

OSHER

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

SPRING 2019



**The love of learning
lives within us.**



RICHMOND
School of Professional
& Continuing Studies™

A MEMBERSHIP PROGRAM FOR PEOPLE 50 AND BETTER • OSHER.RICHMOND.EDU

Our History

Established in 2004 at the University of Richmond's School of Professional and Continuing Studies, the Osher Lifelong Learning Institute operates through the support of its members, the University of Richmond, and an endowment from the Bernard Osher Foundation of San Francisco. There are 122 Osher Institutes in colleges and universities throughout the United States. We offer intellectual stimulation and civic engagement in a community of lifelong learners age 50 and better.

Through the Osher Institute you may rediscover your love for learning on the beautiful University of Richmond campus. We offer a wide array of academic courses and programs year round, in the spring, summer and fall semesters. Osher offerings include undergraduate credit courses for audit, special interest groups, mini-courses, free lectures, and more. There are no entrance requirements, no tests and no grades. In fact, no college background is needed at all—it's your love of learning that counts. If you're 50 or better with a curious mind and a keen interest in learning, we'd love for you to join us.



This schedule is a publication of the University of Richmond School of Professional and Continuing Studies. The contents represent the most current information available at the time of publication. However, due to the period of time covered by this catalog, it is reasonable to expect changes to be made without prior notice. Comments and course suggestions are welcome. Please call (804) 287-6344 or e-mail margaret.watson@richmond.edu.

Photo credit on the cover, Tim Hanger, Osher member & Kevin Schindler
On pages this page: Tim Hanger, Osher member
Inside pages: Kevin Schindler

Common Ground Mission Statement

The University of Richmond is committed to developing a diverse workforce and student body, and to modeling an inclusive campus community which values the expression of differences in ways that promote excellence in teaching, learning, personal development, and institutional success.

Jeanne Clery Disclosure Statement

The University Police Department, in compliance with the Jeanne Clery Disclosure Act, publishes an annual report outlining its policies, functions, campus safety plans, prevention techniques, and tabulated statistics for the most recent three-year period. For a copy of the Department's Annual Report, call (804) 289-8715, write the University of Richmond Police Department, att. Jeanne Clery Crime Statistician, Special Programs Building, 31 UR Drive, University of Richmond, VA 23173 or access the report online at police.richmond.edu.



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Warmth, wisdom and whimsy

It is just beginning to feel like fall as we write this, but winter will quickly come. How will you spend those colder, darker days? We have a few ideas!

Let Osher warm your soul and illumine your mind with courses on every subject imaginable. Whether you want to improve your technology skills or to consider different or new healthy lifestyle options, we have classes to address these topics, all part of our 'Aging Well' series. We also have plenty of history and political science, religion, music, science, and language courses, as well as fun field trips. Again, Spider Athletics has reached out with discounted sporting events tickets, this time for basketball. Come be a part of the fun in our Robins Center!

But, we're just turning on the heat! There are lots of other ways to spend your winter days. First, mark your calendar for Thursday, January 10, 9:30 – 11:00 am as we conduct our third annual Osher Institute All Member Meeting. This is a great way to kick off the semester, as well as learn about the latest initiatives and accomplishments of our Osher Institute.

We also have several new opportunities to volunteer with the Osher Institute. First, if you have a knack for technology, let us know. We are forming a volunteer AV Team to assist our Osher instructors as they start each class.

Our Osher UR Give Back Program is moving forward, and we're excited about the ways our members share their wisdom. This two-pronged effort asks Osher members to give an hour or two assisting with University special events, such as alumni weekend and commencement. Then, we are also seeking members who wish to contribute their work experiences, skills, and expertise to students and classes within the School of Professional and Continuing Studies and to the Bonner Center for Student Engagement. Projects could include mentoring, guest lecturing, and reviewing capstone projects. Just let us know if you are willing to complete a survey that helps us identify and match your skill set with student, class, and campus needs.

We hope you find that there is plenty to keep you warm and engaged. Speaking of warm, your Osher Institute is on fire with fundraising! For the second year in a row, YOU have met the Osher Institute's annual fund goal for dollars and participation! (See the article on page 21). Thank you!

Then, there is fun! With courses such as Capitalism, Democracy and Animal Spirits, Myths, Marvels, and Meditations, and Life is a Gift: The Zen of Tony Bennett, these intriguing, whimsical titles are bound to attract! Our Osher special interest groups continue to entertain and educate with local and regional tours, bridge, great book reviews, and hikes to new places, to name just a few.

So . . . come warm up and have fun with Osher. We'll brighten those cold, dark days of winter with vibrant, engaging activities. Then, the brighter skies and warmer weather of spring will be here before we know it!



Where do I start?

1 Sign up for an annual membership.

You can become an Osher member at any time during the year. We invite you to come and try out one of our many free Osher events before you join. Osher membership is required for all Osher programs except special events, which are free and open to the public and denoted in the schedule with a **Se**.

Member benefits are outlined on the back cover of this schedule. Complete details and membership forms are online at osher.richmond.edu.

A membership form is also available at osher.richmond.edu/schedule. Contact the Osher Institute office with any questions or to schedule a visit by calling (804) 287-6608.

\$75 – Silver Membership

ENJOY A WIDE ARRAY OF MEMBER BENEFITS & LOW COURSE FEES, PLUS THE OPTION TO UPGRADE YOUR MEMBERSHIP

\$350 – Gold Membership

ENJOY A WIDE ARRAY OF MEMBER BENEFITS & UNLIMITED FREE CLASSES ON CAMPUS

\$275 – Upgrade to Gold

AVAILABLE TO SILVER MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

\$25 – UR Membership

FOR QUALIFIED UR FACULTY, STAFF, UR RETIREES, AND SPOUSES/PARTNERS. (SAME BENEFITS AS SILVER MEMBERSHIP)

\$325 – Upgrade to Gold

AVAILABLE TO UR MEMBERS WITHIN FIRST 6 MONTHS OF JOINING

2 Register for classes.

We've organized this schedule of classes chronologically by start date to help members better plan their schedules. All types of Osher events are included in the program listing.

Special events and member bonus programs are designated with special icons.

Classes may change or be canceled after the printing of this schedule.

The University of Richmond **Ri** designation identifies those offerings that have university-related subject matter and/or a UR faculty/staff course instructor.

We encourage members to register online or print and complete a paper registration form, which may be found on our website at osher.richmond.edu/schedule

If completing on paper, please mail, or deliver your registration and any required payment. Most programs are free to Gold members. Fees for Silver/UR members are noted.

Osher members interested in course audit opportunities should contact the Osher office. See page 11 for details.

The UR Osher Institute offers need-based scholarships for Osher on-campus mini-courses and talks. To inquire about a scholarship, contact the Osher office.

3 Don't forget the extras.

Make the most of your Osher membership and your benefits and learn more about UR campus resources through a variety of bonus programs, which are all free to Osher members.

This spring, bonus (free for members) programs, denoted with **Bo**, include:

- Osher Breakfast Social and VMFA Talk
- Osher Member Orientation
- Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses
- Give to Live - Finding the Right Volunteering Opportunities
- DR COPTR
- Documentary Screening: 'George Harrison Living In The Material World'

- Virginia's Heritage Migration Route
- The Organ Speaks with a Romantic Voice
- Tour of UR's Historic Bottomley House
- UR Behind the Scenes: The Cannon Memorial Chapel
- Bounty of Boatwright

And join us for several special events, free to Osher members and open to the public. They're a great way to get friends and colleagues engaged with Osher. Special events, denoted with **Se**, include:

- Exhibition Opening of Growing Up in Civil Rights Richmond: A Community Remembers

- UR Campus Walk/Tour
- Panel Discussion: Growing Up in Civil Rights Richmond
- ChinaFest's Irby B. Brown Lecture 2019: The Art of War (And Peace): Understanding China's Perspective and Its Return To Being a Superpower
- Caught in the SNOWstorm
- Myths, Marvels, and Meditations
- 2019 Peple Lecture: The What Ifs of the Past—Speculations on Counterfactual History
- Springtime Campus Hike



Using the Osher Online Registration System

Access the online registration system through the Osher website at osher.richmond.edu/schedule.

Registration for Spring 2019 classes opens at 9 a.m. on Tuesday, December 11, 2018.

Successful Registration Recommendations

In order to have the most successful registration experience, we encourage you to prioritize and register for classes by your desire to get a seat in the class, not by date the class is offered. This will enable you to complete your registration more quickly and efficiently, and will ensure that the server is able to handle transactions in a timely manner.

We have discovered that members spend a long time registering for classes by going through the print schedule page by page. This practice results in lengthy delays in transaction processing and loss of seats through wait-listing. While we've worked with our vendor to address these issues, we believe you'll register more successfully by planning ahead and registering for classes based on priority in batches of 10 or fewer classes.

1. Review the PDF or print catalog prior to the registration date and **develop a list of your top priority classes**, up to 10 classes.
2. On the morning of registration day starting at 9 a.m., register for your top priority classes first to ensure you get a seat.
3. You must order in batches of no more than 10 classes. This transaction limit is automatically imposed. You may place as many separate orders of 10 or fewer classes as you'd like.

We encourage you to wait until **after the initial registration rush** (generally after noon on registration day) to register for additional classes that are lower on your prioritized list.

Registering for Classes

If you've registered online before, or if you've recently purchased a membership online, start by logging into the registration system.

1. Confirm that you are **logged in** ("Hello, [Your Name]" appears at the top of the page).
2. Use **categories**, **instructors** or **calendar** to read course descriptions and select class sessions.
3. When you see the session detail, only the **price applicable for your membership** level will be available.
4. Add the course to your cart, then **Continue Checkout**.
 - a. If required, provide additional information on the following screen, then **Next**.

- b. Confirm order and continue to **credit card processing** if applicable (the interface will change)
5. Log out and check your email.

You will receive several email messages from this transaction.

1. An immediate **transaction confirmation** listing all courses or membership purchased.
2. An immediate **receipt** from Nelnet (our credit card processor), if your registration required payment.
3. For every course or membership purchased, a **registration confirmation** with course or membership details, sent daily starting at 4:30 p.m.

Purchasing New Membership

Prospective and New Osher Institute members should create their accounts first.

1. Create a **new account**.
 - a. Select the yellow **Sign In/New Account** button at the top of the page.
 - b. Select the **Create Account** button on the Customer Account/Sign In page.
 - c. Complete the form and **Submit**. (Note: You should leave the UR ID blank.)

You'll know you've succeeded when you see the message

"Hello, [Your Name]" at the top of the page.

