
OSHER

OSHER
LIFELONG
LEARNING
INSTITUTE

AT THE UNIVERSITY OF RICHMOND

SPRING 2021



Looking for Silver Linings



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 124 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. 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.



Where are our Silver Linings?

We all want to be eternal optimists. As we enjoy this fall weather and plan for spring Osher courses, I can't help but think about the many "silver linings" we've found in this pandemic.

You all know the phrase, "every cloud has a silver lining." Interestingly, a quick Google search revealed the origin of this phrase, which seems to be John Milton's 1634 poem "Comus." The poem includes this line: "Was I deceived? Or did a sable cloud turn forth her silver lining on the night?"

COVID-19 and other current events have created news that focuses on increased mental health issues, feelings of isolation, anger, violence, illness, and unrest. Phew – lots of clouds.

For the Osher Institute, yes, there are also some dark clouds. We MISS you! We know some Osher members are unable or prefer not to Zoom with us.

But, wait! There are silver linings for all of us, thank goodness!

Let's consider these:

- We've all slowed down a bit since March, which has allowed time to enjoy life without commuting and rushing.
- We all have a new skill set as we've leaned into online instruction. Zoom is our new best friend.
- We've been outdoors more—to exercise, to eat, to visit. Outdoors makes social distancing far easier!
- Your Osher volunteer leaders have made pandemic life fun through game nights, happy hours, and coffee chats.
- We have amazing Osher members who gave to our annual fund and ensured that we reached our goal again this year, despite the pandemic!
- We have even more appreciation and gratitude for our Osher volunteer instructors, many of whom have willingly and with determination learned a whole new way of teaching and offering their course content.
- We've had more quality time with those "in our circle" — our children who have come home for a few months, our grandchildren, and our dogs and cats (who will definitely need therapy when we are out and about again!).
- Peggy's sidebar comment: My Osher colleagues, Nell, Barbara, and Amy, are amazing, with new-found strength and resilience in working together, operating remotely, and acquiring new skills in record time. Rock stars all! A real silver lining!

Life as we knew it has changed. The future might be a bit unclear, but we are excited about what's coming. We have a great spring lineup of courses, thanks to our terrific instructors. The University continues to work hard at keeping the undergraduates healthy, so that it may be able to open its doors again soon. All classrooms have newly installed technology, which might lead to hybrid classes in the future. These are just a few silver linings.

Please join us as we look for every, single, silver lining. We know they are there!

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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 email margaret.watson@richmond.edu.

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Page 3 photo by Jamie Betts. Page 9 photo by Chris Schoen.

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, ATTN: Jeanne Clery Crime Statistician, Special Programs Building, 490 Westhampton Way, University of Richmond, VA 23173 or access the report online at police.richmond.edu.

Where do I start?

Online Registration

- Log in to the online registration portal. Visit **osher.richmond.edu/schedule** to access. Once logged in, your name will appear at the top of the page.
- Confirm your membership is active. Select **My Profile** once logged in.
 - Not yet a member? Need to renew? Select **MEMBERSHIPS & RENEWALS**.
- Preview classes starting December 7. Register starting **December 15**.
- Register for up to 10 classes in any one transaction. **Check out and pay** as needed. You may process as many transactions of up to 10 classes as you wish.
- If a class is full, it is important to add the class to your cart to place your name on the waitlist. Staff actively manage waitlists all semester.

Class Participation

- Spring classes & events will be held remotely. You'll receive a **Zoom link** via email before class.
 - Don't share this access link with others. It's **exclusive to Osher** members.
 - If a class is recorded, you'll be **notified**.
- Log in 5-10 minutes early using a device with **camera, microphone and speaker**.
 - Install Zoom on your device well before your session. Visit **zoom.us/download**.
 - For optimal experience, use a **large tablet or computer**.
- Use your **first and last name** as your screen name for attendance verification.
- Follow class host and **instructor preferences** for participation.



ID & Password Reminders

- Your **UR ID** is used to confirm your affiliation with the University.
 - Contact Osher staff to obtain your UR ID number.
 - Use when requesting **technical assistance** at the Help Desk.
 - Use to acquire **UR photo identification** and to create other IDs.
- Your **Net ID** is used to access University-hosted resources.
 - Go to **webpass.richmond.edu**. Requires **UR ID** and birthdate to create.
 - Requires **16-character password**, changed annually.
 - Provides **access** to UR email, wifi, VPN and library databases.
- Your **Osher membership ID** is used to register for Osher classes online. Go to **osher.richmond.edu/schedule** to access.
 - May require **UR ID** for one-time setup.
 - Create password and username of your choice.
 - Note: This is not connected to your **Net ID**.

JANUARY

All Member Meeting

Bo Join the Osher Leadership Council and staff for an update on your Osher Institute.

R • Jan 7 • 1-2:30pm • Free to Members
Leader: Osher Leadership Council

Renewables in Virginia - Solar and Wind Generation

NEW The Virginia Clean Economy Act (VCEA) mandates that Virginia utilities retire carbon-based generation and move to renewables like solar and wind by 2050. This course will provide an overview of the VCEA and insights into Dominion Energy's planning and construction of solar and offshore wind farms.

