

# OSHER

AT THE UNIVERSITY OF RICHMOND

SUMMER 2023



Through  
Osher's Lens



UNIVERSITY OF RICHMOND  
School of Professional  
& Continuing Studies™

CELEBRATING 60 YEARS



## 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 125 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, 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.

## Through Osher's Lens

We can all think back to our college days and reminisce fondly. However, rather than living in the past, we are excited that you, our University of Richmond Osher members, are living in the here and now – on campus and in classes. As much as we love our alma maters, we can also appreciate another school, another campus, another time in our life to teach and learn.

It's with that thought that we chose the theme for this semester's catalog: Through Osher's Lens. We asked our Osher Photography Special Interest Group to take the lead by submitting photos that reflect their view of the University of Richmond, home to our Osher Institute. All the photos in this catalog are their work, and we know you'll agree their vision and skills shine through. We are grateful for their willingness to take on this assignment and also for their extraordinary talent. Even if you're an online-only Osher member, seeing UR through these lenses reinforces how beautiful our campus is and how fortunate we are to be a welcomed and integral part of this university.

Most of you have immersed yourselves in this college campus. You've attended class in many buildings, and you've discovered our dining venues, museums, and libraries. You've engaged with undergraduate students, perhaps while auditing a class, as volunteers at the book store, as host families to international students, as mentors to MBA students, and as supporters of our athletic programs (especially Women's basketball). You've attended our performing arts events and often served as ushers. You've volunteered in myriad ways as a means of giving back to our host institution. You are known at UR, to the point that various departments reach out to us with invitations to special lectures and events.

Osher members are a wonderful component of the UR community. You change the view of this small, private, liberal arts university to make it multigenerational, engaged with the metro-Richmond community, and open to all ages.

We love your view of UR. We hope you see yourself as a part of a vibrant learning community that flourishes on the beautiful UR campus. UR through your lenses is truly something special.



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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](mailto:margaret.watson@richmond.edu).

### 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](http://police.richmond.edu).



# Where do I start?

## Online Registration

- Log in to the online registration portal. Visit [osher.richmond.edu/schedule](https://osher.richmond.edu/schedule), then click on the red “Online Registration Portal” button located on the right-hand side of the screen, 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 **April 27**. Register starting **May 9**.
- Your shopping cart will hold up to 10 class registrations at a time. Then, you must check out and pay, if required. You may fill up your cart and check out as many times as needed to register for all desired classes.
- 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.

## For Remote Classes

### For UR Osher Courses:

- You’ll receive a **Zoom link** via email the day before each class.
- Log in 5-10 minutes early.
- Use your **first and last name** as your screen name to help with attendance.
- The instructor and class host will identify the best way to ask questions.



## For In-person Classes

- In-person classes have **limited seats available** and may fill up.
  - If a class you wish to take is **full**, be sure to add that class to your **cart and check out to place your name on the waitlist**.
- Osher staffers manage the **waitlists** all semester. There’s always a good chance that you’ll get into the class if others withdraw or a sufficiently large classroom can be reserved.
- You’ll receive an **email** prior to class that will identify the classroom location. Allow time for parking and walking to class.

## ID & Password Reminders

- Your **UR ID** is used to confirm your affiliation with the University.
  - Use when requesting **technical assistance** at the Help Desk.
  - Use to acquire **UR photo identification** and to create your Net ID.
- Your **Net ID** is used to access University-hosted resources.
  - Within a few days of enrollment, you will receive an email with the subject **‘University of Richmond Account Activation,’** which will contain your unique activation link; to activate your account, please click on this link.
    - o You will need your UR student ID number to activate your account
  - For students who are not new, but have never established their NetID, please email the Computer Help Desk, [helpdesk@richmond.edu](mailto:helpdesk@richmond.edu), to request an Account Activation Link. You will need to provide your UR student ID number in this email.
  - 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](https://osher.richmond.edu/schedule), then Online Registration Portal, to access.
  - Create password and username of your choice.
  - May require **UR ID** for one-time setup.
  - Note: This is not connected to your **Net ID**.

## Interested in Teaching for the Osher Institute?

If you've thought about teaching an Osher class, but would like to talk about it with an experienced instructor, we can help! We have a veteran Osher instructor who is available for a phone call or an in-person meeting to talk about how to get started. Longtime Osher member and instructor **Bill Bailey** can offer a wealth of knowledge and practical suggestions on the correct length of time, the best teaching methods for adult learners, presentation visuals (and where to go for help), and classroom management tips. To set up this conversation, please email Bill at [baileyb0812@gmail.com](mailto:baileyb0812@gmail.com).

## JUNE

### The Governor's Mansion: The Art Experience

**NEW, DRIVE TO EVENT, FIELD TRIP** This exhibition features artwork and artifacts that portray the spirit of Virginia: its past, its present, its landscape, and its people. The Art Experience at the Executive Mansion highlights works from a mix of genres and mediums with particular focus on Virginia artists and themes. It is a living display which will evolve and change over time as additional works of art become available and as different parts of the Virginia story become the focus. *NOTE: This course is offered twice; please register for only one.*

**M • Jun 5 • 10-11am • \$20/Silver**  
**Leader: Judy Boland**

### An Afternoon of Tenor Favorites

**Bo** **NEW** Come join your Osher colleagues for a wonderful afternoon of fabulous music. Internationally-known opera singer Tracey Welborn will be joined by pianist Dr. Charles Staples in a variety of favorites from the opera and song repertoire. You're sure to hear at least one of your favorites!

**M • Jun 5 • 1:30-3pm • Free to Members**  
**Leaders: Charles Staples, Tracey Welborn**

### Network of Evil: Patty Cannon and the Reverse Underground Railroad

**Z** **NEW** One of the most inspiring stories in American history is that of the Underground Railroad, where Americans both black and white worked for the freedom of others. Yet during the same era existed one of the nation's most sinister institutions: the Reverse Underground Railroad, whereby thousands of free African Americans were kidnapped and pressed into slavery. In the land of Harriet Tubman, discover the horror of the Cannon-Johnson gang, the most prolific criminal perpetrators.

