
OSHER
LIFELONG
LEARNING
INSTITUTE

OSHER

AT THE UNIVERSITY OF RICHMOND

SUMMER 2019



**Growing lifetime
friendships.**



RICHMOND
School of Professional
& Continuing Studies™

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

When Richard Hollands saw his friend, Alan Pollack, perform his final piece as the instructor of their class, "Classical Piano - Recital/ Lecture Series," he was inspired to respond to the performance with a reciprocation of his own artistry. Using a picture taken by his wife during their class, Hollands recreated Pollack's performance of "Rhapsody in Blue" in oil paints and presented the painting to his friend in his music studio. While both men attempted to pursue careers in the arts before settling into more technical fields, the Osher Lifelong Learning Institute has given them the opportunity to return to their artistic passions through the liberal arts. Pollack and Hollands met and became friends through the Osher Institute Bridge Interest Group where they discovered they had similar backgrounds and interests. For Pollack and Hollands, the Osher Institute allows them to engage in a social community of like-minded individuals which they have found both intellectually and socially gratifying. This artistic pair demonstrates the rewards of a lifelong pursuit of both education and friendship.



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, Artwork by Richard Hollands
 Photographed by Kevin Schindler
 Other photo credits: Tim Hanger, Peter Blankman, Becky Hudson, 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, 490 Westhampton Way, University of Richmond, VA 23173 or access the report online at police.richmond.edu.



at the University of Richmond
osher.richmond.edu

Peggy Watson, W'76
Director
margaret.watson@richmond.edu
(804) 287-6344

Nell Smith
Program Coordinator
nsmith3@richmond.edu
(804) 287-6608

Amy Edwards, L'97
Stewardship Assistant
aedwards@richmond.edu
(804) 287-1946

Barbara Apostle
Program Assistant
bapostle@richmond.edu
(804) 289-8582

It's All About Connections

Every now and then, we feel a little nudge to pay more attention to what's happening every day all around us. Here in the Osher office, that's certainly true. We often realize that special friendships are made through the Osher Institute. Sometimes it seems folks have been buddies for life, when in fact their participation in Osher has brought them together.

We've experienced members holding other members up as they face health issues. We've seen the love and care shown among members when there's been sadness and loss. We've rejoiced together when children and grandchildren find happiness and success. We've celebrated in good style when our Osher staff members retire (even though we miss Debra Guild and Pat Brown!). Mutual interests discovered among members have led to traveling abroad together, attending theatre performances together, and even day-tripping to wineries together. We connect right here on campus by finding ways to give back to the university which is so generous to us.

It's all about connections.

This summer's cover tells the story of a special connection that translated into a beautiful work of art. As you'll read on the preceding page, an Osher class took on such meaning to a member that he, in a sense, repaid fine art with fine art. Alan Pollack's music led to Richard Hollands' art. It's a story of two people who never knew each other before their involvement with the Osher Institute, but now are fast friends and have great admiration and respect for the other's artistic talents.

Here in the Osher office, we hear about and witness these connections all the time. In truth, these are what make every Osher experience, whether as a member or as staff, so incredibly meaningful and special.

So, thank you. Thank you to every member of the University of Richmond Osher Institute. You touch lives and make a difference in so many ways. You inspire. You give. You care. You connect.

Programs

PAGE 6



Interest Groups

PAGE 22



Getting Started 4

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 – Silver 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 – UR 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.

Member bonus programs are designated with a special icon.

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 mat-

ter and/or a UR faculty/staff course instructor.

We encourage members to register online. The online registration system contains information that the print catalog does not, including instructor biographies.

If completing a paper registration, which form will be available on our website at osher.richmond.edu/schedule on the first day of registration, please mail or deliver your

registration form and any required payment. Paper registrations will be processed in the order in which they are received, and as staff time allows, beginning the first day of registration.

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

- Taking Your Passion to the Next Level: A Workshop for Developing and Leading Osher Courses
- Bounty of Boatwright
- Osher Member Orientation
- Hidden Treasures: UR's Galvin Rare Book Room & Special Collections
- Campus Walk/Tour
- Preserving Your Family History
- Intro to Artists' Books - Fold Books
- Tour of UR's Historic Bottomley House
- UR Behind the Scenes: The Cannon Memorial Chapel
- Spiders at War -- University of Richmond 1917-1919
- The Connection of College Athletics and Life
- Strategic Student Recruitment at Highly Selective Colleges and Universities
- The Benefits of LastPass and How to Use It
- UR Campus Hike



Using the Osher Online Registration System

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

Registration for Summer 2019 classes opens on Tuesday, May 7, 2019.

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. We have discovered that members going through the print schedule page by page while registering results in lengthy delays in transaction processing.

1. Review the PDF or print catalog prior to registration and **develop a list of your top priority classes**.
2. On registration day, register for your top priority classes first.

3. **A limit of 10 classes is automatically imposed on each transaction. You must check out if you have 10 classes in your shopping cart. You may place as many separate orders of 10 or fewer classes as you'd like.**
4. If a class is full, always add the class to your cart to place yourself on the waitlist. With a few exceptions, students on the waitlist are registered in the class eventually. You are not charged a fee for a waitlisted class until you are registered in the class.
5. Registration support will not be available until after 8:30AM on the day registration opens.

For the best registration experience, we encourage you to **wait until after noon on registration day to register** for additional, non-priority classes.

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.