M • Jan 11, 25, Feb 1 • 10-11am • \$40/Silver
Leaders: Ruth Prideaux, Grant (GT) Hollett, Trieste Lockwood

Apple iPhone Essentials

Aw **BACK BY POPULAR DEMAND** This iPhone class will help you learn more about the phone's physical features and controls.

T/R • Jan 12, 14, 19, 21, 26, 28 • 9:30-11:30am • \$60/Silver
Leader: West Cobb

Osher Member Orientation

Bo Learn how to access and fully enjoy the many benefits of being an Osher member and member of the UR community.

T • Jan 19 • 1-2:30pm • Free to Members
Leaders: Osher Member Connections Team

A Journey to the Land of the Pharoahs

NEW Join Steve Anders on a two-part virtual tour of Egypt. Part One features a trip around Egypt's capital and largest city, Cairo, and Part Two will be a classic voyage down the Nile.

W • Jan 20, 27 • 10-11:30am • \$40/Silver
Leader: Steve Anders

Great Decisions 2021

UPDATED Designed by the Foreign Policy Association (FPA) and facilitated at the grassroots level, the Great Decisions program highlights eight thought-provoking foreign policy challenges facing Americans each year. The 2021 Great Decisions briefing book serves as the focal text for the class. Students will need to purchase the briefing book and read the first topic before the first class. To purchase the briefing book, visit <http://www.fpa.org>.

W • Jan 20, 27, Feb 3, 10, 17, 24, Mar 3, 10 • 1-3pm • \$60/Silver
Leaders: Rob Hafker, David Frimpter, Wayne Boese

Is Technology Tracking Me?

NEW Smart wireless automatic identification technologies already exist that can track people, things, and transactions. This course will review the most prominent of these wireless automatic identification technologies, how they work, their capabilities and limitations, and the current main commercial applications.

R • Jan 21 • 1-2pm • \$20/Silver
Leader: Peter Kuzma

COVID-19: Where Are We With This Pandemic?

Aw **Bo** **NEW** Hear the latest from Dr. Danny Avula, Director of the Richmond and Henrico Districts of the Virginia Department of Health, about where we've been and where we are going with the COVID-19 pandemic.

R • Jan 21 • 3-4pm • Free to Members
Leader: Danny Avula

Taking Your Passion to the Next Level: I'd Like to Teach for Osher. What Do I Need to Know?

UPDATED Are you interested in teaching for the Osher Institute? Join long-time Osher member and course instructor Bill Bailey for some helpful hints and strategic advice on creating and delivering a successful Osher class.

F • Jan 22 • 10-12pm • Free to Members
Leader: Bill Bailey

Native Americans of Virginia - Then and Now

NEW People have been living in Virginia for roughly 15,000 years. The native cultures changed dramatically prior to the arrival of Spanish and then English colonists. Today, 11 tribes have gained state and/or Federal recognition, with one planning a full-scale casino in Virginia.

F • Jan 22, 29 • 1-2pm • \$40/Silver
Leader: Charlie Grymes

Islam, Science, and the Environment

NEW Many scientific facts are mentioned in the Qur'an, including the creation, astronomy, the Earth, and embryology. We will also discuss the environment and our responsibilities as its stewards.

M • Jan 25, Feb 1, 8 • 12-1pm • \$40/Silver
Leader: Malik Khan

Genetics: Past, Present, and Future

NEW Take a closer look at genetics, including the growth of genetics, the race to the DNA double helix, the universal code of life, the international Human Genome Project, genetic law and order, pluses and minuses of direct-to-consumer genetics, GMOs all around us, genetics and cancer, IVF babies, and finally, the promise and peril of stem cells.

M • Jan 25, Feb 1, 8, 15 • 2-4pm • \$60/Silver
Leader: Ernest Fornaris

You're Invited: Workshop with Destiny Peery

Aged Assumptions: How Stereotypes, Assumptions, and Expectations about Age Shape the World around Us

Aw **Bo** **COVID RESCHEDULE** Stereotypes, assumptions and expectations based on age are commonplace and are often less likely to raise concerns than those based on other social identities, but stereotypes based on age affect everyone regardless of their age group. In this workshop, we'll discuss how cognitive biases, including but not limited to stereotypes, affect how different age groups are perceived, as well how aging may affect how we perceive the world around us.

This is a logical follow up to our December 1st workshop with Dr. Peery on Implicit Bias. However, all are welcome and encouraged to attend, even if you didn't attend the earlier session.

R • Jan 7 • 9:30-11am • Free to Members • Leader: Destiny Peery



Come . . . and BeMoved®!

Aw Learn about the long-term health benefits of just moving! Different musical and dance styles such as Bollywood, jazz, Latin and disco are used to inspire participants to embrace dance as a lifelong means to health, joy and fulfillment.

M • Jan 25, Feb 1, 8, 15, 22, Mar 1, 15, 22, 29 • 5:30-6:30pm • \$72/Silver/Gold/UR
 Leader: Myra Daleng

How to View and Understand Art

UPDATED Learn the language of art and visual strategies to analyze, interpret and critique artworks using artworks from the Smithsonian American Art Museum. Build your visual vocabulary by examining the deliberate choices artists make in their works and why they make these choices.

