence. Delve into characterization and plot. Gain deeper understanding of the history, culture, politics and economics of countries worldwide.

Most authors come from areas they write about. Instructor provides reading list and resources. Library quantities are limited, so books may need to be purchased. Class schedule allows time for reading.

**Required:** Ability to follow links to internet sites and download email attachments

**Instructor:** June Weltman, p. 38

#### UPDATED!

### Folk Music: History and Hootenanny

Jan. 23 – Feb. 6, 9:30 to 11 a.m.  
3 sessions, \$35

Come for a highly interactive exploration of the music, musicians and passions that defined and fueled the American folk music revival of the 1950s and 60s. Listen to great recordings, share memories of the era and discuss musical legacies. Bring your voice for group sings of some of the classics. Folkies are invited to bring their guitars, banjos and harmonicas to a unique celebration of music. Program content is new each time the class is offered.

**Instructor:** Dan Kossoff, p. 34

#### NEW!

### Electing More Women

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

Women comprise more than 50 percent of the population yet they are significantly under represented at all levels of government. Reflect on factors affecting that state of affairs. Deliberate the significance and impact as well as opportunities for change. You may decide you're ready to run!

**Instructors:** Linda M. Lanier, p. 34 and Ginny Myrick, p. 35

#### NEW!

### Knitting Bootcamp

Jan. 23 and Feb. 6, 1:30 to 3 p.m.  
(No class Jan. 30)  
2 sessions, \$30

Get in shape to knit. Develop some muscle memory. Refresh your knowledge and skills. Review knit and purl stitches as well as casting on and binding off.

**Required:** Pair of knitting needles, ball of light colored yarn of either wool, acrylic sport or worsted weight

**Instructor:** Karen Backilman, p. 29

#### NEW!

### Great Decisions 2019

Jan. 30 – March 20, 9:30 to 11 a.m.  
8 sessions, \$60

Calling all inquisitive global citizens! Stretch your knowledge of current affairs with an in-depth discussion on specific national and international topics of current foreign policy concern. Each year's course is new and independent from those offered in prior terms. This year's topics include refugees and global migration, Middle East: regional disorder, nuclear negotiations: back to the future, rise of populism in Europe, decoding U.S.- China trade, cyber conflicts and geopolitics, U.S. and Mexico: partnership tested and state of the State Department and diplomacy. Each session begins with a 30-minute film of expert commentary, followed by an hour of highly participatory collegial discussion. Weekly preparation involves advance reading of 10 to 12 pages from the course booklet and supplemental reading materials provided by course facilitators via email.

**Required:** "Great Decisions 2019" available online from the Foreign Policy Association's bookstore ([www.fpa.org](http://www.fpa.org)) or by calling (212) 481-8100. Enrolled students must purchase the booklet at least two weeks prior to the first session.

**Facilitators:** Dennis Egan, p. 31 and John Fischer, p. 31

## NEW!

### More All Wired Up! Decorate Found Objects

Feb. 6 and 13, 9:30 to 11 a.m.  
2 sessions, \$30

Shape, wrap and weave metal wires to embellish stones and found objects. Bring your imagination and some manual dexterity to this make-and-take class. Instructor demonstrates key techniques and provides assistance when you need it. Beginners learn basic skills required to successfully complete projects. Those with some experience learn more advanced techniques.

**Required:** \$5 materials fee payable to the instructor

**Instructor:** Jana Song Bobo, p. 30

### Beginning Bridge II

Feb. 6 – March 27, 10 a.m. to noon  
8 sessions, \$70

Learning to play the modern game of bridge is fun. Course follows the American Contract Bridge League's (ACBL) foundational curriculum for rebids, overcalls, takeout doubles, promotion and finesses. Learn by doing in this highly interactive class. True beginners should wait for Beginning Bridge I.

**Required:** Free, instructor-supplied ACBL book

**Instructor:** Faye Barkan, p. 29

## UPDATED!

### Apple Users Group

Feb. 6, OR March 6, 11:30 a.m. to 1 p.m.,  
OR April 3, 9:30 to 11 a.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. 32

## NEW!

### Partners Bridge II

Feb. 6 – March 27, 12:30 to 2:30 p.m.  
8 sessions, \$70

Unleash team communication to accelerate your success. Focus on modern bidding, play-of-the-hand and defense. Learn about the Standard American Yellow Card, a simple, effective method to strengthen partnership play. Acquire an understanding of the 2-over-1 system as well as when and why to use it. Enroll with a partner or your instructor pairs you up. Your partner doesn't need to be an OLLI member for this class. Join the bridge fun!

**Required:** Fall 2018 Partners Bridge I or equivalent experience and free, instructor-supplied ACBL book

**Instructor:** Faye Barkan, p. 29

## NEW!

### Shapely Shawls: A Knit Along (KAL)

Feb. 20 – March 27, 1:30 to 3 p.m.  
(No class Feb. 27) 5 sessions, \$45

Choose the design that best suits your style, skill level and purpose. Select Annis (crescent), Citron (half-circle) or Linus (triangle). Learn about the yarn and needles to select for your project. Make a gauge swatch. The pattern you select determines what you learn. That may include short rows, yarn overs (YO), increases and decreases, beadwork, chart reading and nups.

**Required:** Ability to make knit and purl stitches as well as cast on and bind off, student-supplied knitting needles and yarn; bring stitch markers, row counter, ruler, scissors, crochet hook and

highlighter for second and subsequent sessions

**Instructor:** Karen Backilman, p. 29

## NEW: ED-VENTURE

### Jacksonville's Museum of Science and History: Not Just for Kids!

Feb. 27, 10 a.m. to 2 p.m.  
(Time includes lunch)

1 session, \$45 (Fee excludes lunch)

Begin with a narrated cruise about Jacksonville history on the majestic St. Johns River. Learn about the river's significant role in shaping this community over time. Enjoy a Dutch-treat lunch at River City Brewing before you take a short walk to the museum. Self-tour the traveling or signature exhibit before heading to the Bryan-Gooding Planetarium, one of the largest single-lens venues of its type in the U.S., for a staff educator's immersive presentation. Your entry is valid for the day so you can head back to the galleries to finish your exploration of the exhibits. The traveling exhibit, Backyard Adventures, demonstrates what happens in your yard when you're not looking. Interactive science displays encompass night vision, bee's eye view, giant pumpkin bonanza, critter calls, giant skipping rope, backyard sports, garden golf and augmented reality garden bed. The signature exhibit, Neighborhoods, celebrates the 50th anniversary of Jacksonville consolidation and focuses on the development and sustainability of the city's urban, suburban and rural neighborhoods. MOSH is fully accessible. Transportation is on your own. Parking is free.

**Required:** Mobility to embark and disembark boat

**Coordinator:** Christine Lewitzke, p. 34





# UPDATED! EXPLORE more

## Home Improvement: Handy Tips for the Budding Do-It-Yourselfer

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

Have you ever thought to yourself, “I could have done that myself!” after hiring someone to do a home repair that turned out to be pretty basic? Learn to do simple repairs or maintenance tasks and when you should call a professional. Develop skills and techniques to gain confidence. Experienced professionals lead each session, share insights about tackling some easy jobs and cite basic DIY tools to have around your house. Demonstrations are followed by hands-on opportunities. Consider safety precautions. Define common challenges and mistakes in a DIY project. Understand guidelines for repairing versus replacing and why hiring based strictly on price is generally not a good idea. Use what you learned by contributing to a Beaches Habitat for Humanity project.

### Do It Myself or Have Someone Do It For Me?

March 6, 1:30 to 3:30 p.m. **Location:** UNF

Meet Mr. Handyman, Mike McCalley, who shares considerations as you make the DIY (do it yourself) or DIFM (do it for me) decision. He demonstrates basic drywall repairs including filling small holes, skimming dings and dents, and patching larger holes. McCalley bought a Mr. Handyman franchise in 2008 after working 25 years in the corporate world. A decade into the Mr. Handyman journey, his business has been a Better Business Bureau A+ rated one for more than eight years, and was recognized with the bureau's Torch Award for Ethics in 2014. It has also been recognized six years running with the Angie's List Super Service Award, and in 2016 won the Bold City Best Award for Home Improvement and Repair from Jacksonville.com and the Florida Times-Union, for which he writes a weekly column.

### Select Home Décor Colors

March 13, 1:30 to 3:30 p.m. **Location:** UNF

Overwhelmed by paint color options? Baffled by the number of shades of off-white, gray, beige and blue? Struggling to remember which colors are complementary on the color wheel? Uniquely Designed Interiors Professionals Cyndi Brownlee and Kelly Neville offer tips to help you navigate the maze of choices to settle on those that are right for you. They believe that a home should reflect the people who live in it. Their firm specializes in residential decorating, remodeling, new construction and model merchandising. They ensure that their clients' new décor fits them, their lifestyle and their budget.

### Plunge Right In!

March 20, 1:30 to 3:30 p.m.

**Location:** A community clubhouse in Fort Caroline  
(Details provided in class)

Meet Ed Cook, the singing plumber. He is a semi-retired master plumber who not only loves to push air through his own pipes but also help others with their plumbing problems. Focus on easy tasks including replacing internal toilet organs, unclogging drains and toilets, using a snake or closet auger, unclogging a garbage disposal and fixing drips. Learn where your shutoff valves are as well as how and when to use them. Find out how to assess the problem and ask the right questions when hiring a plumber. This session's offsite venue provides opportunities for hands-on learning.

