Join us in an adventure in online learning!

Fall 2020
Courses & Lectures
ADVANCED CARE. NEIGHBORHOOD CONVENIENCE.

Sentara Martha Jefferson Hospital is dedicated to bringing you the most sophisticated surgical and medical care in the most convenient community setting. And as a part of one of the nation’s most integrated healthcare systems, we also have access to an extensive network of health resources across Virginia and North Carolina, which allows us to continue to improve patient outcomes, safety and quality.

To learn more about the advanced capabilities that Sentara Martha Jefferson Hospital has to offer, visit sentara.com.

Follow us on Facebook @MarthaJeffersonHospital, and Twitter @MarthaJefferson.
Are you an active adult with a curious mind and a keen interest in learning—just for the love of it? If so, you are invited to join with more than one thousand like-minded learners in our area who are members of the Osher Lifelong Learning Institute (OLLI) at the University of Virginia. There are no prerequisites, educational or otherwise, for you to continue your intellectual exploration and enrichment with us. Generous donors contribute to our scholarship fund to ensure that interesting courses are available to everyone. The World Health Organization defines active aging as “the process of optimizing opportunities for health, participation, and security in order to enhance quality of life as people age.” OLLI at UVA invites you to discover our many opportunities for engagement and enlightenment.

Our Mission

Aware that an active mind is as necessary as social relationships and physical exercise to a full life, the Osher Lifelong Learning Institute at the University of Virginia offers educational opportunities and intellectual enrichment to active adults in the community. The Institute is member-directed and draws upon its members’ resources, as well as other academic and community resources, to organize courses and other educational activities. In this stimulating environment, members may acquire new knowledge, explore ideas, exercise creativity, and share interests and expertise with others.

Contents

An Introduction to OLLI at UVA .........................1
Letter from the Board of Directors ..................2
Directors, Staff ..................................................2
A (Virtual) Taste of OLLI .................................3
How to Register ..............................................4
What You Need to Know ..................................5
Tips for the Best Zoom Experience ..................6
OLLI FLASH Outings ......................................7
Coursera .......................................................8
All Courses (Alphabetical by Instructor) .........10/11
Courses .........................................................12
Registration Form ..........................................27/28

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Office Hours:
Due to COVID-19, the office is currently closed to the public. Please call or email before coming to the office.
A LETTER FROM THE BOARD OF DIRECTORS

Welcome to OLLI at UVA’s Fall 2020 catalog and our first online semester!

We are approaching this very unusual fall with a sense of optimism and excitement. The pandemic may have altered the way OLLI will deliver fall classes, but the course content and the volunteers who make it all possible remain unchanged. We hope you will be part of it!

A huge thank-you to all the instructors, committee volunteers, and staff who switched gears and worked so hard, and with such enthusiasm, to convert OLLI programming to the online environment. While it will be different, and sometimes challenging, we are ready to offer a stimulating, smooth and exciting online learning experience for our members.

On July 15, Fall 2020 membership will be available for pre-purchase online. Membership provides the ability to sign up for any fall courses starting on Opening Registration Day, July 28, and access to any other online OLLI programming throughout the semester. We are working with the History Club of Charlottesville on future Special Presentations, and with other potential partners to add ongoing member exclusive content. We are committed to working with any member who would like additional help getting comfortable with the Zoom platform. Look for more Zoom training in July and August, or send an email to olliuvafall2020@virginia.edu for individual help.

We also strongly encourage members to register for Fall 2020 online at olliuvafall2020.org. Not only are you more likely to get the courses you want, logistically it will be much smoother since OLLI at UVA staff are working remotely. Online registration training is scheduled for July 23 and will cover password reset, searching course information, registration and payment. A paper registration form is included at the back of the catalog and you may still mail it in to the OLLI at UVA office.

You will notice that this print catalog does not include scheduling or pricing information. The online environment is different and best practice is for class sessions to run an hour instead of our usual 90 minutes in person. With this in mind and with the savings on venues, course pricing will be adjusted accordingly. Scheduling and pricing details are still evolving as instructors work to convert their courses to the online format. Please refer to olliuvafall2020.org for up to date information on courses and programs.

Staff transitions are also happening. We are delighted to welcome Leslie Pont as OLLI’s Executive Director. Leslie comes to OLLI with a broad background in program and nonprofit management, most recently at the UVA Cancer Center/School of Medicine. Outgoing director Kara West will be missed. Her style of collaborative leadership and dedicated commitment to communication have really benefited OLLI at this challenging time.

Thank you for joining us on this adventure! You can get a glimpse of what’s on tap for “all at our Virtual Taste of OLLI on July 21. More details on the Taste and all things fall will be regularly communicated by email. We may not be in a classroom, but the learning continues.

See you online!

– OLLI at UVA Board of Directors
A (Virtual) Taste of OLLI

Join us for a Fall Course Preview on Zoom!

OLLI at UVA launches each semester with a “Taste of OLLI,” where you will hear from staff and instructors about the new courses being offered and other programming. Fall 2020 is no different except of course, we’ll be online. Join us via Zoom on Tuesday, July 21 at 10:30 a.m. to launch the Fall 2020 semester. A Zoom link will be sent by email to all who register online—go to olliuva.org and select “Events/Taste of OLLI.” The Zoom session will also be recorded for viewing at another time.

OLLI offers…

Short courses in Arts, Health and Wellness, History, Humanities and Lifestyle, Public Affairs, Science and Technology, and Social Science. Join us for the love of learning, and without writing papers, taking tests, or receiving grades.

Registration for fall courses opens on Tuesday, July 28th at 10:00 a.m. Browse the catalog now to learn about the exciting array of courses to be offered this fall.

OLLI IS, AT HEART, A VOLUNTEER ORGANIZATION.

All of OLLI’s amazing instructors are volunteers. There are regular opportunities for new courses and new faculty. If you are interested in teaching for OLLI, we’d love to meet you!

• Leadership volunteers support OLLI through the Board of Directors and committees.
• OLLI Zoom classes will need a Class Moderator, who will volunteer to support the instructor by managing the Zoom call during each class. Training will be provided.
• OLLI maintains a list of “one-day” volunteers for special events and activities, and will host office volunteers when conditions permit.

To learn more about volunteering with OLLI, please contact Liz Courain at olliliz@virginia.edu
**SPECIAL ANNOUNCEMENT FOR FALL 2020**

As you know from reading the letter from the OLLI Board of Directors (page 2), due to COVID-19 ALL Fall 2020 OLLI classes will be held online.

We have decided to print this slightly abbreviated paper catalog, listing course titles, instructors, and content, but as this publication goes to press, course dates, times and prices are still evolving as instructors work to convert their courses to the online format. Please refer to olliuva.org for up-to-date information on courses and programs as you prepare to register.

In the online learning environment, best practice recommends class sessions run an hour instead of our usual 90-minute in-person classes. Additionally, with cost savings on venue rentals, course pricing will be adjusted accordingly.