T • Jan 26 • 12-1:30pm • \$20/Silver
 Leaders: Alice Waagen, Ralph Kidder

Expanding the Play Range: Expressive Arts and Peacebuilding

NEW The expressive arts (EXA) are primarily used in therapy, but have today expanded to complement many disciplines, including counseling, education, and peacebuilding. EXA is rooted in phenomenology and encompasses all art modalities: poetry, visual art, music, dance, and theater. This interactive course will introduce the field of expressive arts with a focus on its role in peacebuilding today, including healing trauma, building resilience, and empowering communities facing conflict and injustice.

T • Jan 26, Feb 2, 9, 16, 23 • 3:30-5pm • \$60/Silver
 Leader: Chelsea Wilkinson

Walled In, Walled Out: Separation Barriers and Graffiti as Resistance

NEW Since 2000, intra-national separation walls have gained popularity around the world with the purpose of separating ethnic or religious groups from the rest of society. Today, these walls exist in Northern Ireland, Israel-Palestine, Iraq, Lebanon, Slovakia, and Morocco/Western Sahara. Graffiti has been one way for marginalized groups to protest these walls. This course will explore current walls with a concentration on graffiti as a tool for empowerment, communication, and resistance.

R • Jan 28, Feb 4, 11, 18, 25 • 2-3:30pm • \$60/Silver
 Leader: Chelsea Wilkinson



Opening Day: February 4, 2021

Irby B. Brown Opening Lecture featuring Yue-Sai Kan

Journey Through A Changing China, The China I Know

Se **NEW** Please join us for the 16th Annual ChinaFest and the first one ever to be offered virtually. The Irby B. Brown pre-recorded opening lecture will feature Yue-Sai Kan. Ms. Kan has been a pioneer in East-West exchange by producing 'Looking East,' introducing Asia to American audiences in the 70s, and 'One World,' introducing the world to China in the 80s. A panel-led question-and-answer session will follow her remarks.



Note: This lecture will be pre-recorded and may be accessed on Opening Day by going to <http://www.therosegroup.org/caffc/index.htm>
 R • Feb 4 • 10-11:30am • Free, Open to the Public
 Leader: Yue-Sai Kan

Music Enrichment for Health and Wellness

Aw **NEW** This course will present music designed to enrich the mind, body, and spirit. Music will range from sound healing and classical music to popular songs and enduring standards that warm hearts and evoke nostalgia. In this course, sound healing techniques, live performance demonstrations, and recorded examples will be presented. There will also be information about therapeutic songwriting strategies for home practice. The course promises to be both informational and entertaining.

R • Jan 28 • 4:30-7:30pm • \$20/Silver
 Leader: Raymond Uy

Other People's Mail

Ri Bo **NEW** In this course, we'll explore some of the manuscript correspondence available as part of Boatwright Library's Galvin Rare Book Room archival collections.

F • Jan 29 • 10-11:30am • Free to Members
 Leader: Lynda Kachurek

FEBRUARY

Modern Genocide

NEW Genocide, Ethnic Cleansing, and the Holocaust are events that have impacted the world over time. This class will consider the genocides labeled by the United Nations, as well as several atrocities not given such a classification.

T • Feb 2, 9, 16, 23, Mar 2, 9, 16, 23 • 10-11:30am • \$60/Silver
 Leader: Rena Berlin

Understanding Opera

UPDATED This course will prepare students to fully appreciate Virginia Opera's shortened 2020-2021 season.

T • Feb 2, 9, 16 • 1-3pm • \$60/Silver
 Leader: Glenn Winters

David Copperfield and the Life of Charles Dickens

NEW In 1850 Charles Dickens published David Copperfield, a semi-autobiographical novel that became one of his most popular works, displaying his unsurpassed mastery of character development, plot, and English prose. This course is offered twice this semester (February and April), so please register for only one.

W • Feb 3, 10, 17 • 10-12pm • \$60/Silver
 Leaders: Murray Ellison, John Schofield

Introduction to Mindfulness and Meditation

Aw **BACK BY POPULAR DEMAND** This four-week series is designed to introduce mindfulness practices that you can use in your daily life to help decrease the stress and increase the joy. This beginner-friendly course will include a step-by-step approach where you will learn the science behind mindfulness, how to tame your own thoughts, and how to cultivate compassion, intention, and joy. Each class will include a short talk, a brief guided meditation, and a discussion.

R • Feb 4, 11, 18, 25 • 9:30-10:45am • \$60/Silver
 Leader: Jocelyn Vorenberg

American Government: What Needs Changing?

Ri **NEW** This course addresses a number of current issues relating to the American system of government, such as the Electoral College, the Senate filibuster, single-member districts, partisanship, and judicial review. Discussion will be expected.

R • Feb 4, 11, 18, 25, Mar 4, 11 • 11:30-12:30pm • \$60/Silver
 Leader: Ellis West

Following the Way: The Camino de Santiago

NEW The Camino de Santiago (The Way of St. James) is a pilgrimage walk across Northern Spain that dates back to the ninth century. Each year, 300,000 pilgrims from all over the world are called to this journey of stunning vistas and natural beauty that challenges the body, opens the mind, and enriches the soul. Wilson Whitehurst is pleased to share his 35-day, 470-mile pilgrimage story.

F • Feb 5 • 10-11:30am • \$20/Silver
 Leader: Wilson Whitehurst

We are grateful to the UR departments that have supported us, especially Marketing and Finance.