### Hands On: Beaches Habitat for Humanity

March 27, 1:30 to 3:30 p.m.

**Location:** Mayport construction site (to be announced)

Invest some sweat equity in building or improving a neighbor's or fellow citizen's home. Learn to use circular, miter and reciprocating saws. Improve your hammering techniques. Deploy your new and improved skills. Your construction team leaders organize and oversee small groups that work at several construction stations. Training and tools are provided on site. No construction experience necessary. Accessibility depends on the site and construction stage of the project selected. Comfort stations are Port-O-Lets and first floor bathrooms in completed units. Water is available but you're encouraged to bring your water bottle.

**Required this session:** Closed-toe shoes with thick soles  
**Coordinator:** Carol Callier, p. 30

## NEW!

### **Journeys to the Ends of the Earth: The Arctic and Antarctica**

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

Explore the ends of the earth with frequent OLLI instructors who are also enthusiastic world travelers. Discover little-known issues in far-flung lands: the need to import marriage partners in the Faroe Islands; the vulnerability of rare earth metals in Antarctica; the many faces of Greenland — geological, political and ancestral. Illustrated presentations are complemented by your questions and discussion. Instructors provide resources that enhance your learning.

**Instructors:** Daniel J. Adams and Carol Chou Adams, p. 29

## NEW!

### **Public Art: Its Power and Modern Patronage**

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

Discover an innovative funding model that increases public accessibility to art and provides meaningful support to its creators and industry experts. Learn about the importance of public art. Hear about ArtRepublic's mission and its efforts to reach the 99 percent of people who don't view art in their day-to-day life. Examine a selection of large scale public art projects that have been produced with its support.

**Instructor:** Jessica Santiago, p. 36

## NEW!

### **Learn to Draw: Perspective for Beginners**

March 13 and 20, 9:30 to 11 a.m.  
2 sessions, \$30

Learn an art fundamental. Create the illusion of three dimensions on a two-dimensional surface. Explore linear one- and two-point perspectives.

Consider how they create depth and proportion. Each class begins with a brief art history lesson that explains how artists use perspective. Your instructor demonstrates the basics before you render your sketches. Small class size ensures you receive personal attention.

**Required:** Paper, ruler, pencil and eraser

**Instructor:** Chris Fulmer, p. 31

## NEW: ED-VENTURE

### **Start Here, Go Anywhere: The Jacksonville Public Library**

March 13, 11 a.m. to 2:30 p.m.  
(Time includes lunch)  
1 session, \$30 (Fee excludes lunch)

**Location:** 303 N. Laura Street, Jacksonville

Transform your understanding of contemporary libraries and their roles in society. They are not only gateways to knowledge but also hubs for culture, creativity and innovation. Accelerate your knowledge of your local library's community resources. Enjoy hands-on experiences at Jax Makerspace. Tour the architecturally significant building. Learn about the art collections. Prior to the tour gather at NOLA MOCA for a Dutch-treat lunch. Transportation is on your own.

**Coordinator:** Christine Lewitzke, p. 34

### **Mah Jongg for Beginners**

March 13 – April 10, 11:30 a.m. to 1 p.m.  
5 sessions, \$45

Learn a game that is both challenging and fun! Mah Jongg is played with tiles rather than cards. Class focuses on the fundamentals for true beginners including tile recognition and game guidelines. Prepare to play each session.

**Required:** Advance purchase of 2018 National Mah Jongg League card, large print version recommended (\$9) from [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) or

by calling (212) 246-3052, allow four weeks for delivery

**Instructor:** Diane Solms, p. 37

## NEW!

### **Learn to Draw: Shadowing and Shading for Beginners**

March 27 and April 3, 9:30 to 11 a.m.  
2 sessions, \$30

Learn to shade basic shapes and create their shadows. Forms include cubes, cylinders, spheres and pyramids among others. Course begins with a theoretical lesson. Each class begins with a brief art history lesson that explains how artists use shading. Your instructor demonstrates the basics. Then you apply your knowledge by drawing a still life. Small class size ensures you receive personal attention.

**Required:** Paper, ruler, pencil and eraser

**Recommended:** Elementary understanding of perspective

**Instructor:** Chris Fulmer, p. 31

## NEW!

### **Diplomacy's Role: A U.S. Ambassador and the U.S. Embassy**

March 27 – April 10, 11:30 a.m. to 1 p.m.  
3 sessions, \$35

Ambassadors are accredited diplomats sent by a nation as its official representative to a foreign country. Wonder what U.S. ambassadors do? How they are selected? Or their role at the U.S. embassies abroad? A former ambassador provides insights. Deepen your understanding through the examination of several case studies including Chile's return to democracy and Bolivia's war on cocaine as well as Guatemala's civil war and human rights challenges. Instructor-recommended readings enhance your learning.

**Instructor:** Marilyn McAfee, p. 34

**NEW!****Weave Contemporary Chain Maille Jewelry**

March 27 – April 10, 11:30 a.m. to 1 p.m.  
3 sessions, \$35

Learn the basics of an art form believed to have been introduced by the Celts who used it both decoratively and as armor. Today the technique is employed to make everything from common chains and practical protective gear to intricate, elaborate pieces of jewelry. Create at least three projects – a bracelet, a key ring, and a pair of earrings, in this make-and-take class. Borrow or purchase required tools in class. Class size allows your instructor to demonstrate and coach. Magnification techniques addressed if you're concerned about your vision.

**Required:** \$30 materials fee payable to instructor, strength and dexterity to use both hands to hold pliers

**Instructor:** Carolyn Godwin, p. 32

**THURSDAYS****UPDATED!****The Metropolitan Opera Lectures**

Jan. 3 – May 9, 1:30 to 3:30 p.m.  
6 sessions, \$60

"The Metropolitan Opera Live in HD" features five operas on various Saturdays from January 12 to May 11. On Thursdays prior to each live broadcast, your instructor presents an informative lecture about Saturday's opera. Presentations encompass a survey of the opera's historical and cultural aspects as well as an examination of the libretto. Carefully curated audio and video highlights enhance your understanding and appreciation. Your instructor provides helpful resources to extend your learning.

**SCHEDULE**

Jan. 3: Introduction to Opera  
Jan. 10: Cilea's Adriana Lecouvreur  
Jan. 31: Bizet's Carmen  
Feb. 28: Donizetti's La Fille du Régiment  
March 28: Wagner's Die Walküre  
May 9: Poulenc's Dialogues des Carmélites

**Recommended:** Live opera broadcasts from the stage of the Metropolitan Opera House at Lincoln Center in New York City sent directly to Cinemark Tinseltown and Regal at The Avenues cinemas in Jacksonville.

**Instructor:** Mary Ellen Young, p. 38

**NEW!****Advance Care Planning: It's All About the Conversation**

Jan. 17, 9:30 to 11 a.m.  
1 session, \$20

Honoring Choices Florida is a community-wide advance care planning program supported by area hospitals and health systems. Learn about the importance of advance care planning for all adults, not only the elderly. Define advance care planning. Discover ways to articulate your values, beliefs and experiences in order to discuss, decide and document your health care preferences for providers to honor. Understand helpful services, support and resources to access. Get your questions answered.

**Instructors:** Bonnie Bedenbaugh, p. 29 and Doug Schilling, p. 36

**UPDATED!****The Cold War as History**

Jan. 17 – Feb. 7, 9:30 to 11 a.m.  
4 sessions, \$40

Transform your understanding of the Cold War, one of our generation's defining events. Explore how the conflict began as well as how the U.S.

and Soviet Union became apparent enemies. Accelerate your knowledge of the key policies of containment and détente as well as their implementation. Your questions and perspectives are welcome. Instructor provides helpful readings to enhance your understanding.

**Instructor:** Joseph L. Warner, p. 38

**NEW!****Just What Were They Thinking?**

Jan. 17 – Feb. 28, 9:30 to 11 a.m.  
7 sessions, \$55

Learn what famous works by Henrik Ibsen, Sigmund Freud, Joseph Conrad, Thorstein Veblen, Carl Jung, Tillie Olsen and Alice Munro can offer you today. In this highly participatory class, you answer questions and share your thoughts, insights and reflections. Impart how the readings resonated with you and what you learned from them. Each term's content is new and independent from those offered in prior terms. Expect to read about 30 pages per week. Your inquiring mind and delight in stimulating discussion are all that's required to participate in this Great Conversations class.

**Required:** "Great Conversations 1" ISBN 978-0-945159-34-6 for \$25 from [www.greatbooks.org](http://www.greatbooks.org)

**Facilitator:** Ralph Sawyer, p. 36

**Remember Who You Are**

Jan. 17 – Feb. 7, 9:30 to 11 a.m.  
4 sessions, \$40

Celebrate your fascinating life as well as the personal and family histories that define you. Embark on a journey of self-discovery or begin writing your autobiography as a legacy. Write topical essays and share them in a supportive atmosphere of camaraderie. Your active mind, listening ear and ability to articulate your thoughts, memories and ideas through the written word are all that's required.

