

OSHER
LIFELONG
LEARNING
INSTITUTE

Make Some **Joyful Noise** This Spring!



Spring 2013 Course Catalog

Spring Term

Begins April 1, 2013

Look inside now!

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OSHER
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A MESSAGE FROM YOUR OLLI PRESIDENT

Five Ways to Get the Most from Your OLLI Membership



BILLIE J. HAYWARD
UNF OLLI PRESIDENT

► Your annual OLLI membership provides access to the best in lifelong learning programs in NE Florida for those 50 and better.

Here are five ways to get the most from your OLLI membership:

- 1. Attend the free speaker series programs.** This term, there are 12 speaker series lectures you can attend for free. Each lecture features an expert instructor on a topic of interest or significance. Make sure to bring a friend. Classes are more fun together.
- 2. Sign up early.** Seating for classes is limited to assure program quality. Be sure to sign up for programs most interesting to you as soon as the new term begins. Seats are first come, first served. Be sure a seat is reserved for you.
- 3. Join an OLLI special interest group.** The OLLI Book Club, Joyful Voices Choir and Creative Writers' Group give you the opportunity to join a community of people who share your interests.
- 4. Visit UNF's Thomas G. Carpenter Library.** Your membership card provides you with borrowing privileges. Only UNF students and OLLI members can access this library on the UNF campus.
- 5. Volunteer.** Make a difference in the lives of your fellow OLLIs through the many different volunteer opportunities. Visit www.unfolli.com to learn more.

OLLI is all about you!
Live well. Learn forever.

SPEAKER SERIES

LOCATION AND DAY

FREE TO ATTEND.

Reserve early!

Call (904) 620-4200

or visit www.unfolli.com.

WESTMINSTER WOODS (Julington Creek)	FLEET LANDING (Mayport Road)	GLENMOOR (World Golf Village)	UNIVERSITY OF NORTH FLORIDA (Adam W. Herbert University Center)
CLAY MEUX Basic Elder Law Friday, April 5 1:30 to 3 p.m.	DOUG MILNE Jacksonville: Our Natural and Human History Thursday, April 11 11 a.m. to 12:30 p.m.	EMILY LISSKA Jacksonville Roars into the 1920s Friday, April 12 1:30 to 3 p.m.	FRANK DENTON The Life and Death of Journalism: Why Should You Care? Friday, April 19 1:30 to 3 p.m.
JUDGE MICHAEL WEATHERBY Beyond the Bench: Judicial Independence in the 21st Century Friday, May 3 1:30 to 3 p.m.	FRANK DENTON The Life and Death of Journalism: Why Should You Care? Thursday, May 9 11 a.m. to 12:30 p.m.	REVEREND PERRY SMITH The Unlikely Priest Friday, May 10 1:30 to 3 p.m.	JUDGE MICHAEL WEATHERBY Beyond the Bench: Judicial Independence in the 21st Century Friday, May 17 1:30 to 3 p.m.
JANE ALRED AND DR. ERIC SHULTZ How to Have Healthy Feet Friday, June 7 1:30 to 3 p.m.	EMILY LISSKA Jacksonville Roars into the 1920s Thursday, June 13 11 a.m. to 12:30 p.m.	JANE ALRED AND DR. ERIC SHULTZ How to Have Healthy Feet Friday, June 14 1:30 to 3 p.m.	REVEREND PERRY SMITH The Unlikely Priest Friday, June 21 1:30 to 3 p.m.

Valued at \$10 per session, the Speaker Series provides a free service to OLLI members as an opportunity to explore new topics, visit other OLLI locations and to share the OLLI experience with friends and family. Reserve early. Seats fill fast! Call (904) 620-4200 or visit www.unfolli.com.



UPCOMING COURSES

Classes are organized by:

- Location and weekday

Then listed in the following order:

- Calendar date
- Time of day
- Alphabetical by title
(if multiple start at one time)

MONDAY at UNF

8.....**Chinese Mah Jong**
April 29, 9:30 a.m. to 1 p.m.

NEW 8.....**Current Events for Pragmatists**
May 6 – July 1, 9:30 to 11:30 a.m.

NEW 9.....**Growing Sustainable Roses in North Florida**
April 15 – April 29, 11:30 a.m. to 1 p.m.

NEW 9.....**The American Civil War: An Overview**
April 15 – May 13, 1:30 to 3 p.m.

NEW 9.....**It Really Was Different This Time (But It Really Wasn't)**
June 3 – 10, 11:30 a.m. to 1 p.m.

TUESDAY at UNF

NEW 9.....**Half the Sky: Turning Oppression Into Opportunity for Women Worldwide**
April 2 – 23, 1:30 to 3 p.m.

NEW 9.....**Current Events**
Spring: April 9 – July 2, 9:30 to 11:30 a.m.
Summer: July 9 – Sept. 17, 9:30 to 11:30 a.m.

NEW 10.....**Studio Art Painting**
April 9 – May 14, 10 a.m. to noon

NEW 10.....**Intermediate Bridge I**
April 16 – June 4, 10 a.m. to noon

NEW 10.....**Intermediate Bridge II**
April 16 – June 4, 1 to 3 p.m.

10.....**Woodcarving**
Spring: April 16 – June 4, 1:30 to 3:30 p.m.
Summer: June 11 – July 23, 9:30 to 11:30 a.m.

10.....**Writing Your Life Story**
Spring: April 23 – May 14, 9:30 to 11 a.m.
Summer: June 4 – 25, 9:30 to 11 a.m.

11.....**Beginning Crochet**
April 30 – May 28, 1:30 to 3 p.m.

NEW 11.....**Ethics of Aging**
May 7 – May 28, 1:30 to 2:30 p.m.

11.....**My List for Life**
May 7, 1:30 to 3 p.m.



WEDNESDAY at UNF

- NEW** 11.....**Current Events**
Spring: April 10 – July 3, 11:30 a.m. to 1 p.m.
Summer: July 10 – Sept. 18, 11:30 a.m. to 1 p.m.
- 11.....**String Theory – Learn to Knit**
April 17 – May 29, 1:30 to 3:30 p.m.
- NEW** 11.....**What is Jazz?**
April 17, 11:30 a.m. to 1 p.m.
- NEW** 12.....**Your Eyes: The Window to Your Body and Your Wellness**
April 24 – May 1, 9:30 to 11 a.m.
- NEW** 12.....**Classical Music and All That Jazz**
April 24, 11:30 a.m. to 1 p.m.
- NEW** 12.....**Come Fly With Me!**
April 24 – May 15, 11:30 a.m. to 1 p.m.
- NEW** 12.....**Drift: The Unmooring of American Military Power**
April 24 – May 29, 3:30 to 5 p.m.
- NEW** 12.....**Economic Indicators and Their Impact on the Capital Markets**
Spring: April 24 – May 8, 3:30 to 4:30 p.m.
Summer: June 5 – 19, 3:30 to 4:30 p.m.
- 13.....**Wizard War: How Radar Saved the Allies in WWII**
May 8 – June 5, 1:30 to 3 p.m.
- 13.....**Writing Personal Poetry**
Spring: May 1 – June 5, 9:30 to 11 a.m.
Summer: June 12 – 17, 9:30 to 11 a.m.
- NEW** 13.....**Molly, Leopold and Blazes Boylan: The Scramble for Molly's Eggs in James Joyce's "Ulysses"**
May 8, 9:30 to 11 a.m.
- 13.....**A Guide to Sea Turtles by a Turtle Patroller**
May 29, 1:30 to 3 p.m.
ED-venture ➡
June 5

THURSDAY at UNF

- NEW** 14.....**The New China**
March 28, 3:30 to 5 p.m.
- NEW** 14.....**American Mah Jongg for Beginners**
April 4 – May 2, 3:30 to 5 p.m.
(No class April 25)
- 14.....**Remember Me: Writing the Powerful Memoir**
April 11, 10 a.m. to 3 p.m.
- NEW** 14.....**Tai Chi for Beginners**
April 18 – June 6, 9:30 to 11 a.m.
- 14.....**Behind the Scenes: Jacksonville Jaguars Football**
ED-venture ➡
April 18, 10 a.m. to 2 p.m.
- 14.....**Basics of Making Bead Jewelry**
April 25 – May 16, 9:30 to 11 a.m.
- 15.....**Open-Focus Brain Training for Golfers**
May 2 – June 6, 9:30 to 11 a.m.
- 15.....**Travel Sketching 101**
May 9 – 30, 10 a.m. to noon
- NEW** 15.....**Computer Security: Knowledge to Protect Your Data, Your Finances and Your Reputation**
May 23 – June 13, 9:30 to 11 a.m.
- NEW** 15.....**Preparing Your Home for Sale: A Guide to Home Staging**
May 23 – June 6, 11:30 a.m. to 1 p.m.
- 16.....**A View of the Criminal Justice System**
June 6 – July 18, 9:30 to 11 a.m.
(No class July 4)
- 16.....**Behind the Scenes: Tour of the Federal Reserve Bank**
ED-venture ➡
Aug. 15, noon to 3 p.m.



FRIDAY at UNF

16.....**Successful Life Transitions**
April 19 – May 3, 9:30 to 11 a.m.