**HOW TO REGISTER**

Each person registering must do so individually and pay with a separate credit card charge or check payable to UVA Fund/OLLI. On your online account or on the registration form, please include your e-mail address so that we may notify you of essential course information throughout the semester.

Popular courses fill up fast; the best chance to obtain a seat in any class is through online registration on the day registration opens: **Tuesday, July 28 at 10:00 a.m.** For this online semester, we highly encourage all members to register online at olliuva.org

As a courtesy to our instructors and members, please select your courses with the intention of attending all classes. Absenteeism denies members on the waiting list an opportunity to participate.

**ONLINE REGISTRATION**

By going to the OLLI at UVA website, olliuva.org, clicking on the blue “Register Online” button, and using a credit card, you may register for courses and events 24 hours a day, **beginning Tuesday, July 28, at 10:00 a.m.** You will receive immediate confirmation, via email, of your accepted choices. For detailed instructions on accessing your online account, and how to register, visit olliuva.org and click “Courses ▶ Registration Information” in the top menu bar.

**MEMBERSHIP**

You will be able to purchase your Fall OLLI membership online beginning Wednesday, July 15. We recommend purchasing your membership early as a practice run for registration day. We will also hold an online registration training session on Thursday, July 23 at 10:00 a.m. to show members how to register online, reset their passwords, and more.

**PAPER REGISTRATION**

A registration form is located at the back of this catalog. In addition, a downloadable PDF form is available on the OLLI website, olliuva.org. Do not wait until registration day opens—mail or deliver your completed registration form and credit card payment to the address on the printed form.

Please do not mail checks for your registration unless you are only paying for membership. Since courses may be waitlisted, your check amount may not be correct. For those wishing to register with a paper registration form and pay via check, check the box “Send Invoice” at the bottom of the registration form. The OLLI office will begin processing paper registration forms on Tuesday, July 28 at 10:00 a.m.—the same time that online registration opens.
What You Need to Know

Membership and Course Fees
OLLI at UVA offers fall and spring semesters annually, each consisting of two seven-week sessions plus additional member and public programming. A membership fee of $75 per semester entitles you to register for courses offered in both sessions that semester, as well as any additional programs or activities that occur throughout the semester. Courses are individually priced. Additional fees for courses are listed with course information.

Membership ONLY
If you choose not to take courses for a semester, the $75 membership fee supports OLLI and entitles you to receive catalogs and newsletters, participate in any pop-up programming, and enjoy other member-only benefits, such as Happy Hours, discussion groups, and other special programs.

The continued support of our members, even if Zoom courses are not your thing, is especially important in this uncertain time. If you decide not to take classes this fall, please do consider becoming a Fall 2020 member and know that we will be back with in-person programming whenever that becomes safely possible.

Refunds
Course fee refunds must be requested at least two weeks prior to the course start date. Outing refunds will be given only if your spot can be filled.

Scholarships
A limited number of scholarships are available to support those who would find it a hardship to pay standard rates for membership or tuition. Contact the OLLI office for information about our simple request process.

Instructor and Spouse/Partner Discounts
OLLI instructors may take courses free of charge during the semester they teach and the one that follows. Their spouse/partner receives a one-time $50 discount on the OLLI membership fee for each semester their spouse/partner teaches.

Course Waitlists
Even with Zoom classes there may be limits on enrollment based upon subject matter and course design. Members registering online are encouraged to check “add to waitlist” if a requested course is full. You will not be charged when placed on a waiting list. After registration, OLLI works to accommodate as many students as possible, and a space may open for you. The OLLI office will contact you if a spot becomes available to ask if you still want to join the course. Please do not attend the course unless you are contacted.

Adding/Dropping a Course
If you are registered for the semester and wish to add a course, you may do so online or with the assistance of OLLI staff.

If you need to drop a course before it has begun, please notify the OLLI office so that we may fill your spot from the waiting list. (See Refunds.)

Class Moderator Discounts
OLLI members who volunteer as Class Moderators for courses on Zoom will not be charged for any courses for which they volunteer. Class Moderators need to be tech-savvy and comfortable troubleshooting various tech issues. Any interested member is welcome to take the training, however taking the training does not guarantee being assigned to a class.

Schedule Changes
The OLLI office communicates all schedule changes, last-minute class cancellations, and makeup classes by email. Please check your e-mail regularly!

Guests
OLLI courses are intended for OLLI members only, even on Zoom! OLLI students are not permitted to share Zoom access links for courses with any unregistered person.

Support OLLI at UVA with a Gift
Thank you to the many members who have contributed so generously to OLLI at UVA.

Your donation supports member-benefit programs and scholarships, as well as much needed equipment and other program expenses.

We welcome your donation at the time of registration online or by paper, or by going to olliuva.org and clicking “Support OLLI with a gift.”

Please keep OLLI at UVA in mind for your tax and estate planning and your planned giving. Donations to OLLI at UVA are tax deductible.
Tips for the Best Zoom Experience

Appearance
A Zoom room is like any other classroom. Show up on screen as you would in real life. Be comfortable but neatly groomed and put together.

Muting yourself
Each Zoom course will start with a brief overview of class etiquette. We’re all at home and things happen—dogs bark, spouses wander in. We’re counting on students to know how to silence noise and visuals on their end as needed to eliminate background noise and distractions. The microphone and camera icons appear in the bottom left of your Zoom screen. Simply click them to mute or unmute. A red line appears through the icons when you are on mute or off camera.

Minimize distractions
Please put away phones and close unrelated work and programs on your computer.

Equipment
If possible, join courses with a laptop or desktop computer rather than an iPad, tablet, or smartphone. A computer’s larger screen and steady position greatly enhance the experience. Plus, Zoom features appear differently on other devices and can be harder to navigate.

Browser choices
Zoom works best with Chrome and Firefox, as well as Safari on Mac.

Lighting
To avoid “shady face,” where half of your face is shaded or blocked in some way, place one steady lamp behind your camera and facing your face to provide even, steady lighting. Avoid sitting with your back to the window, as the camera will turn you into a silhouette. Instead, sit facing the window, which will give you soft, people-pleasing light.

Eye Level
Aim for eye-to-eye contact. Position yourself to look at the camera directly, straight ahead whenever you can. An upshot of your nose or face can be unflattering and distracting, so raise that computer on a stack of books.

Background view
You want people to focus on your face, not on what’s behind you. Pick a relatively uncluttered spot if possible. It is smart to check what is shown behind and around you so that you can “edit” the scene if you want.

Perspective
Webcams are wide-angle. If you get too close to it, you will look distorted. In other words, step back from the camera. The closer you are to a wide-angle lens, the more distorted you look.

New to Zoom? Don’t worry, we will conduct more Zoom training sessions for members in July and August. Look for those to be advertised in the OLLI Insider eblast, or reach out at olliuva@virginia.edu with any Zoom questions.
A FLASH Outing is planned and happens as circumstances permit. We will only set a FLASH Outing in motion when the public health situation around COVID-19 allows for safe travel. In addition, we will stay close to Charlottesville with potential outings to Ginter Botanical Garden in Richmond and the Virginia Museum of Fine Arts.