**T • Jun 6 • 10am-12pm • \$20/Silver**  
**Leaders: Collin Higgins, Bill Hafker**

### The Challenge of Nuclear Weapons Proliferation

**Ri Bo** **NEW** Nuclear weapons remain the most destructive and terrifying devices ever built. They are both defensive and offensive simultaneously, helping to prevent WWII through deterrence, yet menacing humanity with the potential for its complete destruction. In this lecture, we will explore causes of the spread of nuclear weapons over the past 70 years, successes and failures of treaties designed to limit proliferation, and the intentions of countries most likely to acquire nuclear weapons in the future.

**T • Jun 6 • 1-3pm • Free to Members**  
**Leader: Stephen Long**

### Diaries of the Holocaust

**NEW** It has been said that 'diarists do not know the end of the story,' which gives emotional immediacy to a life that stopped abruptly, a life that ended in murder. Studying diaries of ordinary people whose lives were entangled in the Holocaust allows the reader to hear the words of a group of people whose lives were ended only because they were Jews.

**W • Jun 7, 14, 21 • 10am-12pm • \$60/Silver**  
**Leader: Rena Berlin**

### Facing Mortality

**Aw** **NEW** As far as we know, only humans are aware of their own mortality and therefore have a fear of death. In response, humans have sought different forms of immortality. This course will explore various philosophical and religious responses to death and how to live.

**W • Jun 7, 14 • 1-2:30pm • \$40/Silver**  
**Leader: Ryan Ahlgrim**

### Charitable Giving & Advanced Estate Planning

**Aw** **NEW** This course will take an in depth look at current law changes, tax changes, and financial planning changes in the areas of Charitable giving and Estate planning. This will be an interactive course to help students gain a better knowledge in the field.

**W • Jun 7 • 3-5pm • \$20/Silver**  
**Leader: James Schreiber**

### Tour of the Division of State Archaeology and Conservation Lab

**BACK BY POPULAR DEMAND, DRIVE TO EVENT, FIELD TRIP** Ever wonder where some of your tax dollars go? Learn more about the work that the Division of State Archaeology does at the Virginia Department of Historic Resources (VDHR). See where we house roughly 7 million archaeological artifacts. Tour the conservation lab where experts analyze and preserve artifacts. Find out what resources are available to the public at VDHR.

**R • Jun 8 • 10-11:30am • \$20/Silver**  
**Leader: Kate Ridgway**



## Regional US Cooking: The Florida Keys

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us to explore regional US cooking with recipes from the Florida Keys! Shrimp ceviche is full of bright and fresh flavors and will remind you of those summer beach days. Mahi-Mahi is a versatile and delicious when marinated and paired with grapefruit. Black beans and rice can be its own meal and is a classic island fare. Sharp and sweet, Key lime pie is a crowd pleaser that takes you straight to the Keys. *Held at the Kitchen Classroom. Fees for this class are non-refundable.*

**R • Jun 8 • 1-3:30pm • \$70/All Members**  
**Leader: Warren Haskell**

## Optimizing Taxes In Retirement

**Aw** **NEW** Do you have a good tax plan for your retirement? If not, then this course can help you get started. We will discuss and evaluate the main methods that you can use to minimize your lifetime tax burden and avoid leaving a 'tip' for the IRS.

**F • Jun 9 • 10-11:30am • \$20/Silver**  
**Leader: Matthew Jenkins**

## Friday Films

**NEW** Join us for four delightful movies. Two are touching stories: 'Nobody's Fool,' adapted from Richard Russo's novel, with a fine performance by Paul Newman; and 'Monsieur Ibrahim,' starring Omar Sharif (in French, with subtitles). The two comedies are Elaine May's wonderful 'A New Leaf,' starring Walter Matthau; and 'The Ladykillers,' a lovely, slightly dark comedy from Ealing Studios starring Alec Guinness.

**F • Jun 9, 16, 23, 30 • 1-3:30pm • \$60/Silver**  
**Leaders: Eric Holzwarth, Anne Barash**

## Military Actions in Petersburg During the Revolution - 1781

**NEW** Petersburg played a role in the Revolution for many of the same reasons it played a role in the Civil War. This lecture and subsequent tour will focus on the battle of April 25, 1781 which pitted American militia troops against British regulars, including the traitor Benedict Arnold. It will also address the actions two weeks later when the Marquis de Lafayette faced Lord Cornwallis, which many strategists consider the beginning of the Yorktown Campaign.

**M • Jun 12 • 10am-12pm • \$20/Silver**  
**Leader: H.E. 'Chip' Mann**

## History of the Garth Newel Music Center

**NEW** Executive Director Shawn Puller will share the history and stories surrounding the founding of the Garth Newel Music Center as it celebrates its 50th Anniversary.

**M • Jun 12 • 1-2:30pm • \$20/Silver**  
**Leader: Shawn Puller**

## Come . . . and BeMoved®!

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

**M • Jun 12, 26, Jul 10, 17, 24, 31, Aug 7, 14, 21, 28 • 5:30-6:30pm • \$90/All Members**  
**Leader: Myra Daleng**

## UR Campus Walk

**Ri Aw Bo** Take a walking tour of the UR campus, named the nation's most beautiful campus in the Princeton Review's 2021 college guide.

**T • Jun 13 • 10am-12pm • Free to Members**  
**Leader: Marshall Ervine**

## Chain Maille: Earrings

**BACK BY POPULAR DEMAND** Join us in making four different pair of sterling silver chain maille earrings for pierced ears. Two styles will be done in each class and be ready to wear when you leave the room. Instructor's choice: it will be a surprise! All supplies will be provided, so just bring your good eyesight and patience.