16.....**Municipal Bonds: A Foundation of Quality**
April 19, 11:30 a.m. to 1 p.m.

NEW 16.....**Speaker Series - The Life and Death of Journalism: Why Should You Care?**
April 19, 1:30 to 3 p.m.

NEW 16.....**Special Interest Group: Creative Writing**
April 26 – June 28, 1:30 to 3:30 p.m.

NEW 16.....**How Aging Can Affect Our Lives**
May 3, 9 a.m. to 3 p.m.

NEW 17.....**Speaker Series - Beyond the Bench: Judicial Independence in the 21st Century**
May 17, 1:30 to 3 p.m.

NEW 17.....**Kickstart Your Health: Power of Your Plate**
May 17, 9:30 to 11 a.m.

NEW 17.....**Diabetes: How Foods Fight Diabetes**
June 14, 9:30 to 11 a.m.

NEW 17.....**Speaker Series - The Unlikely Priest**
June 21, 1:30 to 3 p.m.

NEW 17.....**Special Interest Group: The OLLI Joyful Voices**
Fridays at 1:30 p.m. in conjunction with performance dates

FLEET LANDING ▼

Monday

NEW 18.....**The Big Bands, Part 2: The Unknown History of the Black Bands**
April 8 – April 29, 11:30 a.m. to 1 p.m.

Tuesday

NEW 18.....**Beach Sands, Retired Mountains**
Mar. 26, 11 a.m. to 12:30 p.m.

Wednesday

18.....**From Versailles to Pearl Harbor**
May 14 – June 11, 1 to 2:30 p.m.

Thursday

NEW 18.....**Speaker Series - Jacksonville: Our Natural and Human History**
April 11, 11 a.m. to 12:30 p.m.

NEW 18.....**Speaker Series - The Life and Death of Journalism: Why Should You Care?**
May 9, 11 a.m. to 12:30 p.m.

Friday

NEW 18.....**Speaker Series - Jacksonville Roars into the 1920s**
June 13, 1:30 to 3 p.m.

NEW 18.....**Cancer Project: How Foods Fight Cancer**
April 19, 10 to 11:30 a.m.

GLENMOOR ▼

Tuesday

19.....**Travel Guide to India**
April 2 – 23, 10 to 11:30 a.m.

19.....**More Than a Piece of Ribbon and a Piece of Metal: A Short History of U.S. Military Awards, Medals and Decorations**
May 14, 10 to 11:30 a.m.

Thursday

NEW 19.....**Backyard Birds in Northeast Florida**
May 2 – 9, 10:30 to noon

Kickstart Your Health
Power of Your Plate • Page 17



Spring 2013

GLENMOOR cont. ▼

Friday

- NEW** 19.....**Speaker Series - Jacksonville Roars into the 1920s**
April 12, 1:30 to 3 p.m.
- NEW** 19.....**Speaker Series - The Unlikely Priest**
May 10 1:30 to 3 p.m.
- NEW** 19.....**Speaker Series - How to Have Healthy Feet**
June 14, 1:30 to 3 p.m.

WESTMINSTER WOODS ON JULINGTON CREEK ▼

Tuesday

- NEW** 20.....**The ABC's of Human Behavior**
May 28, 9:30 to 11 a.m.
- NEW** 20.....**Myths and Legends of Famous Last Stands**
June 4, 9:30 to 11 a.m.

Thursday

- NEW** 20.....**Current Events**
April 4 – June 13, 1 to 3 p.m.
(No class: May 2)
- NEW** 21.....**Travels in South Asia: Myanmar and India**
April 18 – May 9, 11:30 a.m. to 1 p.m.

Friday

- NEW** 21.....**Speaker Series - Basic Elder Law**
April 5, 1:30 to 3 p.m.
- NEW** 21.....**Speaker Series - Beyond the Bench Judicial Independence in the 21st Century**
May 3, 1:30 to 3 p.m.
- NEW** 21.....**Speaker Series - How to Have Healthy Feet**
June 7, 1:30 to 3 p.m.



**Make a fellow member's day:
Become a UNF OLLI volunteer!**

**Learn more by visiting
www.unfolli.com.**

SPRING 2013

ADAM W. HERBERT UNIVERSITY CENTER



12000 Alumni Drive, Jacksonville, FL 32224

**Same building,
different name.**

The UNF University Center
is now the Adam W. Herbert
University Center.

Monday ▼

CHINESE MAH JONG

April 29, 9:30 a.m. to 1 p.m.
1 session, \$25

In a fun-filled presentation, learn the basic principles of the classic Chinese version of Mah Jong. Instruction will cover, but is not limited to, history, identifying the various tiles, game play, strategies and more. Receive helpful handouts during the session.

Instructor: Jon Woo, p. 29

NEW CURRENT EVENTS FOR PRAGMATISTS

May 6 – July 1, 9:30 to 11:30 a.m. (No class: May 27)
8 sessions, \$65

If you have trouble separating facts from ideology when analyzing today's major political, economic and scientific issues, this is the class for you. As in the Fall 2012 session, we will focus on current, self-selected topics where everyone brings their own diverse perspectives in a search for understanding of what is at stake. Rarely is there a shortage of powerful subjects in domestic American politics and international affairs. Some reading and a congenial climate of civility will be expected.

Instructor: Samuel Hart, p. 24

**Growing Sustainable Roses
in North Florida** • Page 9



The American Civil War:
An Overview • Page 9

Spring 2013

Tuesday ▼

NEW HALF THE SKY: TURNING OPPRESSION INTO OPPORTUNITY FOR WOMEN WORLDWIDE

April 2 – April 23, 1:30 to 3 p.m.

4 sessions, \$30

Students will view portions of the PBS film, 'Half the Sky' at the first meeting. We will discuss the book at the next two meetings. In the fourth and final meeting, we will involve Kristin Keen, from the Jacksonville nonprofit, Rethreaded: Sewing a New Story, who will discuss her organization and the ways it is helping women victims of the sex trade to rebuild their lives.

Recommended: 'Half the Sky: Turning Oppression into Opportunity for Women Worldwide' by Nicholas D. Kiristof and Sheryl WuDunn. Digital and printed books are available from retailers.

Instructor: Shirley Leckie Reed, p. 27

NEW GROWING SUSTAINABLE ROSES IN NORTH FLORIDA

April 15 – April 29, 11:30 a.m. to 1 p.m.

3 sessions, \$25

Selecting the right rose for the right location is key to elsewhere successful rose garden. This program will appeal to "newbies" to rose gardening and master gardeners alike. Explore all aspects of hands-on rose gardening in our area, as well as other significant issues in rose culture. The last session will feature a field trip to see the instructor's rose garden.

Instructor: Gene Waering, p. 29

NEW THE AMERICAN CIVIL WAR: AN OVERVIEW

April 15 – May 13, 1:30 to 3 p.m.

5 sessions, \$35

Explore the political, social and military aspects of the U.S. Civil War. Subjects include the causes, the pivotal years of 1862 and 1864, Reconstruction and the human experience of soldiers, civilians and freed slaves.

Instructor: Tom Schmidt, p. 28

NEW IT WAS DIFFERENT THIS TIME (BUT IT REALLY WASN'T)

June 3 – June 10, 11:30 a.m. to 1 p.m.

2 sessions, \$20

The financial crisis of 2008 replicated what occurred many times previously over the past century. These crises all share similar characteristics important to understand, as it will happen again. Discussions will include the warning signs that have been invariably present, address the real estate asset bubble and accompanying features of the mortgage markets, subprime lending, the Federal Reserve, the importance of legislation and the magnitude of the crisis. Review prior crises and the similarities and then provide projections on how things might play out over the next few years.

Instructors: Sid Rosenberg, p. 27
and Joseph Steinman, p. 28

NEW CURRENT EVENTS

Spring: April 9 – July 2, 9:30 to 11:30 a.m.,

13 sessions, \$95

Summer: July 9 – Sept. 17, 9:30 to 11:30 a.m.,

13 sessions, \$95

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

Instructor: Howard Hodor, p. 25



SAVE THE DATE!
UNF OLLI Annual
Membership Meeting
Wednesday, June 5
3:30 to 5 p.m.

Thank you
for hosting
our Studio Art
Painting
course below.



NEW STUDIO ART PAINTING

April 9 – May 14, 10 a.m. to noon
6 sessions, \$50
Location: Camellia at Deerwood

This is an open studio art class where artists of all levels can paint and learn together. Experiment with painting techniques, color and composition. Receive instructor and peer critiques. Focus is on oil and acrylic media.

Required: Instructor will provide a materials list to enrolled students.

Instructor: Paula Foster, p. 23

NEW INTERMEDIATE BRIDGE I

April 16 – June 4, 10 a.m. to noon
8 sessions, \$65

Designed for those who have had previous instruction in the game, this course focuses on play of the hand, defense and an introduction to the modern game's simple conventions. Class time will consist mostly of actual card playing and assumes a basic understanding of bidding principles.

Instructor: John Reeve, p. 27

NEW INTERMEDIATE BRIDGE II

April 16 – June 4, 1 to 3 p.m.
8 sessions, \$65

This course concentrates on declarer play and defensive signaling. Get an in-depth look into several key conventions: Stamen, Gerber, Blackwood and weak two bids, as well as when not to use them. This course will be primarily card play and problem-solving sample hands.