**Dominion Energy Gardenfest of Lights**

Gardenfest of Lights is a Lewis Ginter Botanical Garden holiday tradition featuring a spectacular display of more than a million lights. Besides strolling through the outdoor light displays, Ginter Gardens offers botanical decorations, trains, and the world of miniatures. The Ginter biennial dollhouse exhibit returns at this year’s Gardenfest.

**Treasures of Ancient Egypt: Sunken Cities**

This Virginia Museum of Fine Arts exhibition is a once-in-a-lifetime chance to see treasures recovered from two powerful ancient Egyptian cities that sank into the Mediterranean more than a thousand years ago. Experience one of the most astonishing underwater discoveries of all time.

**Share your Passion Workshop!**

**Fall 2020**

Interested in teaching an OLLI class? This workshop, for OLLI members AND non-members, will discuss WHAT is OLLI, WHO attends an OLLI course, WHEN do I need to decide, HOW do I submit a proposal, and WHAT’s in it for me?

Our next “Share Your Passion” workshop is planned for early fall. Contact the OLLI office at 434-923-3600 or olliuv@virginia.edu for more information or to reserve your seat!
Through a generous community initiative out of UVA’s Provost office, OLLI at UVA members now have full access, including quizzes and statements of accomplishment, to these UVA-generated Coursera courses at no charge. Register as usual on OLLI’s website: olliuva.org.

Patrick Henry: Forgotten Founder

Patrick Henry was enormously popular during the American Revolution. Yet today, Patrick Henry is ill-remembered; most Americans might recall at best perhaps a snippet from his famous speech: “give me liberty or give me death.” Patrick Henry, who helped to ignite a revolution, deserves better. This course will explore how Patrick Henry overcame challenges to reach the pinnacle of Virginia politics and unite Americans behind a challenge to Britain — the 18th century’s super-power; why he opposed the U.S. Constitution; and why he then came out of retirement to defend the people’s Constitution against the attacks of Jefferson and Madison.

John Ragosta is a historian, lawyer, and award-winning author. He has taught law and history at the University of Virginia, George Washington University, and Oberlin, Hamilton, and Randolph Colleges. Dr. Ragosta has held fellowships at the International Center for Jefferson Studies at Monticello and is currently a fellow at the Virginia Foundation for the Humanities. His book, Patrick Henry: Proclaiming a Revolution, was released by Routledge Press in 2016.

“You can’t help getting older, but you don’t have to get old.”

GEORGE BURNS

At Our Lady of Peace, our lifestyle and programs are designed to help ensure that our residents are given plenty of opportunities for fun, socialization, and learning. We share OLLI’s philosophy of lifelong learning, because we know that honing new skills and challenging yourself mentally can actually slow cognitive aging!

To learn more about the benefits of living at Our Lady of Peace, call 434-973-1155 and schedule your visit.

A not-for-profit community sponsored by the Catholic Diocese of Richmond.
Situated on 59 picturesque acres at the foothills of the Blue Ridge Mountains, The Colonnades is a stunning independent living community, offering a wealth of amenities and activities that appeal to the curious intellectual. Enjoy the beauty of our surroundings without any of the worries of household chores or home maintenance.

To learn more, visit ColonnadesSeniorLiving.com/OLLI.

The Kennedy Half Century

This course will explore the Presidency, assassination, and lasting legacy of President John F. Kennedy. November 22, 1963 was so powerful a moment that in the more than 60 years since the assassination, virtually every U.S. President that followed JFK has used Kennedy’s words and actions in an effort to craft their own political image. Why does Kennedy’s influence persist, and will it continue? What are the effects?

Larry J. Sabato is the founder and director of the Center for Politics at the University of Virginia, where he is also a Professor of Politics. A Rhodes Scholar, he received his doctorate from Oxford, and is the author or editor of more than two dozen books on American politics. Dr. Sabato is a well-known election analyst and directs the Crystal Ball website.

How Things Work: An Introduction to Physics

This course will provide a case study introduction to physics in the context of everyday objects. The goal of the course is to make physics useful, and to help you understand and manage the physical world around you.

Louis A. Bloomfield is Professor of Physics at the University of Virginia, where he has been teaching since 1985. Dr. Bloomfield grew up taking everything apart and, with the notable exception of one recalcitrant mechanical clock, he managed to get them all back together again (or at least that’s what he remembers). In 1991, he decided to try teaching physics the way he originally learned physics: in the context of everyday things. He created a course called How Things Work and taught it to 92 students at the University of Virginia in its first semester. He was hooked and so were the students. His course became an innovative introductory textbook entitled How Things Work: The Physics of Everyday Life, 5th Edition (Wiley, 2013) and that textbook became a more comprehensive trade book entitled How Everything Works: Making Physics Out of the Ordinary (Wiley, 2008).
Fall 2020 Courses                  Alphabetical by Instructor

- NEW COURSE

Adams, William
  The Third Nuclear Age: Weapons and Foreign Policy...23

Ball, Alyson
  What’s Really Happening at the Southern Border...23

Barber, Beth
  Navigating Senior Living Options...25

Barnhill, Mark
  Fire and Ice: The Geologic History of Yellowstone National Park...24

Bedford, Faith Andrews
  From Memories to Memoirs...20

Chadwick, Charles
  Measure for Measure: Shakespeare, Power, Politics and Private Morality...19

Clymer, Donald
  Basic Spanish Conversation and Culture...18

Coates, Ted
  How to be Effective and Enjoy Serving on a Nonprofit Board...21

Collins, James
  Getting Better at Getting Older: Balance Better!...25

Conway, George
  Who Does Jesus Think He Is?...19

Dietz, Thomas
  Electric and Autonomous Vehicles...24

Donahue, James H.
  Famous Union Civil War Generals...15

Elder, Richard
  1940 to 1950: From World War II to the Cold War...14

Elliff, Scott
  The Brief Insider’s Guide to Virginia Wine...20

Garrett, Reginald H.
  Human Nutrition and the Future of Food...24

Greenberg, Ben
  Capturing Quality Landscape Photographs...20

Hamilton, Charles
  A New Age of Wonder: Recent Discoveries in Astronomy...24

Kennamer, Stephen
  The Poetry of Emily Dickinson...19
  The Anthropology of Evil...17

Knapp, Michael
  Imposed Borders: The Legacy of World War I in the Modern Middle East...15

Lee, Leslie
  Foundations of Yoga...25

Loach, Donald
  Dance in America...13
  Bach...12

Lorish, Bob
  2020 Elections...21

Lorish, Bob & Marc Selverstone
  Vietnam War: On the Ground and on Film...17

Mack, Paul
  Coming to America (Fu Sang)
  1,000 Years Before Columbus...14

Mason, John
  Art in History: Europe, 1914-1945...17

McHenry, Henry
  Interpreting and Participating in Shakespeare’s Plays...18

Meade, Tracy M
  Navigating the Landscape of Long-Term Care Insurance...25
  Social Security: Understanding the Benefits...25
Middleditch, Leigh & Brian Cannon
   Gerrymandering: The “Art” of Drawing Legislative Districts in Virginia..................22