The Life and Works of Leonardo da Vinci

NEW Leonardo da Vinci has been described as the quintessential Renaissance man, an individual with unquenchable curiosity whose expertise spanned a significant number of different subject areas. Learn about the man, his art, his many other interests, his genius, and his imperfections.

F • Feb 5, 12, 19, 26, Mar 5 • 1-2:30pm • \$60/Silver
 Leader: Juana Levi

Spanish: Continuing the Journey

Ri **NEW** These new Spanish lessons will present a series of short video stories with vocabulary practice, listening comprehension, pronunciation and conversation. Students will be provided with 'tarea': simple but fun assignments. Designed for students who have a basic understanding of beginner Spanish.

M • Feb 8, 15, 22 • 10-11am • \$40/Silver
 Leader: Mary Catherine Raymond

For the Beauty of It All: National Parks East

NEW Take a look at our National Parks and other places of beauty in the Eastern USA: that is, east of the Mississippi. Videos and pictures from our many visits and commentary will be featured. All materials will be available 24/7 at www.ForTheBeautyOfItAll.com.

W • Feb 10, 17 • 3:30-5:30pm • \$40/Silver
 Leaders: Dennis Cogswell, Nancy Cogswell

Love in the Archives

Ri **Bo** Come explore love in its many guises with materials from the Rare Books and Special Collections as we take a peek at how love reaches across time and place.

F • Feb 12 • 10-11:30am • Free to Members
 Leader: Lynda Kachurek

Gallery 'Walk' with Martha

Ri **Bo** **NEW** Let's walk through the Harnett Museum of Art and see Action + ReAction, Looking at the Art of Social Justice. Martha will talk about the three prominent themes of the exhibition, how we anchored them and created interpretive spaces in each, and if there is time – give a quick look at the Conceptualizing Arts & Sciences at 30: Prints from the Harnett Print Study Center on display in the Modlin Center and Booker Hall lobbies.

M • Feb 15 • 12-1pm • Free to Members
 Leader: Martha Wright

New Twists in Elderlaw and New Options with IRAs

Aw **BACK BY POPULAR DEMAND** Everyone always has, and always will need trusts, power-of-attorney, and medical directives. We've often discussed these, and we will do so again, but take a bit deeper dive. Then we'll also talk about new IRA rules that will affect how you manage your own IRA.

F • Feb 19 • 10-11:30am • \$20/Silver
 Leader: Paula Peaden

Scholarship Boy: Meditations on Family and Race

NEW In 1958, fourteen-year-old Larry Palmer left his parents and nine siblings at home in St. Louis and boarded a train

to attend Phillips Exeter Academy (then an all-boys' school) on full scholarship. In 'Scholarship Boy' Palmer reflects on his experiences as a young black boy growing up far from home, learning to fit into a white world without becoming estranged from his closely-knit family.

M • Feb 22 • 12-1pm • \$20/Silver
 Leader: Larry Palmer

Telling America's Stories through Art: The Civil War

NEW The American Civil War began primarily as a result of the long-standing controversy over the enslavement of black people. Using artworks from the Smithsonian American Art Museum, this session explores how artists depicted the impact of the Civil War on American lives.

T • Feb 23 • 12-1:30pm • \$20/Silver
 Leaders: Alice Waagen, Ralph Kidder

Cell Phone Photography for Travel

BACK BY POPULAR DEMAND The class is designed to enhance your cell phone photography while traveling. Covers improving cell phone images regardless of brand or model, editing cell phone images and available features on the iPhone.

W • Feb 24, Mar 3 • 10-11:30am • \$40/Silver
 Leader: Dan Walker

MARCH

The Desegregation of Southern College Sports (1954-1980)

NEW Major college sports (especially football and basketball) have for decades occupied a place of oversized prominence in America, especially in the South. This course will explore, through the stories of several individuals and programs, how a few Southern college sports teams, players, and coaches came to play a significant role in racial integration, not only on sports fields and arenas, but in the educational system and society as a whole.

M • Mar 1, 8 • 10-11:30am • \$40/Silver
 Leader: Thomas Cox

Frank Sinatra and the Rise of American Pop Culture

NEW This course will examine the life and work of singer/actor/activist Frank Sinatra. From humble beginnings, Sinatra emerged as a Big Band singing sensation prior to World War II. He was also a controversial figure: a friend of presidents

who was also tied to underworld figures.

M • Mar 1, 8, 15 • 12-1:30pm • \$40/Silver
Leader: Peter Begans

Names of Buildings at William and Mary: A Potpourri of Virginia Biographies

NEW We are familiar with the Sir Christopher Wren Building at The College of William and Mary, which honors the architect of the oldest building on campus. But, what do you know about the many other names that adorn other buildings? We will explore these people, their backgrounds and their connection to the College as the naming policies and procedures are currently under review.

T • Mar 2, 9 • 1-2:30pm • \$40/Silver
Leader: H.E. "Chip" Mann

Bounty of Boatwright

Ri Bo At this session, you'll learn how to find books, articles, and other resources that are of interest to you. This session provides an overview for beginners or those new to Osher and includes a virtual tour of the library.