Instructor: John Reeve, p. 27

WOODCARVING

Spring: April 16 – June 4, 1:30 to 3:30 p.m.
8 sessions, \$65
Summer: June 11 – July 23, 9:30 to 11:30 a.m.
7 sessions, \$60

Woodcarvers of all levels will find a challenging opportunity in this class. Begin with a refresher in safety instructions, project selection, a knife sharpening review and all participants will be required to have a UNF liability waiver on file before they can carve. Participants will generally work alone, but the master carver-instructor will be available to assist in all phases of project selection, design, carving, finishing and displaying. This class includes a detailed description of carving knives for participants wishing to add new knives. As a rule, no carving gloves or knives will be provided. Participants will work at their own pace, completing at least one project before the end of the eight-week class.

Recommended: Carving gloves and knives.

Instructor: Glenn Ross, p. 27

WRITING YOUR LIFE STORY

Spring: April 23 – May 14, 9:30 to 11 a.m.
Summer: June 4 – June 25, 9:30 to 11 a.m.
Each: 4 sessions, \$30

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

Instructor: Susan Brandenburg, p. 22

Spring 2013

Wednesday ▼**NEW CURRENT EVENTS**

Spring: April 10 – July 3, 11:30 a.m. to 1 p.m.,
13 weeks, \$75

Summer: July 10 – Sept. 18, 11:30 a.m. to 1 p.m.,
11 weeks, \$65

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

Instructor: Marianne Prichard, p. 27

BEGINNING CROCHET

April 30 – May 28, 1:30 to 3 p.m.
5 sessions, \$35

Learn to crochet a simple project such as an afghan or shawl using single, double and treble stitches.

Required: The instructor will provide instructions to registrants about how to choose the acrylic yarn, crochet hook and pattern needed for this class.

Instructor: Susan Drain, p. 23

NEW ETHICS OF AGING

May 7 – May 28, 1:30 to 2:30 p.m.
4 sessions, \$25

What are the ethics of aging and who decides? This course on the Ethics of Aging will be a structured class discussion with a new, challenging scenario each week, designed to explore ethical issues seniors face in a changing world. What does society see as your place and how does that differ from what you want or how you see your place? Issues will revolve around the changing family structure, really living the rest of your life, life changes, social changes and graceful transitions. No preparation is needed. Members can expect heavy class participation in each week's guided discussion. The instructor will furnish materials to support learning and conversation.

Instructor: Dixie Guill Golden, p. 24

MY LIST FOR LIFE

May 7, 1:30 to 3 p.m.
1 session, \$10

Assemble critical information now and be prepared in the event of a loss or emergency. When completed, the list helps make sure that when life throws a curve ball, the right people get called, the right documents are easily located, the bills get paid on time and everyone has your vital information and wishes. My List for Life is also an invaluable guide and resource for personal planning and budgeting.

Instructor: Ed Waller, p. 29

THE STRING THEORY – LEARN TO KNIT

April 17 – May 29, 1:30 to 3:30 p.m.
7 sessions, \$55

Learn to knit more than your brows! This course is perfect for both beginning and advanced knitters. Come knit one and purl two with your OLLI friends.

Required: Size 8 needles and one skein of yarn.

Instructors: Toni Enos, p. 23 and Sandy Ernstsen, p. 23

NEW WHAT IS JAZZ?

April 17, 11:30 a.m. to 1 p.m.
1 session, \$10

You have heard of jazz and probably wondered what the musicians are really playing. Louis Armstrong once said, "If you have to ask what it is, you'll never know." Explore the question and endeavor to answer it. Discover jazz, its history, components and the development of the jazz repertoire. Jazz improvisation will be explained with, when possible, performance.

Instructor: Bill Prince, p. 27



NEW YOUR EYES: THE WINDOW TO YOUR BODY AND YOUR WELLNESS

April 24 – May 1, 9:30 to 11 a.m.
2 sessions, \$20

In poetry, the eyes are called “the window to the soul.” In health care and aging, eyes are also considered “the window to the body.” Cardiologists, neurologists, diabetic and other medical specialists, rely on them for early diagnoses, while optometrists and ophthalmologists use them in prevention and wellness. The value of eye care is poorly understood and thus, not utilized to its fullest potential by most patients or many health care providers. In aging, understanding your eyes can provide you with new and healthy insights.

Instructor: Louis “Lou” Catania, p. 22

NEW CLASSICAL MUSIC AND ALL THAT JAZZ

April 24, 11:30 a.m. to 1 p.m.
1 session, \$10

Classical music is essentially European, while jazz is essentially American. Classical music has a 700-year development while jazz has only a 110-year development. Consider the important names you know from classical music and the majority come from Europe. The same holds true of jazz performers and the U.S. Yet, these diverse musicians, who seem to operate in completely dissimilar styles and backgrounds, have much in common. Explore the two styles of music and discover their similarities and differences.

Instructor: Bill Prince, p. 27

NEW COME FLY WITH ME!

April 24 – May 15, 11:30 a.m. to 1 p.m.
4 sessions, \$30

This is a discussion all about airplanes: What keeps them in the air, controls and features and how those controls maneuver the aircraft. Explore the history of flight, beginning before the Wright Brothers. Lindberg’s wasn’t the first non-stop flight across the Atlantic. Round out your aeronautical journey with some films of aviation and aircraft carrier operations, including comments based on the instructor’s firsthand experience.

Instructor: Bob Schiffner, p. 28

NEW DRIFT: THE UNMOORING OF AMERICAN MILITARY POWER

April 24 – May 29, 3:30 to 5 p.m.
6 sessions, \$40

Whether you are politically left of center, right of center, far left of center or far right of center, MSNBC host Rachel Maddow has something to say that is worth reading and discussing.

In her first book, Maddow examines how U.S. declarations of war have incrementally shifted from being congressionally approved to being centralized in the hands of the chief executive. She invigorates the debate about how, when and where to apply our nation’s strength and power. Read and explore her premise that the country has drifted far from its ideals and become a nation strangely at peace with perpetual war.

Recommended: Drift: The Unmooring of American Military Power by Rachel Maddow.

Instructor: John Frketic, p. 24

NEW ECONOMIC INDICATORS AND THEIR IMPACT ON THE CAPITAL MARKETS

Spring: April 24 – May 8, 3:30 to 4:30 p.m.
Summer: June 5 – June 19, 3:30 to 4:30 p.m.
Each: 3 sessions, \$20

Understand basic economics, as well as government policies and their impact on the economy. Discuss supply/demand, money supply, inflation and recession, GDP and all the economic indicators that influence the stock and bond markets. This class is a must for those managing their own money or someone who simply needs to understand why and how the economy works.

Instructor: Jim Newman, p. 26



Spring 2013



Come Fly with Me! • Page 12

WIZARD WAR: HOW RADAR SAVED THE ALLIES IN WWII

May 8 – June 5, 1:30 to 3 p.m.
5 sessions, \$35

Learn how radar developed from a wild idea for a death ray into the modern remote sensing systems that see through walls. Understand the basic concepts behind radio detection and ranging, and what they mean. Meet the men who invented radar and turned the Battle of Britain into England's victory. Discover how your microwave oven started as a top-secret project. No class preparation required. Questions and participation are encouraged.

Recommended: "A Race on the Edge of Time: Radar - The Decisive Weapon of World War II" by David Fisher.

Instructor: James Taylor, p. 28

WRITING PERSONAL POETRY

Spring: May 1 – June 5, 9:30 to 11 a.m.
Summer: June 12 – July 17, 9:30 to 11 a.m.
Each: 6 sessions, \$40

Do you want to encourage your creativity through personal poetry? Contemporary poets avoid devices that distance readers from their poems. They use the word "I," avoid forced rhyme schemes that sound formal and manufactured, use details of everyday life and speak so their words can be understood and felt. No experience needed. Come have a laugh, maybe shed a tear and just have fun. Workshop atmosphere is congenial and the instructor participates along with class. Each section is unique. You are welcome to enroll in one or both!

Instructor: Connie McAuliffe, p. 26

NEW MOLLY, LEOPOLD AND BLAZES BOYLAN: THE SCRAMBLE FOR MOLLY'S EGGS IN JAMES JOYCE'S "ULYSSES"

May 8, 9:30 to 11 a.m.
1 session, \$10

James Joyce once remarked upon his work: "My themes are simple; only the method of presentation is difficult." The simple theme of *Ulysses* centers upon the love triangle involving Leopold Bloom, his wife Molly and Molly's suitor, Hugh C. [Blazes] Boylan. The battle, ultimately, involves another motif in the book, the question of paternity. In this case who has access to the source of paternity, namely, Molly's eggs?

We will examine the development of three attending metaphors that inform the relationships and the final outcome: the performance of "Love's Old Sweet Song," with Molly the singer and Blazes Boylan her recital accompanist and organizer; the advertising jingle, Plumtree's Potted Meat and the Ascot/Gold Cup race.

A caveat: *Ulysses* was banned in the US for indecency between its initial publication in 1922 until 1934. In this lecture you will probably understand why. If you are at ease with Chaucer's "The Miller's Tale," you'll be fine with Joyce as well.