Midyette, Shirley
   Thomas Jefferson: “From Sea to Shining Sea”..................................................16

Murphy, Shelley
   It’s Really Not Missing: Rebuilding Your 1890 Census...................................15

Newell, Terry
   What Was I Thinking?..................................................................................23

Pales, Carl
   Paths Not Taken: Possible Outcomes of Key Decisions Made Differently in Modern American History.........................16

Peak, Elizabeth J.
   Color: Theory and Practice.............................................................13

Reid, Robert (Robin)
   The Epic, Part 2..................................................................................18

Ricketts, Chee Kludt
   Watercolor Technique “Tune-Up”....................................................14

Sack, Bob
   Challenges to Capitalism, in the US, in 2020...............................................22

Schwartzman, Rabbi Joel R.
   Israel’s Strategic Position in the Middle East...............................................19

Scruggs, Horace
   Jazz Genealogy: Learn, Listen, Live..............................................13

Settle, Frank
   Frank Rowlett: Outstanding Codebreaker and Codemaker.................................15

Snider, Timothy
   Opera of the Bel Canto Period: Rossini, Donizetti, Bellini, and Others...............14

Sofka, James R.
   Europe After Brexit..............................................................................22
   Jefferson as Political Leader: Character, Complexity, and Cunning in the Founding Era..................................................16

Throup, David W.
   The History of Kenya and Ngugi wa Thiong’o............................................18

Todd, James
   Presidential Power: How Much Is Too Much?......................................22

Toplin, Robert
   Turning Points in American History (and the People Who Influenced Them)........17

Towler, JJ
   Tinely Tips for Senior Travelers.....................................................21

Trischman-Marks, Jill
   McIntire Botanical Garden: Its Past and Future..................................21

Votaw, Marion C.
   World Ethics....................................................................................19

West-Settle, Cecile
   Masters and Masterpieces of Spanish Painting.............................................13

White, Lew
   Selected TEDTalks: Ideas Worth Sharing...........................................23

Wilson, Richard Guy
   Arts & Crafts & Art Nouveau in England, Europe, and America, 1870s-1914........12
Searching for Courses Just Got Easier

Whether online or here in the catalog, you can now search for classes by category. Each OLLI course is permanently assigned a prefix to indicate its category, or course grouping. OLLI at UVA’s volunteer Curriculum Committee, tasked with developing a well-rounded offering of courses each semester, has adopted the following eight category areas:

**Arts (ARTS):** Music, Drama, Art History, Film, Architecture

**Health and Wellness (WELL):** Medicine, Health, Fitness, Aging

**History (HIST):** All – U.S., International, Classical, Modern

**Humanities (HUMN):** Religion, Philosophy, Literature, Poetry, Foreign Languages

**Lifestyle (LIFE):** Hobby, Activities (Cooking), Sports

**Public Affairs (PBAF):** Political Science, International Relations, Law, Current Events

**Science and Technology (SCIT):** Hard Science, Natural Science, Technology, Engineering, Computing, Mathematics

**Social Science (SCSC):** Economics, Business, Psychology, Sociology, Anthropology

Scheduling and pricing details are still evolving as instructors work to convert their courses to the online format. Please refer to olliuva.org for up-to-date information on courses and programs.

✦ NEW ✦
ARTS044
Arts & Crafts and Art Nouveau in England, Europe and America, 1870s-1914
Richard Guy Wilson

The movements recognized with terms such as Arts & Crafts, Aestheticism, Art Nouveau, Secessionism, and Jugendstil were part of an attempt to change the architecture, decorative arts (furniture, pottery ceramics, fabrics, etc.), book design, gardening, and lifestyle in the period c.1870 to World War I. Originating in England with the work and writings of John Ruskin and William Morris, it spread to the continent with designers such as Hector Guimard, Otto Wagner, and others and across the ocean to America and styles such as the Prairie School and individuals such as Gustav Stickley, Louis Comfort Tiffany, and Greene & Greene.

Richard Guy Wilson is Commonwealth Professor Emeritus in Architectural History at the University of Virginia. His many books, articles and exhibits include different aspects of American and modern architecture including Thomas Jefferson and the Arts & Crafts movement. He has taught two courses for OLLI.

ARTS045
Bach
Donald Loach

Johann Sebastian Bach dedicated his towering musical monuments to the glory of God alone and the refreshment of the Spirit. In this course we will seek to experience the incredible breadth and depth of a few of his great works through listening to recorded passages and viewing performances on film, when available. After first becoming acquainted with the elements of his style as found in his keyboard music, we will move on to his concertos, sonatas, suites, and sacred vocal music. Hopefully, we will acquire an ever-deeper understanding of Bach’s masterpieces and develop further our skills as informed listeners.

Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory, conducted the University Glee Club, and the University Singers. Dr. Loach received his BA at the University of Denver, a MMus at Yale University, and a PhD at the University of California Berkeley.
We will learn how to paint with color based on Josef Albers book, *Interaction of Color*. No previous experience is necessary. There are many ways to work with color but we will focus on watercolor. Our goal is to learn to paint using color in an integral way: in composition, subject matter and scale. Using watercolors and only the three primaries, we will learn to create a scale in hues like that in black and white. A hue is a color: blue, red, etc. The scale is the degree of intensity of each amount of pigment. Finally, we will learn how to change the value of a color by adding increasing amounts of the complement. For example: red is the complement of green, its opposite. When you add a small amount of red to green, it stays green but becomes darker. These practical skills will help one to paint more freely and without using black to darken a color.

The instructor will arrange for you to obtain materials, if needed, through the Art Box in Ivy Shopping Center or their store in Crozet.

*Elizabeth Peak received an MFA, Yale, 1977 and taught at the college level for 20 years. She has two grown sons and retired to Charlottesville in 2016.*

When the choreographer George Balanchine came to America early in the 1930s, he found a thriving dance-world. Soon he joined the scene with the likes of Martha Graham, Jerome Robbins, Agnes DeMille, Paul Taylor, Anthony Tudor, Mark Morris, and other remarkable choreographers who followed him through the remaining years of the 20th century. We’ll enjoy their successes through those years with the aid of filmed performances.

*Donald Loach is associate professor emeritus of music at UVA, where he taught courses in music history and theory, conducted the University Glee Club, and the University Singers. Dr. Loach received his BA at the University of Denver, a MMus at Yale University, and a PhD at the University of California Berkeley.*

Listening effectively to jazz can be greatly enhanced by understanding the creative forces that formed “America’s Classical Music.” This course will explore the people, places, and cultures that combined to create one of the most sophisticated styles of music. From Ragtime to Rock, from New Orleans to New York, class participants will gain a broad knowledge of Jazz through informative and entertaining lectures, video and audio examples, and live music demonstrations.