T • Mar 2 • 3:30-5pm • Free to Members
Leader: Carol Wittig

Antisemitism: A Never-Ending Hatred

NEW Join this class for an in-depth analysis of the historical evolution of hatred of Jews in Europe and America.

R • Mar 4, 11, 18, 25, Apr 1, 8, 15, 22 • 3-4pm • \$60/Silver
Leader: Bert Berlin

Finding Your Roots at the Library of Virginia

BACK BY POPULAR DEMAND This course will provide students with an introduction to the Library of Virginia, explore how to navigate the Library's website and catalog, and offer tips on how to begin genealogical research and specific records to use, particularly the digital collections available on Virginia Memory.

M • Mar 8 • 2:30-4pm • \$20/Silver
Leader: Ashley Ramey

Beyond the Bounty

Ri Bo If you are familiar with the library resources but want to go beyond the basics, this session will explore some of the more interesting and unusual digital collections and databases. Feel free to follow along on your laptop, but you must have already used your NetID login and have it set-up on your computer before

the session starts. This is an advanced session that builds on the information introduced in Bounty of Boatwright.

T • Mar 9 • 3:30-5pm • Free to Members
Leader: Carol Wittig

Patricia Highsmith: The Talented Mr. Ripley

NEW Are you a fan of psychological thrillers? Patricia Highsmith was a master of writing about human psychology and what constitutes 'normal and abnormal' behavior in the characters of her novels. Join us to explore her famous novel, 'The Talented Mr. Ripley.' We'll explore the question: Is Tom Ripley a victim of circumstance or the ultimate bad boy sociopath?

W • Mar 10, 17 • 10-12pm • \$40/Silver
Leader: Ann Day

Understanding Long Term Care Insurance

Aw **BACK BY POPULAR DEMAND** We'll help you understand long term care as well as the options available to pay for care. What is the most tax-efficient way, based on an individual's circumstances, to pay for long-term care? There is no one-size-fits-all solution.

R • Mar 11 • 1-2pm • \$20/silver
Leader: Linda Tsironis Caruthers

Advanced Cell Phone Photography

BACK BY POPULAR DEMAND Tips and techniques to take your photography to the next level. We will explore how to produce images that are excellent in style and content. **Prerequisite:** Cell Phone for Travel Photography or Photo Editing for Photographers Who Hate Photo Editing class.

F • Mar 12, 19 • 10-11:30am • \$40/Silver
Leader: Dan Walker

Osher Member Orientation

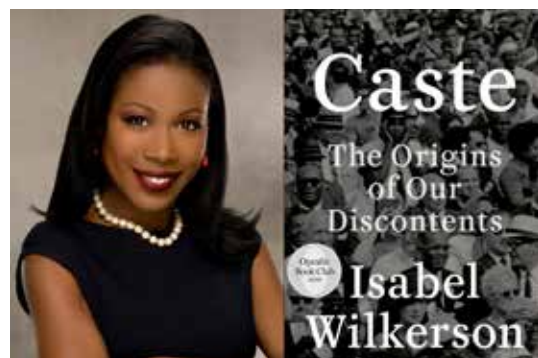
Bo Learn how to access and fully enjoy the many benefits of being an Osher member and member of the UR community.

F • Mar 12 • 1-2:30pm • Free to Members
Leader: Osher Member Connections Team

Boy Scouting in Richmond VA

Ri **NEW** Learn about the start of Boy Scouting in Richmond and how young men took on the duties that trained professionals perform today.

M • Mar 15 • 10-11am • Free to Members
Leader: Dywana Saunders



Community Read: Nov, 2020-Jan, 2021

You're invited to participate in Community Read, a special event presented by the Osher Institute and Gather, offering an opportunity to read one of the most important and compelling new books of 2020—Isabel Wilkerson's *Caste*. As we continue to wrestle with our nation's past and seek to build a more inclusive and just society, Wilkerson's book asks us to consider our history in a broader way.

While we're reading the book—and to keep each other motivated—there will be several (optional) opportunities to engage with the book's ideas and with others in three short Zoom chats in December and early January. Join for as many or as few as you'd like. In the second week of January, after everyone's had a chance to complete the book, you may join one of several facilitated small group discussions about the book, giving everyone a chance to share their ideas in an engaging, meaningful way.

Who Can Participate:

Everyone is welcome! The Community Read is organized as a University of Richmond Osher special program, but it is open to the wider University of Richmond School of Continuing and Professional Studies community, as well as to all Virginia Osher and other Lifelong Learning Institute programs.

What Do I Need to Participate?

Participation is free, and you can sign up here: <https://airtable.com/shr4ADNMzOAufcRXG>. The only thing you need to participate is to read (or listen to) the book, which may be ordered from Amazon or other online booksellers in both print and audiobook format read by the author. The book is also available at the Boatwright Memorial Library and other local libraries. Our University Bookstore has ordered copies, which may be purchased in person or online and shipped. Additionally, Fountain Bookstore, a locally owned and operated bookstore, will have copies available.

We are grateful that remote learning allows us to at least see your faces and hear your voices.

Advance Care Planning: It's About the Conversation!

Aw **BACK BY POPULAR DEMAND** What if a serious sudden medical illness or injury left you in a condition where you were unable to communicate your wishes? Under those circumstances, who would you want to represent you as your decision maker? What would you want your decision maker to know about your wishes? Advance Care Planning (ACP) is a process by which you address these questions and consider health care choices. ACP emphasizes the importance of sharing your wishes with your doctors and loved ones as a gift to them as well as yourself.