Instructor: Walter Mattingly, p. 26

A GUIDE TO SEA TURTLES BY A TURTLE PATROLLER

Lecture: May 29, 1:30 to 3 p.m., 1 session, \$10

ED-venture ➡

Georgia Sea Turtle Center (Jekyll Island), June 5
Lecture and ED-venture: 2 sessions, \$35 (excluding transportation and lunch)

Explore the lives of sea turtles through one classroom presentation, followed by several field trips. One trip in June will take us on an early morning beach walk to discover turtle tracks leading to a new nest. An evening beach trip in July will give us an opportunity to survey a hatched nest and rescue a baby turtle or two. A third, and optional trip, will take us to the Georgia Sea Turtle Center on Jekyll Island. Date and times for field trips to the beach will be determined by the class and turtles.

Recommended: Fee payable to the instructor for bus transportation to Jekyll Island.

Instructor: Jo Ann Hart, p. 24

NEW THE NEW CHINA

March 28, 3:30 to 5 p.m.
1 session, \$10

Contemporary China is a Pandora's Box of surprises, mysteries, contradictions, problems and opportunities. A Chinese born U.S. naturalized, middle-aged woman once remarked: "Life is hard in China." Is it? Perhaps. But, life is also fast-changing in a fast-changing land. Explore the issues and trends that confound and challenge the new China with particular attention given to the "reform and opening" since 1978. Fasten your seat belt for an eye opener of life, work and play in this emerging superpower.

Instructor: Donald Menzel, p. 26

NEW AMERICAN MAH JONGG FOR BEGINNERS

April 4 – May 2, 3:30 to 5 p.m. (No class: April 25)
4 sessions, \$30

Mah Jongg for beginners will enable you to play according to the rules of the National Mah Jongg League American. Mah Jongg uses a card with specific hands, tiles with values and rules to enrich your experience. This universal game brings friends, both new and old, together. Mah Jongg is a blast from the past that clicks into the future.

Instructor: Donna Gruen Berger, p. 22

REMEMBER ME: WRITING THE POWERFUL MEMOIR

April 11, 10 a.m. to 3 p.m.
1 session, \$30

Life is full of adventures. Take your funny, touching or insightful stories and explore how you can turn them into essays and articles or possibly, a family legacy book.

Required: There will be a 30-minute break for lunch (bring your own).

Instructor: Carol O'Dell, p. 27

NEW TAI CHI FOR BEGINNERS

April 18 – June 6, 9:30 to 11 a.m.
8 sessions, \$50

Tai Chi is an ancient healing art that has been used for centuries to help promote the flow of energy throughout the body. Its practice relies on the mind-body connection to improve balance and overall health. Referred to as "moving meditation" by many health professionals, most practitioners support the use of tai chi as an effective exercise for healthy mind and body. Because it is comprised of a series of slow, relaxed movements, tai chi is a non-strenuous activity that will not put added strain on weakened muscles or joints. Students will participate as a group for 30 to 45 minutes and are expected to practice at home.

Instructor: Gary Hickenbottom, p. 25

BEHIND THE SCENES: JACKSONVILLE JAGUARS FOOTBALL

ED-venture ➡

April 18, 10 a.m. to 2 p.m.
1 session, \$15

What really goes on behind the scenes? A representative from the team will give OLLI members a tour of the stadium and review the history and future of the team. Our tour will be followed by an optional luncheon at the University Club.

BASICS OF MAKING BEAD JEWELRY

April 25 – May 16, 9:30 to 11 a.m.
4 sessions, \$30

By learning a few basic techniques, you will be making your own bead jewelry soon after class begins! Create one necklace and bracelet, a pair of earrings and attempt basic wire wrapping techniques. Class time will be used to learn and then practice skills. You'll receive handouts describing materials and techniques. If you already know beading basics, this class might not interest you, or you can use your skills to help others in the class improve.

Required: Please purchase beading tools, stringing materials and beads or use ones available in class.

Instructor: JoAnne Young, p. 29

Want to learn more about an instructor?
Instructor biographies begin on page 22.

Spring 2013

OPEN-FOCUS BRAIN TRAINING FOR GOLFERS

May 2 – June 6, 9:30 to 11 a.m.
6 sessions, \$40

Golf great Bobby Jones observed “the enemy of golf is tension.” Discover the practice of Open-Focus (attentional flexibility) through a series of exercises. Learn to apply Open-Focus to dissolve tension and other stressful states including negativity, anxiety and trying too hard. Improve your game in other ways: decreasing muscle tension, improving awareness and enhancing creativity. Open-Focus is learned through lectures, experiential learning and class discussion. Practice outside class is recommended for the most successful outcome. CDs will be provided for \$1.

Recommended: Please bring a golf ball to class.

Instructor: Martha Bennett, p. 22

TRAVEL SKETCHING 101

May 9 – May 30, 10 a.m. to noon
4 sessions, \$35

Enjoy sketching a still life, a landscape and people in settings both inside and outdoors. At the first class learn how to make a simple sketchbook and get suggestions for packing art supplies for traveling. Some classes meet at cafes, where participants may stay for lunch. Mrs. Miller’s philosophy of art echoes Renoir’s, who said, “For me a picture should be something likable, joyous and pretty. There are enough ugly things in life for us not to add to them.” Perhaps this experience will invite you to add something likable, joyous and pretty in life.

Recommended: Sketchbook and drawing supplies: pencil, pen and watercolors. You may wish to wait for suggestions given at the first class.

Required: \$2 payable to the instructor for expenses related to sketching off-campus.

Instructor: Mary Ann Miller, p. 26

NEW COMPUTER SECURITY: KNOWLEDGE TO PROTECT YOUR DATA, YOUR FINANCES AND YOUR REPUTATION

May 23 – June 13, 9:30 to 11 a.m.
4 sessions, \$30

In the 1970’s, attacks on computers and data were done as occasional pranks to build geek credentials for college students. Today, these computer attacks are continuous and can generate billions of dollars for those who perpetuate them. Learn how to protect your computer, recognize malicious software and situations, manage your privacy on social networks like Facebook and Twitter. Safeguard yourself in this very inter-connected world. Students are expected to know how to use a Microsoft computer for e-mail and Web browsing.

Instructor: John Brown, p. 22

NEW PREPARING YOUR HOME FOR SALE: A GUIDE TO HOME STAGING

May 23 – June 6, 11:30 a.m. to 1 p.m.
3 sessions, \$25

The real estate market has changed dramatically in the past several years. Learn how home staging affects your sale price, equity and home marketability. This course will answer all your questions about the process, cost, hows and whys of getting your home ready to sell. Real life examples will be used. Student questions and participation in discussion are encouraged.

Instructor: Melissa Marro, p. 25



Thursday ▼ Continued

A VIEW OF THE CRIMINAL JUSTICE SYSTEM

June 6 – July 18, 9:30 to 11:00 a.m. (No class: July 4)
6 sessions, \$40

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

Instructor: William O'Malley, p. 27

BEHIND THE SCENES: TOUR OF THE FEDERAL RESERVE BANK

ED-venture 

August 15, noon to 3 p.m.
1 session, \$15

This is a "Too Big to Fail" experience. Following a Dutch treat lunch on the premises (debit or credit cards only), we will enjoy a presentation about the Federal Reserve System and a tour of the Jacksonville Branch, which falls under the Federal Reserve Bank of Atlanta. The tour will last an hour and a half. Strict, business-casual dress is required. The number of attendees is limited to 30, so make your reservations early. Carpooling is suggested.

Friday ▼

SUCCESSFUL LIFE TRANSITIONS

April 19 – May 3, 9:30 to 11 a.m.
3 sessions, \$20

Explore practical steps to ease three important, yet difficult life transitions: divorce, death of a spouse and illness requiring long-term care. Discussion will focus on measures you can take in advance to ease these transitions, look at the decisions involved and explore resources available. Using lecture, open discussion and case study, this class will cover the financial, legal and public benefit resources to help those in transition.

Instructor: Bill Laird, p. 25

NEW SPEAKER SERIES – THE LIFE AND DEATH OF JOURNALISM: WHY SHOULD YOU CARE?

April 19, 1:30 to 3 p.m. – 1 session, FREE

Speaker: Frank Denton, p. 23

MUNICIPAL BONDS: A FOUNDATION OF QUALITY

April 19, 11:30 a.m. to 1 p.m.
1 session, \$10

This course will provide information on supplementing retirement income, managing portfolios, market exposure and reducing income tax liability. Tax-exempt municipal bonds may be part of a personalized strategy to benefit and enhance a portfolio. Discuss investment features of municipal bonds and the bond market. Explore the federal tax exemption benefits of these securities, credit quality, types of bonds available, strategies for investing and historical yield levels.

Instructor: Jerry Seebol, p. 28

NEW SPECIAL INTEREST GROUP: CREATIVE WRITING

April 26 – June 28, 1:30 to 3:30 p.m.
3 sessions, \$15

The purpose of these sessions is to invite, support, and broaden writing opportunities for OLLI members by offering them an opportunity to participate in an ongoing peer-based Creative Writing Special Interest Group. Writers will share fiction, creative nonfiction and poetry in a non-competitive OLLI-friendly environment. Writers of any level of experience who wish to share their creative writing with others and receive feedback may participate. The genres of fiction, creative nonfiction or poetry may be shared and feedback will center on the craft of writing in that particular genre. Writers will receive a very brief review of the elements particular to each genre as time and interest permit. All three genres will be welcomed.