JUNE

¡Hola! Exploring Spanish

LECTURE, LANGUAGE EXERCISES

Ri **REPRISED** Spanish is not only fun to learn, but also increasingly useful in our community and while traveling abroad. This class is designed for beginners, with no previous Spanish language experience. We will focus on pronunciation, conversational vocabulary, popular greetings, and useful phrases. You'll be amazed at how easy it is to start speaking right away!

M • Jun 3, 10 • 11:30 AM–12:45 PM • \$40/Silver
Leader: Mary Catherine Raymond

¡Más Español Por Favor!

LECTURE, LANGUAGE EXERCISES

Ri **REPRISED** Welcome back to your Spanish journey! This class is a continuation of basic Spanish and offers new vocabulary and practice exercises in listening and speaking. Attention will be given to understanding more complex sentences and audio/visual presentations. Students should have an understanding of basic pronunciation, sentence structure, and pronouns.

M • Jun 3, 10 • 1–2:15 PM • \$40/Silver
Leader: Mary Catherine Raymond

Hidden Treasures: UR's Galvin Rare Book Room & Special Collections

Ri Bo **REPRISED** Curious about what treasures are housed in the University of Richmond's Rare Book Room? This session will provide an introduction to the resources and materials available in the Rare Book Room, including highlights of the collection.

M • Jun 3 • 2:30–4:30 PM • Free to Members
Leader: Lynda Kachurek

Rock Cut Temples of Deccan Pleatau (South West India)

LECTURE

NEW Rock Cut Buddhist Temples are excellent examples of Indian art. These magnificent shrines and monastic dwellings, known as Chaitya and Viharas, were cut into basalt cliffs of the Western Ghats over 2000 years ago. Located near trade routes winding through mountain passes and linking Arabian Sea ports with Deccan hinterland cities, these excavations were financed by travelling merchants and supported the monks who resided there. Some of the finest examples will be highlighted.

T • Jun 4, 11, 18 • 9:30–11 AM • \$60/Silver
Leader: Shantaram Talegaonkar

Portuguese Immersion: More Than Just A 'Bom Dia'!

LECTURE, LANGUAGE EXERCISES

Ri **NEW** Welcome to your first Portuguese journey! Get involved with a new language and learn how to speak basic Portuguese from Brazil by practicing grammar, vocabulary, listening, and speaking. Using fun exercises with audio and video components, students will be able to say much more than a simple good morning by the end of class!

T • Jun 4, 11 • 11:30 AM–1 PM • \$40/Silver
Leader: Marilia Munhoz

Medicare and SSA Education 101 Class

LECTURE, Q&A

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

T • Jun 4 • 2–3:30 PM • \$20/Silver
Leaders: Chris Lynch, James Schreiber

Telling America's Stories Through Art: Art of the Great Depression

LECTURE, Q&A

NEW The Great Depression of the early 20th Century was a time of hardship and deprivation, countered by some of the greatest government support for the arts in US history. Come to this lively and informative session to view this pivotal time in America's story through the eyes of artists who dramatically documented this period.

W • Jun 5 • 10 AM–12 PM • \$20/Silver
Leader: Alice Waagen



M=Monday, T=Tuesday, W=Wednesday,
R=Thursday, F=Friday, S=Saturday, U=Sunday

Introduction to Qi Gong: Traditional Chinese Medicine Meditation and Exercise

LECTURE, ACTIVITIES



REPRISED Qi Gong is a part of Traditional Chinese Medicine that can help restore health

and balance to the body, mind, and spirit. Qi Gong has been linked to perceived psychosocial benefits in studies of the elderly, has generated a relaxing and calming effect, and can be a positive influence on mood. Please wear comfortable clothes if you wish to participate in the gentle exercise offered. *Note: This same class is offered on June 27. Please register for only one.*

W • Jun 5 • 1–2:30 PM • \$20/Silver
Leader: Jennifer Cable

History of Richmond Craft Beer Part 5: Ardent

FIELD TRIP

This class will begin with a brief review of craft beer, then focus on the history of Ardent Brewery in Scotts Addition. A tour of the brewery will follow, ending with an optional tasting. Students provide own transportation.

W • Jun 5 • 4–6 PM • \$20/Silver
Leader: Wade Reynolds

'Nothing'

LECTURE

REPRISED 'Nothing' is the 'something' of this course. We examine the origins of 'zero' in the Western counting systems, describing the notion of 'nothing' in ancient Greece and the Middle Ages. We then study the ideas of the physical vacuum and completely empty space from the time of Newton through the 20th Century. Finally, we explore the notions of Einstein and others, concluding with the most recent cosmological explanations about whether 'anything' can ever come from 'nothing.'

R • Jun 6, 13, 20, 27, Jul 11, 18 • 9:30–11:30 AM • \$60/Silver
Leader: Glenn Markus

Living Simply with Less: Clear the Clutter Forever!

LECTURE, DISCUSSION



REPRISED Learn how to tackle the contents in your home thoughtfully. Understand why we are so attached and what helps us to let go. Learn how to sort items by category, and what to do with what you no longer need. This class offers motivation,

solutions, resources and a PLAN.

solutions, resources and a PLAN.