*Horace Scruggs holds a Bachelor’s of Music Education with a concentration in voice from Longwood University, and a Master’s in Music Education with a choral conducting concentration from Shenandoah Conservatory. He also holds a Certificate in Music Production from Berklee College of Music.*

Diego Velázquez’s *Las Meninas* and Pablo Picasso’s *Guernica* are two of the most widely acclaimed paintings of Western art. Indeed, the popularity of these paintings has transformed their titles into household names. This course will offer an in-depth analysis of these paintings through the lens of their historic and artistic contexts. Also included in our study is the 19th century painter Francisco de Goya. In the case of Goya, special attention is given to his royal portrait, *La familia de Carlos IV*, and his portrayal of Spain’s war with Napoleon Dos de Mayo 1808. We will compare the neoclassical moment of Goya’s *La Familia* with the Baroque world of *Las Meninas* and contrast both these moments with the 20th century world of Picasso’s art.

*Cecile West-Settle received her PhD in Romance Languages from Emory University. She spent her academic career at Washington and Lee University where she taught Spanish literature, language, and culture. She has offered several courses for OLLI, including Pilgrimage to Santiago and The Spanish Civil War: Hemingway and Picasso.*
Bel canto, meaning “fine singing,” exemplified the flowering of Italian opera in the first half of the 19th century. The Romantic movement influenced Italian opera as it swept the boards in opera houses throughout Europe. The operas of Rossini, Donizetti, and Bellini are characteristics of the style.

Tim Snider is a retired attorney and host of WTJU’s Sunday Opera Matinee. He frequently lectures before the Met Opera in HD broadcasts at the Paramount. His lectures for OLLI on opera have been popular with attendees.

Have you dropped your brush? Are your watercolor paints fossilized? Rediscover the excitement of watercolor painting by refreshing your watercolor skills. Color mixing, washes, glazing and dry brush techniques will be examined in this online Zoom class, and participants will learn to identify these techniques in the works of well-known artists. Ample studio painting time will be provided during each class to practice appropriate techniques and to create finished paintings. Participants will be able to email practice samples created in class, as well as any samples or paintings created at home, to the instructor for interactive review. Students will buy their own supplies from a provided list.

Chee Kludt Ricketts is primarily a watercolor painter. She has taught workshops for the Shenandoah Valley Art Center, The Arts Center in Orange, and the Central Virginia Watercolor Guild. Her work appears in juried exhibitions throughout the Southeast and her paintings hang in public and private collections nationwide.

In just 10 years, the principal nations of the world fought and ended World War II, created a post-war world that promised peace and prosperity, used the world’s first atomic bomb, witnessed the dropping of the Iron Curtain, and the beginning of the Cold War. This course will be a combination of lecture and discussion in which we review the important military and political decisions, the role played by political leaders, the compromises made, and how these actions influenced future events.

Richard Elder earned a BA, The College of Wooster and an MBA, Northwestern University Graduate School of Business. His work experience includes marketing, public relations and corporate communications. He has served as a volunteer tour guide at the National D-Day Memorial in Bedford, VA since 2010.

Employing a variety of sources dating from the 1700s to the 2000s, this course examines authenticated, first-hand reports of Chinese Buddhists’ exploration of the Western Hemisphere in 458 CE, as well as geographical documentation and celestial navigation of the entire world in the 1400s. First-hand, recorded observations of flora and fauna unknown in Asia, as well as ancient navigational records and maps of the world have intrigued explorers, geographers and scholars for centuries, challenging predominant Eurocentric views of the world. Conquerors write history. Come be challenged!

Paul Mack is a life-long educator, from Head Start teacher through graduate school. He has an abiding interest in history, geography, and foreign languages, leading him to service in the Peace Corps in Brazil. He likes to examine new perspectives and looks forward to stimulating dialogue with like-minded challengers of the status quo.
Famous Union Civil War Generals
James H. Donahue

The American Civil War was a bitterly fought contest over a 4-year period. Most historians acknowledge that Confederate General Robert E. Lee had superior leaders. However, beginning in the summer of 1863, the Union began winning major battles and turned the tide against Lee and his armies. The lectures will be approximately 30-minutes in duration, including PowerPoint slides, followed by 30-minute YouTube videos featuring battles won by Generals McLeLLan, Grant, Sherman, Sheridan, Thomas, and Chamberlain. Students can then decide which side may arguably have had the greater leadership.

Originally from Massachusetts, Jim holds BSCE and a MCE diplomas. He served a 30-year career in the USCG. He worked for a professional engineering association and established a consulting business, Donahue Engineering, LLC. He moved to Charlottesville in May 2010. He has taught Civil War classes over the past 5 years.

Frank Rowlett: Outstanding Codebreaker and Codemaker
Frank Settle

This course describes the significant contributions of Frank Rowlett, one of America’s foremost cryptologists, whose work saved thousands of lives during World War II. His influence in U.S. codebreaking and code making has been overshadowed by that of his boss and mentor, William F. Freidman. It was Rowlett, however, who led the team that unraveled the Japanese PURPLE diplomatic code that provided the Allies with critical insights into both Japanese and German strategies throughout the war. Of equal importance was Rowlett’s contribution to the development of the SIGABA cipher machine that provided the United States with secure communications during World War II and into the initial period of the Cold War. After the war, he was involved in the VENONA Project that revealed extensive Soviet espionage operations against the U.S. and Britain, the Berlin tunnel that tapped into Soviet communications, and an examination of Lee Harvey Oswald’s address book.

Frank A. Settle Jr. received a doctoral degree in chemistry from the University of Tennessee, Knoxville. A professor emeritus of chemistry at Washington and Lee University and former director of the Alsos Digital Library for Nuclear Issues, Settle was professor of chemistry at the Virginia Military Institute from 1964 to 1992. Before coming to Washington and Lee in 1998, he was a visiting professor at the U.S. Air Force Academy, a consultant at Los Alamos National Laboratory, and a program officer at the National Science Foundation. He is the author of General George C. Marshall and the Atomic Bomb (ABC-CLIO, 2016 ). He recently authored a chapter in George C. Marshall and the Early Cold War: Politics, Policy and Society, edited by William Taylor (Oklahoma University Press, 2020).

Imposed Borders: The Legacy of World War I in the Modern Middle East
Michael Knapp

We will explore the diverse causes of The Great War, the new technologies and tactics that made it so destructive, and discuss the war on the Western Front. We will also focus on the conflicts in the Middle East, the war’s largest theater of operations. Lingering effects of this “War to End All Wars” on the Middle East even today will also be highlighted.

Michael Knapp is a civilian intelligence analyst for the US Army and a retired Army officer. He has taught five different popular courses for OLLI over the last seven years.

It’s Really Not Missing: Rebuilding Your 1890 Census
Shelley Murphy

The federal population census comes every 10 years beginning in 1790. In January 1921, a fire occurred in the Commerce Department building in Washington, DC which resulted in the destruction of most of the 1890 census. Typically, researchers will go from 1880 and jump to 1900. This session will review the 1890 loss and provide methods to recapture the missing information.