Instructor: Dixie Guill Golden, p. 24

Spring 2013

NEW HOW AGING CAN AFFECT OUR LIVES

May 3, 9 a.m. to 3 p.m.
1 session, \$30

Discuss the perspectives on aging created through our lifetime. Learn how the second half of our adult life changes our roles. Explore trouble spots and challenges of our relationships with ourselves, others and experiences in our lives.

Instructor: Kathleen Triebwasser, p. 28

**NEW SPEAKER SERIES – BEYOND THE BENCH:
JUDICIAL INDEPENDENCE IN THE 21ST CENTURY**

May 17, 1:30 to 3 p.m. – 1 session, FREE
Speaker: Judge Michael Weatherby, p. 28

**NEW KICKSTART YOUR HEALTH:
POWER OF YOUR PLATE**

May 17, 9:30 to 11 a.m.
1 session, \$10

This course introduces you to Dr. Neal Baranard's book, "21 Day Kickstart" and addresses the issues of losing weight, maintaining a healthy weight or simply embracing an overall healthful diet. Much of the Kickstart plan is about making a qualitative shift in the way we eat, as opposed to a quantitative shift. For some, it's the first time the idea of not restricting amounts of foods, but choosing the right foods has been the guiding principle for losing weight and staying healthy. The class includes viewing and discussing a video, as well as a cooking demonstration, a tasting of three small meals and other helpful resources.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 22

NEW DIABETES: HOW FOODS FIGHT DIABETES

June 14, 9:30 to 11 a.m.
1 session, \$10

This course addresses plant-based nutrition and cooking for Type-2 diabetes prevention and treatment, developed by the Physicians Committee for Responsible Medicine. The class is based on "Dr. Neal Barnard's Program for Reversing Diabetes" and the DVD, "A New Approach to Nutrition for Diabetes." Attendees will hear from Dr. Barnard on the science and practical aspects of adopting a low-fat, low-glycemic index, plant-based diet. They will also see interviews with people who share their own life-changing experiences. In addition to viewing and discussing the video, students will learn from a cooking demonstration and enjoy a tasting of three small meals.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 22

NEW SPEAKER SERIES – THE UNLIKELY PRIEST

June 21, 1:30 to 3 p.m. – 1 session, FREE
Speaker: Reverend Perry Smith, p. 28

**NEW SPECIAL INTEREST GROUP:
THE OLLI JOYFUL VOICES**

Fridays at 1:30 p.m. in conjunction
with performance dates

You are invited to join the OLLI Joyful Voices, UNF OLLI's chorus. We have music readers and non-readers, folks who sing all the time and folks who haven't sung for years. We sing for OLLI events and for occasions in the community where UNF OLLI is represented. Our purpose is to sing well, and to have fun doing it. We have a place for you!

**Contact OLLI Director, Jeanette Toohey,
at (904) 620-4200 to be referred to Julie Reeve,
OLLI Joyful Voices coordinator.**

**It's always better
to sing together!
Join OLLI's Joyful Voices!
Get the details here**

SPRING 2013 FLEET LANDING



1 Fleet Landing Blvd., Atlantic Beach, FL 32233

Monday ▼

NEW THE BIG BANDS, PART 2: THE UNKNOWN HISTORY OF THE BLACK BANDS

April 8 – April 29, 11:30 a.m. to 1 p.m.
5 sessions, 35

This course follows a parallel road and time line as The Big Bands Part I. From the early 1920s with the McKinney's Cotton Pickers and the Black Birds of Paradise through the 1950s and Teddy Wilson, you'll meet the leaders, musicians and vocalists that were part of this period. We'll examine the impact of segregation, politics and culture on the development of the Black Bands. We'll have a special class featuring movie shorts of the bands.

Instructor: Joseph Fittipaldi, p. 23

Tuesday ▼

NEW BEACH SANDS, RETIRED MOUNTAINS

March 26, 11 a.m. to 12:30 p.m.
1 session, \$10

Discover the geological secrets of beach sand, what happens to it during a hurricane and the small sculptures that lightning strikes create. Our area's beach sands are prized for use in many products including toothpaste, M & Ms, space shuttle tires and electronics.

Instructor: Bill Longenecker, p. 25

Wednesday ▼

FROM VERSAILLES TO PEARL HARBOR

May 14 – June 11, 1 to 2:30 p.m.
5 sessions, \$35

The "war to end all wars," aka World War I, didn't. While the Treaty of Versailles provided the terms for peace, it created the seed for an even larger and deadlier war to follow: World War II. While these terms directly influenced the events in Europe and the rise of Adolph Hitler, they also had an impact on the rise of militarism in Japan and its relationship to the United States in the Pacific. Learn more about these events and gain insight into why Pearl Harbor happened. Is it relevant today? Or, as Santayana said, "Those who ignore history are doomed to repeat it."

Instructor: Wayne Heckrotte, p. 24

Thursday ▼

NEW SPEAKER SERIES – JACKSONVILLE: OUR NATURAL AND HUMAN HISTORY

April 11, 11 a.m. to 12:30 p.m. – 1 session, FREE
Speaker: Doug Milne, p. 26

NEW SPEAKER SERIES – THE LIFE AND DEATH OF JOURNALISM: WHY SHOULD YOU CARE?

May 9, 11 a.m. to 12:30 p.m. – 1 session, FREE
Speaker: Frank Denton, p. 23

NEW SPEAKER SERIES – JACKSONVILLE ROARS INTO THE 1920S

June 13, 11 a.m. to 12:30 p.m. – 1 session, FREE
Speaker: Emily Lisska, p. 25

Friday ▼

NEW CANCER PROJECT: HOW FOODS FIGHT CANCER

April 19, 10 to 11:30 a.m.
1 session, \$10

This course introduces the Cancer Project, which demonstrates more than one-third of all cancer deaths in the U.S. are due to poor diet. Learn how certain foods discourage cancer growth. The class includes viewing and discussing a video, a cooking demonstration and a tasting of three small meals and other helpful resources.

Required: \$20 materials fee payable to the instructor.

Instructor: Heather Borders, p. 22

SPRING 2013 GLENMOOR



235 Towerview Drive, St. Augustine, FL 32092
at World Golf Village's Neighborhoods

Tuesday ▼

TRAVEL GUIDE TO INDIA

April 2 – 23, 10 to 11:30 a.m.
4 sessions, \$25

India is a vast land offering a fascinating choice of many different travel options. Learn about forts and palaces, history, spirituality and culture. Views of the spectacular mountain scenery will make you want to visit this beautiful and mysterious country.

Instructor: Roshan Massey, p. 25

MORE THAN A PIECE OF RIBBON AND A PIECE OF METAL: A SHORT HISTORY OF U.S. MILITARY AWARDS, MEDALS AND DECORATIONS

May 14, 10 to 11:30 a.m.
1 session, \$10

Did you ever hear of George Washington's "Book of Names"? Did you know that America's top military award has gone by the wrong name since its creation? Did you know the United States had no military award system for 65 years? Learn about these and many more interesting facts about U.S. military awards and decorations as well as the individuals who received them!

Instructor: Dean Veremakis, p. 28

Thursday ▼

NEW BACKYARD BIRDS IN NORTHEAST FLORIDA

May 2 – 9, 10:30 a.m. to noon
2 sessions, \$20

Explore backyard birds common to northeast Florida. Learn about habitats, food preferences, nesting and attracting specific birds. Examine several samples of birdseed and other food, housing options and different styles of feeding stations. Discuss ways to deter feeder annoyances such as squirrels and doves. The only student preparation is an interest in backyard birds.

Instructor: Kathie Goodrum, p. 24

Friday ▼

NEW SPEAKER SERIES – JACKSONVILLE ROARS INTO THE 1920s

April 12, 1:30 to 3 p.m. – 1 session, FREE
Speaker: Emily Lisska, p. 25

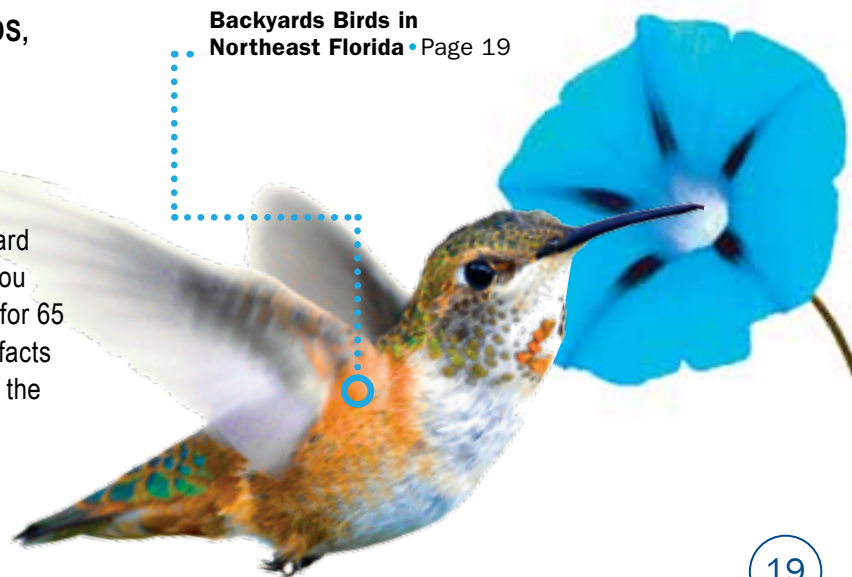
NEW SPEAKER SERIES – THE UNLIKELY PRIEST