**Instructor:** Susan D. Brandenburg, p. 30



## NEW!

### Seeing Red in Art

Jan. 17 and 24, 9:30 to 11 a.m.  
2 sessions, \$30

The color red is eye-catching. It can reach into your soul, signal alarm and symbolize romance. Examine a carefully curated group of paintings that employ the color red as a key element. Consider those works in context of other works by the artists, their lives and their places in history. Presentations complemented by sumptuous visuals. Your questions and perspectives are welcome. Your interest is the only requirement.

**Instructor:** Chris Fulmer, p. 31

### 50 Years of Jacksonville History: Journalism, Media and Politics

Jan. 17 – Feb. 7, 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 the politicians. This lecture and discussion program is complemented by videos.

**Instructor:** Harry Reagan, p. 35

## NEW!

### The Civil War: Between the Battles

Jan. 17 – March 7, 11:30 a.m. to 1 p.m.  
8 sessions, \$60

The Civil War's 47 major battles were fought for 107 days. What happened in the 1,393 days between them? Focus on each side's political and military leaders and their respective personalities. Consider how their actions and decisions determined the war's course and its repercussions. Examine the stresses facing presidents Abraham Lincoln and Jefferson Davis as a result of the exploits of political actors and nonmilitary adversaries who

surrounded them. Instructor provides a chronological timeline for the period you study. Your interest in American history and government operations in times of national stress are all that's required for this lecture and discussion class. Wait for another class if you'd like to learn about the battles.

**Recommended:** "The Civil War for Dummies" by Keith D. Dickson

**Instructor:** Dennis Egan, p. 31

## UPDATED!

### French Book Club

Jan. 17 – March 28, 11:30 a.m. to 1 p.m.  
(No class Feb. 21 and 28, March 21)  
8 sessions, \$60

Boost your French language skills. Read, analyze and discuss "Intrigue à Giverny" by Adrien Goetz. Improve both your reading and conversational proficiency in this course conducted in French.

**Required:** Advanced proficiency in French and acquisition of French edition book

**Instructor:** Mireille Smith Threlkel, p. 37

### Intelligence Failures of Pearl Harbor

Jan. 17 – Feb. 7, 11:30 a.m. to 1 p.m.  
4 sessions, \$40

Examine historic mistakes. The Japanese attack on Pearl Harbor was not only a U.S. tactical failure but also a Japanese strategic blunder. Learn why the U.S. was surprised by the attack even though it was expected. Consider why war was inevitable. Assess how the Japanese underestimated the U.S.

response. Your instructor provides resources to enhance your learning.

**Instructor:** Joseph L. Warner, p. 38

## UPDATED: ED-VENTURE

### Experience White Oak: History and Wildlife Conservation

Jan. 24, 9:30 a.m. to 1:30 p.m.  
(Includes lunch)  
1 session, \$175 (Includes buffet lunch)  
**Location:** 581705 White Oak Rd., Yulee

Established in the colonial era, White Oak was once owned by Zephaniah Kingsley and abandoned during the Civil War. The former plantation now protects, promotes and preserves endangered species and their habitats. Learn about the Gilman family's 20<sup>th</sup> century ownership of the property; its use in timber production; the breeding, raising and training of horses, and recreational programs to market their paper company. Howard Gilman initiated and supported conservation and propagation programs for endangered species there. The venue hosted the Mikhail Baryshnikov Dance Studio as well as national and international conferences. Philanthropists Mark and Kimbra Walter acquired the 600-acre property in 2013 to advance the wildlife and conservation programs. Enjoy a narrated tour on an open-air bus with an expert guide. Feed a giraffe or get up close and personal with a rhinoceros. Your entry fee paid for the day, so you're welcome to explore after lunch.

**Required:** Transportation is on your own, mobility to board and exit bus

**Coordinator:** Madeline Jorgensen, p. 33



**White Oak:  
History and Wildlife  
Conservation**

**NEW!****Discover Artistic Traditions of the Islamic World**

Jan. 24 – Feb. 28, 1:30 to 3 p.m.

**Field trip:** March 7, Villa Zorayda Museum, 83 King St., St. Augustine  
7 sessions, \$70

Explore the rich variety and visual beauty of artistic expression in worldwide Islamic culture. Your instructor provides an interdisciplinary overview that examines traditions in art, architecture and music. Cultivate an appreciation of modern interpretations and expressions of traditional genres and styles. Extend your learning to include customs and mosque architecture. Make virtual visits to sites and museums with exemplary collections. Your instructor provides supplemental resources and encourages lively discussion.

**Instructor:** Dilara Hafiz, p. 32

**NEW!****Embrace Wisdom of the Mystics**

Feb. 7 – March 14, 1:30 to 3 p.m.  
6 sessions, \$50

All great mystic traditions have the same goal to achieve a direct experience of God, spirit, oneness and wholeness. Explore the sublime similarities of the world's mystic traditions. Consider histories and practices. Examine readings and poetry, meditation and chanting as well as other experiential platforms for self-discovery. Take an in-depth look at Jewish (Kabbala) and Christian as well as Islamic (Sufism), Hindu, Buddhist, Taoism and modern mystics. Appreciate and honor the differences between them. Focus on key figures, ideas and experiences. An expert answers your questions about Rhonda Byrne's "The Secret," Eckhart Tolle's "The Power of Now" and works by Deepak Chopra among other books. Helpful handouts are provided.

**Recommended:** "The Power of Now"

by Eckhart Tolle and "The Seven Spiritual Laws of Success" by Deepak Chopra

**Instructor:** Elizabeth Cantey, p. 30

**UPDATED!****Henry Ford: The Man and His Automobiles**

Feb. 7 and 14, 1:30 to 3 p.m.  
2 sessions, \$30

Transform your understanding of the man, his engineering genius and his influence. Begin by learning about Ford's background and founding of the Ford Motor Company. Trace his revolutionary work in the industry from the remarkable Model T to the models A and B and through to innovative V-8 products. Your instructor shares the story of his loving restoration of his own 1912 Model T. Class format includes presentation and discussion. This is a general interest program. No technical knowledge is required or expected.

**Instructor:** T. Parkinson, p. 35

**NEW!****Recovering Manhattan Beach: Florida's Oldest Beach Resort for African-Americans**

Feb. 21 and 28, 9:30 to 11 a.m.  
2 sessions, \$30

The memory of Northeast Florida's first African-American beach in the segregated South is fading as time passes. Learn how archival sources, oral histories and a few historic photographs were knitted together to create the community's timeline from 1900 to 1940. Understand the role of Gilded Age expansionism in the beach's creation. Define the factors that contributed to its demise. Consider its larger context of black ownership of coastal property along the eastern seaboard after the Civil War. Instructor

leads discussion of the recommended reading. All history enthusiasts are welcome to this class that culminates with a field trip.

**Recommended:** "The Land Was Ours: How Black Beaches Became White Wealth in the Coastal South" by Andrew W. Kahrl

**Instructor:** Brittany Cohill, p. 30

**UPDATED!****The Caminos of Northwest Spain: Walking Through History**

Feb. 21 – March 7, 11:30 a.m. to 1 p.m.  
3 sessions, \$35

The Camino de Santiago, a UNESCO World Heritage Site, encompasses several pilgrimage routes to the shrine of the apostle St. James the Greater in the Cathedral of Santiago de Compostela in northwestern Spain. Tradition asserts the remains of the saint are buried there. The Camino de Santiago, along with Rome and Jerusalem, was one of the most important Christian pilgrimages in the medieval age. Explore the history, geography, demographics, art and architecture along various Camino routes. Enjoy a simulated day on the Camino from beginning to end. Discussion includes strategies for planning a Camino walk.

**Instructor:** David Dufresne, p. 31

**Write Your Legacy Will in a Day**

March 7, 9:30 a.m. to 3:30 p.m.  
1 session, \$40

Seize the day! Create your legacy by finding the words that define your life's meaning. What do you believe? What events shaped your life? For what would you like to be remembered? Bequeath those gifts to those you love. Brief instruction is followed by writing exercises.

**Facilitator:** Kathleen F. Triebwasser, p. 38

## UPDATED!

### **Quest for the Historical Jesus**

March 7 – April 4, 11:30 a.m. to 1 p.m.  
(No class March 21)  
4 sessions, \$40

Evangelicals, atheists and everyone else is invited to examine scholarly efforts to uncover the life of Jesus, the person. Chart the progress of the Christian movement from the first century BCE to the fourth century CE. Consider the last century's archaeological and scientific research and discoveries. Examine the Dead Sea Scrolls, Gnostic Gospels and Bible to understand the religious, political and related influences on Jesus and his message. All questions and perspectives welcome as we promote civil discourse on this fascinating topic.

**Instructor:** Joel M. Reaser, p. 36

## NEW!

### **Protect Thyself! Keep Nasty Germs at Bay**

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

You can't see them but they're everywhere! Protect yourself and your loved ones. Define common bacteria as well as signs and symptoms of disease. Learn what makes you sick and how to control the spread of germs. Get your questions answered.

**Instructors:** Jennifer Sackett, p. 36  
and Patrice B. Symms, p. 37

## UPDATED!

### **If You Don't Do It, Nobody Will: Organizing and Preserving Your Family History**

March 14 – April 4, 11:30 a.m. to 1 p.m.  
(No class March 21)  
3 sessions, \$35

Preserve and organize your precious family history as it is revealed through letters, photographs, documents, memorabilia and other treasured items. Enhance their value to the next

generation by conveying them as an easy-to-access collection rather than random boxes of stuff. Class combines systems demonstrations with hands-on techniques designed to get you started. Instructor provides helpful resources. Class does not teach genealogical research but you'll receive helpful information about getting started with your research and organizing your files. Share the results of your projects with the class.