An avid genealogist for over 30 years Dr. Murphy, aka, “familytreegirl” presents genealogy workshops at local, state & national genealogy conferences. She holds membership in AAHGS NGS, APG, DAR, and local genealogy groups. Murphy is known for her inspiring & interactive “SO WHAT” with genealogy research, along
with interesting problem-solving methodology lectures. Murphy is also a coordinator and instructor at the Midwest African American Genealogy Institute (MAAGI) and serves on the Boards of the Library of Virginia, Albemarle Charlottesville and Fluvanna Historical Societies.

**NEW**

**HIST040**

**Jefferson as Political Leader: Character, Complexity, and Cunning in the Founding Era**

James R. Sofka

While Jefferson is widely lauded as the “author” of the American Revolution and a sage of the Founding generation, he was also a gifted, ambitious, and cunning political leader. This one-session lecture will investigate Jefferson’s leadership methods across his 40-year political career, explore how his education and practical experience shaped the skills he deployed to such great advantage both in and out of public office, and how they informed the legacy he left to future generations of Americans. That Jefferson managed to create an opposition to the Federalists, build a new political party, and manage American foreign policy in an era of global war impresses historians today. In the context of his times these required leadership skills that were truly singular and extraordinary. While Jefferson can appear hypocritical—an early advocate of limited Presidential power, he expanded the scope of that office far beyond his Federalist predecessors—he was unafraid to change course when political realities demanded it. In our conversation, we will examine how and why the “political” Jefferson was a far more sophisticated, but also deeply conflicted, leader than many of his critics—and even his supporters—care to admit.

Dr. James Sofka is a specialist in transatlantic diplomatic history and international relations. He serves on the OLLI at UVA Board of Directors.

**NEW**

**HIST041**

**Paths not Taken: Possible Outcomes of Key Decisions Made Differently in Modern American History**

Carl Pales

This four-session course will look at key decisions made by American presidents since 1940 and, with robust class participation, explore various possible outcomes, positive and negative, had alternative decisions been made. The key alternative decisions to be explored are: 1) FDR decides to retain Henry Wallace as Vice President prior to the 1944 election. 2) Harry Truman declines to use the atomic bombs against Japan. 3) LBJ decides not to escalate US military involvement in Vietnam. 4) Richard Nixon does not attempt a cover-up of Watergate burglary.

Classes will be supported with visual presentations and include recommended reading and viewing concerning each subject.

Carl Pales earned a BA in International Studies/Russian Studies from GMU in 1985 and a MS in Intelligence from the Defense Intelligence College in 1994. He served as a foreign ground force intelligence analyst covering various regions from 1986-2019, including nine years as Senior Intelligence Officer, deploying to combat areas twice as a civilian. He is an avid student of history and experienced public speaker and trainer.

**NEW**

**HIST042**

**Thomas Jefferson: From Sea to Shining Sea**

Shirley Midyette

Thomas Jefferson’s identification with westward settlement began when his father, Peter Jefferson, and Joshua Fry drew the first correct map of their province. The mapping of the vast country that lay beyond his father’s map became a lifelong interest, leading to the Northwest Ordinance and the Lewis & Clark Expedition. Jefferson’s vision of “Sea to Shining Sea” was accomplished when his grandson-in-law, Nicholas P. Trist, negotiated the Treaty of Guadalupe Hidalgo in 1848.

Shirley Midyette’s interest in the life of Thomas Jefferson has led her to learn more about his close friends as well as those who disliked him. Shirley has a degree in sociology and history from Wake Forest University and has worked at Monticello. She is president of Jefferson’s Virginia, hosting Historical Experience Tours.
NEW
HIST043
Turning Points in American History (And the People Who Influenced Them)
Robert Toplin

Through biography, we will examine individuals and consider key questions about their leadership. 1) Southerners seceded and started a war in response to Lincoln’s actions. Could Lincoln have avoided war? 2) Margaret Sanger led the fight for birth control in America. How did this radical socialist, eugenicist, and feminist of the early 20th century manage to win mainstream support for her cause? 3) Andrew Jackson’s populist style presidency uprooted traditional politics. Did Jackson energize American democracy or undermine it? 4) Eleanor Roosevelt rejected First Lady traditions and became a prominent public figure. How did her example arouse interest in feminine “liberation?”

Robert Toplin has published eleven books and more than a hundred articles. He was professor of History at the University of North Carolina, Wilmington and Denison University and has taught history classes at the University of Virginia and for OLLI. He has also been sought as an expert speaker on nationally broadcast television and radio programs.

NEW
HIST044
Vietnam War: On the Ground and on Film
Bob Lorish / Marc Selverstone

This will be a two-part course examining the Vietnam War from the vantage point of those Americans who daily fought the war and those who have made major films about Vietnam.

The first part, presented by Bob Lorish, will cover the Draft, combat training, tactics, day to day life, medevacs, medals, troop turnover, death, R&R, coming home, the VA, Agent Orange and building ‘The Wall.’ The second part, presented by Miller Center scholar Marc Selverstone will focus on how the war has been portrayed in major documentary and feature films.

Bob Lorish served as a Marine Corps infantry platoon leader in 1968-69 with the First Marine Division.
Marc Selverstone is associate professor and chair of the Presidential Recordings Program at the University of Virginia’s Miller Center. He is the author of Constructing the Monolith: The United States, Great Britain, and International Communism, 1945-1950 (Harvard, 2009); editor of A Companion to John F. Kennedy (Wiley-Blackwell, 2014); and general editor of The Presidential Recordings Digital Edition (Virginia, 2010--). He was a consultant to the Ken Burns 2017 Vietnam documentary, and is currently writing The Kennedy Withdrawal: Camelot and the American Commitment to Vietnam (Harvard).

NEW
HIST045
Art in History: Europe, 1914-1945
John Mason

Europe after 1914 descended into the horror of two world wars, the birth of communism, and the rise of fascism. How did artists respond to these events? This course will examine some of the key three-dimensional works of art from four sculptors in central Europe: Wilhelm Lehmbruck and Kathe Kollwitz in Germany; Imre Varga in Hungary; and Constantin Brancusi in Romania. This is not a history of art course, but rather an art in history course. The focus will be on certain figurative sculptures and monuments, both personal and public, which reflect the deepest unspoken thoughts of the people not usually covered in standard history books.

John Mason holds a PhD in history from the University of Birmingham, UK. He taught for the Open University in England for twenty-five years. In the late 1990s, he lived and conducted research in Slovakia, Hungary, and Armenia. John now lives in Lexington and works full-time as a stone sculptor.

HUMN037
The Anthropology of Evil
Stephen Kennamer

This course is an inquiry into how to define evil, followed by a study of its symptomatology, etiology, and epidemiology. Evil will be examined from sociological, psychological, biological, and theological perspectives. Both personal evil and evil done by groups, tribes, and nations will be considered. We will attempt to account for the evil of both psychopaths and ordinary, law-abiding citizens. Topics will include narcissism, careerism, good and bad values, and our penchant for thinking in abstractions. Finally, we will ask if evil can be prevented.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.
HUMN031
Basic Spanish Conversation and Culture
Donald Clymer

This course will offer a study of basic Spanish for everyday communication. Basic vocabulary, conversation, explanation of traditional holidays, songs, videos, and cultural readings will be included. No prior Spanish language experience is required. Note: The purchase of a book is suggested: https://workplaceesl.com/product/learning-workplace-spanish/

Don Clymer has taught Spanish at the college level for more than thirty years and has led study-abroad programs to Guatemala, Mexico and Spain. He has lived in Central America and Mexico for more than seven years in various capacities.