2. Purchase membership by visiting the **Membership Purchase** area in the left menu.
 - a. Select the link under **Osher Membership** (New or Renewal).
 - b. Under **Session**, select your membership level using the dropdown menu.
 - c. **Add to Cart**, then continue to **Continue Checkout** to complete your transaction.

JANUARY

Spiders Basketball Outing

Ri Join your fellow Osher members and the University of Richmond family as the Spiders basketball team takes on Rhode Island in the Robins Center. We've reserved a group of seats for the Osher Institute, and our generous Athletics Department is providing discounted tickets (\$5) for this event. Go Spiders!



W • Jan 9 • 7-9 PM • \$5/Gold/Silver/UR
Leader: Spider Athletics

Come . . . and BeMoved®!

ACTIVITY

Aw Come to this class to learn about the long-term health benefits of just moving! 'BeMoved®' embraces the joy of dance with people of all movement abilities. Movement expressed through dance and music has a transformative power that enriches a person's well-being above and beyond the well-known physical fitness benefits. 'BeMoved®' is a dance fitness experience that begins with easy-to-follow therapeutic movements that integrate the upper and lower body. The warm-up flows into dance styles inspired by a wide variety of musical genres. Different musical and dance style such as Bollywood, jazz, Latin and disco are used to inspire participants to embrace dance as a lifelong means to health, joy and fulfillment. Come each week and 'get moving!'

M • Jan 14, 21, 28, Feb 4, 11, 18, Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29, May 6 • 5:30-6:30 PM • \$150/Gold/Silver/UR
Leader: Myra Daleng

Osher Breakfast Social and VMFA Talk

Bo Join us in the Heilman Dining Center's Westhampton Room for fellowship, food, and a talk by the Virginia Museum of Fine Art's staff and volunteers. Hear about the VMFA's current and future exhibits, many of which are one-of-a-kind, exclusive shows. There is a meal fee for this program, which you will pay to the cashier as you enter. Go to dining.richmond.edu for menu and fees.

W • Jan 16 • 8:30-10 AM • Free to Members
Leader: Debra Stoss

Exhibition Opening of Growing Up in Civil Rights Richmond: A Community Remembers

Ri Se The exhibition pairs oral histories with photographic portraits by Richmond-based photographer Brian Palmer of 30 area residents, now middle-aged and older, whose lives were shaped by their experiences as children and youth in the civil rights movement. Despite its wide-ranging impact, this period in Richmond's history has received far less attention than it merits. The project aims to correct this oversight by presenting the diverse voices and faces of individuals who were part of the struggles of that era. Their personal stories, full of fortitude, resilience, and conviction, offer nuanced views of a Jim Crow past, too often painted in broad brushstrokes, which contribute to a fuller, more faithful historical narrative of our city.

W • Jan 16 • 7-8 PM • Free and Open to the Public

Monumental: Richmond's Monuments 1607-2018: A Tour of the Valentine

FIELD TRIP

NEW! Join us for a guided introduction to the temporary exhibition 'Monumental: Richmond's Monuments 1607-2018' and learn about the history of monuments in Richmond, from the earliest example erected by colonists on the banks of the James River to proposed future monuments. On the gallery tour, a Valentine educator will lead the group in a conversation on this timely topic as you explore the city's long history with public monuments,

contemplate their significance today and consider their future as a reflection of Richmond's collective values. Then you'll have time to view on your own.

R • Jan 17 • 1-3 PM • \$8/Silver/Gold/UR
Leader: Amanda Vtipilson

Campus Walk/Tour

Ri Se Join us for a walking tour of the beautiful University of Richmond campus. Led by Osher members, the tour provides an orientation to important campus locations, including the Heilman Dining Center, One Card Office, Post Office, other food sites, and parking lots. Also included will be the locations of Osher member benefits, including the Modlin Center for Performing Arts and the Boatwright Library. Note: Good walking shoes are recommended.

F • Jan 18 • 1:00-2:30 PM • Free and Open to the Public
Leader: Marshall Ervine

Protecting Our Identity and Credit Information

LECTURE, Q&A

Aw REPRISED The 2017 Equifax and other recent data breaches have proven how vulnerable we are to having our identity and credit information put at risk. This class will look at some ways we can better protect and monitor our personal information including: placing credit bureau freezes and obtaining and reviewing our credit reports, adding multi-factor authentication to all accounts that offer this feature, creating safe passwords and answers to secret questions, establishing bank and credit card alerts, and using a credit



monitoring service. You may email the course leader at westcobb@gmail.com with any questions regarding the course.

T, R • Jan 22, 24, 29 • 9:30–11:30 AM
• \$60/Silver
Leader: West Cobb

Understanding Opera: Part II

LECTURE

UPDATED This class completes a survey of Virginia Opera's 2018-2019 season. Featured works include Donizetti's sparkling comedy 'The Elixir of Love' and Puccini's immortal tragedy 'Madama Butterfly.' Discussions are illustrated with audio and video excerpts; recommended for opera beginners and aficionados alike. Part I is not a prerequisite.

T • Jan 22, 29, Feb 5 • 1–3 PM •
\$60/Silver
Leader: Glenn Winters

Epidemics, Then and Now: Part II

LECTURE, DISCUSSION

NEW! This is a continuation of Part I, presented this past December. This part will cover the various global Influenza threats, our nation's plan for a catastrophic novel Influenza pandemic, and the SARS epidemic. Part I is not needed to participate in this class.

T • Jan 22 and 29 • 3:30-5:30 PM
\$40/Silver
Leader: Ernest Fornaris

History of Music Part II: The Baroque and Classical Eras

LECTURE, DEMONSTRATION

REPRISED We will discuss the music of some of the most famous composers. What makes Bach sound so different from Mozart? How can one learn to hear the differences? How did the invention of the piano and opera change classical music? Part I is not a prerequisite for this course, and no musical background or experience is required.

W • Jan 23, 30 • 10 AM–12 PM •
\$40/Silver
Leader: Sheryl Smith

Great Decisions 2019

READING, FACILITATED DISCUSSION

UPDATED Designed by the Foreign Policy Association (FPA) and facilitated at the grassroots at hundreds of locations

nationwide, the Great Decisions program highlights eight of the most thought-provoking foreign policy challenges facing Americans each year. Each week we will read an article from the 2019 FPA Great Decisions briefing book on a specific foreign policy challenge in advance of class, view a 25-minute video, and then have a discussion. This year's topics are: 1) Refugees and Global Migration; 2) The Middle East: Regional Disorder; 3) Nuclear Negotiations: Back to the Future? 4) The Rise of Populism in Europe; 5) Decoding US-China Trade; 6) Cyber Conflicts and Geopolitics; 7) The United States and Mexico: Partnership Tested; and 8) State of the State Department and Diplomacy. The 2019 Great Decisions briefing book serves as the focal text for the class, and it provides background information, current data and policy options for each topic. Students will need to purchase the briefing book, read the first topic before the first class, and be prepared to discuss it. For information about purchasing the briefing book from FPA and the Great Decisions program in general, visit online at <http://www.fpa.org>.

W • Jan 23, 30, Feb 6, 13, 20, 27, Mar 6, 13 • 1–3 PM • \$60/Silver
Leaders: Don Miller, Celeste Miller, Rob Hafker, Christine Campbell

Osher Member Orientation



Learn from other Osher members how to access and fully enjoy the many benefits of being an

Osher member and a member of the UR community.

W • Jan 23 • 3:30–5 PM •
Free to Members
Leaders: Kay King, Jeff Keil

History of the Ancient Near East

LECTURE

REPRISED Long before the emergence of Greece and Rome, the most advanced societies lived in the Ancient Near East. Here were found the first cities and temples, the earliest known metalworking, the first kingdoms, and the first empires. The heart of the Ancient Near East was Mesopotamia, the land between the Tigris and Euphrates Rivers. This course is an introduction to the archaeology, history, and literature of these ancient times and places.

R • Jan 24, 31, Feb 7, 14, 21, 28 • 9:30–11:30 AM • \$60/Silver
Leader: Glenn Markus

Spiders in the Kitchen

Join in this community exchange of recipes, entertaining, and cooking ideas shared among campus foodies. This will be held in the Richmond Room, on the lower level of the Heilman Dining Center. The menus will be announced three weeks before each event.

The dates for the 2018-2019 year are as follows:

February 14

March 27

June 6

Time: 11:30 am – 1:30 pm

Fee: \$16.00 per person; reservations are required.

Contact Cindy Stearns at cstearns@richmond.edu or 804-289-8788 to reserve your spot.



Does God Exist?

LECTURE, Q&A

NEW! This course will very briefly survey the classic answers to this question from philosophy, theology, and science. We will talk about Ancient and Medieval Views, The Challenge of Science, 20th Century Considerations, and The Best Reasons to Believe and Not Believe.

R • Jan 24, 31 • 1–3 PM • \$40/Silver
Leader: Ryan Ahlgrim

Campus Health & Wellness Opportunities

The University of Richmond's Weinstein Center for Recreation and Wellness offers many classes that are perfect for Osher members. Director of Health Promotion Heather Sadowski suggests these classes:

Yoga Fundamentals

Water Works (water aerobics)

All of these are no charge for Weinstein Center members or \$5 per class for Osher members with UR ID.

For days and times for any of these classes, please check on the web site at: recreation.richmond.edu. Just come a bit early, and check in and/or pay at the front desk. The customer service representatives can direct you to locker rooms, if you need them and also to the class location.

Also, please remember that one-day use of the Weinstein Center for Recreation and Wellness is available to all Osher members with your UR ID for \$5 per day. Within the center, you may use any of the equipment and take any class offered that day (there are no sign-ups, so it is first come, first served).

Osher members may also join the Weinstein Center as community members. Typically, there is a wait list, but please review the web site for the application and all other information regarding membership.

Frank Lloyd Wright's Usonian Houses

LECTURE

NEW! During his 70-year career Frank Lloyd Wright designed more than 1,000 buildings. Among these were a group of his smallest homes, which Wright named Usonians, and which have had a lasting impact on today's residential development and design. Many consider these among Wright's most important designs. Our five

sessions will include the events that led Wright to develop his Usonian designs, an in-depth analysis and discussion on Wright's first group of 20 Usonians and a detailed review of the Alexandria, Virginia Pope-Leighey House, Wright's only Usonian house in the mid-Atlantic area. We'll conclude our class with a discussion on Wright's philosophy of small houses to today's residential design, asking 'Did Wright get it right?'

F • Jan 25, Feb 1, 8, 15, 22 • 10–11:30 AM • \$60/Silver
Leader: Steven Reiss

Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses

Bo Are you contemplating teaching an Osher course? Facilitated by Osher members who lead courses, this session covers the ingredients of peer-led Osher Institute courses.