**Instructor:** Judi Frazier, p. 31

### **The Movies: What Do Directors Do?**

March 28 – April 25, 9:30 to 11 a.m.  
5 sessions, \$45

Discover the impact of well-known and less-well-known film directors working in the 20<sup>th</sup> century. Explore how their choices from concept to scene and creation of a mood construct compelling visual and auditory stories. Your instructor values film as an art form. You'll screen thoughtfully curated film clips that illustrate his presentations about film techniques, film history and film genres including documentaries. Your insights and perspectives are welcome. Your interest is all that's required to participate.

**Instructor:** Kenneth McMillan, p. 34

## NEW!

### **Tales of the Divine: The Birth of Egypt's Most Ancient Deities**

April 4 – 18, 1:30 to 3 p.m.  
3 sessions, \$40

Trace the origins of Egyptian gods to prehistoric times, an era prior to the formation of the nation state and the invention of writing. Concepts of the sacred appear in cult objects and areas where formal rituals were enacted as well as areas where humans and animals were buried. The universal need and desire to seize control over human vulnerability led to the

development of individualized deities who held power over natural conditions. Examine some of these earliest divine entities including Hathor, Neith, Horus, Min, Anubis and Osiris. Your questions are welcome in this lecture and discussion class.

**Instructor:** Christianne Henry, p. 33

## NEW!

### **Who's Afraid of the Big, Bad H Word: Understanding Hospice and Advanced Illness Care**

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

Conquer your fears. Accurately define hospice and palliative care. The current model focuses on living rather than dying. Representatives of Community Hospice & Palliative Care provide an overview of the organization as well as helpful resources, services and support. Get your questions answered in this lecture and discussion class.

**Instructors:** Deborah Kainauskas, p. 33  
and Patrice B. Symms, p. 37

# FRIDAYS

## NEW: ED-VENTURE

### **North Atlantic Right Whale and Bottlenose Dolphin: Priority Species**

Jan. 11, 10 a.m. to noon  
(Excludes lunch) 1 session, \$35  
**Location:** Marineland, 9600 Oceanshore Blvd., St. Augustine

Accelerate your knowledge of marine life. Learn about the right whale, its life and migration. Volunteers who track the whale provide insights about efforts to safeguard the species. Its numbers show no signs of recovery despite being protected from whaling since the 1930s. A seasoned watcher shares spotting tips. Conclude your program with a discussion of dolphins. Debrief over a Dutch-treat lunch at Captain's BBQ at Bing's Landing. Marineland is not



fully accessible. Stairs provide access to select areas. Transportation is on your own but carpooling is encouraged. Parking is free.

**Required:** Mobility to walk on paved walkways from parking to classroom and back, walking shoes, dress for the weather

**Coordinator:** Laurel Conderman, p. 30

### OLLI Book Club

Jan. 11, Feb. 8 and March 8, 1 to 3 p.m.  
3 sessions, \$45

Are you a spirited, intelligent reader with a sense of humor? Join your tribe to explore a wide range of books on diverse topics. Genres include fiction, nonfiction, historical fiction, memoir, biography and classics with some science fiction in the mix from time to time. Authors are established, first time or award winners. Appreciate beautiful writing. Share your insights and life experiences as they relate to the material. Take turns facilitating monthly meetings to ensure conversation flows. All enrolled are invited to propose and vote on book selections, usually twice a year. Please note that newly published works available only in hardback are typically eliminated from consideration.

**Required:** Acquire books, take a turn supplying light refreshments

**Lead facilitator:** Joyce Lasch, p. 34

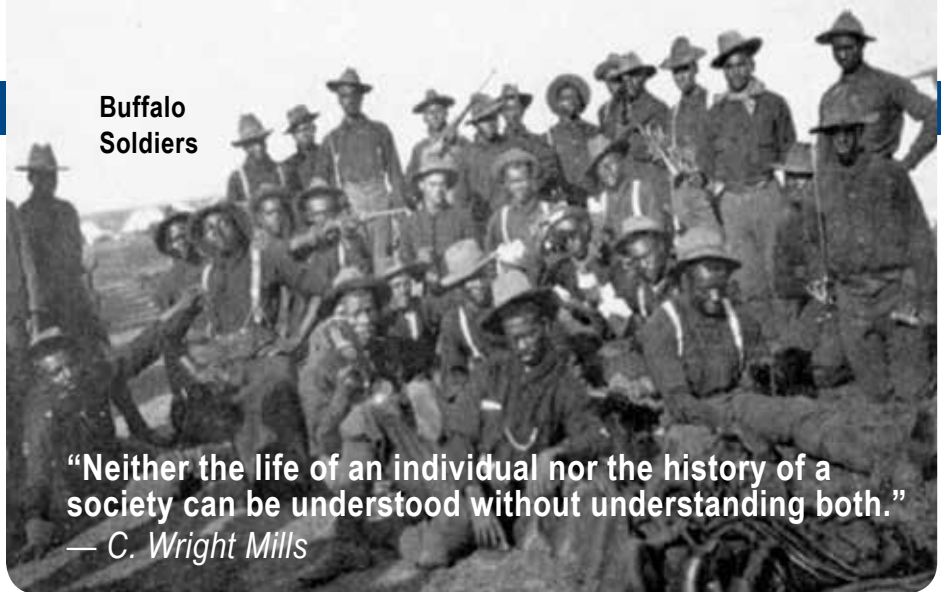
### NEW!

#### Great Decisions 2019

Jan. 18 – March 8, 9:30 to 11 a.m.  
8 sessions, \$60

Calling all inquisitive global citizens! Stretch your knowledge of current affairs with an in-depth discussion on specific national and international topics of current foreign policy concern. Each year's course is new and independent from those offered in prior terms. This year's topics include refugees and global migration, Middle East: regional disorder, nuclear negotiations: back to

### Buffalo Soldiers



**"Neither the life of an individual nor the history of a society can be understood without understanding both."**  
— C. Wright Mills

the future, rise of populism in Europe, decoding U.S.- China trade, cyber conflicts and geopolitics, U.S. and Mexico: partnership tested and state of the State Department and diplomacy. Each session begins with a 30-minute film of expert commentary, followed by an hour of highly participatory collegial discussion. Weekly preparation involves advance reading of 10 to 12 pages from the course booklet and supplemental reading materials provided by course facilitators via email.

**Required:** "Great Decisions 2019" available online from the Foreign Policy Association's bookstore ([www.fpa.org](http://www.fpa.org)) or by calling (212) 481-8100. Enrolled students must purchase the booklet at least two weeks prior to the first session.

**Facilitators:** Samuel Hart, p. 32 and Ralph Sawyer, p. 36

### NEW!

#### Manage Your Blood Pressure

Jan. 25, 11:30 a.m. to 1 p.m.  
1 session, \$20

The American Heart Association's new guidelines define hypertension as greater than 130/80. Nearly one-half of U.S. adults suffer from that condition. Learn how to reduce the risk of heart disease and stroke. Lifestyle changes may reduce or eliminate the need for pharmaceutical interventions. Find out more in this lecture and discussion class.

**Instructor:** Yazan Khatib, p. 33

### NEW!

#### A Legacy of Honor and Valor: African-American Military History (1775 to 1951)

Feb. 8, 11:30 a.m. to 1 p.m.  
1 session, \$20

You might know about the Tuskegee Airmen and Buffalo Soldiers or the 54th Massachusetts United States Colored Troops (USCT) that were featured in the movie *Glory*. Explore the many diverse contributions of African-Americans to our nation's military history with the president of the Buffalo Soldiers Historical Society in Jacksonville. Consider men and women in all branches of service from the Revolutionary War to the Korean War. Class encompasses lecture, discussion and a display of items selected from the society's traveling exhibit.

**Instructor:** Joe Tillmon, p. 37

### NEW!

#### Nutrition and Heart Disease

Feb. 15, 11:30 a.m. to 1 p.m.  
1 session, \$20

Maximize your health by filling your fork with tasty, nutrient-rich foods. Learn about versatile, delicious comestibles that can help you make easy and small yet meaningful positive changes to your diet. Get your questions answered in this lecture and discussion class.

**Instructor:** Brett Sasseen, p. 36

## NEW!

### Harriet Beecher Stowe's North Florida Life

Feb. 22, 10 a.m. to noon

**Field trip:** March 8, 10 a.m. to noon  
2 sessions, \$30

Learn about Harriet Beecher Stowe's 17 years as a seasonal resident of Mandarin. Find out on a field trip why she chose the location as her winter retreat. Discover Stowe's views of this subtropical place and her role in promoting Florida. She arrived in Florida after the Civil War as one of the most famous women in the English speaking world. Gather to hear about Stowe's life and the extraordinary circumstances that catapulted her onto the international stage.

**Instructor:** Emily R. Lisska, p. 34

## NEW!

### Heart Health for Women

March 1, 11:30 a.m. to 1 p.m.

1 session, \$20

Every minute a woman in the U.S. loses her battle with cardiovascular disease. That number is 10 times greater than breast cancer. Learn how to reduce your risk for cardiovascular disease or that of a loved one. Consider preventative measures in this lecture and discussion class.