May 10, 1:30 to 3 p.m. – 1 session, FREE
Speaker: Reverend Perry Smith, p. 28

NEW SPEAKER SERIES – HOW TO HAVE HEALTHY FEET

June 14, 1:30 to 3 p.m. – 1 session, FREE
Speaker: Jane Alred and Dr. Eric Shultz

Backyards Birds in
Northeast Florida • Page 19



SPRING 2013

WESTMINSTER WOODS ON JULINGTON CREEK



25 SR 13, Jacksonville, FL 32259
on the south side of the Julington Creek Bridge

Tuesday ▼

NEW ABC'S OF HUMAN BEHAVIOR

May 28, 9:30 to 11 a.m.
1 session, \$10

Ever wonder why you do what you do? Or, how you influence behavior? Can you change behavior? Explore these concepts of human behavior and gain a better understanding of the “why” of human behavior — including your own. Student interaction is expected as part of the session; no class preparation required.

Instructor: Dean Veremakis, p. 28

NEW MYTHS AND LEGENDS OF FAMOUS LAST STANDS

June 4, 9:30 to 11 a.m.
1 session, \$10

Are last stands the result of military blunders? Who benefitted from them? How did they get elevated into the realm of myth and the ensuing legend that surrounds them? Or, is there truth somewhere in the overall analysis? We will take a look at four famous or infamous military last stands, separate the myth from the reality and discuss their impact on history.

Instructor: Dean Veremakis, p. 28

NEW CURRENT EVENTS

April 4 – June 13, 1 to 3 p.m. (No class: May 2)
10 sessions, \$80

Focus on discussion of topical issues of the day at the local, state and national level, as well as relevant world affairs. The atmosphere is collegial and highly participative. Participants suggest topics for discussion with the group voting to prioritize topics. The objective is to exchange information and ideas to gain a greater understanding of today's complicated world. Background reading material of 10 to 30 pages per week will be sent to participants by e-mail.

Required: Computer and Internet access.

Instructor: John Fischer, p. 23



**ABC's of Human
Behavior** • Page 20

Spring 2013

Thursday ▼

NEW TRAVELS IN SOUTH ASIA: MYANMAR AND INDIA

April 18 – May 9, 11:30 a.m. to 1 p.m.
4 sessions, \$30

Myanmar: Finally released from the repressive rule by the military, the country, formerly called Burma, is attracting attention as a tourist destination. Known for the prominent human rights activist Aung San Suu Kyi, who was held under house arrest for almost 15 years and released in 2011, the country's relationships with other countries have begun to improve. The instructor has just returned from visiting Myanmar and has many stories to share about this diverse and beautiful country.

India: This ancient land has many different travel options, including forts, palaces and spectacular mountain scenery. Learn the history, culture and spiritually of this diverse country that has recently become an influential business hub. This course will introduce you to both of these fascinating countries.

Instructor: Roshan Massey, p. 25

Friday ▼

NEW SPEAKER SERIES – BASIC ELDER LAW

April 5, 1:30 to 3 p.m. – 1 session, FREE

Speaker: Clay Meux, p. 26

NEW SPEAKER SERIES – BEYOND THE BENCH: JUDICIAL INDEPENDENCE IN THE 21ST CENTURY

May 3, 1:30 to 3 p.m. – 1 session, FREE

Speaker: Judge Michael Weatherby, p. 29

NEW SPEAKER SERIES – HOW TO HAVE HEALTHY FEET

June 7, 1:30 to 3 p.m. – 1 session, FREE

Speaker: Jane Alred and Dr. Eric Shultz



SAVE THE DATE!

UNF OLLI Annual
Membership Meeting
Wednesday, June 5

3:30 to 5 p.m.

FACULTY

Martha Bennett

is a certified Open-Focus trainer and has more than 25 years of combined experience as a psychotherapist and educator. She received her M.A. in psychology from the University of West Georgia and is certified by the Hakomi Institute in Boulder, Colorado as a Body-Centered Psychotherapist.

Open-Focus Brain Training for Golfers, p. 15

Donna Gruen Berger

worked in the Florida education system for 40 years. She taught elementary education and science and spent 15 years in gifted education. After retiring five years ago, she learned to play Mah Jongg, a life changing experience. She is thrilled to share the pleasure of the game with you.

NEW American Mah Jongg for Beginners, p. 14

Heather Borders

is an astronaut trainer, turned medical device marketer, who transitioned to a plant-based diet in August 2011 to lower cholesterol without medication. She was pleasantly surprised to learn the powerful role food can play in one's quality of health in spite of bad genes. In August 2012, Heather was chosen by the Physicians Committee for Responsible Medicine (PCRM) to be the Food for Life Cooking and Nutrition instructor for the Jacksonville area. She has also created the VegHealthyJax Meetup, which is a community initiative to make eating healthy while dining out in the northeast Florida area possible and convenient. The VegHealthyJax team offers promotional opportunities to restaurants who serve whole-food, plant-based dishes.

NEW Cancer Project: How Foods Fight Cancer, p. 18

NEW Diabetes: How Foods Fight Diabetes, p. 17

NEW Kickstart Your Health: Power of Your Plate, p. 17

Susan D. Brandenburg

is a professional biographer who enjoys the great privilege of writing the life stories of extraordinary people. A journalist for more than thirty years, Susan has written eight biographies and published four books through her publishing company, Susan the Scribe, Inc. in Ponte Vedra Beach, Fla. Her website is www.susanthescribe.vpweb.com.

Writing Your Life Story, p. 10

John Brown

has more than 40 years of information technology experience. He has worked in every aspect of IT, including operator, programming, database management, desktop support, server support, network support and managing the staff that carries out these duties. For five years, John has trained IT professionals in PC repair, Microsoft services and computer security.

NEW Computer Security: Knowledge to Protect Your Data, Your Finances and Your Reputation, p. 15

Louis "Lou" Catania

is an internationally acclaimed clinical educator and author. Dr. Catania has written 11 textbooks and more than 125 journal articles. He practiced clinical eye care for more than 42 years in private practice and academic medical centers. Lou currently serves as senior consultant at Nicolitz Eye Consultants, a multi-specialty ophthalmology group in Jacksonville. Additionally, he serves as consultant and advisor to J&J Vision Care and Marco Ophthalmic, Inc. He holds academic rank and is a visiting faculty member at numerous optometry and medical schools at U.S. and international universities.

NEW Your Eyes: The Window to Your Body and Your Wellness, p. 12

Show off your good taste!

Get your own OLLI book bag and travel mug.

Book bag - \$15 Travel mug - \$10

To purchase yours, call Customer Care at (904) 620-4200.



Frank Denton

is a lifelong journalist, with more than 35 years as an editor. He has been top editor of the Wisconsin State Journal, the Tampa Tribune and now the Florida Times-Union, as well as vice president for journalism of the parent company, Morris Publishing Group. A native of Texas, he holds a BA from the University of Texas at Austin, an MS in journalism from Columbia University and an MBA and Ph.D. from the University of Wisconsin-Madison.

NEW The Life and Death of Journalism: Why Should You Care?, p. 16, 18

Susan Drain

has been “hooked” on crocheting since she was a little girl in Massachusetts. She knows the where, when and how to use the various types of crochet stitches for amazing results. She is thrilled to see the current revival of crocheting as featured in the reality show “Project Runway,” where many top designers have featured crocheted items such as belts, shawls, shrugs, sweaters, hats and more.

Beginning Crochet, p. 11

Toni Enos

is a professional knitter who enjoys teaching OLLI courses.

The String Theory — Learn to Knit, p. 11

Sandy Ernsten

is passionate about creating objects that are both beautiful and useful. She learned to knit the same year she earned her B.A. in design from California State University, Los Angeles. For yarn money, Sandy worked as a graphic designer in the advertising industry.

The String Theory — Learn to Knit, p. 11

John Fischer

is a retired management consultant who has been a news aficionado since high school. His professional work in factory management, technology and human resources required extensive domestic and international travel and periodic relocations. His lifelong hobby has been reading – books, newspapers and journals with an emphasis on politics, governance, economics, demographics and culture. However, win or lose, time is always reserved for the Detroit Tigers.

NEW Current Events, p. 20

Joseph Fittipaldi

started his teaching career at Boston University. After a stint in education, he worked as a lobbyist in Trenton, N.J. and Wash., DC He later spent 20 years in domestic and international sales as director general for a medical device manufacturer. He finished his career as VP for a medical publisher. Upon his retirement, he renewed his passion for Big Band music. His Sunset Beach Ballroom Show was a Friday night staple on WPCA-FM in Amery, Wis. Joe has been a Big Band enthusiast since he can remember. From his first music lesson in 1947, he specialized in the big band standards. His father was a vocalist with the Ted Weems Orchestra, which influenced Joe’s choice of music. His first course, “The Big Bands - A Sentimental Journey,” was well received by OLLI members.