F • Jan 25 • 1–4 PM • Free to Members
Leader: Bill Bailey

The Making of America

MOVIES, DISCUSSION

UPDATED The 18th Century saw the beginning of our great nation with the French and Indian War followed by the American Revolution. In this course we will view and discuss six of the best films about this period: 'Drums along the Mohawk,' 'Northwest Passage,' 'The Last of the Mohicans,' 'Unconquered,' 'The Devil's Disciple,' and '1776.'

F • Jan 25, Feb 1, 8, 15, 22, Mar 1 • 1–4 PM • \$60/Silver
Leader: Greg Hall

Panel Discussion: Growing Up in Civil Rights Richmond

Ri Se This panel discussion offers insights by Laura Browder, Tyler and Alice Haynes Professor in

American Studies; Ashley Kistler, independent curator and scholar; Brian Palmer, Richmond based photojournalist; Michael Paul Williams, writer for Richmond Times Dispatch; and Elvatrice Belsches, independent historian and curator.

U • Jan 27 • 2:00–3:30 PM • Free, Open to the Public
Leaders: Laura Browder, Ashley Kistler, Brian Palmer, Michael Paul Williams, Elvatrice Belsches

How to Listen to Chamber Music

LECTURE, Q&A

NEW! This course will introduce you to the basic elements of music, giving you the tools to explore and understand the vast and intimate world of chamber music. The first class will be an overview of the building blocks of music, providing a framework for talking about music and allowing for deeper appreciation of the art form. The second class will address classical and romantic favorites, including Haydn, Mozart, Schubert, Schumann and others. Finally, we will enter into the unknown and explore the genre in the modern era up until the present day. The definition of chamber music will be expanded, to include appreciation for new works and even the boundaries of what music is.

M • Jan 28, Feb 4, 11 • 10 AM–12 PM • \$60/Silver
Leader: Shawn Puller

A Zoolman's Expeditions

LECTURE, Q&A

REPRISED The former Curator of Mammals at the San Diego Zoo will share highlights of his animal expeditions: to Sri Lanka to study wild elephants and bring back a baby elephant to San Diego; a Smithsonian and Canadian Wildlife Service research grant to study wood bison and eventually bring back a trio to San Diego; an Asian adventure to deliver a baby hippopotamus and a baby orangutan to the Guangzhou Zoo in southern China; and capturing musk ox on Nunivak Island in the Bering Sea, and more.

M • Jan 28, Feb 4, 11 • 1–3 PM • \$60/Silver
Leader: Mark Rich

Give to Live - Finding the Right Volunteering Opportunities

Ri Aw Bo **REPRISED** Giving back to others enhances

one's life, helps build new meaningful relationships, and creates learning opportunities for both the volunteer and those that they serve: but finding the right volunteer opportunities that match your interests, skills and your schedule is not always easy. Find out about the new Osher UR giveback volunteering program and how to find volunteering opportunities that are a great match for you. Speaking as part of this class will be leaders from UR's School of Professional and Continu-

SPRING 2019 OSHER SCHEDULE OF CLASSES

ing Studies and the Bonner Center for Civic Engagement.

W • Jan 30 • 3:30–5:30 PM • Free to Members

Leaders: Robert Hafker, John Mahone

Let Your Yoga Dance

Aw **REPRISED** This delightful practice is for anyone who enjoys moving and having fun! No previous yoga or dance experience is needed. We dance through the seven chakras (energy centers), experiencing 'where joy and fun meet deep and sacred.' Join the aliveness!

R • Jan 31, Feb 7, 14 • 3:30–5 PM • \$60/Silver

Leader: Martha Tyler

FEBRUARY

Taking Charge of Your Health Using Digital Tools: How to Be a Smarter Healthcare Consumer and Better Informed Patient

LECTURE, Q&A

Aw **NEW!** The more we feel that we are in control of our health, the better the outcomes. This course provides an overview of simple digital technologies (portals, Medicare Blue Button, disease management and wellness 'apps') and offers guidance on how and why to leverage them for better health.

T • Feb 5 • 10 AM–12 PM • \$20/Silver
Leader: Cynthia Thomas Hazard

Getting to be Mark Twain, Parts I and II

LECTURE, READING, DISCUSSION

NEW! Come join us as we highlight two short pieces that Mark Twain wrote before he had written any of the Mississippi River writings that he's now famous for, like 'Tom Sawyer' and 'Huckleberry Finn.' As a result, in these two pieces we see him just developing this side of himself as a writer. These two stories focus on African-American characters, one a boy of about ten years and the other an older woman and former slave, exploring their personalities, their perspectives, and their voices, especially their dialects. Both pieces were published in prominently northern white publications and were strikingly new in that time (November 1874). In this interactive class, we will read the pieces and discuss them

as we go, with questions back and forth between instructor and students.

T • Feb 5 • 3:30–5:30 PM • \$20/Silver
Leader: Terry Oggel

A Beautifully Broken Virginia

LECTURE, BOOK SIGNING

NEW! This presentation is highly visual and full of beautifully abandoned Virginia landmarks, all of which have an accompanying entertaining or historically relevant story.

W • Feb 6, 13 • 10:00 AM–12:00 PM • \$40/Silver

Leader: John Plashal

Poetry from the New Yorker

DISCUSSION

UPDATED! Close, careful reading of poetry allows us to understand ourselves better by forcing us to participate in someone else's thinking. Also, it's a powerful logical, mental, and verbal exercise. Of the popular magazines that publish poetry in each edition, The New Yorker is still selects the best challenging, contemporary poems. We'll read and analyze each week's new poems. Heavy class participation is expected.

W • Feb 6, 13, 20 • 3:30 – 5:30 PM • \$60/Silver

Leader: Riker Purcell

Spiders Basketball Outing

Ri Join your fellow Osher members and the University of Richmond family as the Spiders basketball team takes on George Mason in the Robins Center. We've reserved a group of seats for the Osher Institute, and our generous Athletics Department is providing discounted tickets (\$5) for this event. Go Spiders!

W • Feb 6 • 7–9 PM • \$5/Gold/Silver/UR
Leader: Spider Athletics



ChinaFest's Irby B. Brown Lecture 2019 - The Art of War (And Peace): Understanding China's Perspective and Its Return to Being a Superpower

Se As ChinaFest's 2019 featured lecturer, Steven Adkins will discuss China's history, its first interactions with the US, differences between the way China trains its leaders and the US comes by its leaders, as well as current rhetoric by both sides on trade issues.

R • Feb 14 • 7–8:30 PM • Free, Open to the Public
Leader: Steven E. Adkins



So Who's Afraid of Henry James?

LECTURE, READING, DISCUSSION

NEW! In American literary history, why does Henry James loom so large despite giving many readers so much grief? We will read and discuss a cross-section of James, with contexts provided. Then, we will discuss whether 'the game is worth the candle.'

R • Feb 7, 14, 21, 28 • 1–3 PM • \$60/Silver

Leader: Mary Schriber

Moving From Paper to Digital: Managing Our Calendar and Other Information

LECTURE, HANDS-ON, Q&A

Aw **REPRISED** Many of us still carry around a physical appointment book, address book, birthday calendar, to-do and shopping lists, reminders, and other notes we have written down. This course will look at how we can move this information to our computers, tablets, and smart phones for improved convenience, accuracy, and efficiency. Because we like to have this information with us wherever we go, those of us who carry a smart phone will benefit the most from this course. Also, since we will be looking primarily at Google services and apps, having a Gmail/Google account will be beneficial but not a requirement. You may email the course leader at westcobb@gmail.com with any questions regarding the course.

T, R • Feb 12, 14, 19 • 9:30–11:30 AM • \$60/Silver

Leader: West Cobb



Continuing our Aging Well Series

Thanks to a generous grant from the Walter W. Regirer and Maria Teresa Regirer Foundation, the Osher Institute at the University of Richmond had the opportunity for 18 months to focus on health and wellness, along with legal and financial topics especially for those '50 and better.' Our grant concluded on May 31, 2018, but our interest in offering these topics to our members continues.

For the spring semester, we will mark courses and events that address these areas by using the **Aw** designation. On our website, we will continue to maintain the 'Series On Aging Well' section, which highlights our activities. Visit <http://spcs.richmond.edu/osher/schedule/aging-well.html> to learn more.



iPad Basics

LECTURE, HANDS-ON, Q&A



REPRISED Are you getting the most out of your new iPad? Learn short cuts, tricks, and how to make your iPad your own. This class will offer an overview of the basics, generous Q&A time, and email communication with instructor. In addition, there is a website that will help you after the class is over to reinforce your learning experience. This class is intended for students who own an iPad that is updated with the latest iOS software and registered on the UR network (instructions online at <https://is.richmond.edu/get-connected/mobile-devices/iOS-wireless.html>). You may also

contact the course leader at ipadbasics@aol.com for help or questions related to the software update.

T • Feb 12, 19 • 12:30–2:30 PM • \$40/Silver
Leader: Betsy Y. Spath

Cutting the Cord

LECTURE, DISCUSSION, Q&A



REPRISED Is your cable TV bill increasing every year? Have you ever wondered what you're really paying for? This course will cover your bill in detail and explain all the charges. Additionally, alternatives to regular cable TV will be explored and explained. Students are encouraged to bring a copy of their cable bill to class along with a listing of the TV channels they normally view. The course is casual with lots of times for questions.

T • Feb 12, 19 • 3–4:30 PM • \$40/Silver
Leader: Mel Kauffman

Racial Segregation: Then and Now

LECTURE, Q&A



NEW! The first half of the session will focus on Oliver Hill and Spottwood Robinson, two seminal civil rights figures from Richmond who helped devise and execute the legal strategies that led to the demise of Jim Crow segregation. The second half will include a conversation with John Moeser about enduring education and housing segregation in the Richmond area.

M • Feb 18 • 10:00 AM–12:00 PM • \$20/Silver
Leaders: Margaret Eds, John Moeser

Explore China: Osher Trip 2016

LECTURE, Q&A

NEW! If you have always wanted to travel to China, but do not like 14-hour flights, then this class will let you do so vicariously. Is China on your 'Bucket List'? This class will help you plan what not to miss. Fifteen Osher members accompanied me on a custom tour that was jam-packed with UNESCO World Heritage Sites in Beijing, Xian, Guilin, Shanghai, and Suzhou and not-to-be-missed activities along with great food, hotels, and fun! We also did some off-the-beaten-track activities like go to Beihai Park where Kublai Khan received Marco Polo, travel on top of the massive Xian City Wall, climb the rice terraces, visit a tea plantation

where the emperor's tea was grown, see a private collection of 1500+ shoes for bound feet, and sip tea in the famous Huxinting Tea House! No passports needed for this trip!