**Instructor:** Shahnaz Punjani, p. 35

## NEW!

### Safeguard Your Foot Health

March 8 and 15, 9:30 to 11 a.m.

2 sessions, \$30

Preserve your mobility and ease of movement. Learn the anatomy of the foot and how it functions. Understand how your feet are affected by the aging process. Hear about common foot problems among older adults. Your instructor shares prevention tips. Presentation is enhanced with audio-visuals and complemented by discussion.

**Instructor:** Earl Horowitz, p. 33

## UPDATED: ED-VENTURE

### Wheeling Through History: Bicycle Tour of Riverside and Avondale

March 22, 9:30 a.m. to 12:30 p.m.

1 session, \$65 (Fee includes rental of hybrid bike, helmet, water and snack)

**Location:** Riverside Avondale Preservation, 2623 Herschel St., Jacksonville

Explore one of the top 10 neighborhoods in America. Hear stories of colorful characters and noteworthy events. Learn about the area's rich cultural and architectural heritage. Marvel at the area's most beautiful and significant properties. Your riding tour makes 20 stops covering 10 miles on relatively flat terrain. Put on your sneakers, hat and sunscreen. You'll ride in drizzle but we'll reschedule for more severe weather. Leigh Burdett, owner-operator of e2ride, is your expert guide. She received a preservation service award from the City of Jacksonville in 2016 for her efforts to celebrate and promote the city's history. Why not make a day of it? Debrief over a Dutch-treat lunch. Then discover unique local shops and nearby cultural attractions. Transportation is on your own.

**Required:** Stamina to ride for three hours making frequent stops, dress for the weather including attire appropriate for bicycle riding

**Coordinator:** Cynthia Kastner, p. 33

## ED-VENTURE

### Quick Start to Kayaking 101

April 5, 10 a.m. to 1 p.m.

(Excludes lunch) 1 session, \$80

(Includes equipment rental)

Calling entry level paddlers! All are welcome to this introductory workshop because one of your instructors is certified in adaptive kayaking. Learn the fundamentals of safe, enjoyable paddling in Hanna Park's calm, protected waters. Emphasis is on enjoyment, skill acquisition and safety. Learn to properly fit and adjust your kayak, enter and exit your kayak from shore, and grip and control your paddle. Perform basic strokes for movement and navigation. Dennis Thompson, lead river guide and owner of Adventure Kayak Florida, and Jonathan Thompson, an ACA level 2 certified kayaking instructor with the same firm, are your coaches. Debrief over a picnic lunch or weenie roast. Transportation is on your own.

**Required:** \$5 per vehicle park entrance fee, manage personal mobility independently throughout program

**Recommended:** Carpool, wear clothes and shoes that can get wet, bring extra attire, hats, sunscreen, bug spray, camera, waterproof bag or pouch for personal items

**Coordinator:** Diane Dyal, p. 31

## NEW!

### Prevent Heart Disease

April 19, 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 small lifestyle changes that can 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



**OLLI is always cooking up something new.**

# WINTER 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](mailto:jeanette.toohey@unf.edu) for more information.

**Carol Chou Adams (Chou Fang-Lan) and Daniel J. Adams** are a husband-and-wife team with extensive teaching experience in the United States and Asia. They spent a combined 37 years working as educators in Taiwan and Korea. They have also served as visiting professors and special lecturers in Myanmar, Hong Kong, Japan, Thailand, Indonesia, Malaysia and the Yucatan in Mexico. The Adamses are avid travelers who have visited more than 120 countries. They always seek out centers of religious devotion as well as places of cultural and archeological interest. Carol is a graduate of Tainan Theological College, Elmhurst College, the University of Dubuque Theological Seminary, Union Presbyterian Seminary and the Southeast Asia Graduate School of Theology. She holds both a Th.D. and L.H.D. Daniel is a graduate of Seattle Pacific University, the University of Dubuque Theological Seminary, Soochow University in Taiwan and Aquinas Institute of Theology. He holds a Ph.D. Both Carol and Daniel were elected to life membership in the Korea Branch of the Royal Asiatic Society.

**Journeys to the Ends of the Earth: The Arctic and Antarctica, p. 22**

**Mary Atwood** is an award-winning fine art photographer whose work has been exhibited internationally and is included in public, private and corporate collections. Her photographs have been exhibited in galleries, museums and public art settings and presented in more than 20 solo exhibitions to date. Atwood is also the author of "Historic Homes of Florida's First Coast," published by The History Press in 2014.

**Discover Fine Art Photography, p. 16**

**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.

**Knitting Bootcamp, p. 19**

**Shapely Shawls: A Knit Along (KAL), p. 20**

**Shirley Barber** has enjoyed growing plants from seed for more than 35 years. She has been a master gardener for 13 years for the University of Florida/St. Johns County. Barber is responsible for the design, implementation, signage and propagation of plant material installed in the floral garden displays at the St. Johns County Arboretum. She is project leader for the All-American

Selections (AAS) Display Gardens at the St. Johns County Arboretum. Barber has propagated more than 90,000 plants that were donated to the St. Johns County Arboretum and community outreach programs.

**Beautiful Gardens Begin with the Seed, p. 15**

**Faye Barkan** is an American Contract Bridge League (ACBL) accredited bridge teacher. As bridge director at The Connection in Summit, New Jersey, she taught classes and ran weekly duplicate games. Barkan enjoys teaching bridge in sunny Florida. She has a summa cum laude B.S. in theoretical mathematics.

**Beginning Bridge II, p. 20**

**Partners Bridge II, p. 20**

**Peter Bartha** is a native of Hungary who lives in Canada. He is a former academic and a retired corporate executive. Bartha and his wife are winter residents in Jacksonville where their daughter and grandchildren live.

**A Tale of Five Cities: The World Before the Great War, p. 12**

**Bonnie Bedenbaugh** is manager of advance care planning for Community Hospice & Palliative Care. In that role, she facilitates the expansion of Honoring Choices Florida, a community-wide collaborative advance care planning initiative led by Community Hospice & Palliative Care in collaboration with the hospitals and health systems in Northeast Florida. Until 2008, Bedenbaugh spent more than 10 years in the long-term care industry as a social worker, admissions director and nursing home administrator. She earned her B.A. in sociology from the University of Georgia. Bedenbaugh is a licensed nursing home administrator as well as a certified advance care planning instructor and facilitator. A Jacksonville native, she attended Episcopal School of Jacksonville and is married with one daughter.

**Advance Care Planning: It's All About the Conversation, p. 23**

**Elaine Bergstrom**, a Chicago native, moved to Jacksonville from Pittsburgh. She holds bachelor degrees in design from University of Illinois and art education from Carlow University. Bergstrom received certification in botanical illustration from the Morton Arboretum. She has taught extensively at a community college, two OLLI programs in Pittsburgh and local art centers in addition to offering private lessons. Through Bergstrom's Brush Buddies business she offered classes at local libraries, synagogues and churches. Her specialties include oriental, watercolor, acrylic, pen and ink, colored pencils and pastels. Bergstrom is a member of the American Society of Botanical Artists and the Colored Pencil Society of America. She volunteered at Beechwood Farms Nature Reserve, an affiliate of the Audubon Society of Western Pennsylvania.

**Explore Color Palettes for Watercolors, p. 9**



# INSTRUCTORS

**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. 11**  
**Philosophy through Thought Experiments and Puzzles, p. 11**

**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. 16**  
**Learn to be Happy!, p. 12**

**Jana Song Bobo** is a classically trained pianist with a lifelong love of unique jewelry. She has been designing and creating handmade jewelry for 18 years. Bobo is a professional educator with experience as a university music department faculty member and jewelry arts instructor at artist cooperatives. She and her husband, Richard, moved to Jacksonville in 2017.

**More All Wired Up! Decorate Found Objects, p. 20**

**Richard Bobo** holds degrees in piano performance and music literature. He taught for 35 years at S.U.N.Y. at Fredonia, Indiana University, Southwestern College in Kansas and Northwest Missouri State University. Bobo also taught for 15 years in the lifelong learning program at Sinclair Community College in Dayton, Ohio. Bobo, his wife, Jana, and their pet cat, Pasha, recently moved to Jacksonville.

**19<sup>th</sup> Century Romanticism in Music, p. 17**

**Music in the Age of Napoleon: 1800 to 1815, p. 16**

**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 assisted in the design of 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.

**Pearl Harbor: Forgotten Secrets, Long-Lost Stories, p. 16**

**Susan D. Brandenburg** is an award-winning biographer and freelance journalist with more than 30 years' experience writing newspaper columns, feature articles, press releases, personal and professional profiles, brochures and biographies. She is president of Susan the Scribe, Inc. Publishing, and takes life stories from concept to completion – from first interview to book in hand.

**Remember Who You Are, p. 23**

**Carol Callier** relocated to the area from Tampa in 2013 to be near family. She worked as a personal assistant, managing the home, personal and social affairs of an individual for 14 years. Volunteering has always been a part of Callier's life wherever she lived including Tokyo, Dallas and Tampa. She tackled many DIY projects as a single homeowner.

**Home Improvement: Handy Tips for the Budding Do-It-Yourselfer, p. 21**

**Elizabeth Cantey** is an uplifting and inspirational speaker, teacher and seminar facilitator for private groups and spiritual centers. She is an interfaith minister who studied with Rev. Michael Beckwith who was featured in "The Secret" by Rhonda Byrne, as well as works by Eckhart Tolle, Deepak Chopra and Sri Sri Ravi Shankar among others. Cantey has a master's degree in consciousness studies and comparative religions and is pursuing a doctorate in those fields.