R • Jun 6, 13 • 12:30–2 PM • \$40/Silver
Leader: Katie Hamann

Eureka: Poe's Magnum Opus

LECTURE, Q&A

NEW Shortly before his death, Edgar Allan Poe wrote, 'I have no desire to live since I have done Eureka. I could accomplish nothing more.' In his book-length essay, Eureka (1848), Poe presents his 'theory of everything' using poetry, fiction, and humor. His critics called it incoherent; others have deemed it a pioneering work of cosmology. We will try to make sense of the book Poe considered the most important thing he ever wrote.

R • Jun 6 • 3–4:30 PM • \$20/Silver
Leader: Chris Semtner

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 Modlin Center for Performing Arts and the Boatwright Library. *Note: Dress for the weather. Good walking shoes are recommended.*

F • Jun 7 • 10 AM–12 PM • Free to Members
Leader: Marshall Ervine

Grit Flix

MOVIES, DISCUSSION

UPDATED We'll view and discuss six of the best Southern films: 'Gone with the Wind Parts I and II', 'All the King's Men', 'The Reivers', 'Deliverance', and 'Midnight in the Garden of Good and Evil'.

F • Jun 7, 14, 21, 28, Jul 5, 12 • 1–4 PM • \$60/Silver
Leader: Greg Hall

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



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

F • Jun 7 • 1–4 PM • Free to Members
Leader: Bill Bailey

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 123 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.

Spiders at War: University of Richmond 1917-1919

LECTURE, Q&A



NEW Discover how the University of Richmond handled the many facets of World War I, as

revealed through detailed documents and records. It was an unusual time for the university, with government takeover of the campus, relocation of classes, establishment of American Legion posts, and memorials on campus. The presentation will cover the university, its students, and alumni during World War I and the months following Armistice Day.

M • Jun 10 • 10–11 AM • Free to Members
Leader: Dywana Saunders

Campus Health & Well-being Opportunities

The University of Richmond's Weinstein Center for Recreation 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 Member Services staff 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 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.



Preserving Your Family History

Ri Bo **REPRISED** Do you have boxes of photographs or family papers stored away in a closet or attic?

This session provides a basic introduction to organizing and preserving family history materials including books, papers, scrapbooks, and photographs.

M • Jun 10 • 2:30–4:30 PM • Free to Members

Leader: Lynda Kachurek

Come . . . and BeMoved®!

ACTIVITY

Ri Aw Come learn about the long-term health benefits of just moving! 'BeMoved®' embraces the joy of dance for people of all abilities.

'BeMoved®' is dance fitness that begins with easy-to-follow, therapeutic movements that integrate the upper and lower body, then flows into dance styles inspired by a wide variety of musical genres, such as Bollywood, jazz, Latin and disco. Come embrace dance as a lifelong means to health, joy and fulfillment, and 'get moving!'

M • Jun 10, 17, 24, Jul 1, 8, 15, 22, 29, Aug 5 • 5:30–6:30 PM • \$90/Silver/Gold/UR

Leader: Myra Daleng

The Benefits of LastPass and How to Use It

LECTURE

Ri Bo Aw **NEW** This course provides an overview of the

benefits of a password manager and walks through setting up an account with LastPass.

T • Jun 11 • 1:30–2:30 PM • Free to Members

Leader: Shana Bumpas

The Richmond Commercial Real Estate World in 2019

LECTURE, Q&A

NEW Get up-to-date on how wonderful the Richmond market is as it relates to the redevelopment of the city and its surrounding markets!

T • Jun 11 • 3–5 PM • \$20/Silver

Leader: Nathan Shor

The Connection of College Athletics and Life

LECTURE, Q&A

Ri Bo **NEW** College athletics involves so much more than game-day performances. Please

join us for an inside look at the planning and preparation of student-athletes and their welfare and leadership. Learn ways that you can support our inspiring students.

W • Jun 12 • 10 AM–12 PM • Free to Members

Leader: Lauren Wicklund

The Mystery of the Gospel of Mark

LECTURE

NEW The Gospel of Mark is structured as a mystery and is the most mysterious of the four gospels in the New Testament. This lecture will introduce the major themes of the book and attempt to unravel its mysteries.

W • Jun 12 • 1–3 PM • \$20/Silver
Leader: Ryan Ahlgrim

Poe and Magritte: A Surreal Inspiration

LECTURE, Q&A

NEW When the Belgian Surrealist painter Rene Magritte (1898-1967) visited the United States for the first and only time, the one site he asked to see was the Edgar Allan Poe Shrine. In fact, Magritte often expressed his lifelong fascination with the American poet and referenced him throughout his work. This lecture will examine the seemingly unlikely inspiration Poe provided Magritte.

R • Jun 13 • 3–4:30 PM • \$20/Silver
Leader: Chris Semtner

Scuffing the Baseball: The 1919 Chicago Black Sox

LECTURE, DISCUSSION

Ri **NEW** One hundred years ago, Major League Baseball experienced its most public scandal: a conspiracy to lose the World Series on purpose. Over the years, the saga has held a firm grip on the American imagination, and there's still so much mystery surrounding both what we don't know and what we think we do know. Come hear about the players, gamblers, reporters, and baseball magnates who contributed to this grand-slam scandal.

F • Jun 14, 21, 28 • 10 AM–12 PM • \$60/Silver
Leader: Phil Melita

CBD and Supplements: What is your Body Lacking?

LECTURE, Q&A

Aw **NEW** Supplement fads are constantly changing: have you heard the buzz surrounding CBD oil? Supplements can help keep you healthy as you age. However, not all supplements are safe or appropriate for you. Learn more about how supplements

for aging affect your body and find out the inside scoop on how to get the best benefit from these products.