M • Mar 15 • 2:30-4:30pm • \$20/Silver
Leader: Laura Pilati

We are indebted to our Zoom assistants who have happily stepped up, learned the capabilities of Zoom, and managed our online classes expertly and with a smile.

The Reverse Underground Railroad: Slavery and Kidapping in Pre-Civil War America

NEW Join us for a talk with Dr. Richard Bell, who will share the incredible story of five boys whose courage forever changed the fight against slavery in America. Dr. Bell's book, *Stolen*, will be the basis for this lecture.

T • Mar 16 • 1-2pm • \$20/Silver
Leader: Richard Bell

Legal Issues Facing the Deaf and Hard of Hearing

Aw **NEW** The class will explore the legal issues facing the deaf and hard of hearing and review the applicability of the Americans with Disabilities Act (ADA) to various situations.

T • Mar 16 • 3-4:30pm • \$20/Silver
Leader: Jay O. Millman

Qi Gong Movement

Aw **BACK BY POPULAR DEMAND** This class offers the chance for participants to come together once a week for shared Qi Gong practice.

W • March 17, 24, 31 • 9-9:30am • \$20/Silver
Leader: Jennifer Cable

Ageism and Elderhood

Aw **NEW** What do you think it means to grow old? How do we talk about getting older? Let's discuss getting older, ageism's impact on an aging world, and how the Elderhood life chapter compares to other stages.

W • Mar 17 • 1-2:30pm • \$20/Silver
Leader: Alexa van Aartrijk

Weather in the Media

NEW Join NBC12's Chief Meteorologist Jim Duncan for a three-part weather course. First, Jim will address weather basics: making sense of the weather, how weather works, and why. Then, he will tackle broadcast meteorology: bringing the science to mass media and its evolution over the decades. In session three, Jim will discuss climate change and weather in the news: where the science is, what we know now, and what lies ahead.

R • Mar 18, 25, Apr 1 • 12-1pm • \$40/Silver
Leader: Jim Duncan

The Jacksonian Era, 1824-1848

BACK BY POPULAR DEMAND Andrew Jackson is the closest President to mirror Donald Trump: rude, crude, and socially unacceptable. This class is a survey of the political, economic, and diplomatic events of the 1824-1848 era. What are the implications for us today?

M • March 22, 29, April 5, 12 • 10-11am • \$40/Silver
Leader: Louis Cei

The Dead Sea Scrolls Today 2021

NEW Since their discovery in 1948, the Dead Sea Scrolls continue to be at the center of both biblical research and controversy. More than 900 manuscripts have challenged scholarship and captivated the public by calling into question some of the most standard assumptions concerning the origin of Christianity and the development of Second Temple Judaism. Explore the history and impact of some of the most important manuscript discoveries ever made.

M • Mar 22, 29, Apr 5, 12, 19 • 2:30-4pm • \$60/silver
Leader: Jonathan Waybright

Telling America's Stories through Art: Social Commentary/Social Justice

UPDATED Art is created in the context of many social influences and events. Using Smithsonian American Art Museum artworks, this program will explore how artists have been inspired to use their creative talents to disrupt or even transform the status quo.

T • Mar 23 • 12-1:30pm • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

Your Local Habitat, and Why It Is Important

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

W • Mar 24, 31 • 10-12pm • \$40/Silver
Leader: Sheryl Smith

Brain Power Hour

Aw **BACK BY POPULAR DEMAND** Brain Power Hour aims to increase cognitive stimulation through education, brain games, and social activities. Just as physical exercise can help you keep your body strong, mental exercise can help your brain to work better and lower your risk of mental decline. Join this course for a fun and interactive way to flex your mental muscles.

W • Mar 24, 21, Apr 7 • 1-2pm • \$40/Silver
Leader: Tina Thomas

The U.S. Conflict With Iran: Why Do They Hate Us?

NEW The US-Iran Conflict goes back to 1953 when the US orchestrated a coup to overthrow the Iranian prime minister and restore the Shah to power. In 1979, during the Iranian Revolution, Iranians took American hostages. The new Iranian theocracy began calling the US 'the Great Satan.' Iran and the US have been hostile ever since. How can we better understand this conflict, and are there possibilities for a peaceful outcome?

W • Mar 24 • 3-4:30pm • \$20/Silver
Leader: Ed Drachman

Every Book A Story

Ri Bo In this course we'll explore the histories of some selected books from Boatwright Library's Galvin Rare Book Collection.

F • Mar 26 • 10-11:30am • Free to Members

Leader: Lynda Kachurek

Breaking Barriers: Parkinson's Disease and Aging

Aw **NEW** Aging adults, especially those living with chronic neurologic conditions, can break through norms by challenging themselves via physical exercise. Bobby (Robert) Hand will review supporting evidence and practical application to exercise specifically to the needs of these individuals.

T • Mar 30 • 10-11:30am • \$20/Silver

Leader: Robert Hand

Working with our DNA Matches and our Genealogy

NEW This two-part course explores ways to collaborate with our DNA matches to explore, and perhaps expand, our family trees. We'll talk about identifying our matches, the benefits of asking our relatives to DNA test, and ways to work together with our cousins, old and new.