**Embrace Wisdom of the Mystics, p. 25**  
**Explore World Religions, p. 15**

**Brittany Cohill** received an M.A. in history from UNF. Her research focuses on the Beaches area from the 18<sup>th</sup> century to the present. Cohill is operations manager at the Beaches Museum & History Park in Jacksonville Beach. She is an active member of Phi Alpha Theta National History Honor Society, Psi-Eta Chapter and the Southeastern Museums Conference Emerging Museum Professionals Group. Cohill's research on Manhattan Beach has been featured on WJCT's First Coast Connect, in Jacksonville Magazine and the Florida Times-Union. She has been a resident of the Jacksonville area for nearly 35 years.

**Recovering Manhattan Beach: Florida's Oldest Beach Resort for African-Americans, p. 25**

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

**A Closer Look at UNF: Sculpture Walk with Professor Jenny Hager-Vickery, p. 8**

**North Atlantic Right Whale and Bottlenose Dolphin: Priority Species, p. 26**

**Billy Dettlaff** comes from a multi-generational family of golf professionals who have been in the game collectively for more than 110 years. He spent 22 years with the PGA Tour's TPC Network as a director of golf/ general manager, regional director of operations, and as the network's first national director of golf based at TPC Sawgrass. Since Dettlaff retired in 2009, he has worked full time expanding his master professional thesis on the history of the golf profession into a detailed study on the subject. Seven years of research resulted in a 1,500 page, 450,000 word manuscript. Dettlaff is PGA Master Professional #57.

**Doctors of the Game®: A History of the Golf Profession, p. 16**

**David Dufresne** is a seasoned and well-researched traveler. He envisioned walking the Camino Frances for more than 25 years. Upon early retirement as a clinical pharmacist, Dufresne walked his first Camino in 2013 and returned to walk the same route in 2015. In spring of 2016, he was a host at two guest houses. Dufresne walked the Via de la Plata, a thousand kilometer walk from Seville to Santiago de Compostela, in 2017.

**The Caminos of Northwest Spain: Walking Through History, 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.

**Quick Start to Kayaking 101, p. 28**

**Dennis Egan** is a retired naval officer with a B.A. in biological science with a minor in chemistry and a master's in information technology. After a naval career and a stint in the private sector, he realized a long-held desire to teach. Egan taught high school chemistry for eight years in Duval County Public Schools at all levels, from general to honors and advanced placement. His students met and often exceeded required county and state standards. Egan received accolades for his innovative, student-centered teaching style. In retirement, he is a chemistry tutor working with high school and college students.

**The Civil War: Between the Battles, p. 24**

**Great Decisions 2019, p. 19**

**Reid Eikner** has 35 years of executive management experience in both large and small companies. He received a degree in civil engineering from the University of Virginia, an MBA from the University of Pittsburgh and Juris Doctor from the University of Maryland. Eikner was an adjunct professor at the University of Virginia's School of Engineering for six years in retirement. He is co-author of a textbook, "The Business of New Product Development."

**Thomas Jefferson's Human Side, p. 6**

**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.

**Healthy Living for the Brain and Body, p. 6**

**Ibrahim Fahdi** joined the First Coast Cardiovascular (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 Little Rock, Arkansas, 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. 28**

**John Fischer** has an extensive background in manufacturing and management consulting. He has been associated with OLLI at UNF for 11 years, primarily as a discussion leader on national and international affairs.

**Great Decisions 2019, p. 19**

**Judi Frazier** began her career as a bookstore manager, changed fields, and spent the next 30 years as a dental hygienist. Since retirement in 2012, she has pursued her hobby of genealogy. Over the past 20 years, Frazier has developed simple organizing systems to preserve all the family photos, letters and documents she inherited. She is eager to share her passion for family history and lessons learned to aid you in preserving your family's history.

**If You Don't Do It, Nobody Will: Organizing and Preserving Your Family History, p. 26**

**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.

**Learn to Draw: Perspective for Beginners, p. 22**

**Learn to Draw: Shadow and Shading for Beginners, p. 22**

**Seeing Red in Art, p. 24**



**OLLI, has over 1500 members,  
and it's still growing!**

# INSTRUCTORS

**Phillip Furman** received his Ph.D. in microbiology from Tulane University. He has spent more than 30 years undertaking antiviral drug discovery in the pharmaceutical and biotechnology industries. Furman is the co-inventor of the use of Retrovir®, the first drug approved for the treatment of HIV infection. He also was involved with the development of other antiviral agents including Zovirax® (Acyclovir), Valtrex® (Valacyclovir), Emtriva®, and more recently Sofosbuvir (Sovaldi®), a hepatitis C drug.

**Antiviral Drugs: Discovery and Development, p. 11**

**Tatiana Ganina** holds a doctorate in art history from the University of St. Petersburg, Russia. She is a former chief curator at the State Russian Museum in St. Petersburg. Ganina has organized several international exhibitions, including one presented at the National Gallery in Washington, D.C. She has authored several books and articles as well as lectured in Russia, Canada and the United States.

**Hidden Messages in Western Art, p. 18**

**Vladimir Ganine** graduated from the University of St. Petersburg, Russia, with a Ph.D. in theoretical and mathematical physics. For the past 20 years, he has worked as a senior research scientist in American industry.

**Does Capitalism Have a Future?, p. 7**

**Jelena Gill** holds a Ph.D. in theoretical mathematics. She has diverse interests and an inquisitive mind. Gill's past courses include the history of socialism, the history and art of conversation, the significance of touch, body language, the development of numbers, and SUDOKU. She co-taught, with her late husband, John, a course on the history of the Balkans.

**Morality, Justice and Society: Exercises in Public Philosophy, p. 6**

**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**

**Weave Contemporary Chain Maille Jewelry, p. 23**

**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.

**Characters and Crooks in Florida History, p. 14**

**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.

**Summer of '64, p. 11**

**Dilara Hafiz** has a B.A. in economics from Johns Hopkins University and an MSc in international political economy from The London School of Economics. She is well-versed in Middle Eastern women's issues and American Muslim culture. Hafiz teaches a class on Muslim culture and traditions at Jacksonville University. She has worked as a writer, editor and educator in a variety of European and Middle Eastern countries including England, Kuwait and Saudi Arabia. Hafiz co-authored with her two children, Yasmine and Imran, "The American Muslim Teenager's Handbook." She has a keen interest in interfaith issues. Hafiz currently serves on the board of Compassionate St. Augustine and formerly served as a vice president of the Arizona Interfaith Movement. She has published articles in the Huffington Post, Common Ground and the Religion News Service.

**Discover Artistic Traditions of the Islamic World, p. 25**

**Jude Hagin** was a film commissioner in Ocala and Marion County from 1995 to 2009. She focused on bringing commercials, print shoots and feature films to North Central Florida. Hagin is currently a film producer. She was motivated to undertake extensive original research after reading William Bradford Huie's book "Ruby McCollum, Woman in the Suwannee Jail." Hagin's 2015 award-winning documentary, "You Belong to Me: Sex, Race and Murder in the South," dispels the notion that McCollum was a femme fatale looking for a relationship with a white physician and State Senator-elect while raising her three children. Hagin lives in Ponte Vedra with her husband of 50 years, has two children and two grandchildren.

**Was Ruby McCollum Guilty of Murder?**

**Screen a Documentary about a Sensational Murder Case in the Jim Crow South, p. 9**

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

**Great Decisions 2019, p. 27**



**Christianne Henry** is an independent scholar in the field of Egyptology. She holds a master's degree from Johns Hopkins University and has taken graduate courses at the Ludwig-Maximilians-Universität, Institute für Ägyptologie in Munich, Germany. Henry coordinated reinstallation of the Walters Art Museum's Egyptian art galleries and served as head of the museum's research library before retiring. She has presented numerous lectures on Egyptological subjects, both locally and internationally. Henry's enduring interests include the art, history and archaeology of ancient Egypt and ancient Sudan.

**Tales of the Divine: The Birth of Egypt's Most Ancient Deities, p. 26**

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

**Intermediate Spanish: Level II, p. 13**

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

**Great Composers of Early Romantic Piano Music: 1820 to 1860, p. 28**  
**Miles Davis, Musical Innovator, p. 10**

**Earl Horowitz** is a podiatrist who has worked in Jacksonville for more than 60 years. He is the first doctor in Jacksonville to be board certified in geriatric podiatry. His office, Center for Foot Health, is located in the Riverside neighborhood.

**Safeguard Your Foot Health, p. 28**

**Terry Jones** volunteers with OLLI at UNF as support coordinator and an instructor. She has been involved since moving to Nocatee in 2014. Before Jones retired, she spent the majority of her career working for a large utility in Ohio. She held positions in communications, community affairs and contracting. Jones now serves on the board of her homeowner's association and is active in the North Florida Chapter of the National Multiple Sclerosis Society.