M • Jun 17 • 1–3 PM • \$20/Silver
Leader: Emily Kennell

Intro to Artists' Books: Fold Books

LECTURE, HANDS-ON ACTIVITIES

Ri Bo **NEW** What exactly is an artist's book? Artists' books continue to defy definition and often take many different forms: altered books, sculptural books, one-of-a-kind objects, or beautifully printed and bound multiples. They remain a fantastically creative form of artistic expression and visual communication. Students will be introduced to the genre and learn several basic fold book structures with which to create their own artist's books. No previous bookmaking experience is necessary.

T/R • Jun 18, 20 • 1–3 PM • Free to Members
Leader: Jen Thomas

A Day Behind the Scenes at the Petersburg Exchange Building

FIELD TRIP

NEW Come spend the morning in Petersburg reviewing important historic artifacts in newly installed exhibits at Petersburg's Exchange Building. This Greek Revival style building is one of the least-altered examples of a 19th Century market hall and was declared a National Historic Landmark in 1971. Students provide own transportation.

W • Jun 19 • 10 AM–12 PM • \$10/ Gold/Silver/UR
Leader: Horace 'Chip' Mann

Chain Maille Jewelry: Floating Cube Bracelet

DEMONSTRATION, HANDS-ON ACTIVITIES

UPDATED Like magic, we'll float Swarovski crystals inside interlocked sterling silver jumpings to create a beautiful bracelet. No experience needed. Sign up by mid-May, and you will have the opportunity to preorder the color(s) of your crystals.

W • Jun 19, 26 • 1–3 PM • \$85 Gold/Silver/UR
Leader: Celeste Miller



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.



Regirer Series on Aging Well

It's back! Thanks to another generous grant from the Walter W. Regirer and Maria Teresa Regirer Foundation, we will resume our popular Regirer Series on Aging Well. The Regirers were passionate continuing education advocates, especially within the local senior healthcare community. We are fortunate to have the opportunity to help the Foundation address the Regirers' important legacy.

While the Series focuses on health, wellness, legal and financial topics important to our Osher population, we will introduce new content area with perhaps a few surprising twists. We hope to begin to explore how local communities support healthy aging and contribute in positive ways to our ability to live our best lives. Look for the **Aw** designation in this catalog or the 'Aging Well' section of the registration portal for Regirer related courses and activities.



Can America Survive Without Religion? Answers from the 18th & 21st Centuries

LECTURE, DISCUSSION



NEW Currently, America is experiencing a significant decline in religious faith and practice, and it is likely to continue. Will

that decline negatively affect America's social and political life? This talk will explore how early Americans would answer the question and whether that answer is relevant today.

M • Jun 24 • 10 AM–12 PM • \$20/Silver

Leader: Ellis West

The Rise and Fall of the Berlin Wall

LECTURE, Q&A

REPRISED The Berlin Wall, built in 1961, completely enclosed West Berlin, separating it from the surrounding East Germany. This year marks the 30th anniversary of the fall of this symbol of the Cold War. Your instructor brings personal experience to the topic, having lived on both sides of The Wall.

M • Jun 24 • 1–2:30 PM • \$20/Silver

Leader: Hans-Joachim Oppe

Bounty of Boatwright



Are you excited about the ability to use the wonderful resources of Boatwright Memorial Library, but unsure where to start? At this

session, you'll learn how to find books, articles, and other resources that are of interest to you. We'll also highlight some of the more interesting and unusual digital collections and databases that you might not have seen.

M • Jun 24 • 3–4:30 PM • Free to Members

Leader: Natisha Harper

Understanding Long Term Care Insurance

LECTURE, Q&A



REPRISED Come to understand long term care, as well as options available to pay for care. What is the most tax efficient

way, based on individual's circumstances, to pay for long term care? There is no one-size-fits-all solution.

T • Jun 25 • 10 AM–12 PM • \$20/Silver
Leader: Linda Tsironis Caruthers

Curation Creation: On Site at the Valentine

FIELD TRIP

NEW Tour the 1812 Wickham House and discover how a piece of wallpaper found during a renovation solved a mystery about Wickham family style and décor. This program was designed in collaboration with a local printmaking studio, Studio Two Three, and includes a hands-on art making activity. Students provide own transportation.

T • Jun 25 • 1:30–3:30 PM • \$8/Silver/Gold/UR

Leader: Amanda Vtipilson

Strategic Student Recruitment at Highly Selective Colleges and Universities

LECTURE, Q&A



NEW How does the college admission process really work? Learn about how

modern college admission offices identify and recruit academically-talented and diverse students.

W • Jun 26 • 10 AM–12 PM • Free to Members

Leader: Gil Villanueva

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 • Jun 26 • 3:30–5 PM • Free to Members

Leaders: Kay King, Jeff Keil

Introduction to Qi Gong: Traditional Chinese Medicine Meditation and Exercise

LECTURE, ACTIVITIES

Ri Aw **REPRISED** Qi Gong is a part of Traditional Chinese Medicine that can help restore health and balance to the body, mind, and spirit. Qi Gong has been linked to perceived psychosocial benefits in studies of the elderly, has generated a relaxing and calming effect, and can be a positive influence on mood. Please wear comfortable clothes if you wish to participate in the gentle exercise offered. *Note: This same class is offered on June 5. Please register for only one.*

R • Jun 27 • 12:30–2 PM • \$20/Silver
Leader: Jennifer Cable

Healthy Spine and Better Posture

LECTURE, ACTIVITIES

Aw **REPRISED** Research indicates that postural changes begin in early adulthood and increase in significance with age. There are simple things adults can do to remain upright, mobile, and active. This interactive class will overview current research and address practical strategies for how to achieve a taller spine, stronger core, and improved musculoskeletal health. You may want to wear comfortable clothes and bring an exercise mat to practice some of the strengthening and lengthening exercises.