T • Mar 30, Apr 6 • 12-1:30pm •

\$40/Silver

Leader: Paula Williams

APRIL

America's Volcanoes: A Threat of Future Disaster

NEW America has more than 170 active volcanoes that present a threat to life, property and the environment. This lecture will explore the origins and hazards presented by volcanoes across the United States, including the risk that four supervolcanoes present to national security.

F • Apr 2 • 10-12pm • \$20/Silver

Leader: David Kitchen

Deconstructing Reconstruction: Changing Views on the Immediate Post-Civil War Era

NEW Let's look back at the evolving assumptions, attitudes, ideas, and interpretations regarding the Reconstruction Era in American history. How has it been viewed both in popular culture and among aca-



The Osher Institute Special Interest Groups

Formed and led by Osher members, our vibrant Osher interest groups are listed below. The current status and other details about each interest group are online at osher.richmond.edu. A current Osher Institute membership is required for interest group participation.

Biking John Bander, johnabander@icloud.com

Bridge Ellen Hollands, efine98@aol.com, 804-741-0221 or 804-402-8402

Contemporary Issues Susan Phieffer, sphieffer@gmail.com

Great Conversations Vera Mulherin, paxvera@netscape.com

Hikers Lex Bailey, alexander.neale.bailey@gmail.com

Historically Speaking Louis Cei, ceilb2@aol.com

Investments Brian McNeil, fbmcneil@gmail.com

Literary Dreamers Dorothy Schoeneman, dorth325@hotmail.com

Memoir Writing Karen Mizrach, krmizrach@gmail.com

Photography Peter Blankman, pblankman@gmail.com

Theatre Lovers Linda Turner, lturner@richmond.edu.

Travel Celeste Miller, OSHERtravel@gmail.com

demographic historians? And why does it matter?

T • Apr 6 • 10-11:30am • \$20/Silver

Leader: Steve Anders

Children of the Civil Rights Series, Volume 3, Little Rock Nine

NEW Join this class to explore how nine African American high school students successfully integrated Central High School in Little Rock, Arkansas in 1957. This drama played out at the highest levels, as eventually the president of the United States had to send in federal troops.

W • April 7, 14 • 10-11am • \$40/Silver

Leader: John Festa

Pollack's Piano Program Continues: Handel, Haydn, and CPE Bach

NEW Join Alan as he combines live solo piano performance with running commentary that you won't need special musical training in order to grasp. This program will trace the development of keyboard music from the Late Baroque Period through its transition to the Classical Period.

R • Apr 8, 15, 22 • 10-11:30am •

\$60/Silver

Leader: Alan Pollack

Social Security and Estate Planning

Aw **BACK BY POPULAR DEMAND** An overview of Social Security (including eligibility, filing and benefits), the estate planning landscape, and the Secure Act, new legislation that affects retirement planning and estate planning.

R • Apr 8, 15, 22 • 1-2pm • \$40/Silver

Leaders: James Schreiber, Shelley White

We pivoted from a 350+ person back-to-school mixer to a fun "drive-by" event!

Science Serving Justice in NYC

NEW This lecture will provide an overview of the DNA testing conducted by the New York City Office of Chief Medical Examiner (OCME) in the Department of Forensic Biology.

F • Apr 9 • 10-11:30am • \$20/Silver
Leader: Kendra Hardy

David Copperfield and the Life of Charles Dickens

NEW In 1850, Charles Dickens published *David Copperfield*, a semi-autobiographical novel that became one of his most popular works, displaying his unsurpassed mastery of character development, plot, and English prose. *This course is offered twice this semester (February and April), so please register for only one.*

T • April 13, 20, 27 • 10-12pm • \$60/Silver
Leaders: Murray Ellison, John Schofield

Telling America's Stories Through Art: The Vietnam War

NEW The American Vietnam War was a conflict in Vietnam, Laos, and Cambodia from 1955 until the fall of Saigon in 1975. Using artworks from the Smithsonian American Art Museum, this session explores how artists depicted this turbulent time in American history and how it shaped our concept of American identity.

T • Apr 13 • 12-1:30pm • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder

Capitalism in China: The Rise of a Global Giant

NEW Many Americans don't realize that capitalism is alive and well in 'communist' China. But China is now an overwhelmingly capitalist country, and emerging as a formidable rival to the US. How is China doing it? In this class we compare the US and Chinese models of capitalism and government, and the strengths and weaknesses of each: the factors that will determine the future of each country in the 21st Century.

T • April 13, 20, 27 • 3-4:30pm • \$60/Silver
Leader: Mark Yourek

Taking Your Passion to the Next Level: I'm Ready to Teach for Osher. What Tricks of the Trade Can Other Osher Instructors Provide?

Bo You know your subject matter, you've developed your outline, you've completed your research, and you have a good handle on how long your class should be. But, perhaps you still have a few reservations. All current, future, and just curious Osher instructors are welcome. This panel of Osher instructors will share their experiences so you may glean some great tidbits to make your own class the best it can be.

W • Apr 14 • 1-2:30pm • Free to Members
Leaders: Osher Curriculum Team

A Zooman's Expeditions

BACK BY POPULAR DEMAND The former Curator of Mammals at the San Diego Zoo will share highlights of his animal expeditions.