**Female Aviation Pioneers: Beyond Amelia Earhart, p. 10**

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

**Experience White Oak: History and Wildlife Conservation, p. 24**

**Deborah Kainauskas** recently became a nurse educator. She is committed to meeting the learning needs of staff, clients, vendors, Northeast Florida healthcare providers and educational institutions by providing instruction on end-of-life related topics. Kainauskas has been a Compassionate Guide for Community Hospice since 1992. She is dedicated to improving the quality of life for patients

and families. In 20 years with the organization Kainauskas has touched every clinical department through her work as an on-call nurse, senior nurse, admission nurse and clinical resource nurse in homecare and long-term care capacities. She is a registered nurse and board-certified hospice and palliative nurse. Kainauskas earned a B.S. in nursing from the University of Connecticut. Her previous experience includes medical and surgical hospital nursing experience at Methodist Hospital, Baptist Medical Center and St. Vincent's Medical Center in Jacksonville.

**Who's Afraid of the Big, Bad, H Word: Understanding Hospice and Advanced Illness Care, p. 26**

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

**Wheeling Through History: Bicycle Tour of Riverside and Avondale, p. 28**

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

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

**Yazan Khatib** is an interventional cardiologist and endovascular specialist. He is president of First Coast Cardiovascular Institute, the largest, hospital-independent, cardiology practice in Northeast Florida. His commitment to excellence earned him the title "Health Care Hero" in 2009 from the Jacksonville Business Journal. Khatib is enthusiastic about repairing the most difficult cardiology cases without major surgery. He is one of only a handful of accredited operators in the U.S. to proctor physicians in the rapidly evolving field of endovascular therapy. Khatib currently serves as President of the American Heart Association, First Coast Chapter.

**Manage Your Blood Pressure, p. 27**

**Irwin Kirk** is a retired attorney who has presented history classes on the Middle East, the origins of World Wars I and II, American Disunion, West from Appomattox and the Paris 1919 Peace Conference.

**Russian Revolution, p. 14**

# INSTRUCTORS

**Dan Kossoff** has written, produced and directed thousands of television programs, films, commercials and special events throughout his 50 years in broadcasting. His work ranges from directing award-winning documentaries to producing the Jacksonville Jazz Festival. Kossoff has been OLLI-involved since 2010 and enjoys sharing his passion for folk music with fellow members. As a young folkie he toured the Midwest gigging on the coffee house and campus circuit. Kossoff's folk radio show, "String Along," aired for many years on WJCT-FM. He still enjoys strumming his vintage Gibson guitar. Kossoff is a graduate of the University of Minnesota and pursued post-graduate studies in film and television at the University of Kansas.

**Folk Music: History and Hootenanny, p. 19**

**Elaine LaBrizzi** began acting many years ago while working with lower elementary-grade students. She produced and directed student performances and appeared onstage as parts of skits. LaBrizzi had principal acting parts and produced an original play as a member of a theater troupe in upstate New York. Membership in Toastmasters International also helped her develop her acting abilities. LaBrizzi recently completed a class about accessing emotions in acting, which both helped her hone her skills and gave her additional insights about teaching others.

**A Smattering of Acting for Beginners, p. 13**

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

**Advanced French: Level I, Part B, p. 15**

**Beginning French: Level I, Part B, p. 14**

**Intermediate French: Level I, Part B, p. 15**

**Linda M. Lanier** has long been engaged both professionally and personally in improving the lives of children and their families. She is the former executive director and CEO of the Jacksonville Children's Commission. Lanier also served as the Executive Director of Sulzbacher, Northeast Florida's full service shelter for homeless men, women and children. Retired since 2012, she remains active through her service on the Atlantic Beach Community Development Board, as board member and former chair of the Beaches Museum and History Park and in other civic organizations. Lanier is a founding member of Nine in 15, a grassroots group that promotes women's representation in elected office. She serves as a consultant and presenter to community boards and groups and is a vocal advocate for women in leadership.

**Electing More Women, p.19**

**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. 27**

**Liz Leuthold** retired after 30 years of employment with the government. She spends her time sewing, crafting, playing in her garden, reading and traveling. Leuthold specializes in giving used items a new life and selling a few of her creations in St. Augustine.

**Make Unique Pillow Covers for Gifts and Décor, p. 8**

**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.

**Bold Bean Coffee Roasters: Tour and Taste, p. 11**

**Jacksonville's Museum of Science and History:**

**It's Not Just for Kids!, p. 20**

**Start Here, Go Anywhere: The Jacksonville Public Library, p. 22**

**All About Oysters: Mother Nature's Front Line, p. 18**

**Emily R. Lisska**, a Jacksonville native, is president of the Florida Historical Society and the former executive director of the Jacksonville Historical Society. In the 1990s, she chaired the restoration of the 1872 Mandarin School, built through the efforts of Harriet Beecher Stowe. Lisska is a multiple past-president of the Mandarin Community Club, a 95-year-old nonprofit organization that originated as a WWI Liberty League and now owns Stowe's school.

**Harriet Beecher Stowe's North Florida Life, p. 28**

**Bill Mayhew** is a longtime practitioner of Zen Buddhism. He has studied with several recognized Zen masters over the last 20 years. Mayhew is an ordained student of Roshi Michael Elliston, abbot of the Atlanta Soto Zen Center and the Silent Thunder Order, an affiliation of 20 Zen groups spread across the U.S. and Canada. He is practice leader of the Jacksonville Soto Zen Meditation Group.

**Zen Buddhism: A Personal Perspective, p. 18**

**Marilyn McAfee** was a career foreign service officer for 31 years. Her special assignments often focused on democracy building and conflict resolution. McAfee served in Iran and many countries in Latin America. She was U.S. Ambassador to Guatemala from 1993 to 1996. McAfee received the Presidential Meritorious Award, the Distinguished Honor Award and the Superior Honor Award. Since retiring from diplomatic service, she has been a leader in the World Affairs Council of Jacksonville and served on the National Board of the World Affairs Councils of America.

**Diplomacy's Role: U.S. Ambassador and the U.S. Embassy, p. 22**

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

**The Movies: What Do Directors Do?, p. 26**

**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. 12**

**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 II, p. 15**

**Tai Chi for Health and Vitality, p. 14**

**Ginny Myrick** is president and founder of Myrick Policy Group (MPG), a state and local government relations firm. Prior to founding MPG, she served for 10 years as a senior policy advisor in the government public policy group of international business law firm Holland & Knight, LLP. Myrick served as a member of Jacksonville City Council from 1987 to 1994. A devoted community trustee and nonprofit advocate, she has chaired and served on many local nonprofit boards. Myrick is a founding member of Nine in 15 and founded At-the-Table, a Florida registered political committee dedicated to advancing accomplished women in public service.

**Electing More Women, p. 19**

**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. 10**

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

**Intermediate Spanish: Level IV, p. 19**

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

as a spiritual director. O'Shields enjoys riding his bicycle, practicing yoga and being a grandfather.

**Disease, Disasters and Catastrophes: Their Effects on History, p. 8**

**T. Parkinson** has a Ph.D. in upper atmospheric physics. He was a planetary astronomer for five years before transitioning to commercial product development and contract work for the U.S. Navy.

**Henry Ford: The Man and His Automobiles, p. 25**

**Judith G. Poucher** is a fifth-generation Floridian who taught history among other subjects at Florida State College for 25 years. She holds a Ph.D. from Florida State University and did postdoctoral work at Oxford University. Poucher has published several articles in the "Florida Historical Quarterly." Her book, "State of Defiance: Challenging the Johns Committee's Assault on Civil Liberties," won the Harry T. Moore award from the Florida Historical Society in 2015.

**Florida's Most Defiant Suffragist: Mary Nolan of Jacksonville, p. 17**

**Shahnaz Punjani** is an interventional cardiologist and endovascular specialist with First Coast Cardiovascular Institute. She has special interest in obesity management and women's health. Punjani is a certified diabetic educator. She contributes to community services including voluntary clinics where she lectures on cardiovascular health awareness.

**Heart Health for Women, p. 28**

**Lynne Radcliffe** is a musical educator, performer and composer. She serves as director of music at St. Paul's by-the-Sea Episcopal Church in Jacksonville Beach, 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 piano performance from Memphis State University and pursued graduate studies in musicology at the University of Memphis. Radcliffe was a contributor to "Encore!," the magazine of the Jacksonville Symphony, as well as a host for the public radio program "WJCT Presents the Jacksonville Symphony."

**Master the Masters: Adventures of a Symphonic Detective, p. 7**

**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. 24**



# INSTRUCTORS

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

**Quest for the Historical Jesus, p. 26**

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

**Intermediate Bridge: 2-Suited Hands, p. 13**

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

**Journal to the Self: An Introduction, p. 12**

**Sid Rosenberg** was bitten by the wanderlust bug at a very early age. Over the past 30 years, he has pursued his passion for wildlife travel with a primary interest in large predators. Rosenberg's pursuits took him to five continents. Nine trips to eastern and southern Africa were to see magnificent untamed creatures in their natural settings. His first career was in the field of commercial real estate. Rosenberg later earned a Ph.D. in finance and real estate and taught at Florida Atlantic University as well as UNF. He is professor emeritus at UNF.

**Wildlife Travel on Five Continents, p. 16**

**Laura Rubin** is a retired public school speech therapist. She was born in Brooklyn and lived in the Chicago area. Rubin has been leading play reading classes at OLLI for eight years.