R • Jun 27 • 2:30–4:30 PM • \$20/Silver
Leader: Karen Roodman

JULY

History of Music Part III: Romantic and Beyond

LECTURE, MUSICAL DEMONSTRATION

REPRISED This class will listen to and hear about the classical music of the mid 1800's to the present time. Some of our most beloved and familiar music comes from the Romantic period, created by composers such as Brahms, Schubert, and Wagner. We will also listen to a sampling of beautiful music of the 20th and 21st Centuries (yes, it exists!). Parts I and II are not required prerequisites for this class.

M • Jul 8, 15 • 1–3 PM • \$40/Silver
Leader: Sheryl Smith

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

LECTURE, Q&A

Aw Many of us still carry around a paper 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 smartphones for improved convenience, accuracy, and efficiency. To get the most from this course, you will need a gmail.com or richmond.edu email account because many of the practice exercises use Google services. Contact the course leader at westcobb@gmail.com with any questions or if you need assistance setting up a Gmail account.

T, R • July 9, 11, 16, 18 • 9:30–11:30 AM
• \$60/Silver
Leader: West Cobb

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 Peggy Watson at margaret.watson@richmond.edu or Nell Smith at nsmith3@richmond.edu for registration procedures.



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
Member Engagement	

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

Interested in serving?

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

The Depression and the New Deal, 1920-1940

LECTURE, DISCUSSION

NEW The New Deal was a pivotal turning point in American history. It represented a reaction to a severe crisis in which most of the elements, attitudes, and policies of Progressivism were implemented. But how effective were these strategies, and what does it suggest for us today?

T • Jul 9, 16 • 10 AM–12 PM • \$40/Silver

Leader: Louis Cei

Mystique of Rapa Nui (Easter Island)

LECTURE, Q&A

NEW Fascinating mysteries and theories about the Easter Island Moai abound: how they may have been carved, raised, and moved to several locations (900 plus in all) throughout this island. However, the 'mystique' of Easter Island goes much deeper. After spending time with the Rapa Nui peoples, a colorful story of the turbulent history of the island emerged. We'll talk about our travel to this most isolated inhabited island located 2300 miles from the Chilean mainland.

T • Jul 9 • 1–3 PM • \$20/Silver

Leader: Ted Hoagland

Jewish Legends of the Bible

LECTURE, Q&A

NEW This course will present a number of little-known Jewish legends (Midrash) that expound upon familiar stories in the Hebrew Bible beginning with Adam and Eve and continuing through the Tower of Babel. Each class will be divided into two 40-minute lectures during which questions will be encouraged from all participants.

T • Jul 9, 16, 23 • 5–6:30 PM • \$60/Silver

Leader: Allen Cohen

Telling America's Stories Through Art: Contemporary Crafts

LECTURE, Q&A

NEW Artists and critics have long wrestled with the validity of using non-traditional materials such as clay and wood to make art. Come to this lively session to see and discuss some eye-opening craft/art from the Smithsonian American Art Museum. Help us answer the question: when is a tea pot just a tea pot and when is it art?

W • Jul 10 • 10 AM–12 PM • \$20/Silver

Leader: Alice Waagen

Determined: The 400-Year Struggle for Black Equality

FIELD TRIP

NEW In commemoration of the 400th anniversary of the arrival of the first Africans in British North America, this course will examine the long history of African Americans as they have fought for freedom, equal justice, and recognition of their humanity. Their actions have pushed our nation ever closer to its ideal of universal equality. This will include two guided tours – one through Determined and an African-American history tour through the rest of the galleries. The fee, collected when you arrive, will be \$10 (\$6 for VMHC members and veterans). Students provide own transportation.

W • Jul 10 • 1:30–3:30 PM • Pay at the Door (\$10 or \$6 for Members/Veterans)
Leader: Maggie Creech

Nuclear Energy and Climate Change

LECTURE, Q&A

NEW Can nuclear power plants help reduce the likelihood of significant global warming this century? We'll discuss the technology, its challenges, and its promises in this class.

R • Jul 11 • 1–3 PM • \$20/Silver
Leader: George Pangburn



The Body's Gyroscope, Staying Upright, and Fall Prevention

LECTURE, EXERCISES



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 • Jul 12 • 10 AM–12 PM • \$20/Silver
Leader: Sandra Mitchell

The Royal Family: The Lifestyle, Superstars, and Crown Crises

LECTURE, Q&A

NEW Relive the Victorian Era with King Edward VII, then follow the Royal Family through Harry Wales all the way to Queen Elizabeth II. Hear about the superstars of the British Royalty, as well as those who raised a few eyebrows. Learn about salaries and castle/lodge housing for the Royals and how some will never inherit a shilling. Why is succession such a big deal? We'll talk about that as well.