M • Feb 18, 25 • 1–3 PM • \$40/Silver
Leader: Donna Callery

Your Backyard Habitat, and Why It Is Important

LECTURE, Q&A

NEW! Ever wonder how to get more birds, bees, and butterflies in your yard? Wish you could make yard work easier and less complicated? This class will have helpful tips. There will be lots to learn, and plenty of suggestions for people who don't have yards, too!

W • Feb 20, 27 • 10 AM–12 PM • \$40/Silver
Leader: Sheryl Smith

The VirginiaNavigator Family of Websites

LECTURE, Q&A



Finding local support services for seniors and caregivers is as simple as a click of a mouse! We will share information and demonstrate how to use SeniorNavigator, an online directory that lists 26,000+ resources that help older adults remain independent and supports family caregivers. Learn how to find information about health and aging issues, financial concerns, legal questions, caregiver support, housing and assisted living communities, and much more. Additionally, you will learn specific information on four key topics: fall prevention, chronic pain management, Medicare annual wellness visits, and caregiver health.

W • Feb 20 • 3:30–4:30 PM • \$20/Silver
Leader: Bonnie Scimone

Interpreting America: Telling America's Stories Through Art

LECTURE, Q&A

NEW! Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of American history? Using Smithsonian American Art Museum artworks, this series will explore America from its earliest days as a British colony to contemporary times.

R • Feb 21, 28, Mar 7, 14 • 3:30–5 PM • \$60/Silver
Leader: Alice Waagen

Richmond Audubon Society Lecture: Caught in the SNOWstorm

LECTURE

Se Five years ago, the eastern United States experienced the largest invasion of snowy owls in perhaps a century, which marked an unprecedented opportunity to learn more about these mysterious Arctic hunters. The Osher Institute is partnering with The Richmond Audubon Society to host author and researcher Scott Weidensaul, who will share the story of Project SNOWstorm: how a huge, collaborative research effort focused on snowy owls came together in a few frantic weeks, was funded with the help of people from around the world, and continues to make discoveries and unexpected insights into the life and ecology of this great white raptor.

R • Feb 21 • 6-7 PM • Free,
Open to the Public
Leader: Scott Weidensaul

Prominent Jewish Women of Richmond

LECTURE, Q&A

NEW! From before the Revolutionary War, those of the Jewish faith have been pivotal to the evolution of Richmond's development as a rich cultural center. This course will feature some Jewish women who have been key to the success of our social and other institutions over the centuries.

M • Feb 25 • 10 AM–12 PM • \$20/
Silver
Leader: Alyson Taylor-White

Travel Photography for Iceland

LECTURE, DISCUSSION

NEW! This class is designed to help you take enchanting pictures of Iceland. We will address vantage position to get the best shots, how to protect photo equipment in all weather conditions, and the most efficient process to save images.

T • Feb 26 • 10 AM–12 PM • \$20/
Silver
Leader: Daniel Walker

The Story of Venice: Part II

LECTURE, Q&A

NEW! Continue this study of Venice as we focus on commercial opera in 17th-century Venice; composers Claudio Monteverdi and Antonio Vivaldi; Venetian Renaissance

painting, including painters Giovanni Bellini, Giorgione, Titian, and Tintoretto; the architecture of Andrea Palladio; and publishing in Renaissance Venice, including a discussion of the influential printers Nicolas Jenson and Aldus Manutius.

T • Feb 26, Mar 5, 12 • 1–3 PM • \$60/
Silver
Leader: Elizabeth Cuthbert

Your Home Movies Enhanced

LECTURE, HANDS-ON, Q&A

REPRISED Home movies can become family archives to be enjoyed for generations. With a few simple guides, you can use the camera you already have. Instruction is individualized and also applies to corporate and business videos.

W • Feb 27, Mar 6, 13, 20 • 3:30–5 PM
• \$60/Silver
Leader: Tom Wright

MARCH

Something Must Be Done About Prince Edward County

READING, LECTURE, DISCUSSION

NEW! To avoid desegregating its public schools, Prince Edward County established the private, segregated Prince Edward Academy. As an adult, Kristen Green was shocked to discover that her grandfather helped establish the Academy. This course recounts her journey to understand this family history and the effects the closing of the public schools had on black children. The format is class discussion, so reading the memoir is necessary.

F • Mar 1 • 10 AM–12 PM • \$20/Silver
Leader: Larry Braja

Life is a Gift: The Zen of Tony Bennett

LECTURE, DISCUSSION

NEW! One of the most well-known and beloved vocalists of our time, Tony Bennett is an American icon. He is now over 90 years old but is still performing. In his rich and beautiful memoir, the legendary Grammy and Emmy Award-winning singer takes us behind the scenes of his multi-platinum career. His best-selling 2012 book, 'Life is a Gift: The Zen of Tony Bennett' is revealing, insightful, and always moving. It tells the stories of Bennett's

Course Audit Opportunities

Osher Institute members may request to audit University of Richmond credit classes, which meet for 15 weeks beginning at the start of each semester in fall and spring. Summer classes have shorter and more intense schedules and are not recommended for a first-time Osher audit student.

Osher members who are accepted or approved to audit credit classes do not participate in graded assignments or tests and are asked to be sensitive to the needs of the degree-seeking students.

Gold members pay no additional fees to audit credit classes. Silver members pay \$100 for each audit class.

Contact Debra Guild at dguild@richmond.edu for registration procedures.

experiences in the music industry, what he learned about life, and whom he met along the way, including Frank Sinatra, Nat King Cole, Ella Fitzgerald, Aretha Franklin, Duke Ellington, and Lady Gaga. A 'master class in life,' this revealing retrospective offers an intimate look at Tony Bennett's journey, from growing up in Astoria, New York during the Great Depression, to carving a career in popular music that has spanned more than six decades, as his popularity among all generations continues to grow. Interspersed with highlighting Bennett's essential background and philosophy, we will listen to recordings and view videos from various periods of his life.

M, W • Mar 4, 6 • 10 AM–12 PM • \$40/Silver
Leader: Murray Ellison



Osher Volunteer Leadership Opportunities

The Osher Lifelong Learning Institute depends on its members to volunteer to help with many aspects of the institute: serving as class assistant, leading an Osher class, and serving on Osher project teams and on the Osher Leadership Council.

Leadership Council members for 2019 include:

Don Miller, Chair
dlmcm@banet.net

Kay King, Vice-Chair
kay.king1@gmail.com

Lee Ann Pickering, Past Chair
lapicker11@gmail.com

Colleen Anders	Jeff Keil
Donna Callery	Celeste Miller
Marlene Ebert	George Pangburn
Rob Hafker	Bill Pawelski

Project teams include:

AV Assistance	Curriculum
Development	Marketing
Membership	

Details of leadership opportunities are online at osher.richmond.edu.

Interested in serving?

Contact Peggy Watson at margaret.watson@richmond.edu.

The Fall of the House of Randolph: Wilton, Heritage, and Nostalgia

LECTURE, FIELD TRIP

NEW! Together we will trace the rise and fall of a prominent Virginian gentry family from its peak at Wilton Plantation to its decline until their unlikely resurgence as part of the Lost Cause movement in the Post-Bellum Period. The second class will be held onsite at the Wilton House.

M • Mar 4, 11 • 1–3 PM • \$40/Silver Leaders: Katie Watkins, Keith MacKay

Bob Dylan: The First Seven Albums

LECTURE, Q&A

NEW! While Dylan has been an influential figure in popular music and culture for more than five decades, much of his most celebrated work dates from the 1960s, when he became the reluctant ‘voice of a generation.’ We will closely trace the rapid evolution of his songwriting and performance style over the little more than four years in which his first seven albums were released; from his eponymous debut in March 1962 through ‘Blonde on Blonde’ in June 1966. No musical background is required, but familiarity with the songs on these albums will be helpful.

T • Mar 5, 12, 19 • 10 AM–12 PM • \$60/Silver Leader: Alan Pollack

Campus Walk/Tour



Join us for a walking tour of the beautiful University of Richmond campus. Led by Osher

members, the tour provides an orientation to important campus locations, including the Heilman Dining Center, One Card Office, Post Office, other food sites, and parking lots. Also included will be the locations of Osher member benefits, including the Modlin Center for Performing Arts and the Boatwright Library. Note: Good walking shoes are recommended.

T • Mar 5 • 3:30–5 PM • Free, Open to the Public Leader: Marshall Irvine

Understanding Long Term Care Planning and Insurance Options

LECTURE, Q&A



REPRISED Since January 2000, Linda has specialized in long-term care planning to include long-term care insurance

traditional policies as well as life and annuity hybrid products. She will help you understand the definition of long-term care, the core features and benefits of a long-term care insurance policy, what triggers a claim as well as various funding strategies available, including options to use qualified, non-qualified funds and existing life insurance with cash value. In long-term care insurance, there is no one-size-fits-all solution. Long-term care planning, to include a long-term care insurance policy, should be an informed, educated decision based on individual circumstances and tailored to meet each client’s personal needs.

W • Mar 6 • 10 AM–12 PM • \$20/Silver Leader: Linda Tsironis Caruthers

DR COPTR

LECTURE, Q&A, BOOK SIGNING



NEW! ‘DR COPTR: The Flying Physician Who Kept His Promise to Tangier Island’ (Dementi Milestone Publishing) is the story

of the late Dr. David Nichols, a Northern Neck physician and pilot who tended to the medical needs of the residents of Tangier Island for more than 30 years.

R • Mar 7 • 10 AM–12 PM • Free to Members Leaders: Bill Lohmann, Wayne Dementi

Financial Crises

LECTURE, Q&A

NEW! Join Jeffery Lacker, former president of the Federal Reserve Bank of Richmond and now a distinguished professor in the Department of Economics at the VCU School of Business, as he addresses these questions: What happens in financial crises and why? How do they affect households and businesses? What happened in the 2007–09 crisis? What led to the 2007–09 crisis? What happened in previous crises? Are crises inherent features of financial markets, or are they the product of government regulation and intervention?

R • Mar 7 • 1–3 PM • \$20/Silver Leader: Jeffrey Lacker

Hillbilly Elegy

READING, LECTURE, DISCUSSION

NEW! J. D. Vance's memoir, 'Hillbilly Elegy,' offers an analysis and critique of a culture in crisis: the white working-class. However, a social commentator born and raised in Southwest Virginia calls Vance 'the false prophet of Blue America.' Her essay will be provided to you before the class meets.

F • Mar 8 • 10 AM–12 PM • \$20/Silver
Leader: Larry Braja

Cool Flicks: More of the Greatest Comedies

MOVIES, DISCUSSION

UPDATED Continuing our quest for the funniest movies of all time, this spring we will watch 'Bringing Up Baby' (1938) starring Cary Grant and Katherine Hepburn, 'Arsenic and Old Lace' (1944), and 'The Major and the Minor' (1942).