**T • Jun 13, 20 • 1-3pm • \$75/All Members**  
**Leader: Celeste Miller**

## The UR Help Desk: All You Need to Know

**Ri Bo Aw**

**Z** **BACK BY POPULAR DEMAND** The UR Computer/Technology Help Desk is available to Osher members, but do you really know what services it provides? Join this session to find out how to take full advantage of this great benefit of Osher membership.

**R • Jun 15 • 10-11:30am • Free to Members**  
**Leader: Scott Tilghman**



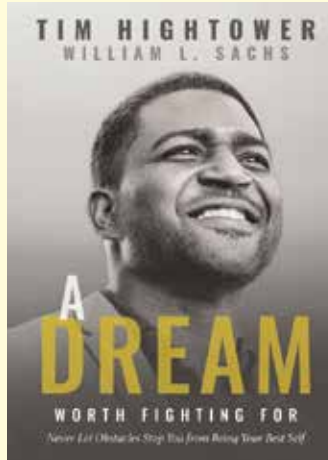
## SPCS 60th Anniversary Community Conversations: A Dream Worth Fighting For: Never Let Obstacles Stop You from Being Your Best Self

Tuesday, June 27

4:30-6:30pm • Free Event

Jepson Alumni Center, Robins Pavilion

Tim Hightower and Bill Sachs



Join us for the third SPCS 60th Anniversary Community Conversation. This special event will bring former UR star running back and NFL player Tim Hightower back on campus, along with Bill Sachs, co-author of their book, *A Dream Worth Fighting For*. They will discuss this autobiographical account of Tim's struggles to make it to the NFL and later his recovery from a serious knee injury.

The experience of Tim Hightower demonstrates that it is possible to recover when all that one has is pursued suddenly vanishes. Tim's story, on and off the football field, encourages everyone who faces crippling challenges. *A Dream Worth Fighting For* conveys determination and resilience. Anyone who has suffered injury or loss will find their experience illuminated. *A Dream Worth Fighting For* helps readers regain hope and the confidence to dream again. Tim's story is the building block to regaining strength physically and spiritually. In the midst of chaos, lasting purpose can be embraced.

*Osher members may register for this just as any other class.*

*Non-members are welcome and should register at*

<https://urspcs.info/dream>

### How to View and Understand Art

**Z** **REVISED** Does the thought of visiting an art gallery or museum make you nervous? Come to this lively and entertaining presentation and learn how to 'speak' the language of art while viewing art works from the Smithsonian American Art Museum and the VMFA. Build your visual vocabulary by examining the deliberate choices artists make in their works and why they make these choices. Learn how to be comfortable viewing art and talking about art with others.

R • Jun 15 • 1-2:30pm • \$20/Silver  
Leaders: Alice Waagen, Ralph Kidder

### Evolution of Spain and its Citizens From Dictatorship to Democracy

**Z** **NEW** Isidra Mencos, PhD, examines the intersection between politics and private lives during Spain's transition from dictatorship to democracy. Mencos was 17 when the dictator Francisco Franco died in 1975. The transition to democracy took three years, but the cultural revolution happened fast. It was a time of both hope and conflict. With democracy under threat today, Mencos reflects on the impact that authoritarianism has in every aspect of a person's life.

R • Jun 15 • 3-4:30pm • \$20/Silver  
Leader: Isidra Mencos

## The Silver Tsunami: The Power of the Boomer Generation

**Aw** **BACK BY POPULAR DEMAND** This country is about to be hit by the 'Silver Tsunami.' With 11,000 Baby Boomers turning 65 every day, by 2030 the number of seniors in the US is going to outnumber children for the first time in history. This class will inform and discuss both the challenges and opportunities that are arising from the Silver Tsunami.

F • Jun 16 • 10-11:30am • \$20/Silver  
Leader: Paige Wilson

## Osher Member Orientation

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

T • Jun 20 • 10am-12pm • Free to Members

Leaders: Osher Member Connections Team

## Cool Flicks: More of the Greatest Comedies

**NEW** Join Dan to watch and enjoy these three comedies: '1776' (a musical and comedy), 'One, Two, Three' produced by Billy Wilder and starring James Cagney, and 'To Be or Not To Be' with Jack Benny and Carole Lombard.

W • Jun 21, 28, Jul 5 • 1-3pm • \$60/Silver

Leader: Dan Begley

## A Canadian Boomer's Look At Our Joint Cultures

**NEW** As a dual citizen, Bud Taylor is a student of Canadian and American cultures. Born in 1945, he experienced in Canada the 'compliance' era of the '50s and then participated in the 'rebel' era of the '60s. Similar events happened in the US, but it turns out that the outcomes are quite dissimilar. Let's explore this the reasons why together.

F • Jun 23 • 10am-12pm • \$20/Silver  
Leader: Bud (Alan) Taylor



### Wills vs. Trusts & Elder Law

**Aw** **BACK BY POPULAR DEMAND** In this class, we will discuss and include all the documents one should have for the main crises of life: wills, trusts, powers of attorney, advance directives, burial designation forms, and elder law. The elder law discussion will center on different levels of care and payment for assisted living and nursing homes.

*M • Jun 26 • 10-11:30am • \$20/Silver  
Leader: Paula Peaden*

### Telling America's Stories Through Art: Contemporary Times

**Z** **REVISED** Artists depict the cultural, social and political climate of their times. How can their artworks enrich our understanding of the American experience? Using Smithsonian American Art Museum and VMFA artworks, this session will explore how contemporary artists experience their worlds and depict controversial issues such as terrorism, racism, and immigration.