T • Jul 16, 23, 30 • 1–3 PM • \$60/Silver
Leader: Martin Fisher

F. Scott Fitzgerald's 'Tender is the Night'

LECTURE, DISCUSSION

NEW F. Scott Fitzgerald's most ambitious book, this follow-up to 'The Great Gatsby,' was under-valued after its 1934 publication, but now ranks among the best. Set in the hedonistic high society of Europe during the 'Roaring Twenties,' the story was influenced by the mental issues of the author's wife, Zelda. This book also offers a Freudian view of various deviant behaviors and lifestyles exhibited by the 'Lost Generation.' Read the book and join us!

W • Jul 17, 24 • 10 AM–12 PM • \$40/Silver
Leaders: Murray Ellison, Ann Day

Creativity: Who Has It, Who Wants It, How Do I Get It?

LECTURE, DISCUSSION, ACTIVE PARTICIPATION

UPDATED This progressive course will explore, through interactive participation, the facts and myths of creativity. We'll cover awareness, idea generation, historic creative individuals, abstract thinking, advertising, visualization, animation, symbolism, and cognitive recognition. We'll include hands-on exercises to apply these components of creativity and talk about how creativity can be applied in the corporate world. Plan on attending all sessions, as we build upon each session's content.

W • Jul 17, 24, 31 • 1–3 PM • \$60/Silver
Leader: Gordon Russell

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.



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). Please do not attend class if you are not registered.

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.

How To Retire Successfully In The Current Economy

LECTURE, Q&A



REPRISED If you are within five years of retirement or recently retired, this course is for you.

What does a successful retirement look like? What is the impact of recent tax changes? What do I need to know about healthcare costs? Which assets do I access and when? How do I discern investment risk vs. reward? How do I make my money last? We'll address these topics in plain English while providing direction and tools to get started.

*W • Jul 17, 24 • 4–6 PM • \$40/Silver
Leader: Jeremy Shipp*

Comedy Connects: Improv for Seniors

LECTURE, 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!

*R • Jul 18 • 1–3 PM • \$20/Silver
Leader: Elizabeth Byland*

Tour of UR's Historic Bottomley House



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. Come tour and learn how this historic home was acquired by UR and moved onto campus.

*F • Jul 19 • 10 AM–12 PM •
Free to Members
Leader: Betty Ann Dillon*

Cool Flicks: More of the Greatest Comedies

MOVIES, DISCUSSION

UPDATED Join Dan Begley in the quest for the funniest movies of all time. This summer we will watch and discuss these classics: *Topper* (1937), *My Favorite Year* (1982), and *Love Crazy* (1941).

*F • Jul 19, 26, Aug 2 • 1–3 PM •
\$60/Silver*

Leader: Dan Begley

Communicating the Emotion in Classical Music

LECTURE AND CONCERT

NEW Join us for an exploration of the groundbreaking Communication and Performance Training that is the founding principle of the Heifetz International Music Institute, complete with live musical demonstration and communication training techniques. The concert will follow a pre-concert discussion of works to be performed by Heifetz Institute musicians.

*U • Jul 21 • 1:30–5 PM •
\$15/Silver/Gold/UR*

Leader: Benjamin Roe

Trends in the Book Industry (or Why I'm Never Bored)

LECTURE, Q&A

NEW It is a very interesting time to be in the bookselling business. While there is some growth in the independent sector, there is also further expansion and consolidation in the megacorporations. What lies in the future? And how does this affect the average reader?

*M • Jul 22 • 10 AM–12 PM • \$20/Silver
Leader: Kelly Justice*

Not Your Grandparent's Funeral!

LECTURE, Q&A



NEW The world is changing in so many different aspects of our lives, and that includes funeral and memorial services. Learn

about and discuss the interesting and innovative changes including the new approaches to end-of-life decisions like space burials, cremation jewelry, and green cemeteries. Enjoy conversation and questions about one of society's most taboo subjects.

*M • Jul 22 • 1–3 PM • \$20/Silver
Leader: Susan Campbell*

Hillbilly Elegy

READING, LECTURE, DISCUSSION

REPRISED J. D. Vance's memoir provides an analysis and critique of a culture in crisis: the white working-class. In contrast, one 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.

T • Jul 23 • 10 AM–12 PM • \$20/Silver
Leader: Larry Braja

UR Campus Hike

Ri Bo Join us for a hike of the magnificent University of Richmond campus. The tour will showcase what the dynamic UR campus has to offer. Learn about the history and architecture of UR, walk some off-the-beaten-path trails, explore some secluded spots on campus, and listen to a few interesting stories along the way. Dress for the weather; good walking shoes are recommended.

R • Jul 25 • 10:00 AM–12:00 PM •
Free to Members
Leader: Marshall Ervine

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 visit the Columbarium and the Wilton Center.

F • Jul 26 • 10 AM–12 PM •
Free to Members
Leader: Betty Ann Dillon

Garth Newel Concert

FIELD TRIP

Travel to beautiful Bath County to experience a world-class concert and enjoy a gourmet picnic. Founded in 1973, Garth Newel Music Center is a year-round chamber music venue situated in the heart of Virginia's Allegheny Mountains. This class includes transportation, a pre-concert talk on the history of the venue, the concert, and a picnic lunch. Optional cash bar. There are no refunds unless your spot can be filled by another student.