F • Mar 8, 15, 22 • 1–3 PM • \$60/Silver
Leader: Dan Begley

Rural Culture and Local Food

LECTURE, Q&A

Aw **NEW!** The Center for Rural Culture is a 501(c)(3) nonprofit working to engage rural and urban residents in discovering and preserving rural culture through local food initiatives including an online farmers market and Homestead demonstration series.

M • Mar 11 • 10–11:30 AM • \$20/Silver
Leader: Catherine Fleischman

Richmond's Notable Women

LECTURE, Q&A

NEW! Many amazing women have lived and worked in Richmond over the last 400 years, and this course will highlight just a few of the more interesting, and often overlooked, notable women.

W • Mar 13 • 10 AM–12 PM • \$20/Silver
Leader: Alyson Taylor-White

Was James Madison For or Against the Bill of Rights?

LECTURE

Ri **NEW!** James Madison is often said to be the father of the Bill of Rights, but does he deserve that title? This lecture will show that he was initially opposed to adding a bill of rights to the Constitution (and why), but that he changed his mind (and why).

R • Mar 14 • 10 AM–12 PM • \$20/Silver
Leader: Ellis West

Myths, Marvels, and Meditations

LECTURE, Q&A

Se **Aw** **NEW!** Our national conversation on healthcare has three major problems. First, a number of propositions regarded (by all sides) as truths are in fact half-truths, non sequiturs, and outright falsehoods. Second, some of the most exciting developments in care have barely penetrated the consciousness of healthcare professionals and policy-makers. And

Boatwright Memorial Library Benefits: Did You Know?

Boatwright Library's physical collection comprises approximately 500,000 volumes of books, more than 100,000 bound periodicals, and thousands of multimedia items. More than 110,000 journals, 245,000 books, and nearly 375 research databases are accessible through the library computers.

All Osher Institute members may use the Boatwright's vast resources by borrowing books, audiobooks, and music recordings. The online library databases are also available to members and may be accessed from the UR campus via a network ID and password.

And, each semester, the Osher Institute offers courses taught by our expert University librarians. Classes range from learning how to use the Boatwright Library to appreciating the Galvin Rare Book Room and Special Collections.

Use of this wonderful library is a benefit of Osher membership, and we hope you take full advantage of it. If you would like to be involved in the work of the library, the **Friends of the Boatwright Memorial Library** offers a way to volunteer in an active way. To learn more, contact Osher member, Marshall Ervine, at marshe73@verizon.net.



third, healthcare is fraught with ethical conundrums and interconnections that make reasonable-sounding policy actions deeply problematic. We'll take a look at these three problems and how we can best navigate around them.

R • Mar 14 • 1–3 PM • Free, Open to the Public
Leader: Robert Graboyes



I'm Not Running

a new play by David Hare

Spring 2019 Schedule

National Theater Live & Bolshoi Ballet – Spring 2019 Schedule

Osher Price: \$10 modlin.richmond.edu

NATIONAL THEATRE LIVE BROADCAST SERIES

NT Live: The Tragedy of King Richard the Second

Thursday, January 17, 2019 at 7 PM (Encore)
Camp Concert Hall, Booker Hall of Music
Run time: 150 minutes • Rated PG-13

NT Live: I'm Not Running

Thursday, February 14, 2019 at 7 PM (Encore)
Camp Concert Hall, Booker Hall of Music
Run time: 180 minutes • Rated PG-13

BOLSHOI BALLET BROADCAST SERIES

Bolshoi Ballet: La Sylphide

Sunday, January 13, 2019 at 12:55 PM
Camp Concert Hall, Booker Hall of Music
Run Time: 120 minutes

Bolshoi Ballet: La Bayadere

Sunday, January 20, 2019 at 12:55 PM
Camp Concert Hall, Booker Hall of Music
Run Time: 200 minutes

Bolshoi Ballet: The Sleeping Beauty

Sunday, March 10, 2019 at 12:55 PM
Camp Concert Hall, Booker Hall of Music
Run Time: 170 minutes

ASK ABOUT OUR OSHER DISCOUNT!

Additional broadcasts will be added throughout the season. For tickets and the latest information, visit modlin.richmond.edu, call the box office at (804) 289-8980, or find us on Facebook, Twitter, YouTube, and LinkedIn.

Presented in partnership with Modlin Center for the Arts & Osher Lifelong Learning Institute.

Reverse Mortgages: Mechanics, Costs, and Considerations

LECTURE, Q&A



NEW! This course will explore how the federally-insured Home Equity Conversion Mortgage (HECM) program actually works, including determination of loan proceeds and transaction costs. Advantages and disadvantages of using a reverse mortgage will also be discussed.

F • Mar 15 • 10 AM–12 PM • \$20/Silver

Leader: Jim Warns

The World Gone Mad: A Military History of WW1

LECTURE, Q&A

NEW! This course will include how WW1 started, how it was fought, identify war aims, assess strategies, identify winners and losers, and debunk the many myths and misconceptions that surround this seminal event of the twentieth century.

M • Mar 18, 25, Apr 1, 8, 15, 22 • 10:00 AM–12:30 PM • \$60/Silver

Leader: William Riffer

Biblical Archaeology 2019

LECTURE

NEW! Come explore early Israelite culture through its written and non-written records in the hope of shedding light on the distinctive cultural background(s) from which the early Israelite culture drew and from which it attempted to forge its own distinct identity. Matching Biblical narrative and historical record to buried remains, this course seeks to illuminate ancient Israel through archaeological discovery. We'll talk about 26 years of excavation experience at archaeological sites that directly relate to such key events, figures, and topics as: Semitic migrations in the period of Abraham, Canaanite culture and the emergence of ancient Israel, the Philistines emergence in the land, King David and the Judean Kingdom, and the Assyrian and the Babylonian destruction. We will also address important geographical features of the land as well as the more practical aspects of conducting archaeological research in the near east including, excavation methodology, lab research, pottery typology, and stratigraphical analysis.

M • Mar 18, 25, Apr 1, 8, 15 • 1:30–3 PM • \$60/Silver

Leader: Jonathan Waybright

Documentary Screening: 'George Harrison Living in the Material World'

MOVIE SCREENING



Join us for a screening of the Martin Scorsese film, 'George Harrison Living in the Material World.' This documentary will provide background information for the class offered on March 19, 'All Things Must Pass: The Rebirth of George Harrison.'

M • Mar 18 • 7–9 PM • Free to Members
Leaders: Bill Pike, Joe Vanderford

All Things Must Pass: The Rebirth of George Harrison

LECTURE, Q&A

NEW! Sometimes, quiet people have a lot to say. George Harrison, the 'quiet' Beatle had a lot to say with his solo album, 'All Things Must Pass.' This class will track the roots of the album, the recording sessions, and its impact.

T • Mar 19 • 1–3 PM • \$20/Silver
Leaders: Bill Pike, Joe Vanderford

The Total Camino Hiking Experience

LECTURE, Q&A

NEW! Come hear about the background and history of the Camino de Santiago and the preparation involved to hike the Camino, and see pictures documenting the Camino walk. Recommended, but not required, would be to see the movie 'The Way' with Martin Sheen, as well as review of books written about the Camino.

T • Mar 19 • 3:30–5:30 PM • \$20/Silver
Leader: Robert Abbott

2019 Peple Lecture: The What Ifs of the Past - Speculations on Counterfactual History



This lecture will address several counterfactuals in American history and try to answer them, including the following: What if the East and West coasts and all land in between had been reversed? How would American history have been different? What if Virginia had not joined the Confederacy? What if the South had won the Civil War? What if Truman had not dropped the atomic bomb?

T • Mar 19 • 7:30–9:00 PM • Free,
Open to the Public
Leader: Charles F. Bryan, Jr.

The American Revolution: A World War

LECTURE

NEW! The course highlights the motivations and contributions of those nations, notably the French, Spanish, and Dutch, who fought against the British during the American Revolution and brought the world's greatest empire to the peace table.

W • Mar 20 • 10 AM–12 PM • \$20/Silver
Leader: *Larrie Ferreiro*

Qi Gong: Traditional Chinese Meditation and Exercise

LECTURE, ACTIVITIES

Ri Aw **NEW!** Qi Gong is a part of Traditional Chinese Medicine that can, as one aspect of its effects, restore health and balance to the body, mind, and spirit. Qi Gong and other mind-body therapies have been linked to perceived psychosocial benefits in studies on elderly populations. These studies have shown a relaxing and calming effect as well as a positive influence on mood. Come hear from a UR professor of music who has found beneficial applications for her students and other populations. Please wear comfortable clothes that allow for movement if you wish to participate in the gentle exercise portion of the session.

W • Mar 20 • 1:30–3 PM • \$20/Silver
Leader: *Jennifer Cable*

The Placebo Effect in the Practice of Medicine

LECTURE, Q&A

Aw **NEW!** Why do accomplished, intelligent, well-educated individuals purchase probiotics, copper bracelets, magnets, and crystals? What's the reason to read horoscopes, or patronize the dozens of fortunetellers in Richmond? Do you say 'Bless you' after hearing someone sneeze? During this lecture, an attempt will be made to try to answer such questions.

R • Mar 21 • 10 AM–12 PM • \$20/Silver
Leader: *Peter Goodman*

Jefferson's Godfather: The Man Behind the Man

LECTURE, Q&A, BOOK SIGNING

NEW! This class will focus on Munson's recently published book, 'Jefferson's Godfather: The Man Behind the Man.' We will explore Wythe's mind behind Jefferson's greatest achievements and Wythe's contributions to the new nation as the most influential teacher in American history.

R • Mar 21, 28, Apr 4 • 1–2:30 PM • \$60/Silver
Leader: *Suzanne Munson*

A Virtual Odyssey of Athens and the Peloponnese: Visiting Greece's Main Historical Attractions

LECTURE, Q&A

NEW! Join us on a virtual tour of modern Greece as we 'visit' some of the country's major cities, churches, world class

museums, and ancient ruins. We will begin our tour in Athens, the Cradle of Western Democracy, with a walk through the Acropolis, the Parthenon, and ancient Agora as we follow in the footsteps of Socrates, Pericles, and Euripides. Using photos and video clips, we'll leave the city of Athens for the temple of Delphi, and continue in a counter-clockwise direction around the Peloponnese, down the Ionian Sea coast to the southernmost tip of the Mani Peninsula, then north along the Aegean coast, all while taking in such sites as the original Olympic fields at Olympia, Byzantine churches, more Classical Age ruins, plus the 3,500-year-old fortress at Mycenae, and much more.