*M • Jun 26 • 1-2:30pm • \$20/Silver  
Leaders: Alice Waagen, Ralph Kidder*

### Bounty of Boatwright

**Ri Bo Z** 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.

*M • Jun 26 • 3-4:30pm •  
Free to Members  
Leader: Carol Wittig*

### For Women: Maintaining Bladder and Pelvic Floor Health through Every Stage of Life

**Aw Z** **NEW** As women move through stages of life from pregnancy and childbirth to menopause and beyond, their bladders and pelvic floors often go through changes as well. It's quite common to experience bladder leakage and pelvic floor discomfort due to these changes. In fact, it happens to one in three women. But just because these are common issues does not mean a woman should have to 'just live with them.'

*T • Jun 27 • 10am-12pm • \$20/Silver  
Leader: Boyd Clary*

### Battle of Drewey's Bluff - May 15, 1862

**NEW** Union forces gained control of Hampton Roads after the battle of the Monitor and Merrimac. Responding to the threat posed by Union Navy, local units around Richmond quickly built an earthen citadel eight miles south of Richmond on a 92-foot bluff that overlooks a bend in the James River. This lecture and tour will explore the actions of the Union flotilla and the resounding Southern victory: Richmond was never again threatened by a river attack.

*T • Jun 27 • 1-3pm • \$20/Silver  
Leader: H.E. 'Chip' Mann*

### A Dream Worth Fighting For: Never Let Obstacles Stop You from Being Your Best Self

**Ri Bo Se** Join us for the third SPCS 60th Anniversary Community Conversation. This special event will bring former UR star running back and NFL player Tim Hightower back on campus, along with Bill Sachs, co-author of their book, *A Dream Worth Fighting For*. They will discuss this autobiographical account of Tim's struggles to make it to the NFL and later his recovery from a serious knee injury.

*T • Jun 27 • 4:30-6:30pm •  
Free to the public  
Leaders: Tim Hightower and Bill Sachs*

### Listening to the Big Bang

**Ri Bo** **NEW** Over the past few decades, many different kinds of astrophysical observations have provided strong confirmation of the Big Bang theory of the origin of the Universe and have allowed us to construct detailed models of the history of the Universe from its earliest moments to the present. It now appears that the Universe is filled with mysterious dark matter. Dr. Bunn will give an overview of why we believe in this strange model of the Universe.

*W • Jun 28 • 10-11:30am •  
Free to Members  
Leader: Ted Bunn*

### Cornerstone Contributions: Opening the Boxes Under the Lee Monument

**Z** **BACK BY POPULAR DEMAND** Would you like to find out what happened AFTER the containers found under Lee were opened? Kate Ridgway, State Archaeological Conservator for the Department of Historic Resources, talks about the efforts to preserve artifacts removed from the Lee Monument, including preparing for the day they were found through the current preservation efforts and how these efforts helped inform the removal of the cornerstone boxes under other monuments on Monument Avenue.

*R • Jun 29 • 10-11:30am • \$20/Silver  
Leader: Kate Ridgway*



## 2023 UR Osher Institute Leadership Council

The Osher Institute depends on its members to assist with many aspects of the Institute. Our volunteer leaders are critical in ensuring that our institute is responsive to its membership. Members of our 2023 Council include:

**Becky Hudson, Chair**  
edraywva@gmail.com

**Alice Waagen, Vice Chair**  
akwaagen@gmail.com

**Christine Campbell, Past Chair**  
cmcampbell903@gmail.com

<b>Kathy Bailey</b>	<b>John Mahone</b>
<b>Thomas Cox</b>	<b>George Pangburn</b>
<b>Tanya Dolphin</b>	<b>John Roberts</b>
<b>Janice Jones</b>	<b>Laura Soles</b>
	<b>Anne Wescott</b>

If you are interested in volunteering within Osher and throughout the University, the opportunities are numerous.

For more information, please contact the Osher office at [osher@richmond.edu](mailto:osher@richmond.edu).

## Wines of Northern Italy

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us as we explore the wines of Northern Italy, two regions in the shadows of the European Alps. The areas of Piemonte, Alto Adige and Friuli: these legendary wine regions give us Friulano, Gewurztraminer, and Pinot Grigio: the exotic, aromatic white wines of the Northeast. We then move west to the historic vines around Alba that provide us with the intense wines of Barolo and Barbaresco, as well as local favorites Barbaera and Dolcetto. *Held at the Kitchen Classroom. Fees for this class are non-refundable.*

**R • Jun 29 • 1-3:30pm • \$50/All Members**  
*Leader: Warren Haskell*

## The History of Animation

**NEW** There's much more to animated film than cartoons and Walt Disney. In this four-week course, we'll take a look at early animation, Disney and his less known contemporaries, international animation, and modern animation.

**F • Jun 30, Jul 7, 14, 28 • 10-11:30am • \$60/Silver**  
*Leader: Josh Pachter*

## JULY

## Basic Judaism: A Survey of Jewish Thought, History and Religion

**NEW** This survey will open with basic information on the beginnings of Jewish group life, archaeological ideas about the Hebrews appearance in history, monotheistic thought, and biblical leaders. The second session will focus more on modern Jewish ideas and communities. Both sessions will contain information on

divergent religious ideas within Judaism and feature guest speakers (local Rabbis) from different movements, and we will devote the last hour to discussion and questions/answers.

**M • Jul 10, 17 • 10am-12pm • \$40/Silver**  
*Leader: Sam Asher*

## The American Empire, 1776-2020: Good or Evil?

**Z NEW** Is the United States an Empire? If so, is it a force for good or evil? Is America the Empire of billion-dollar movies such as 'Top Gun: Maverick,' and 'American Sniper,' or is it a racist, exploitative Empire? We will discuss these issues and others.