U • Jul 28 • 9:30 AM–10:30 PM •
\$125/Silver/Gold/UR
Leader: Shawn Puller

Mystery, History, and Delights of the Périgord

READING, FACILITATED DISCUSSION

NEW Martin Walker's 'Bruno, Chief of Police' sets the stage for a vicarious trip to France's Périgord region. As Bruno solves the crime, we learn about the area's prehistoric caves, castles, culture and gastronomic specialties such as truffles and foie gras. Students are asked to read the book before the class meets to form a common basis of discussion.

M • Jul 29 • 10 AM–12 PM • \$20/Silver
Leader: Nancy Nock

De-clutter, Downsize and Dispose of the Stuff

LECTURE, Q&A

Aw NEW Do you have a lot of stuff? Perhaps you plan to move in the future or you just want to get rid of some of it. In this course, students will learn tips, suggestions, and ways to plan for downsizing their lives. Plus, learn about simple ways to sort through the clutter, decide what to keep, plan for the next step, and dispose of what you don't want.

M • Jul 29 • 1–3 PM •
\$20/Silver
Leader: Susan Campbell

Voices of Abolition

LECTURE, Q&A

NEW This program explores the contributions of African Americans to the abolitionist movement. Although most are familiar with Frederick Douglas, Sojourner Truth, and Harriet Tubman, there were many others who participated in the fight for emancipation.

T • Jul 30 • 10 AM–12 PM •
\$20/Silver
Leader: Kelly Hancock



Spiderbytes: What Are They? Do They Hurt?

Here at the University of Richmond, Spiderbytes are not itchy bug bites, but rather a robust daily collection of news items. This is a great way to find out about guest lecturers, art openings, musical events, bookstore sales, specials in our food venues, and athletic events on campus.

As UR Osher students, you may register to receive this daily email by going to webpass.richmond.edu and creating a new internet account, using your University ID number and your date of birth. After going through the registration process, you will have a "Net ID," password, and a University of Richmond email address. This enables you to receive the Spiderbytes email each morning.

Don't miss out on all the wonderful activities going on across campus. Sign up for Spiderbytes today. We promise they won't hurt!



Reverse Mortgages: Financing a Home Purchase

LECTURE, Q&A



REPRISED 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.

**W • Jul 31 • 10 AM–12 PM •
\$20/Silver
Leader: Jim Warns**

AUGUST

Yin Yoga and Sound Meditation

ACTIVITY



REPRISED Learn techniques to slow down and calm your mind. This class is a fun way for beginners and seasoned yoga students to increase their health and well-being with tried-and-true yoga techniques.

**R • Aug 1 • 10:00 AM–12:00 PM •
\$20/Silver
Leader: Mary Elfner**

The Total Camino Hiking Experience

LECTURE, Q&A

REPRISED Come hear about the background and history of the Camino de Santiago, understand the preparation involved to hike the Camino, and see pictures documenting the Camino walk. To enrich your experience, see the movie 'The Way' with Martin Sheen and review books written about the Camino.

**R • Aug 1 • 1–3:00 PM •
\$20/Silver
Leader: Robert Abbott**

Together, we did it again!

Thank you Osher members for your commitment to Osher this past year. Gifts of your time, talent, and treasures are deeply valued and ensure that Osher sustains its ability to create exceptional lifelong learning opportunities, a vibrant and engaged community, and an experience for our members that is second to none.



Please accept our heartfelt appreciation for your financial generosity to Osher. Together we raised over \$23,000, surpassing our fundraising goal of \$15,000 and our participation goal of 150 donors! Funds raised in this annual campaign supported Osher programming and created financial flexibility for special events, speakers, and need-based assistance. Funds have also helped the Osher Institute keep membership and course fees flat for the 2018-2019 fiscal year.

A special thank you is extended to our 2018 Osher Annual Fund Campaign Donors:

Anonymous (1)	Jane Dowrick & Michael Whitlow*	Harry and Barbara Kaplowitz*	Maurice and Jane Schwarz*
Steve and Colleen Anders*	Gloria Dunham	Jeff Keil*	Tony Scrimizzi
John and Barbara Apostle*	William and Brenda Duttweiler*	Dennis and Kay King	Bill Seward*
George and Kay Atwell*	Richard and Marlene Ebert*	Greg and Andi Kuhn	Kitty Shannon*
Betsy Ault*	Steve and Fran Ecker*	George Laux	Bette Shiflett*
Lewis Avery*	Earl Ellis*	Tom and Barbara Lockard*	Bob and Anne Shotwell
Kathy and Steven Barley*	Catherine Englishman*	Jean Lum	Ellen Shuler
Richard Barry	Marshall Ervine*	John and Debbie Mahone*	George Siecko*
Edith Bassett*	Pam Farnham*	Sandra Markham*	Brian and Donna Simpson*
William and Sara Bateman*	Joan Faulkner*	Marybeth Matthews*	Peter Sizemore
Robert and Francis Berry*	David and Elaine Fishman*	Carol McKnight	Bobby and Laura Soles
Lynn and Peter Blankman	Donald Fleming*	John and Arlene McLaren*	Marilyn Stewart
Ruth Blevins*	Gabie Frazier	Brian and Joyce McNeil*	Ned and Linda Swartz*
Carl and Marianne Booberg*	Mike Fritzsche*	Don and Celeste Miller*	Gregory Tait*
Polly Brickman*	Ken Gallagher	Mark and Paula Miller*	Jan Thomas
Paul and Linda Brose*	Peter and Ann Goodman*	Barry and Beverly Mintling*	Ed Villanueva
Keith and Kathleen Brower*	Emily Goodykoontz	Nancy Moser	Geoff and Joan Viol*
Dr. Patricia Brown & Dewey Brown*	Stuart and Gail Grandis*	Janet Murray*	Carol Wampler*
Edward Bruno*	Rob and Lisa Hafker*	Floyd and Priscilla Myers*	Bob and Sandie Warwick
Allen and Frona Buffenstein*	Wayne Hall	Jim and Bonnie Narduzzi	Peggy and Bruce Watson*
Harry and Linda Butler	Karen Hamlett	Nora Narum	Bill and Anne Wescott*
George and Jane Cain*	Terri Hartman*	Richard and Ellen November*	Catherine White*
Donna Callery	Karen Hastings	George and Pam Pangburn*	Richard and Nanette Whitt*
Jim and Christine Campbell	Bob Heilman and Carol Valentine*	Robert Parker, Jr.	Robb Wiczorek*
Bunny Caro-Justin	Richard and Ellen Hollands*	Bill and Mary Pawelski*	Ann Williams*
Bonnie Charles*	Eric Holzwarth and Anne Barash	Ray Pettway*	Tim and Sue Williams*
West and Betsy Cobb*	David and Donna Howard*	Lee Ann and Bill Pickering*	Claude and Sara Wilson
Levonne Cousins*	Charlie and Anne Huffstetler*	Riker and Ginny Purcell*	Joy Winstead*
Mike and Teresa Cross	Olin Hyde and Jane Baird-Hyde*	Rusty Rabb	Amelia Wolfe
Steve Crump and Alexis Thornton-Crump*	Thomas and Nancy Jennings*	Carol Rauschberg*	Thomas Wood
Beth Cuthbert*	Frank Jepson	Leslie and Rebecca Rose	Landon Woody*
Danny DeBoer*	Janice Jones	Carole Royall	Ed and Elisabeth Wray*
Sheryl DeLeo*		Robert and Susan Salsitz*	Robert and Jill Wright*
Tanya Dolphin*		Toni Schmiegelow*	Peggy Young*
		Suzi Schufeldt*	
		Carroll Schuller	

*Multiple year donor

We also extend our gratitude to the following corporate donors for matching gifts: **Genworth Foundation and Bank of America Charitable Foundation**

These donors are acknowledged on our website at <https://spcs.richmond.edu/osher/giving/2018.html>

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 members 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 Reemergence of Global Nationalism,' 'Working in a Precarious Economy: Structural Barriers to Gainful Employment,' 'Fake News,' 'The Equal Rights Amendment (ERA), the process of getting it ratified and why it still matters,' and 'Some Issues Affecting U.S. Economic Performance and Monetary Policy.' This interest group is coordinated by Bill Pawelski, Alan Corbett, Susan Phieffer, John Schofield, Janet Murray, and Joyce Rothschild. Sessions are held the first Wednesday of each month starting in September. To join, please contact **Susan Phieffer** at sphieffer@gmail.com.



Great Conversations

Over the years, this 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: **Lex Bailey**, alexander.neale.bailey@gmail.com. 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

As part of the group's activities, the Historically Speaking Interest Group discusses historical works of interest. Included in the books we will review in 2019 are *The End of Ideology* (1960) by Daniel Bell, Zbigniew Brzezinski: *America's Grand Strategist* (2018) by Justin Vaisse, and *The Second World Wars* (2017) by Victor Davis Hanson. Others will be added based on recommendations from our members.

We are also scheduling field trips to history museums in the area. Another goal is to improve coordination among our Osher history instructors to avoid duplication and enhance continuity.

We are for all 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 ceilib2@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.

Since the Investment Group meeting format includes student participation from members of the Student Managed Investment Fund, no meetings occur during the summer. We will have our next meeting on the third Friday, September 20, 2019, as the first of nine meetings planned for the 2019-2020 school year. We meet from 10:00 a.m. to noon on the third Friday of each month at the Robins School of Business. The room number for our fall meetings will be announced once it is confirmed.

We continue to search for outstanding speak-

SPRING 2019 OSHER SCHEDULE OF CLASSES

ers to provide an hour long presentation to compliment the efforts of our UR Robins School student guests. Last semester included a speaker from the Federal Reserve Bank, the owner of a boutique financial investment firm, an author focused on income portfolios, and our own fellow Osher member, who spoke on "Lessons Learned from Five Decades of Investing (Scars Included)." Come join us in September!

To be added to the meeting announcement email list, email **F. Brian McNeil** fbmcneil@gmail.com, or for more information, contact an OIIG 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** atpblankman@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 attends five to six per-



formances from September through May. Announcements for shows are sent to group members via email. The theatre group generally attends performances on Sunday matinees.

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 ltturner@richmond.edu.

Travel

Attention all travelers! Celeste Miller spearheads 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

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 10-22, 2020: Holland & Belgium in Springtime Cruise

October 9 – 20: Croatia and Its Islands

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

More details on these trips are available on our web site: <http://spcs.richmond.edu/osher/schedule/travel.html>.

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:

Margaret "Peggy" Watson, Director, W'76
margaret.watson@richmond.edu
(804) 287-6344

Nell Smith, Program Coordinator
nsmith3@richmond.edu
(804) 287-6608

Amy Edwards, L'97
Stewardship Assistant
aedwards@richmond.edu
(804) 287-1946

Barbara Apostle
Program Assistant
bapostle@richmond.edu
(804) 289-8582