R • Mar 21 • 3–5 PM • \$20/Silver
Leader: *Steve Anders*

Did the 1920s Really Roar? Let's Find Out

LECTURE, READING, DISCUSSION

NEW! We will read and discuss three mystery novels set in 1920s America: 'Murder in Marshall's Bayou,' by S. H. Baker, 'The Impersonator,' by Mary Miley, and 'Free Love' by Annette Meyers. Each of the novels is the first in a mystery series. We will learn about the history of the 1920s as well as solving the mysteries. Introduction to each author's series provides the starting point for reading subsequent installments with the same main characters. This class covers eight weeks: we meet every other week for each mystery over six weeks. The final meeting is off campus, social in nature, with guests welcome, and connected to the topic.

F • Mar 22, Apr 5, 19, • 10 AM–12 PM
May 3 • 3–5 PM
10 AM–12 PM • \$60/Silver
Leader: *Sheryl DeLeo*

Virginia's Heritage Migration Route

LECTURE, Q&A

Bo **NEW!** This is the story of the men and women who explored and settled Virginia in the valleys and mountains west of the Blue Ridge. Information about different nationalities, cultures, and religions will be presented.

T • Mar 26 • 10 AM–12 PM • Free to Members
Leader: *Floyd Myers*



Class Attendance Expectations

We understand that things come up in each person's life, and that class attendance is not always the first priority. However, we ask that you be considerate of the program, your colleagues, and our instructors and withdraw from any course you can not attend, so that other Osher members may enjoy. If you are signed up for a course and find you cannot attend even one session, please email the office as soon as you can. It is not necessary to let us know if you're missing just one part of a multi-session course (we would not fill your slot with another student for only part of a course).

And, when you do attend class . . .

- Please sign in on the roster for each class that you attend and refrain from signing in for anyone else.
- Please sign in only for the session you are attending on that day.

And when you are serving as a class assistant:

- Please make sure each attendee signs in on the roster.
- Please conduct a quick head count that should match the roster to help us record accurate attendance data.

Thank you for your help in continuing to make our Osher program a great experience for everyone involved.

Mindfulness Meditation, Journey to a Happier Healthier Life

LECTURE, Q&A



REPRISED If you have never meditated and want to learn, or have meditated and want a refresher course, this one-hour class will give you everything you need to get a practice started. This session will include all the reasons that making meditation a daily practice will improve your health, focus, and relationships.

T • Mar 26 • 1:30–2:30 PM • \$20/Silver
Leader: Helen Landry

Misconceptions About Islam Including Sharia Law

LECTURE, Q&A

REPRISED This course will focus on the most common misconceptions about Islam including Sharia. Evidence from the Quran and the Prophetic traditions will be used to counter misconceptions.

T, R • Mar 26, 28, Apr 2, 4 • 3–4:30 PM
• \$60/Silver
Leader: Malik Khan

Think Like a Shrink: Understanding Tyrants, Psychopaths, and Narcissists

LECTURE, DISCUSSION

UPDATED To understand our world today, we need to understand Tyrants, Psychopaths, and Narcissists. For our discussion of Tyrants, please read 'The Great Santini' by Pat Conroy before the first class. For the second class, watch Cary Grant portray a gorgeous psychopath in 'Suspicion' directed by Alfred Hitchcock. For the third class, read 'Lady Susan' by Jane Austen, usually categorized as Juvenilia: this is narcissism written 150 years before the diagnosis was recognized. And we'll also read 'Anywhere but Here' by Mona Simpson. For the last class, we will discuss new findings about autism, addiction, Alzheimer's, and anything else that comes up.

T • Mar 26, Apr 9, 23, May 7 • 3–5 PM
• \$60/Silver
Leader: Arlene Lerner

The Glorious Promise and Diminishing Legacy of Brown v. Board of Education

LECTURE, Q&A

NEW! In 1954, the United States Supreme Court declared unconstitutional the legally imposed racial segregation of public schools. 64 years later, American public schools remain largely segregated, by both race and socio-economic status. This course will examine the Brown decision, with an emphasis on how governmental action and subsequent judicial interpretations limited its impact on the American education system.

W • Mar 27, Apr 3 • 10 AM–12 PM • \$40/Silver
Leader: Thomas Cox

The Organ Speaks with a Romantic Voice

LECTURE, RECITAL



NEW! Bruce Stevens once again leads a session on the pipe organ and its music.

This time we will convene in the River Road Church, Baptist, so Bruce can play and explain some French and German Romantic music from the second half of the 19th Century, as well as the revolutionary features of the organs at that time that made it possible to bring this music to life. Compositions by the great French composer César Franck and the noted German composer Josef Rheinberger will be featured, among others.

W • Mar 27 • 1:30–3:30 PM • Free to Members
Leader: Bruce Stevens

Robert F. Kennedy, 'An American Legacy'

NEW! We explore the life and death of Bobby Kennedy, his impact on the 'Greatest Generation,' and his campaign theme: 'I dream things that never were and say, why not?' Bobby was a force for justice, and a force for attacking injustice wherever it was. The course will focus on RFK the man, his legacy, and the controversies he confronted.

R • Mar 28, Apr 4 • 10–11:30 AM • \$40/Silver
Leader: James Adler

East of Eden by John Steinbeck

READING, LECTURE, DISCUSSION

NEW! Nobel Prize winner, John Steinbeck wrote that he thought that 'East of Eden' was his finest book, noting that it has the primordial power and simplicity of myths. Translated into more than 30 languages, read by millions, and selected by Oprah's Book Club, this book remains as vitally present in American culture today, as it was in 1952 when it was first published. Set in the rich farmland of California's Salinas Valley, this sprawling and sometimes shocking novel follows the intertwined destinies of two families. The story is loosely based on his own ancestral histories as they reenact the fall of Adam and Eve and the poisonous rivalry of Cain and Abel. In this masterpiece of Steinbeck's later years, he created his most mesmerizing characters and explored his most enduring themes: the mystery of identity, the inexplicability of love, and the murderous consequences of

love's absence. Those who read the entire book before or during this class will get the most out of our lively discussions.

F • Mar 29, Apr 12, 26 • 10 AM–12 PM
• \$60/Silver
Leader: Murray Ellison

The Body's Gyroscope: Staying Upright and Preventing Falls

LECTURE, DEMONSTRATION, Q&A

Aw **REPRISED** The course will provide an overview of how the body is able to stay upright and what happens when disease or aging puts us at risk for falling. Learn strategies to minimize falling.

F • Mar 29 • 1–3 PM • \$20/Silver
Leader: Sandra Mitchell

APRIL

Hitler: Causations and Explanations

LECTURE, Q&A

NEW! Adolf Hitler was one of the most extraordinary men of the 20th Century. This evil genius destroyed Germany and most of Europe for a time. He was directly responsible for WWII and the Holocaust, and indirectly responsible for the Atomic bomb and the creation of Israel. He acted, then Churchill, Stalin, and Roosevelt reacted.

T • Apr 2, 9 • 10 AM–12 PM • \$40/Silver
Leader: Louis Cei

Evolution for Everyone (Including You!)

LECTURE, Q&A

NEW! An introduction to evolution which assumes participants have little or no biology background. Topics include human evolution, aging, and evolutionary medicine.

T • Apr 2, 9, 16, 23, 30 • 1–2:30 PM • \$60/Silver
Leader: Harry Wistrand

We Hold These Truths . . . Seeking to Understand Our Nation's Guiding Principles

LECTURE, Q&A

Ri **NEW!** We will read and analyze the original founding documents (Declaration of Independence, Articles of Confederation, and US Constitution) with the goal of seeking to understand the expectations that we hold for our government and for each other.

W • Apr 3, 10 • 1–3 PM • \$40/Silver
Leader: James Narduzzi

A Changing America: 1930-2019

LECTURE

NEW! The major events and issues of this time period will be discussed with emphasis on their effects on today's America. Personal experiences and observations will be included.

W • Apr 3, 10 • 3:30–4:30 PM • \$20/Silver
Leader: Phil True

John Marshall: Patriot, Statesman, Chief Justice

FIELD TRIP

NEW! Join this field trip to The Virginia Museum of History and Culture to explore John Marshall's character, career, and legacy through historic artifacts and documents. Including objects and writings from Marshall himself, as well as various portrayals of Marshall by others, this exhibition showcases who Marshall was as a person and a politician.

F • Apr 5 • 1:30–3:30 PM • \$20/Silver
Leader: Maggie Creech

Capitalism, Democracy and Animal Spirits

LECTURE, DISCUSSION, Q&A

NEW! The course will look at these two complementary and imperfect systems from an economic perspective. It will cover the role of government in the economy and the complications caused by human behavior.

W • Apr 10, 17, 24 • 10 AM–12 PM • \$60/Silver
Leader: David Frimpter

1619: A Crucial Year for Virginia

LECTURE, Q&A

REPRISED If you grew up in Virginia, you'll recall 1619 as a pivotal year in our history and will want to come to this 'refresher' course. If you didn't study Virginia history, attend to gain a better understanding of this important 'red letter' year for our state. This class will focus on the impact of three critical events that took place in the Commonwealth in the year 1619: the first meeting of the Virginia General Assembly, the arrival of the first Africans, and the arrival of the first single women.

R • Apr 11, 18 • 10 AM–12 PM • \$40/Silver
Leader: Horace Mann

Learn a Language Independently

LECTURE, HANDS-ON ACTIVITIES

NEW! Do you want to revive a language you once studied? Improve on what you already know? Would you like to learn an unfamiliar language? This course will help you create a learning plan and find the resources you need to meet your goals.

R • Apr 11, 18 • 1–3 PM • \$40/Silver
Leader: Sharon Scinicariello



Osher Member Orientation

Ri Bo Learn from other Osher members how to access and fully enjoy the many benefits of being an Osher member and a member of the UR community.

R • Apr 11 • 3:30–5 PM • Free to Members

Leaders: Kay King, Jeff Keil

Springtime Campus Hike

Ri Se Spring is a wonderful time to enjoy the beautiful University of Richmond campus.

Come on this walk/hike to visit some of the prettiest gardens and lovely hidden treasures. Please wear comfortable shoes, bring a water bottle, and dress appropriately for the weather.

F • Apr 12 • 1–3 PM • Free and Open to the Public

Leader: Marshall Ervine

The Historical Figure of Jesus

LECTURE, DISCUSSION

NEW! Who was Jesus? What do the Gospels tell us about Him and His message? Who wrote the Gospels and how are we to approach them today? Christians and Jews share much of the same scripture, but are fundamentally different religions: how did Christianity evolve out of Judaism? This course will take a brief, historical approach to these fascinating questions. This will not be a 'faith-based' approach: anyone from any (or no) religious background is welcome to learn about and explore these issues in a relaxed, academic framework.