HUMN034
The Epic, Part 2
Robert (Robin) Reid

This course will survey six modes of the epic in modern times (1800 to the present): 1) epics of deep civility 2) amoral aspirations-beyond good and evil 3) humanist revolt and devastating warfare 4) social-psychological dislocation 5) meaningful interplay of cultures and 6) visionary epic. The challenge of this ambitious study is in determining—as a group—whether epic is possible in the modern era, and which writers have achieved such a standard.

Robin Reid is retired from Emory & Henry College where he was HC Stuart Professor of English. He was educated at Yale and UVA (PhD ’71) and has many publications on Shakespeare and Renaissance literature.

HUMN038
The History of Kenya and Ngugi wa Thiong’o
David W. Throup

The course will explore Kenya’s history from the late nineteenth century to today through the novels and memoirs of Ngugi wa Thiong’o, Kenya’s leading novelist. We will also watch a documentary film. We will examine pre-colonial societies, the colonial conquest, the impact of the First and Second World Wars, and the 1930s depression on Kenyan societies, before focusing on the Mau Mau rebellion of the 1950s. We will scrutinize the careers of Jomo Kenyatta, both as nationalist leader and as president, and the 24 year-rule of Daniel Moi, and his successors, Presidents Kibaki and Uhuru Kenyatta.

David Throup was a student at Cambridge and London School of Economics before teaching for three years in Nairobi, Kenya. He then did a PhD on Kenyan history and taught at UVA and elsewhere in the US, as well as in the UK, before becoming a British diplomat. From 2001-2017 he was a Senior Associate with the Africa Program at the Center for Strategic and International Studies in Washington, DC, and taught at Johns Hopkins and George Washington Universities.

HUMN039
Interpreting and Participating in Shakespeare’s Plays
Henry McHenry

We will read Shakespeare carefully, attending to dramatic texture and poetic nuance, examining the design of ideas and the progression of feelings as they build, and augment our discussions with video productions. Our plays this fall are Merchant of Venice and Othello, possibly to be on offer at the playhouse in Staunton and, as always, mightily relevant to the present.

Henry McHenry graduated from Yale and has taught English for decades in local schools. He holds the PhD in English Language, Literature and Pedagogy from UVA.
This four-session course will briefly touch on regional issues including: 1) water, natural resources, religion, historical origins, regional alliances, weaponry and the Suez Canal; 2) a bit of family background and a survey of the timeline of Israel’s military conflicts; and in sessions 3) and 4) examine Israel’s strategic principles, relations with its neighbors, neighborhood relations in general, threats to and opportunities for peaceful coexistence, and military hardware.

This course does not address, except tangentially, the Israeli-Palestinian conflict.

*The Instructor will share relevant information via email before each class.

Rabbi Joel Schwartzman is a Reform rabbi, ordained at the Hebrew Union College, where he received his Bachelor of Hebrew Letters, Masters of Hebrew Letters, and Doctor of Divinity (honoris causa). He served for twenty-three years as a chaplain in the U.S. Air Force, retiring in the rank of colonel. He is a graduate of both Air Command and Staff, and Air Force War College. After leaving the Air Force, he led congregations in Denver, and served as Dean of the Denver Institute for Jewish Studies.

**NEW**

HUMN041
**Measure for Measure: Shakespeare, Power, Politics and Private Morality**
Charles Chadwick

One of Shakespeare’s “problem plays,” Measure for Measure is an unsettling meditation on the use of power in public life and the role that personal morality should play in governance. This dark comedy’s debate on these topics both intrigues and disturbs contemporary audiences. This class will explore these themes through lecture and discussion. We will be aided by viewing a video of the play in each session.

Charles Chadwick has an MA in literature and has taught for OLLI since 2014, including five prior courses on the plays of Shakespeare and courses on poetry and contemporary literature. He is retired after a career in organizational ethics and as an executive in US government contracting.

**NEW**

HUMN042
**The Poetry of Emily Dickinson**
Stephen Kennamer

This course treats the powerful, frequently disconcerting, sometimes disorienting, and often uncanny poems of Emily Dickinson as a faithful autobiographical record of her thoughts and emotions, with a special emphasis on those poems that address the unknown “Master” who was the object of her most passionate feelings.

Stephen Kennamer has taught numerous courses for OLLI on philosophy, sociology, psychology, history, literature, and music.

**NEW**

HUMN035
**Who Does Jesus Think He Is?**
George Conway

This course will introduce the participants to the theological discipline of Christology: the study of Jesus. Designed for both skeptics and believers, we will look closely at selected biblical texts, introduce relevant historical and archaeological scholarship, and explore some of the art representing what Jesus did, taught, and what his earliest followers came to believe.

The Reverend Dr. George Conway is a Presbyterian minister and former Headmaster of St. Anne’s-Belfield School. He taught the Hebrew Bible and New Testament to adolescents and adults for over thirty years and has an extensive background in biblical archeology. He currently consults on executive search and governance in independent school and higher-education.

**NEW**

HUMN043
**World Ethics**
Marion C. Votaw

How do we know right from wrong, especially in gray areas? Everybody has an opinion, but do you know how you came by that opinion? This class is not intended to teach right from wrong, but rather to explore *why* people think something is, or isn’t, and what they would have done. We will also, throughout the course, practice arguing heartfelt opinions without insult or defamation. We will begin with an overview of the general field of ethics, concentrating on two basic axes: whether the ends can justify the means, and whether exceptions can be made to ethical rules depending on circumstances. The next four sessions will view debatable situations from each of those viewpoints. For the final class, each
student will try to figure out their personal ethical style. There will be no written homework, but students will be asked to read a true crime story from the news, or watch an episode of a fictional cop or hospital show, before each of the four “content” classes. It will be helpful if, for the final session, students write up a few paragraphs on the kind of ethics their personal conscience follows, as that is what will be discussed.

Marion Votaw grew up in francophone West Africa. Votaw earned MA and PhD degrees from UVA, and has taught at UVA, PVCC, and ITT Tech. Courses have included introductory, developmental, and experimental psychology, as well as ethics and French. Students have ranged from preschoolers to retirees.

LIFE017
The Brief Insider’s Guide to Virginia Wine
Scott Elliff

The local wine industry has become an important feature of Charlottesville’s landscape. This course will provide an “overview,” designed to help casual wine drinkers and enthusiasts get a better appreciation of the industry and a background on how it all comes together. Topics will include: 1) history, current status and future challenges, 2) key decisions and steps involved in starting and operating a vineyard, 3) the science and art of making wine - methods, equipment, and decisions involved and 4) an on-site visit to DuCard Vineyards in Madison County, walking through vineyard and winery to see it all first-hand, and also to do a tasting of DuCard wines. Wine tasting at DuCard has a separate $15 fee; transportation is on your own. DuCard Vineyards wine will also be available by advance purchase (details to be set just prior to the first class) to enjoy during the first three sessions, optional for attendees but just somehow seems right!