**M • Jul 10, 17, 24, 31 • 1-2:30pm • \$60/Silver**  
*Leader: Louis Cei*

## Deep Time: The Epic of Life on Earth

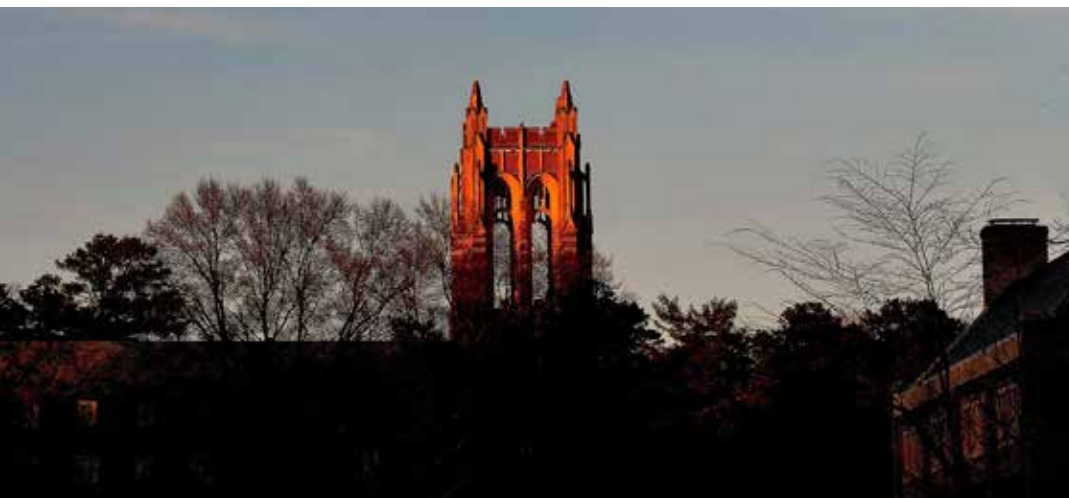
**NEW** Evolution, extinction, climate, continental drift, fossils, and dinosaurs, lots of dinosaurs. A brief look at the history of life, over three billion years in the making. From Australopithecus africanus to Zhuchengtyrannus magnus, trilobites to Triceratops, creationism to volcanism, ice ages to Ichthyosaurs, Darwinism to Lamarckism, if you're interested in how we got here, this may be the course for you. Did we mention dinosaurs?

**T • Jul 11, 18, 25 • 10am-12pm • \$60/Silver**  
*Leader: James Miller*

## Betsy: The History, Archaeology, and Conservation of a Revolutionary War Ship

**NEW** Identified and excavated during the Yorktown Shipwreck Archaeological Project, Betsy represents the measures taken by the British to carry on the fight before their ultimate surrender at Yorktown in 1781. In the over 40 years since Betsy's rediscovery, learn how the wreck continues to teach us about the history of the battle, and the ways in which 18th century materials pulled from York River have been preserved.

**T • Jul 11 • 1-2:30pm • \$20/Silver**  
*Leaders: Kate Ridgway, Jill Schuler*





## Grief: Learning to Navigate the Path of Grief

**Aw** **NEW** We will all experience grief at some point in time. When experiencing grief, it may be hard for you to feel optimistic about the future. If you've lost a spouse, child, family member, or friend, you've probably found not many people understand the deep hurt you feel. This can be confusing when you feel isolated and have many questions about things you've never faced before. This class will give an overview of how we can navigate grief and losing a loved one.

T • Jul 11, 18, 25 • 3:30-5pm • \$60/Silver  
Leader: Robert Odom

## Express Yourself and Share Your Passion

**NEW** This workshop will encourage you to share your hobby, special interest, or talent with the Osher Community in a fun setting. Murray Ellison will emcee these activities, pre-arranging for participants to sign up and share their inspirations or creations of poetry, literature, music, singing, art, photography, storytelling, or whatever! Everyone volunteering to sign up will be encouraged to share their passions or talents, but this will not be required.

W • Jul 12, 19, 26 • 10am-12pm • \$60/Silver  
Leader: Murray Ellison

## The Governor's Mansion: The Art Experience

**NEW, DRIVE TO EVENT, FIELD TRIP** This exhibition features artwork and artifacts that portray the spirit of Virginia: its past, its present, its landscape, and its people. The Art Experience at the Executive Mansion highlights works from a mix of genres and mediums with particular focus on Virginia artists and themes. It is a living display which will evolve and change over time as additional works of art become available and as different parts of the Virginia story become the focus. *NOTE: This course is offered twice; please register for only one.*

W • Jul 12 • 2-3pm • \$20/Silver  
Leader: Judy Boland



## A Prescription for Happiness and Health: Patanjali Yoga

**Aw** **NEW** Join us for a medically-oriented discussion of the benefits of three limbs of the Patanjali Yoga namely, meditation, Pranayama and Yoga asanas. Advances in modern medicine have confirmed the positive aspects of this ancient science.

R • Jul 13, 20, 27 • 10am-12pm • \$60/Silver  
Leader: Prakash Lothe

## Regional US Cooking: New England

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us to explore regional US cooking with recipes from the New England! You can't do New England without chowder, and we will be making a cream corn chowder with fresh local corn. Anadema bread is a traditional New England Staple made with wheat flour, cornmeal, and molasses. Red Flannel Hash is a nearly forgotten classic with corned beef, beets, and potatoes. And we will have a sweet treat to end with Hermit Cookies. *Held at the Kitchen Classroom. Fees for this class are non-refundable.*

R • Jul 13 • 1-3:30pm • \$70/All Members  
Leader: Warren Haskell

## Ukrainian History, Art & Folktale Traditions Within The Baba Yaga Mask

**NEW** Join us for a book talk with author Kris Spisak as she discusses her novel, 'The Baba Yaga Mask,' her Ukrainian heritage, and the Ukrainian history, folk art, and folklore behind the story. The Baba Yaga Mask was inspired by her family's experience in the post-WWII Ukrainian diaspora and has been called 'A complex, poetic tale' by Kirkus Reviews.