NEW The Big Bands, Part 2: The Unknown History of the Black Bands, p. 18

Paula Foster

has been a professional artist for almost 30 years. She enjoys modern impressionistic painting and collages that often focus around ethereal themes. She has studied with numerous well-known artists in Jacksonville and has taught an art class for employees of Nemours Children’s Clinic for two years. Additionally, Paula taught students at the North Florida School Special Education for two years. She is currently teaching classes in her studio for beginning and intermediate students. Her works have been exhibited in numerous galleries, most recently at Avondale Artworks. She has been published in both Skirt Magazine and ABYSS Arts and Entertainment Magazine.

NEW Studio Art Painting, p. 10

John Frketic

is a retired Army intelligence officer. He spent 34 years on active duty with multiple combat tours including Vietnam, Operation Desert Shield/Desert Storm and Operation Iraqi Freedom. As an intelligence operator and analyst, he spent years working counter-terrorism issues throughout the Balkans and the Middle East. He graduated from the U.S. Army's School of Advanced Military Studies at Fort Leavenworth, Kan., and served as a national security fellow at Harvard's Kennedy School of Government. He has lived and travelled extensively throughout Europe, the Middle East, North Africa and Southwest and Southeast Asia.

NEW **Drift: The Unmooring of American Military Power, p. 12**

Dixie Guill Golden

holds an M.A. in English. She has taught college-level writing and literature, tutored SAT/ACT students, continues to edit for other writers and writes every day. Books include "Wingwalking: Poems," and "Unfinished Conversations," available in paperback and Kindle eBook versions. "Unnumbered Days," a work in progress, explores how the Vietnam War shaped a generation in an unexpected genre. Dixie maintains a daily blog called "Golden Times" at www.dixiegolden.blogspot.com. The blog covers writing and other topics of interest to seniors.

NEW **Ethics of Aging, p. 11**

NEW **Special Interest Group: Creative Writing, p. 16**

Kathie Goodrum

is a retired banker with a background in education. During the last 14 years of her banking career, she worked for a banking software company, training bank employees to use the software and preparing data for conversion. Kathie has been a backyard bird enthusiast for many years and was fortunate enough to find her perfect "retirement job" at Wild Birds Unlimited, where she has been able to share her love of backyard birds and expand her own knowledge base.

NEW **Backyard Birds in Northeast Florida, p. 19**

Jo Ann Hart

has been a member of the St. John's County Turtle Patrol for 13 years. She has followed many mama turtles' tracks to discover new nests and has helped many babies emerge and find their way to the ocean. She would love to share these events and stories with you. Jo Ann is a native of Virginia and graduated from the College of William and Mary and the University of Virginia. She has had careers in bookstore ownership and banking. Jo Ann and her husband, Sam, moved from Washington, D.C. to Jacksonville in 1994.

A Guide to Sea Turtles by a Turtle Patroller, p. 13

Samuel Hart

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

NEW **Current Events for Pragmatists, p. 8**

Wayne Heckrotte

is teaching his fifth year at OLLI. His courses have concentrated on history including: World Wars I and II, the interwar period and the history of baseball. This year he introduced the period between the wars to students at UNF. He believes lessons taught to the world during this period of time are worth understanding to determine their relevance, if any, to events taking place today.

From Versailles to Pearl Harbor, p. 18

Gary Hickenbottom

is certified as an instructor for Tai Chi for Arthritis and an assistant tai chi instructor at the Jim Fortuna Senior Center. As a strong advocate of this ancient form of exercise, he believes that the regular practice of tai chi reduces stress and creates a sense of calmness and confidence. Gary has been an OLLI member for two years and enjoys taking classes, especially ones that focus on brain training and creativity.

NEW Tai Chi for Beginners, p. 14

Howard Hodor

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

NEW Current Events, p. 9

Bill Laird

is director of wealth management for Dixon Hughes Goodman's Jacksonville office. Dixon Hughes Goodman is the largest CPA firm based in the Southeast. Bill assists his clients through major life transition events such as retirement, divorce, death and long-term care decisions. Among other civic activities, Bill has been on the board of the Clay County Senior Advocacy Council for three years. In his personal life, he is the primary decision maker and caregiver for both his father and uncle, who suffer from dementia. Bill has served as an expert witness in divorce cases within Duval and St. Johns County. He is one of only 1,300 individuals nationwide to hold both the Certified Financial Planner and Chartered Financial Analyst certifications.

Successful Life Transitions, p. 16

Emily Retherford Lisska

was named the 2010 Outstanding Woman in Florida History and is in her seventeenth year as executive director of the Jacksonville Historical Society. She led the society through the million dollar restoration of the National Register Old St. Andrew's, headquarters of the organization. Emily is also curator of the society's Merrill Museum and a creative force behind the society's book and film projects. Under her leadership, the 1878 St. Luke's Hospital and adjoining Florida Casket Factory were acquired in October as repositories for the rare documents and photographs of Jacksonville history.

NEW Jacksonville Roars into the 1920s, p. 18, 19, 21

Bill Longenecker

is an amateur beach geologist who developed an interest in the subject as a mountain biker. His "Wavelengths" column appears frequently in The Florida Times-Union. Currently he works as an emergency department paramedic at Shands.

NEW Beach Sands, Retired Mountains, p. 18

Melissa Marro

is one of the top home staging industry professionals. She is one of the most requested speakers and has given the keynote address at the Real Estate Staging Association (RESA) annual convention three times. Melissa is a featured educator at national staging expos and regional vice president for RESA. She is known for engaging her audience in a no-nonsense fashion. Offering years of hands-on experience, Melissa has helped shape the industry and develop best business practices.

NEW Preparing Your Home For Sale:
A Guide to Home Staging, p. 15

Roshan Massey

was born and educated in India. He completed an MBA in England and spent most of his working life in Australia. Roshan has taken several groups on tours of India, Kashmir, Nepal and now Myanmar. He is a travel enthusiast with a huge network in India. When he was much younger, he took groups by road from England to India and England to North Africa.

A Travel Guide to India, p. 19

NEW Travels in South Asia: Myanmar and India, p. 21

Walter Mattingly

earned a B.A. in English from Loyola University of New Orleans and an M.A. and A.B.D. in English literature from the University of Florida. He served as a lieutenant in the U.S. Infantry. Walter is a franchisee for Popeye's Fried Chicken in the north Florida region, has interests in Woody's BBQ and is proprietor of Mardi Gras Grill on Edgewood Avenue.

NEW Molly, Leopold and Blazes Boylan: The Scramble for Molly's Eggs in James Joyce's "Ulysses", p. 13

Connie McAuliffe

is a retired management consultant and college instructor. Her area of expertise in business and education is communication. She holds a B.A. in English from Bucknell University in Lewisburg, Pa and an M.Ed. from Cabrini College in Radnor, Pa. Connie is a lifelong, avid reader, has spent time as a journalist and continues to write both fiction and poetry.

Writing Personal Poetry, p. 13

Donald Menzel

is an author and international speaker who has traveled and lectured extensively in China. He is president of Ethics Management International and emeritus professor of public administration, Northern Illinois University. He served as the 2005–06 president of the American Society for Public Administration. Don holds a Ph.D from Pennsylvania State University in political science, a master's degree from Miami University (Ohio) and a bachelor's degree in mathematics from Southern Illinois University. He served in the U.S. Air Force from 1962 to 1967 as a navigator/bombardier on B-52s. His most recent books are "Achieving Ethical Competence for Public Service Leadership" (M.E. Sharpe, 2013 co-edited), "The State of Public Administration: Issues, Challenges, and Opportunities" (M.E. Sharpe, 2011 co-edited), "Ethics Management for Public Administrators: Leading and Building Organizations of Integrity" (2nd ed., M.E. Sharpe, 2012) and "Ethics Moments in Government: Cases and Controversies" (Taylor and Francis, 2010). He is at work on a new, interactive e-book "The New China: Myths and Realities." His website is ethicsmgt.com. His blog is <http://blog.ethicalgovnow.org/>

NEW The New China, p. 14

Clay Meux

is a native of Jacksonville, earned his J.D. from Stetson University and was admitted to the Florida Bar in 1994. He is a member of the National Academy of Elder Law Attorneys, Leadership Jacksonville, Academy of Special Needs Planners and Estate Planning Council of Northeast Florida. From 2002 to 2004, Meux was co-chair of the Jacksonville Bar Association's Elder Law Committee. Additionally, he was a former member of the Florida Bar's Probate Rules Committee and the City of Jacksonville's Office of General Counsel.

NEW Basic Elder Law, p. 21

Mary Ann Miller

is a professional artist, author and retired art educator. She recently published "More Travels with a Blue Vase: Paris and Beyond," her second book of watercolor sketches around the world. She has taught OLLI classes in travel sketching for four terms, filling every time.

Travel Sketching 101, p. 15

Douglas J. Milne

is a partner at the law firm of Milne and Buckingham and he is an adjunct professor at the Florida Coastal School of Law.