**Play Reading, p. 14**

**Jennifer Sackett** is the infection control and employee health coordinator at Community Hospice & Palliative Care where she oversees daily operations of employee health services including OSHA recordkeeping, employee health records and post-exposure care. She provides leadership in department policies and procedures as well as educates and consults with employees, managers, supervisors, patients and families regarding disease and disease transmission. Sackett also performs tuberculosis skin tests, immunizations and immune titers. She enjoys educating the public about healthy personal behaviors and disease.

**Protect Thyself! Keep Nasty Germs at Bay, p. 26**

**Jessica Santiago** is founder and CEO of ArtRepublic, an organization that works to make the art world more accessible by cultivating a global community of art patrons. Collective giving for large scale projects empowers international artists with resources to create immersive installations, exhibitions and events that increase connectivity, empathy, wellness and awareness of contemporary art.

**Public Art: Its Power and Modern Patronage, p. 22**

**Brett Sasseen** is an interventional cardiologist at First Coast Cardiovascular Institute. His areas of expertise include coronary artery disease, congestive heart failure, intravascular ultrasound and valvular heart disease. Sasseen is a member of the American Medical Association, a fellow in the American College of Cardiology, and a fellow of the Society of Cardiovascular Angiography and Interventions.

**Nutrition and Heart Disease, p. 27**

**Ralph Sawyer** has facilitated or taught more than 60 courses since the inception of OLLI at UNF. He has facilitated Current Events, Great Books and Great Decisions since 2006. Sawyer is a retired Navy Captain Ophthalmologist and was chairman and residency director of the National Naval Medical Center in Bethesda, Maryland, for 15 years. He has lectured nationally at a number of ophthalmology organizations for 20 years.

**Great Decisions 2019, p. 27**

**Just What Were They Thinking?, p. 23**

**Doug Schilling** is professional development program manager at Community Hospice & Palliative Care. He leads the organization's Charles M. Nevaser Educational Institute and oversees its educational programs for staff, community health providers and area residents. Prior to joining Community Hospice & Palliative Care in 2006, Schilling was a therapist then clinical director and assistant vice president of residential programs at Jacksonville-based Daniel Memorial. He served as managing partner of Family Psychology Associates, a private psychotherapy practice in Clearwater, Florida. Schilling earned his bachelor's in psychology and a master's in social work at the University of South Florida.

**Advance Care Planning: It's All About the Conversation, p. 23**

**John See** has extensive experience with Apple devices and software. He was a public school teacher, university instructor and school district technology IT manager before retirement. See was the Minnesota Department of Education technology specialist responsible for helping school districts design and conduct computer training as well as staff development programs. He successfully operates his own technology consulting and website design firm.

**Apple iCloud, p. 9**

**Mastering iPhone or iPad Photography, p. 7**

**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, are parents of two daughters and grandparents of five.

**Fiction or Nonfiction? Cataloguing the Bible, p. 18**

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

**Forum on Current Issues, p. 18**

**Joan Silberman** is a retired consultant and expert in the field of leadership and motivational training, sales management and customer service. She was vice president of Servus Financial Corporation, a Wells Fargo company. Silberman has a diverse background in the finance, manufacturing and publishing industries, and has worked in the private, public and nonprofit sectors. She is a skilled trainer, public speaker and facilitator. Silberman was inducted into the National Women's Hall of Fame, and among other awards, was also the recipient of Washington Business Woman of the Year.

**Forum on Current Issues, p. 18**

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

**Mah Jongg for Beginners, p. 22**

**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. 6, 17**

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

**More Common Health Problems in People Over 50, p. 8**

**Nancy Sticht** spent more than 40 years as a human resources development and public affairs professional for the federal government before retiring in September 2014. She designed and conducted training in leadership, risk communication, media relations and public participation and led several award-winning videos and publications projects. A native of Buffalo, New York, Sticht holds a B.S. in communication and an M.S. in adult learning management. She enjoys travel, reading, theater, photography and volunteering for OLLI as the Explore More programs team lead.

**Broadway Musicals: Les Misérables, p. 13**

**Patrice B. Symms** is a nurse educator with Community Hospice & Palliative Care. She writes and presents educational curricula on advanced illness-related topics for patient care staff and community health care providers. Symms has served in various leadership and nursing roles, including manager of field case managers, precertification nurse manager, program manager and assistant director of nursing in hospital and health insurance settings in Duval and Clay counties for more than 20 years. She is a retired veteran who served as a logistics specialist and training officer in the U.S. Naval Reserve. Symms earned a bachelor's in sociology from UNF as well as a bachelor's and a master's in nursing from Jacksonville University. She is certified as a case manager and a hospice and palliative care nurse.

**Protect Thyself! Keep Nasty Germs at Bay, p. 26**

**Who's Afraid of the Big, Bad, H Word: Understanding Hospice and Advanced Illness Care, p. 26**

**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. 14**

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

**French Book Club, p. 24**

**Joe "Hot Wing" Tillmon** was raised in Jacksonville, joined the military in 1977 and retired in 1997. He founded the Buffalo Soldiers Historical Society and currently serves as its president. Tillmon led the society's creation of a traveling exhibit on African-American military history and makes presentations throughout the Southeast.

**A Legacy of Honor and Valor: African-American Military History (1775 to 1951), p. 27**

# INSTRUCTORS

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

**Write Your Legacy Will in a Day**, p. 25

**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.

**Inches and Miles**, p. 12

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

**Spanish for Beginners: Level II**, p. 13

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

**The Cold War as History**, p. 23

**Intelligence Failures of Pearl Harbor**, p. 24

**Russian Meddling: An Old Practice**, p. 6

**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**, p. 8

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

**Mysteries Unlimited: International**, p. 19

**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.

**Introduction to Digital Photography**, p. 13

**Native Plants are For the Birds**, p. 9

**Nature Photography Workshop and Photographer's**

**Walkabout at Jacksonville Arboretum**, p. 11

**River Sunset Photography Workshop and Photographer's**

**Walkabout**, p. 10

**Take Wing: A Workshop all about Birds**, p. 10

**Bonnie Yales-Gibson** has lived in Ponte Vedra Beach since 2000. She is an award-winning artist who has taught at OLLI at UNF since 2016. A native of Ohio, Yales-Gibson's earliest creative expression was realized in fiber including needlepoint tapestry and embroidery. She opened and taught classes at The Needle's Eye, a needlepoint shop in Lexington, Massachusetts. Yales-Gibson designed and led a group project that resulted in a 10-panel, 9 by 12 foot tapestry for Temple Isaiah. Her work, created with an artist's group and her mentor Georges Goldstein, adorns more than 500 synagogues (including five in this area), churches, institutions and private homes throughout the U.S. and Israel. Yales-Gibson taught painting and needlepoint on cruise ships for 12 years. Her "War and Peace" tapestry received a first-place award from the National League of American Pen Women.

**Experimental Painting: More Dancing Brushwork**, p. 7

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

**From Queen to Queen**, p. 9

**Mary Ellen Young** received a Ph.D. in historical musicology from the University of Minnesota. She taught music history, comparative religion and interdisciplinary humanities at Lakewood Community College for 30 years and was chair of the Humanities Department for 20 years. In 2013, Young received the Emeritus Award from the Guild of the Jacksonville Symphony.

**The Metropolitan Opera Lectures**, p. 23







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The University of North Florida (UNF) is committed to providing an inclusive and welcoming environment for all who interact in our community. In building this environment, we strive to attract students, faculty and staff from a variety of cultures, backgrounds and life experiences.

# Enrollment Form (Please print)

## PERSONAL INFORMATION:

Dr./Mr./Mrs./Ms. First name: \_\_\_\_\_

MI: \_\_\_\_\_ Last name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Day (\_\_\_\_) \_\_\_\_\_ Evening (\_\_\_\_) \_\_\_\_\_

Email address: \_\_\_\_\_

Date of birth (for grant reporting): \_\_\_\_\_

ANNUAL MEMBERSHIP(S): \_\_\_\_\_ at \$50 each = \$ \_\_\_\_\_

## COURSE ENROLLMENT:

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

Course name: \_\_\_\_\_ \$ \_\_\_\_\_

CHECK ENCLOSED FOR: \_\_\_\_\_ \$ \_\_\_\_\_

## CANCELLATION AND REFUND POLICY:

Cancellation requests must be received no later than five (5) business days prior to the first day of class in order to receive a 90 percent 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 refunds are given for requests made within five (5) business days or if you do not attend.

\*A 10 percent administrative fee is retained by the University.

***OLLI ED-ventures and Explore More programs are nonrefundable.***

## OLLI Winter 2019 Catalog

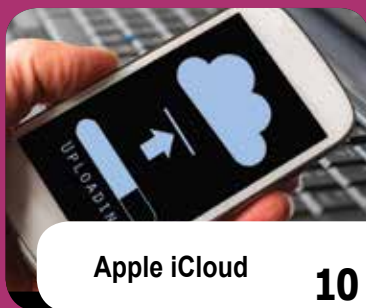
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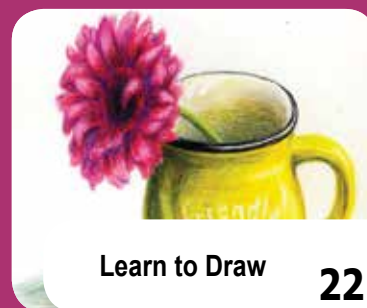
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**10**



Handy Tips for the Budding  
Do-It-Yourselfer

**21**



Learn to Draw

**22**

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**See page 39 for details!**



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