R • Jul 13 • 5-6:30pm • \$20/Silver  
Leader: Kris Spisak

## The Benefits of LastPass and How to Use It

**Ri Bo Aw** **z** **NEW** An overview of the benefits of a password manager and walks through setting up an account with LastPass.

F • Jul 14 • 1-3pm • Free to Members  
Leader: John Craft



### Chess 101: History, Fundamentals, & Benefits

**Aw** **NEW** This two-session class will cover the history and some of the fundamentals of playing chess, one of America's favorite pastimes. The presenter will also discuss how engaging in a hobby can help combat social isolation for seniors.

**T,R • Jul 18, 20 • 1-2:30pm • \$40/Silver**  
**Leader: Brian Haendiges**

### Tour of Virginia's State Capitol

**BACK BY POPULAR DEMAND, DRIVE TO EVENT, FIELD TRIP** Join this fun, unfettered tour of our state Capitol. We'll begin at the Library of Virginia for an overview, then go on a walking tour of the grounds en route to the Capitol. Your tour guide of the Capitol will be former Chief of Staff Bill Leighty, who promises

to be unencumbered by facts. We will exit via the east entrance, and enjoy a short tour of the Governor's Mansion to end our day. *(We will begin and end this tour at the Library of Virginia.)*

**W • Jul 19 • 1:30-3:30pm • \$20/Silver**  
**Leader: William Leighty**

### Valentine Museum Tour: Sign Spotting Exhibit

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us at the Valentine Museum to experience their new exhibit. 'Sign Spotting' features an interactive gallery of signs from Richmond businesses and attractions. *Fees for this class are non-refundable.*

**F • Jul 21 • 10am-12pm • \$15/All Members**  
**Leader: Jessica Delbridge**

### VMFA Guided Tour of the Whitfield Lovell and Benjamin Wigfall Exhibits

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us for this two-part tour of the VMFA's current exhibits. Be transported by Whitfield Lovell's evocative multisensory installations, conté drawings, and assemblages. 'Whitfield Lovell: Passages' is the most comprehensive exhibition to date of this renowned contemporary artist's works. Then, we'll explore the life and legacy of Richmond native Benjamin Wigfall (1930-2017): artist, educator, and champion of arts equity. *Docent-led tour is \$20 (\$10 for tour, \$10 for admission) If you are a VMFA member, please enter this code at checkout for free admission: VMFAMBR23. Note: This tour is offered twice. Please register for only one.*

**F • Jul 21 • 2-3pm • \$10/VMFA Members \$20/Non-VMFA Members**  
**Leader: Kathy Parrish**

### VMFA Guided Tour of the Whitfield Lovell and Benjamin Wigfall Exhibits

**NEW, DRIVE TO EVENT, FIELD TRIP** Join us for this two-part tour of the VMFA's current exhibits. Be transported by Whitfield Lovell's evocative multisensory installations, conté drawings, and assemblages. 'Whitfield Lovell: Passages' is the most comprehensive exhibition to date of this renowned contemporary artist's works. Then, we'll explore the life and legacy of Richmond native Benjamin

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**F • Jul 21 • 3-4pm • \$10/VMFA Members \$20/Non-VMFA Members**  
**Leader: Kathy Parrish**

### The Connection of College Athletics and Life

**Ri Bo** **REVISED** Please join us for an inside look at the planning and preparation of student-athletes and their welfare and leadership.

**M • Jul 24 • 10am-12pm • Free to Members**  
**Leader: Lauren Wicklund**

### Poetry from the New Yorker

**UPDATED, BACK BY POPULAR DEMAND** Close, careful reading of poetry allows us to understand ourselves better by forcing us to participate in someone else's thinking. The New Yorker still selects some of the best challenging, contemporary poems. We'll read and analyze each week's new poems. Heavy class participation is expected.

**T • Jul 25, Aug 1, 8, 15 • 1-3pm • \$60/Silver**  
**Leader: Riker Purcell**

Have you taught an Osher course, served as a class host or assistant, led an interest group, been a member of a work team/committee? Then, you should be on the lookout for an invitation to our first **Volunteer Ice Cream Social and Thank You Event. Coming in June!**





## 'Blooming Girls' Painting & Collage Workshop

**NEW** Join us for an afternoon of creating abstract floral paintings. Richmond artist Theodora Miller will share her inspirational story from brain injury to full-time artist, as well as the valuable life lesson growing orchids taught her. You will explore painterly brushstrokes and learn how to collage with colorful paint chips to create two 'Blooming Girls' paintings on the prettiest handmade cotton paper. All supplies will be provided. Fees for this class are non-refundable.

W • Jul 26 • 1-4pm • \$75/All Members  
Leader: Theodora Miller

## Wine of Argentina & Chile – More than Malbec

**NEW, DRIVE TO EVENT, FIELD TRIP** In this series we will explore wines from different countries and regions around the world, both old and new. In each class students will be guided through tasting eight wines by a knowledgeable wine professional, with light snacks provided. Wines will be selected to highlight the variety and styles of the area. *Held at the Kitchen Classroom. Fees for this class are non-refundable.*

R • Jul 27 • 1-3:30pm •  
\$50/All Members  
Leader: Warren Haskell

## The Virginia War Memorial: Tour and New Exhibit

**Bo** **NEW, DRIVE TO EVENT, FIELD TRIP** Join us at the Virginia War Memorial for a tour, which will include its new exhibit, '50 Years Later: The Vietnam Veteran Experience.' Virginia is home to nearly 200,000 veterans who served during the Vietnam era. For fifty years, these Virginians have lived with the war in the background of their lives. This exhibit offers a glimpse into fifty of those lives, acknowledging that the Vietnam experience remains understudied and misunderstood.