Jacksonville: Our Natural and Human History, p. 18

Jim Newman

is senior vice president of wealth management for Janney Montgomery Scott, LLC, with over 21 years experience as a licensed financial advisor. He has an accreditation in wealth management from the University of Pennsylvania's Wharton Business School. He is a certified senior advisor and a certified divorce financial analyst. He has written articles for the Jacksonville Business Journal and appeared as an expert for television stations WTLV NBC 12 and CBS 47.

NEW Economic Indicators and Their Impact on the Capital Markets, p. 12

Carol O'Dell

is the author of "Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir." She has been featured on CNN, Fox and numerous television and radio programs across the country. Carol is also the author of the forthcoming novel "White Iris," chronicling the journey of a woman who moves to the south of France to explore Vincent Van Gogh's decadent summer highs only to find herself tangled in the past. Carol holds a B.F.A. from Jacksonville University, takes art treks to Europe and paints replicas of Van Gogh's works.

Remember Me: Writing the Powerful Memoir, p. 14

William O'Malley

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

A View of the Criminal Justice System, p. 16

Marianne Prichard

holds degrees in political science and education from California universities. She taught for nine years in northern California. Marianne brings much international experience to the course. For 32 years she taught in overseas American and English language schools located in East Asia, the Middle East, Haiti, Guam, Africa and, most recently, in Shanghai, China.

NEW Current Events, p. 11

Bill Prince

has maintained two musical career paths, one as a performer and the other as a teacher. He has performed with many musical giants including Buddy Rich, Dave Brubeck, Dizzy Gillespie, Henry Mancini, Tony Bennett, Arturo Sandoval and Ella Fitzgerald, as well as with a number of symphony orchestras. As an instructor, Bill has taught at five universities in three countries and has lectured on over 70 campuses. One of Bill's most unique talents is his ability to perform professionally on several instruments including trumpet, flugelhorn, trombone, flute, clarinet, saxophone, piano and bass. He produced his own CD, "Happy Thoughts," for which he composed, arranged and performed all parts.

NEW Classical Music and All That Jazz, p. 12

NEW What is Jazz?, p. 11

Shirley Leckie Reed

is professor emerita of history from the University of Central Florida where she taught women's history, regional histories of the south and the west and courses on periods such as the Gilded Age and Progressivism. Shirley is the author of biographies on Elizabeth Bacon Custer, the wife and chief mythologizer of George Armstrong Custer, and the western historian and Indian advocate, Angie Debo. In addition, Shirley has authored works on women and family life in the American Civil War.

NEW Half the Sky: Turning Oppression Into Opportunity for Women Worldwide, p. 9

John Reeve

retired from the advertising and publishing industry. A Silver Life Master with more than 1,300 Master Points, John frequently competes in regional and national bridge tournaments.

NEW Intermediate Bridge I, p. 10

NEW Intermediate Bridge II, p. 10

Sid Rosenberg

recently retired from the faculty of the University of North Florida, where he was the William Sheffield Professor of Real Estate in the Coggin College of Business. He received his M.B.A. in finance and Ph.D. in real estate and finance from Georgia State University.

NEW It Was Different This Time (But It Really Wasn't), p. 9

Glenn Ross

is a master carver and has been an OLLI member for three years. He began his training as a woodcarver in 1996. He started teaching woodcarving and sculpture classes around the country in 2009 and in April 2011 started teaching woodcarving classes for OLLI. In 2008 Glenn retired as president of AllEnergy, Inc., a technical consulting firm to the energy industry.

Woodcarving, p. 10

Bob Schiffner

holds a B.S. in engineering from Penn State and an M.S. in geophysics from the United States Naval Postgraduate School with a dual major in meteorology and oceanography. After 20 years in the U.S. Navy as an aviator on several aircraft carriers, he retired and worked 25 years for Price Waterhouse Coopers and other major management companies in the data processing arena. During his last six years of employment, he traveled the world as the computer games system manager for the International Special Olympics competitions. Since retirement he has taught at several community colleges and is currently on the staff at Embry Riddle Aeronautical University and St. Johns River State College.

NEW Come Fly With Me!, p. 12

Tom Schmidt

is a retired railroad executive with a lifelong interest in the Civil War. He holds an M.A. in history from the University of North Florida, and has taught American history as an adjunct professor at both UNF and Florida State College at Jacksonville.

NEW The American Civil War: An Overview, p. 9

Jerry Seebol

is a financial advisor who has been in the financial industry for 24 years. He is a Certified Financial Planner and currently manages a large book of clients where he focuses on retirement planning. He enjoys hosting educational seminars and community classes.

Municipal Bonds: A Foundation of Quality, p. 16

Rev. J. Perry Smith

is an Episcopal priest who presently serves as canon pastor at St. John's Cathedral in Jacksonville. A successful high-level government careerist prior to joining the priesthood, he wrote his first book, a memoir to inspire others to a life of service. Rev. Smith is currently writing "Adoption Matters" about personal stories from adoptees and parents on both sides of the adoption question.

The Unlikely Priest, p. 17, 19, 21

Joseph Steinman

is originally from Philadelphia and holds a B.S. and M.S. in chemical engineering, and an M.B.A. and Ph.D. in finance. In the early part of his career, he worked in research for NASA on the Space Shuttle. Later he spent 19 years in private industry in various financial and general management positions in the United States, Europe and East Africa. He served on the finance faculty of a university in Switzerland for 12 years and the University of North Florida for 7 years. He has consulted for management throughout the world.

NEW It Was Different This Time
(But It Really Wasn't), p. 9

James Taylor

holds B.S. and M.S. degrees in electrical engineering. He worked on the cutting edge of electronics technology as a research engineer for the U.S. Air Force. His books, which include "Ultrawideband Radar Applications and Design" (CRC Press, 2012), established his reputation as an expert in radar technology.

**Wizard War: How Radar Saved
the Allies in WWII, p. 13**

Kathleen Triebwasser

is a certified clinical mental health counselor, a licensed mental health counselor and marriage and family therapist. She has 20 years of experience in the field of marriage and family.

NEW How Aging Can Affect Our Lives, p. 17

Dean Veremakis

holds an M.Ed. from Virginia Commonwealth University in adult education and an M.A. from Temple University in American military history. A researcher in the area of U.S. awards, medals and decorations, Dean was president of the Orders & Medals Society from 2000 to 2010. He retired from the U.S. Navy Reserve in 1998 and from the Liberty Mutual Insurance Group in 2006. He has published numerous articles on behavior, leadership and military decorations and medals.

NEW ABC's of Human Behavior, p. 20

More than a Piece of Ribbon and a Piece of Metal, p. 19

NEW Myths and Legends of Famous Last Stands, p. 20

Gene Waering

is president of the Jacksonville Rose Society and co-editor of "The Sustainable Rose Garden," a book that received the 2012 World Federation of Rose Societies Literary Award. A former New York City art dealer and foreign policy association executive, Gene retired to Jacksonville three years ago. He grows many rare warm-weather species and experimental hybrid roses from all over the world. He continues to serve as vice president and program chair of the Manhattan Rose Society, while also serving as president of the Jacksonville Rose Society. He is a member of the steering committee of the Great Rosarians of the World program and a trustee of the Heritage Rose Foundation

NEW Growing Sustainable Roses in North Florida, p. 9

Ed Waller

is a graduate of the U.S. Naval Academy and a career Navy pilot. After retiring in 1999, Ed became a financial advisor. Nearly five years ago, Ed awoke to a major medical event. After a miraculous recovery, he decided that his wife would have been unprepared to handle the household responsibilities if he had died. Ed had seen it many times in his practice: A client lost a spouse or parent only to realize they had no idea where to start looking for the will, what day the electric bill came due or how to access bank accounts and insurance policies. As soon as he recovered, Ed created "My List for Life" to ensure his family and clients would never have to deal with that kind of scenario. Now available to you and your loved ones, this investment can save time and money today and make all the difference when it is needed most. For more information, visit www.mylistforlife.com.

My List for Life, p. 11

Michael Weatherby

a thirty-nine year member of the Florida Bar, served on the circuit bench of the Fourth Circuit and as administrative judge of the criminal division and in the civil and family divisions. Prior to taking office, Judge Weatherby served as an assistant state attorney and was in private practice. He has served on the faculty of the Florida College of Advanced Judicial Studies, the Florida Prosecutor/Public Defender Trial Training Program, Florida Conference of Circuit Judges, The University of North Florida, The University of Florida and Florida Coastal School of Law. He received his B.A. and J.D. degrees from The University of Florida. A retired Lieutenant Colonel, Military Police, of the U.S. Army Reserve, Judge Weatherby is a graduate of the U.S. Army Command and General Staff College.

NEW Beyond the Bench – Judicial Independence in the 21st Century, p. 17, 21

Jon Woo

was born, raised and worked in Washington. He has lived in Jacksonville since 2003. He learned the Chinese version of Mah Jong by playing with his family and others in the District of Columbia Chinese community. He has taught Mah Jong at numerous Jacksonville sites, including OLLI, for several years.

Chinese Mah Jong, p. 8

JoAnne Young

has been beading for approximately 10 years. She makes jewelry for her personal use and to give as gifts. She worked as a high school teacher for 34 years before retiring. Her goal is for you to gain enjoyment and jewelry—creating skills.

Basics of Making Bead Jewelry, p. 14

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