T • Apr 16, 23 • 10 AM–12 PM • \$40/Silver

Leader: Eric Holzwarth

Travel Photography for Alaska

LECTURE, DISCUSSION

NEW! This class is designed to help you take unforgettable images of Alaska. We will address the best places to get the best shots, how to protect your photo equipment, how to achieve the best work flow, and how to process your images.

T • Apr 16 • 3–5 PM • \$20/Silver

Leader: Daniel Walker

Chain Maille Jewelry: Byzantine Segment Bracelet

DEMONSTRATION, HANDS-ON ACTIVITIES

Are you interested in making beautiful sterling silver jewelry? Learn the fundamentals of interlocking jump rings to make a bracelet. This class will focus on the versatile Byzantine chain weave and can be worn by men or women. Once mastered, we will explore various ways to use the Byzantine segments to create beautiful jewelry! By the end of the class, you will be wearing a beautiful sterling silver bracelet that you created. All you need to bring to class is good eyesight.

W • Apr 17, 24 • 1–3 PM • \$80/Gold/Silver/UR

Leader: Celeste Miller

The Wettest County in the World

LECTURE, FACILITATED DISCUSSION

NEW! Author Matt Bondurant's parents and grandparents grew up in Franklin County, Virginia. A grandparent and several uncles were moonshiners in the 1920s and early 1930s. In his novel, Bondurant recreates this period of Franklin County history. Before the class discussion, there will be a short lecture on the prohibition movement.

W • Apr 17, 24 • 3:30–5 PM • \$40/Silver

Leader: Larry Braja

The University's Renewable Energy Journey

LECTURE, Q&A

Ri NEW! Beginning in 2020, the University of Richmond plans to match 100% of its electricity

needs with solar power. Join Rob Andrejewski, Director of Sustainability, for a discussion on the path UR has followed on its renewable energy journey.

R • Apr 18 • 3:30–5:30 PM • \$20/Silver

Leader: Robert Andrejewski

Tour of UR's Historic Bottomley House

Ri Bo Although the Jepson Alumni Center is a modern facility completed in 1997, its history dates back to 1915. In that year, William Lawrence Bottomley, the eminent early 20th-Century New York architect, designed and built his first house in the Richmond area. The historic 6,000 square-foot home was located just across the road from the University of Richmond, which had established itself in the neighborhood just the year before. Come learn how this historic home was acquired by UR and moved onto campus. Attendees will tour the home and hear about its many lovely features.

F • Apr 19 • 1–3 PM • Free to Members

Leader: Betty Ann Dillon

The Story of the Rosenwald Schools: Goochland's Second Union School

LECTURE, Q&A

NEW! Come hear the fascinating story of the Rosenwald schools and specifically, the Second Union School in Goochland County. All were built for the education of African-American children in the South in the early 20th Century. These formed out of the partnership of Julius Rosenwald, a Jewish American clothier who became part-owner and president of Sears, Roebuck and Co. and the African American leader,



educator, philanthropist, and president of Tuskegee Institute, Booker T. Washington. Julia Giles Price will speak to life as a student of the school. Mary Turner Day will discuss the school's history from 1918-1959, and Calvin Hopkins will cover the period from 1959-2018. Originally one of 10 in Goochland, this school is the last remaining Rosenwald School in its original location and configuration in the county and is now a living Museum. You will enjoy learning about this school, whose story remains alive, relevant, and vibrant.

M • Apr 22 • 1:30–3:30 PM • Free and Open to the Public
Leaders: Richard Carchman, Mary Turner Day, Calvin Hopkins, Julia Giles Price

Untangling the Internet

LECTURE, Q&A

Aw **REPRISED** The Internet is having a profound impact on our world, but what is the Internet exactly and how does it work? Other topics will include what is social media and how is it used (e.g., Twitter, Facebook, Instagram); how to conduct business using the Internet (utilities, banking, shopping); Internet safety and privacy considerations; how to use the Google search site; using all features of the Chrome web browser; and making sense of key terminology, such as Flash, cookies, streaming, the Cloud. You may email the course leader at westcobb@gmail.com with any questions regarding the course.

T, R • Apr 25, 30, May 2, 7, 9 • 9:30–11:30 AM • \$60/Silver
Leader: West Cobb

The Electoral College

LECTURE, Q&A

NEW! This lecture will focus on the origins, the evolution and the operation of the Electoral College. It will also include an analysis and evaluation of the arguments both for eliminating this institution and for maintaining it.

R • Apr 25 • 1–3 PM • \$20/Silver
Leader: Michael Kerley

Medicare & SSA Educational 101 Class

LECTURE, Q&A

Aw **UPDATED** This class provides an overview of the various pieces of SSA & Medicare including Part A & B, supplements, drug cards, and Medicare Advantage plans. Eligibility and enrollment in the various parts of Medicare will also be covered.

R • Apr 25 • 3:30–5 PM • \$20/Silver
Leaders: Chris Lynch, James Schreiber

UR Behind the Scenes: The Cannon Memorial Chapel

Ri Bo This stately building with the dramatic stained glass windows has served the UR campus since its dedication in 1929, not only for religious services but also for cultural and academic events. Learn more about Cannon Chapel, which recently underwent a major renovation and was designated a National Historic Landmark in 2013. We will also include the Columbarium and the Wilton Center in this program.

F • Apr 26 • 1–3PM • Free to Members
Leader: Betty Ann Dillon

Lecture and Field Trip to North Anna Nuclear Power Facility

FIELD TRIP

NEW! Join this class for a trip to Mineral, Virginia to visit the North Anna Nuclear Information Center. Hear about the power plant and how it functions, then tour the information center.

M • Apr 29 • 1:30–3:30 PM • \$20/Silver
Leader: Mike Duffey

What are the Important Legal Issues as You Reach Middle Age and Beyond?

LECTURE, Q&A

Aw **REPRISED** As we age, we should approach legal questions, issues, and situations a bit differently. While estate planning can be done at any age, elder law starts a whole new conversation. Attend this class



Give a Gift of Membership

Anniversaries, birthdays, Valentine's, Mother's Day, Father's Day, Christmas, and other celebrations are a great time to give the gift of Osher membership. This is SO much better than another sweater, candy, or a pair of socks! This is perfect for a spouse, partner, friend, parent, grandparent, or neighbor.

Osher membership offers great classes, wonderful benefits, and often leads to longtime friendships. Members may engage in interest groups, book clubs, courses, special events, and travel opportunities, as well as attend special lectures, musical performances, and art exhibit openings. Rather than giving something that is consumed or shoved in a closet, give this great gift of intellectual activities, social engagement, and fun!

For more information, contact Peggy Watson at margaret.watson@richmond.edu.

offered by an elder law expert as she talks about what legal options you may wish to consider, what critical legal decisions should not be overlooked, and how to know and choose what's best for you.

T • Apr 30 • 3–5 PM • \$20/Silver
Leader: Paula Peaden

UR's Directional Signs and Street Names Have Changed!

You've probably noticed that we have new signage around campus. These new red and blue signs are a great improvement, easy to read, and reliably accurate. With this also came several new or revised road names and new parking lot numbers. We encourage our Osher members to pick up a new map from the Osher office or review the UR campus maps online at richmond.edu/visit/maps to help ensure you're parking in the right spots.

Below are the approved parking lots for Osher members:

- C70, across from Robins Stadium
- C66, across from Robins Center
- C61, next to Robins Center
- U6, G permit, along UR Drive
- W85, on Westhampton Way
- W87, on Westhampton Way at the Modlin Center
- W88 and W93, on Westhampton Way

Please note that after 5pm, Osher members may park in all faculty/staff lots.

Handicapped hangtags or license plates allow parking in any lot and any space on campus (not restricted to only handicap-designated spaces).

MAY

Yorktown Bus Trip

FIELD TRIP

NEW! Join your Osher colleagues on an all-day bus trip to Yorktown Battlefield and the American Revolution Museum at Yorktown. We will tour the indoor exhibits at both sites and ride around the battlefield. At a few battle route stops, we will get off the bus and briefly walk these historical grounds. Admission fees to both sites are included in the cost of the trip. Tour participants should plan to bring their own lunches or purchase their meals at one of several fast-food options.

**W • May 1 • 8 AM–6:30 PM • \$85/
Gold/Silver/UR
Leader: Bill Seward**

Bounty of Boatwright



Join us for a tour of the University of Richmond library, and learn how to access and enjoy the wonderful resources available to you as an Osher member. We'll answer questions such as: How do I find the books that I am most interested in? What about magazines and journal articles? What services can I access at the library that I would NEVER think of? What are all the databases? How do I find them? What do I use them for?

**R • May 2 • 1–3 PM • Free to Members
Leader: Natisha Harper**

The Fundamentals: Attracting and Feeding Songbirds and Hummingbirds

LECTURE, Q&A

The course will address best practices of bird feeding, debunk common myths, and show new techniques and ideas for attracting a wide variety of birds to the yard. We will also talk about hummingbird basics.

**F • May 3 • 10 AM–12 PM • \$20/Silver
Leader: Meredith Bass**

Who is the Real Pocahontas?

LECTURE, Q&A

NEW! Matoaca, Aminutie, Rebecca: these are all names used by the favorite daughter of Powhatan we know as Pocahontas. But what was she really like, and how did her life change after 1607?

**M • May 6 • 10 AM–12 PM • \$20/Silver
Leader: Alyson Taylor-White**

Cardiac Rhythm Management (A Technician's Prospective)

LECTURE, Q&A

NEW! This lecture tackles the question of 'What is the Role of a Cardiac Rhythm Management Technician in Assisting a Physician During the Implantation of an Implantable Pacemaker or Defibrillator?' A historical background will be offered



as well as requirements for Post Discharge care.

M • May 6 • 1:30–3 PM • \$20/Silver
 Leader: *Donald Light*

AIDS: The Never-Ending Epidemic

LECTURE, Q&A

NEW! Epidemics usually explode, cause their harm, and then disappear: at least for a time. By contrast, AIDS has been an ongoing epidemic since its appearance in 1980. Why is it different? Why are we generally so indifferent to it in the US? What is its impact? Come and learn the answers, and the nature of this scourge.

W • May 8 • 10 AM–12 PM • \$20/Silver
 Leader: *Ernest Fornaris*

Yiddish is Alive and Well

LECTURE, DISCUSSION

NEW! Bet you thought Yiddish is a by-gone language of our Bubbes and Zaydes (grandmothers and grandfathers). As a Latin major, I know from dead languages, but Yiddish is not one of them! Come have fun, hear about the mamaloshen (mother tongue), history, music, jokes, and current access to literature and Yiddish culture. You know more Yiddish than you think, and you don't have to be Jewish to love Yiddish!