F • Jul 28 • 1:30-3:30pm •  
Free to Members  
Leader: Kyndall Drumheller



## The Osher Special Interest Groups

Formed and led by Osher members, our Osher Institute Special Interest Groups are listed below. There is no cost to participate. Just sign up.

The current status and other details about each interest group are online at [osher.richmond.edu](http://osher.richmond.edu). A current Osher Institute membership is required for interest group participation.

- Birding with Audubon** Mary Elfner, [melfner@gmail.com](mailto:melfner@gmail.com)
- Bridge** Ellen Hollands, [efine98@aol.com](mailto:efine98@aol.com), 804-741-0221 or 804-402-8402
- Contemporary Issues** Alan Corbett, [alan.corbett@comcast.net](mailto:alan.corbett@comcast.net)
- Golf** Tom Cox, [tcox.attorney@gmail.com](mailto:tcox.attorney@gmail.com)
- Hikers** Lex Bailey, [alexander.neale.bailey@gmail.com](mailto:alexander.neale.bailey@gmail.com)
- Historically Speaking** Louis Ceil, [ceilb2@aol.com](mailto:ceilb2@aol.com)
- Investments** Dave Messenger, [ddmessenger87@gmail.com](mailto:ddmessenger87@gmail.com)
- Literary Dreamers** Jerry Lutkenhaus, [jervalaw@aol.com](mailto:jervalaw@aol.com) and Virginia Manuel, [vmanuelva@gmail.com](mailto:vmanuelva@gmail.com)
- Memoir Writing** Lynn Blankman, Karen Mizrach, Lisa Johnson, [lajohnson978@gmail.com](mailto:lajohnson978@gmail.com) *There are openings in the third group.*
- Mystery Lovers** Nancy Newins, [nnewins@verizon.net](mailto:nnewins@verizon.net)
- Our Earth and Beyond** Steve Revenson, [nosnevers@gmail.com](mailto:nosnevers@gmail.com)
- Photography** Peter Blankman, [pblankman@gmail.com](mailto:pblankman@gmail.com)
- Sociable French Conversations** Allan Blum, [allan\\_blum@yahoo.com](mailto:allan_blum@yahoo.com)
- Theatre Lovers** Janice Jones and Anne Wescott, [oshertheater@gmail.com](mailto:oshertheater@gmail.com)
- Travel** Celeste Miller, [OSHERtravel@gmail.com](mailto:OSHERtravel@gmail.com)
- Women's Basketball's Silver Spiders** John Festa, [johnfesta@comcast.net](mailto:johnfesta@comcast.net)

**129.1%**  
of our dollar goal



**112.4%**  
of our  
participation goal



at the University of Richmond  
osher.richmond.edu

## Osher Institute – Donor Honor Roll 2022

**Thank you to the 270 Osher members from 217 Osher households who contributed \$38,740 to the Osher 2022 Fund Campaigns. This gift generosity and participation represent 29.1% over our dollar goal, and 12.4% over our participation goal. We are grateful.**

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Jim Cobb	Ellen and Richard Hollands *	Connie Harvey and Jim McNeil *	Wendy and Bill Schultz	

\*Multiple year donor

We also extend our gratitude to the Dominion Energy Charitable Foundation.

Gifts were made in honor of Barbara and Harry Kaplowitz, Osher staff, and Margaret Watson and in memory of Jim Campbell, Sherry Flournoy, J. Rodney Johnson, Susan Pheffer, Bill Rauschberg, and Will Rogers.

Donors are also acknowledged on our website at [osher.richmond.edu/give](https://osher.richmond.edu/give)



## Dating, Marriage, and Economics

**Ri Bo** **NEW** What do children and bridges have in common? And why have economists written books about dating and marriage? In this mini-course we will apply economic concepts to some of the most fundamental human behaviors: dating, sex, and marriage. We will use topics such as the impact of oral contraceptives on career decisions, the payment of dowries and bride prices, and the allocation of chores within a partnership to examine a number of foundational economic concepts.

**M • Jul 31 • 10am-12pm • Free to Members**  
**Leader: Maia Linask**

## AUGUST

### Medicare Education 101

**Aw** **BACK BY POPULAR DEMAND** This class provides an overview of the various pieces of Medicare, including Parts A and B, supplements, drug cards, and Medicare Advantage plans. Eligibility, timing, and enrollment in the various parts of Medicare are covered.

**T • Aug 1 • 10-11:30am • \$20/Silver**  
**Leader: Chris Lynch**

## Wine's Complex Journey from Grape to Glass

**BACK BY POPULAR DEMAND** Alcohol remains among the most heavily regulated consumer products in the US, governed by laws passed after Prohibition. Learn all that happens just to get a favorite wine into your glass.

**W • Aug 2 • 10am-12pm • \$20/Silver**  
**Leader: Terri Cofer Beirne**

## Discover the Advancements in Neurosurgery

**NEW** Join us for a review of how emerging technology advancements in neurosurgery are now treating conditions such as essential tremor and Parkinson's Disease with the use of Focused Ultrasound.

**W • Aug 2 • 1-3pm • \$20/Silver**  
**Leaders: Bri Clarke, Deborah Burley**

## Travel Photography for Alaska

**BACK BY POPULAR DEMAND** This class is designed to help you take unforgettable images of Alaska.

**R • Aug 3 • 10am-12pm • \$20/Silver**  
**Leader: Dan Walker**



## Legacy Writing Workshop

**Aw** **NEW** In this workshop, you will be doing the work! This workshop will be interactive as we share parts of our past with the group and begin to document stories and family history for our loved ones. Come ready to share and write!

**R • Aug 3 • 1-3pm • \$20/Silver**  
**Leader: Jennifer Moss**

## The Beatles: Origins, Innovations and Evolution of Their Musical Style

**BACK BY POPULAR DEMAND** Join us as we track the evolution of the Beatles' music from before the beginning in 1958 to their breakup in 1970.