F • April 16, 23, 30 • 10-11:30am • \$60/Silver
Leader: Mark Rich

Easy-to-Grow Virginia Native Plants and Their Benefits

BACK BY POPULAR DEMAND Virginia native plants evolved in our area, so they are well adapted to our local soils and climate. They are generally unaffected by late frosts, summer droughts, and other seasonal challenges with which other garden plants struggle. This class will focus on specific plants that are both native to

Virginia and have good availability at our local nurseries. Some of the plants discussed will be appropriate for container gardening (pots on a porch or patio). By planting natives, you can support wildlife such as birds, bees, and butterflies while making your life easier!

M • Apr 19, 26 • 10-12pm • \$40/Silver
Leader: Sheryl Smith

The Electoral College

BACK BY POPULAR DEMAND This lecture will focus on the origins, the evolution and the operation of the Electoral College.

T • April 20, 27 • 1-2:30pm • \$40/Silver
Leader: Michael Kerley

Samuel Johnson and 'The Club'

NEW Samuel Johnson struggled against poverty, disability (blindness and deafness), and 'melancholia.' Yet posterity named an entire literary age after him: the Age of Johnson. He formed the most famous literary 'club' of all time, meeting weekly with Adam Smith, Edmund Burke, and others: people traveled hundreds of miles just to engage him in conversation. This will be a brief introduction to 'the club,' and Johnson's remarkable work and inspiring life.

W • April 21, 28 • 1-2pm • \$40/silver
Leader: Eric Holzwarth

Introduction to the Alexander Technique

Aw **NEW** This technique will allow you to develop greater awareness of postural habits that get in the way of your natural coordination. You learn the skills to undo these patterns and to make the choice to move without them. In online lessons using verbal instruction from the teacher, you learn how to go about your daily activities with increasingly greater ease and less effort.

M • Apr 26 • 1-2:30pm • \$20/Silver
Leader: Jocelyn Vorenberg

1942: The Rose Bowl Relocates

NEW Following the attack on Pearl Harbor, public events on the West Coast were prohibited, including the 1942 Rose Bowl game. Rather than not playing, the game was relocated to Durham, North

We are grateful for the rock stars of the UR Help Desk and the Technology Learning Center who have assisted with every aspect of our online program.

Carolina. We will discuss why and how the game was moved, the effect at the time, and what the experience might teach us as we go forward in the age of COVID. And, maybe, something about the game itself!

*M • Apr 26 • 3-5pm • \$20/Silver
Leader: Robert Warwick*

Mystery, History, and Delights of the Périgord

BACK BY POPULAR DEMAND Martin Walker's 'Bruno, Chief of Police' sets the stage for a vicarious trip to France's Périgord region.

*R • Apr 29 • 10-12pm • \$20/Silver
Leader: Nancy Nock*

MAY

Apple iPhone, Beyond the Essentials



BACK BY POPULAR DEMAND This course will look at how we can move written information to our iPhones, like paper appointment books, address books, shopping lists, and other written information.

*T/R • May 4, 6, 11, 13 • 9:30-11:30am
• \$60/Silver*

Leader: West Cobb

Telling America's Stories Through Art: The Harlem Renaissance

NEW Harlem was a destination for thousands migrating from the South in

the 1920s and 1930s. More than just a physical location, it was a racial haven and place of self-discovery, cultural awareness, and political activism. Using artworks from the Smithsonian American Art Museum, this session explores the Harlem Renaissance and how it shaped American identity.

*T • May 4 • 12-1:30pm • \$20/Silver
Leaders: Alice Waagen, Ralph Kidder*

We've stayed connected by offering lots of emails and engaging in social media.



YOU Have Done it Again!

Your Osher staff is pleased to share that, thanks to you, our members, your Osher Institute has met and exceeded its 2020 Osher Annual Fund goals of \$25,000 from 17-18% of our membership.

As of October 31st, 261 Osher members in 196 Osher households (22% of Osher households solicited this year) have made gifts to Osher totaling \$28,780. Thank you to all our donors! The 2020 Honor Roll of Donors year-to-date can be found on our website.

If you have not made a gift to the Osher Institute yet in 2020 and would like to join your fellow members in making a gift, please visit osher.richmond.edu/give, or email Amy Edwards, Stewardship Assistant. Every donor counts! Every dollar counts!

Our fundraising efforts have been generously supported for the last four years by a Capacity Building Grant to promote long-term sustainability from the Bernard Osher Foundation. The UR Osher Institute will proudly apply for a fifth and final grant for calendar year 2021.

Member Benefits at a Glance

- Membership is good for 12 months from the date you join
- Several membership options
- Free Osher member orientation
- Osher members receive individual performance discounts at the Modlin Center for the Arts
- Free parking on UR campus
- Unlimited borrowing privileges at UR's Boatwright Library (including audio and e-books and videos)
- Access to the UR Technology Help Desk – offering remote support (804-287-6400 or helpdesk@richmond.edu)
- 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 retailers
- UR email address
- Daily 'SpiderBytes' messaging for UR programs and events
- Access to UR help center for preparing presentations – offering remote support (804-289-8777 or tlc@richmond.edu)
- Opportunity to audit undergraduate credit classes
- Unlimited 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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