W • May 8 • 1–3 PM • \$20/Silver
 Leader: *Barbara Kaplowitz*

Comedy Connects: Improv for Seniors

HANDS-ON ACTIVITIES



REPRISED Create, laugh, play, connect and discover the invigorating world of improv!

Students will explore not only what it means to say YES in improv, but they will understand the importance of saying YES to life! Join this class to engage in activities that enliven your mind, body, and spirit.

R • May 9 • 1–3 PM • \$20/Silver
 Leader: *Elizabeth Byland*



Together, we did it again!

We are pleased to share that thanks to the generous response of our members, University of Richmond's Osher Institute has exceeded its **2018 Annual Fund** goal of \$15,000 from 150 Osher members! As of October 31, 2018, 170 Osher members made gifts totaling over \$19,500. Thank you to all our member donors who contributed so far! The year-to-date **2018 Honor Roll** of donors can be found on our website, spcs.richmond.edu/osher/giving/2018.html.

The **2018 Annual Fund Campaign** focused on building financial sustainability and supporting a sound organizational structure, diverse course offerings, and excellent educational and social programs. Gifts in 2018 ranged from \$5 to \$2,500, and included a gift of appreciated stock, four monthly recurring gifts, and three matching gifts. All members of the Osher Leadership Council made a gift.

Similar to last year, the Osher Institute was able to concentrate efforts on membership growth and fundraising through the generous support of a capacity-building grant from The Bernard Osher Foundation. The Foundation is looking to see how our members invest in our future as they continue to support all Osher Institutes nationwide.

If you have not made a gift to the Osher Institute and would like to, visit osher.richmond.edu/give, or contact **Amy Edwards, Stewardship Assistant**, at aedwards@richmond.edu or 804-287-1946.

Once again, many thanks and much appreciation to all our members who support us each day with gifts of their time, talent, and treasures.

Osher Interest Groups

Formed and led by Osher members, our vibrant Osher interest groups are listed below. More details about interest groups are online at osher.richmond.edu. An Osher Institute membership is required for interest group participants.

Bridge

The social/duplicate bridge group meets on the first Friday of each month at 1:00 pm (except in the summer months). A short bridge lesson is taught at the beginning of each session. Please contact Ellen Hollands at efine98@aol.com or (804) 741-0221 if you are interested in joining. These are FUN groups. All levels are welcome!

Contemporary Issues

Contemporary Issues is an interest group devoted to consideration of important news topics of the day. Invited guest speakers and CI Committee facilitate exploration of focus topics, followed by open discussions of contemporary issues suggested by staff and members. These discussions feature lively debates and a free flow of information, opinions, and ideas with the hope that our understanding of the thoughts and concerns of our members with differing viewpoints will help us all to better appreciate our national and state discourse. Previous focus topics include: The Opioid Crisis, Redistricting, Health Care in Virginia, The Limits of Free Speech, Basics of Cryptocurrency, and Democracy and Authoritarianism in the U.S. This interest group is coordinated by Bill Pawleski, Alan Corbett, Susan Phieffer, John Schofield, and Joyce Rothschild. Sessions will be held the first Wednesday of each month, starting in January. To join, please contact Susan Phieffer at sphieffer@gmail.com.



Great Conversations

For the past nine years, our group has been discussing short stories, essays and poetry, with a few novellas mixed in for flavor. We've even done a few documentary films. The subjects of our lively conversations? We floated deep into the Heart of Darkness with Joseph Conrad. We watched a Total Eclipse with Annie Dillard. We took a car ride with Flannery O'Connor's grandmother who convinced us that A Good Man is Hard to Find. We observed the Century of Self through the lens of Freud's nephew, Edward Bernays. We hope you'll join us on the fourth Wednesday of every month from 2-4 pm at local libraries for sparking, cordial conversations about shoes and ships and sealing wax, not to mention cabbages and kings—and who knows what else? If you'd like to join us, or if you have questions, please contact Vera Mulherin at paxvera@netscape.com. We look forward to hearing from you.

Hikers

Come with us and explore the wonders of nature: the breathtaking waterfalls, wildlife, various plants and vegetation, not to mention historic urban settings. Our hikes run from September through June and cover an array of venues from the Shenandoah National Forest to urban hikes, and all points in between. Our hikes generally run between four and seven miles in length with varying degrees of difficulty and elevation change. We generally leave campus around 8 AM and return by 5 PM. For more information, contact the group coordinator: Amelia Wolfe, awolfe@richmond.edu. All participants are required to sign a liability release form. Upcoming spring hikes will be posted in the Osher Office and on the Osher website and announced to group members via email.



Historically Speaking

The newly formed Historically Speaking Interest Group discusses recently published historical works, such as Pulitzer Prize winner John Gaddis' new book *On Grand Strategy* (2018). In addition, we evaluate controversial classics such as *The Origins of The Second World War* (1961) by A.J.P. Taylor, and *The End of History and the Last Man* (1991) by Francis Fukuyama.

We are finalizing our 2019 reading list, as suggested and selected by our members. We are also planning a forum in the Spring of 2019 on "Hitler, Stalin and Churchill." Further, we are scheduling a trip to one of the many history museums in the area. Another goal is to improve coordination among our Osher history instructors to avoid duplication and enhance continuity.

Finally we are a space for those who love history and enjoy the fellowship of others who feel the same way. If you have questions, need more information, or would like to join our group, contact Lou Cei at ceilb2@aol.com. Please join us!

Investments

Raise your financial IQ. Join other members of the Osher Investment Interest Group once a month to hear and interact with guest experts in the field of Investments and Personal Finance. Our speakers include Robins School of Business students who manage part of the U of R endowment fund, professors, estate lawyers, and a variety of financial professionals for you to ask questions and grow your financial IQ.

The Spring 2019 meeting dates are Jan 18, Feb 15, Mar 22, and April 19, meeting room tba. We meet in the Robins School of Business from 10 am to Noon.

SPRING 2019 OSHER SCHEDULE OF CLASSES

To be added to the meeting announcement email list, email F. Brian McNeil fbmcneil@gmail.com, or for more information, contact an OIG coordinator: Jerry Cooney jerrycooney@gmail.com, or Dave Messenger ddmessenger87@gmail.com.

Literary Dreamers

Osher members are welcome to join this group founded in 2001 by dedicated School of Professional and Continuing Studies students. Readings range from academic non-fiction to literary fiction to popular fiction. To join, please contact Polly Chamberlain pollypatrick@gmail.com or Dorothy Schoeneman dorth325@hotmail.com. Unless otherwise specified, all meetings will be on the last Saturday of the month. Books for 2019 will be selected at the December meeting and posted on the web and in the Osher office.

Memoir Writing

Are you interested in writing your life story — in small chunks and with the help of like-minded others? The Memoir Writing Group is a supportive group that meets at least monthly, sharing our writing and offering advice and feedback to one another. This is not a group that focuses on publication but on evoking memories and improving our writing. Because of the necessity to create a small, intimate group, we are currently at capacity. If you are interested in joining a waiting list for the group, please email Lynn Blankman at lynnblankman@gmail.com.

Photography

The Photography Interest Group offers photographers with a range of experience and interest the opportunity to come together regularly to share, learn, and develop their skills. Tip sessions, photo outings, and presentations on such topics as composition, exposure, and editing software are offered. To join or learn more, please email coordinator Peter Blankman at pblankman@gmail.com.

Theatre Lovers

A love for live theatre is the only prerequisite for joining this interest group. This Osher interest group explores the Richmond theatre scene by selecting and attending various performances throughout the year.

The theatre group has selected the following shows for the spring of 2019. Details for each show and additional shows will be sent to group members via email. The theatre group generally attends performances on Sunday matinees.

- **January 27, 2019: Red Velvet**, Libby S. Gottwald Playhouse
- **March 10, 2019: Pride and Prejudice**, Leslie Cheek Theater at VMFA
- **May 11, 2019: Bright Star**, Swift Creek Mill Playhouse



There is a wonderful social aspect to this group. When appropriate, we plan to gather after a performance for discussion and a meal. We also hope there will be occasions to go backstage and talk with local actors. To learn more and to join, please contact Linda Turner at lturner@richmond.edu.

Travel

Attention all travelers! Celeste Miller is spearheading the Osher special interest group for those who love to travel. The objectives of the group are to share information regarding trips taken and most importantly, to help coordinate future Osher travel. If you have interest in learning from fellow travelers, if you'd like to share your experiences, or if you are willing to help to lead the development of future Osher trips, this is the special interest group for you! We plan to focus on day trips and overnight excursions, as well as domestic and international travel. To join or to learn more, please email OSHERtravel@gmail.com. Come join the fun and expand your experiences!

Upcoming Trips

- March 8-14, 2019: Iceland's Magical Northern Lights**
- May 18 - June 2, 2019: Impressions of Italy - Amalfi Coast & Tuscany**
- July 12-23, 2019: Alaskan Adventure**
- August 14 – 20, 2019: Black Hills, Badlands, and Legends of the West**

September 11 – 20, 2019: Memorials of World War II (Normandy, Reims, Paris, London)

October 20 - November 3, 2019: Discover Greece & Its Islands

October 27 – November 1, 2019: Great Trains and Grand Canyons

April 2020 (Dates TBA): Holland & Belgium in Springtime Cruise

April 2021 (Dates TBA): Romantic Blue Danube Cruise - Budapest to Prague

More details on these trips are available on web site: spcs.richmond.edu/osher/schedule/travel

Member Benefits at a Glance

- Membership is good for 12 months from date you join
- Several membership options
- Free Osher member orientation and tour
- Osher members receive a discount at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at the UR's Boatwright Library
- Access to the UR Technology Help Desk
- Use of more than 300 online databases at the UR Library
- UR 'One Card' used to access full privileges at the UR Library and discounts at some area retailers
- UR email address
- Daily 'SpiderBytes' messaging for UR campus programs and events
- Access to UR help center for preparing presentations
- Opportunity to audit credit classes
- Unlimited on-campus Osher classes for Gold members
- Free bonus classes and special events

Explore your love of learning at UR's Osher Institute.

The Osher Lifelong Learning Institute combines intellectual stimulation and civic engagement with a vibrant community of like-minded students, age 50 and older.

We offer an extensive array of programs in the liberal arts in the fall, spring, and summer semesters. There are no entrance requirements, no tests, and no grades.

In fact, no college background is needed at all—it's your love of learning that counts. Join the fun today!

For more information, contact us today:

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