**T,R • Aug 8, 10, 15 • 10am-12pm • \$60/Silver**  
**Leader: Alan Pollack**

# 2023 Osher Institute Fundraising

Thank you to everyone who made a gift to Osher during the university-wide UR Here Campaign held on April 4 & 5, 2023. These gifts provided Osher with a strong start towards our 2023 fundraising goals of \$33,000 from 28% of our membership.

Each year Osher sets fundraising goals with the guidance of our Osher Leadership Council. All gifts, of all amounts, made during any campaign, given any time of the year count towards our yearly goals and are sincerely appreciated. Money raised in 2023 will support special events and speakers, such as Jeannie Opdyke Smith back in March, our instructor recognition gathering, our volunteer ice cream social, and costs of other special speakers, and will also serve to grow financial reserves.

If you would like to explore ways to maximize your charitable impact in strategic ways such as Qualified Charitable Distributions or Donor Advised Funds, please reach out to **Rhonda McIlwain, Office of Gift Planning (Rhonda.McIlwain@richmond.edu)** or **Amy Edwards, Osher Office (aedwards@richmond.edu)**.

## Thanks to Our Osher Photographers

All the photographs in this catalog were taken by members of our Osher Photography Special Interest Group. We are grateful for their skillful eye and remarkable photographs of our beautiful campus.



**Becky Garrison**



**Peter Blankman**



**Barry Mintling**



**Ed Tepper**



**Chris Waagen**

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

**W • Aug 9 • 10-11:30am • Free to Members**  
**Leader: Carol Wittig**

## Obituary Writing Workshop

**Aw** **BACK BY POPULAR DEMAND** Don't let others write your story! We normally think of obituaries as being dreary and solemn. But by adding a little humor to an obituary and straying away from tradition, you can give readers insights into your or your loved one's unique personality. It can create an impression that won't fade away. You will learn obituary writing techniques by writing your own obituary: but we promise to make this daunting task fun, reflective and interactive.

**R • Aug 10 • 1-3pm • \$20/Silver**  
**Leader: Jennifer Moss**

## Coffee Chats and Happy Hours

During Covid, our wonderful Member Connections Team hosted monthly Coffee Chats, Happy Hours, and Game Nights, all on Zoom. As we have become more comfortable with in-person activities, we've moved our Happy Hours to various fun locations around town. With one exception this past spring, we've kept our early morning Coffee Chats online.

For summer, we'll keep offering our Coffee Chats (with maybe an occasional one in person) and will host Happy Hours in a different location each month. Here are the dates for these fun events:



**Coffee Chats –**  
*First Wednesdays, 8:30am*

May 10-in person, Tyler's in the Commons

June 7-via zoom

July 5-in person, Location TBD

August 2-via zoom

No registration is needed for these events. We'll send reminders several weeks, then several days prior to each, but perhaps you'll want to add these to your calendar now.



**Happy Hours –**  
*Second Thursdays, 4:30pm until . . . IN PERSON*

May 11-The Park

June 8-Lewis Ginter

July 13-World of Beer

Aug 10-VMFA





## Osher Membership

You can become an Osher member at any time during the year for as little as \$75 per year. A summary follows of membership levels and benefits. To become a member, visit our online registration portal at <https://www.enrole.com/richmond/jsp/index.jsp?categoryId=OSHER> and create a new account. Once your account has been created and you are logged in, select the MEMBERSHIPS & RENEWALS category and purchase a new membership. Your membership is valid for one year from the date you join.

Visit our online registration portal at <https://www.enrole.com/richmond/jsp/index.jsp?categoryId=OSHER> and create a new account. Once your account has been created and you are logged in, select the MEMBERSHIPS & RENEWALS category and purchase a new membership. Your membership is valid for one year from the date you join.

### Membership Levels

#### **Silver: \$75/year** (rolling 12-month)

Our **Silver** membership is the perfect get acquainted level for individuals who are interested in seeing what Osher has to offer. For a small annual fee, an individual receives a University of Richmond One Card and e-mail address, parking pass, full use of the library including access to online databases while on campus and access to register for Osher courses. However, **Silver** members pay for each course in which they enroll, \$100 to audit available semester-long credit courses, and special course fees.



#### **Gold: \$350/year** (rolling 12-month)

Our **Gold** membership is perfect for individuals who want to take advantage of the entire Osher Lifelong Learning Institute experience. This individual membership includes a University of Richmond One Card and e-mail address, parking pass and full use of the library including access to online databases while on campus. In addition, **Gold** members have unlimited access to all Osher courses free of charge (excluding off-campus trips). Available undergraduate semester-long courses may be audited at no additional charge.

#### **UR Osher: \$25/year** (rolling 12-month)

Exclusively for UR faculty, staff and retirees and their spouse/partner who want to receive notices of special Osher member events and programs. For additional details, contact the Osher Institute office.

### Upgrading Your Membership

Are you a **Silver** member who is wondering if an all-inclusive **Gold** membership is right for you? **Silver** members may upgrade at any time during the first six months of their membership year. Upgrades will not change the membership term dates. When upgrading, the \$75 **Silver** membership fee will be applied to the upgrade.



## Member Benefits at a Glance

- Membership is good for 12 months from the date you join
- Several membership options
- Free Osher member orientation and bonus classes
- 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, e-books, and videos)
- Access to the UR Technology Help Desk (804-287-6400 or [helpdesk@richmond.edu](mailto: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 Technology Learning Center (TLC) for preparing presentations – (804-289-8777 or [tlc@richmond.edu](mailto:tlc@richmond.edu))
- Opportunity to audit undergraduate credit classes
- Unlimited Osher classes for Gold members

If you have received an extra copy of this schedule, we hope that you will share it with another lifelong learner.

## 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 better.

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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