NOTE: Students are expected to adhere to all social distancing and masking requests when on the vineyard tour. The tour will require walking for an extended period. Please wear sturdy footwear and weather-appropriate clothing.

Charlottesville resident Scott Elliff founded DuCard by planting vines in 2001 with no prior experience and on a whim really, and has come to love the challenges and constant learning that is involved in this “hobby gone wild,” and the finished product too. He opened DuCard Vineyards in 2010 with a boutique, high quality winery open to the public primarily on weekends.

LIFE004
Capturing Quality Landscape Photographs
Ben Greenberg

This course will expose participants to the critical factors and decisions in capturing quality images, including choice of subject, exposure, sharpness, composition, lighting, color and B&W, and equipment. Also included will be information about the processing of digital photography.

Ben Greenberg, a lifelong resident of Virginia, has photographed scenic locations throughout the nation for fifty years. Having won local and national competitions and awards, his dramatic images reflect his uncompromising commitment to capturing the natural beauty of his subjects. His first book, Natural Virginia, features more than 120 of his panoramic landscape photographs and celebrates the natural beauty of Virginia and its preservation. In recent years he has also emphasized wildlife photography.

LIFE001
From Memories to Memoirs
Faith Andrews Bedford

Our life journeys are made up of many threads woven together to form a rich tapestry. Young or old, experienced or not, we are all weavers and storytellers. Through writing exercises, tips, memory triggers, and examples, you will be encouraged to create your own unique chronicle to treasure and pass down to the generations to come.

Faith Andrews Bedford is an art historian, curator, essayist, and author of five books. Her essays have been featured in numerous magazines and anthologies. Her column “Kids in the Country” was published in Country Magazine for over a decade.
LIFE003
How to be Effective and Enjoy Serving on a Nonprofit Board
Ted Coates

Rarely is the effectiveness and efficiency of nonprofit boards equivalent to the talent represented on that board. Too often, the total is less than the sum of the parts. Smart, accomplished, dedicated people find themselves confused and frustrated by board service. In turn, boards are often unproductive and wasteful of their member’s skills and talents. Much of this can be avoided if board members better understand nonprofit governance, their role as a board member, and board dynamics. This course offers guidelines for potential board members to help promote the efficiency of the board, and to maximize their effectiveness and enjoyment of board service.

Since retiring from a career in the Navy & Coast Guard at the rank of Commander, Ted Coates has headed four nonprofits as executive director. He has also served on numerous boards and committees not only for nonprofits, but for homeowners associations, government agencies, schools, as well as private clubs. He created a nonprofit focused on historic preservation and obtained 501(c)(3) approval from the IRS, and has conducted workshops and consulted for numerous nonprofit boards working on development, organizational, and leadership issues.

NEW LIFE026
McIntire Botanical Garden: Its Past and Future
Jill Trischman-Marks

Building a public botanical garden is not an easy feat, and as a gift from the community to the community, the McIntire Botanical Garden is a very ambitious project. This course will outline what has already been achieved in the process toward building the garden and give insight into the road map ahead. The first session will be in the classroom and the second session will be a social distance tour of the garden site. The tour will let you see for yourself how the garden is already working to showcase some of the unique flora of the Piedmont region, and to enhance public knowledge and conservation of plants and nature.

NOTE: Students are expected to adhere to all social distancing and masking requests when on the garden tour. The tour will require walking for an extended period with some uneven terrain. Participants are encouraged to wear sturdy, waterproof footwear and weather-appropriate clothing.

Jill Trischman-Marks is a landscape architect with nearly thirty years of experience in the Central Virginia area. After several years on the McIntire Botanical Garden board of directors, Jill retired her practice and is now the executive director and chief cheerleader for the garden.

NEW LIFE028
Timely Tips for Senior Travelers
JJ Towler

Traveling has many rewards, whether it’s a day trip to a nearby historical site or an extended vacation to a faraway place. However, taking these trips can present many challenges: with more people traveling, senior travelers perhaps being limited by health conditions, and the restrictions that now exist for the protection of travelers. There are many ways to simplify our travel and this class will focus on how to prepare for a safe and easy trip, how to manage your time and your belongings while on your trip, and follow-up activities once you return. The instructor has learned many techniques that you might find useful and she plans for this to be an interactive experience so all of us senior travelers can share travel tips and experiences with each other.

JJ Towler earned her Masters Degree in Speech Pathology at UVA (1973) then received Library Media Specialist certification at JMU and served at Henley Middle School as librarian until retirement in 1999. She enjoys playing with her border collie, volunteering with the Blue Ridge Border Collie Rescue, engaging in activities at The Center, gardening, knitting, and TRAVELING!

NEW PBAF029
2020 Elections
Bob Lorish

A discussion course on the 2020 Election. What is the electorate going to do? Will the Democrats win the Senate? How about the House? Come and discuss.

From watching the first televised presidential conventions in 1952 to the 2016 election, Bob Lorish has always been fascinated by presidential elections. His UVA master’s thesis in history was on the election of 1824.
Challenges to Capitalism, in the US, in 2020  
Bob Sack

Among other things, the Coronavirus pandemic of 2020 resulted in the most immediate, most severe challenge to our Capitalism-based economic system since the Great Depression. Within two months, at least 16 million people were unemployed, and many small businesses shuttered. Normal Capitalistic responses seemed inadequate, and the Government stepped in with a $2 trillion rescue package. When the pandemic has passed, what will the new ‘normal’ look like? It seems inevitable that the way we apply Capitalism, post pandemic, will change. What should be the first priority for change?

Well before the virus took over the front pages, other challenges were calling for changes in our Capitalistic system: 1) a growing call for companies to serve all of their stakeholders not just their stockholders, 2) an awareness that the Capitalistic drive had to be restrained if we are to have any chance at managing climate change, and 3) a recognition that wealth and income inequality threaten Capitalism, economically, socially and politically. Several thought provoking books and news analysis have been written recently, and a number of new business initiatives have begun, all exploring challenges to the way we have been applying Capitalism. This five-session, discussion-driven course, will review these developments and consider the various proposals for change.

Robert Sack is a professor emeritus from UVA’s Darden School where he taught financial reporting and business ethics. Before coming to Darden, he served in a senior staff position with the Securities and Exchange Commission and was a senior partner in one of the international CPA firms. He has taught several classes for OLLI and served on the OLLI board as well as the boards of the Alzheimer’s Association and the Blue Ridge Area Food Bank.

Europe After Brexit  
Jim Sofka

“Brexit”—the departure of the United Kingdom from the European Union—does not exist in a vacuum: it has both long historical roots and potentially significant impacts for the global economy, political alignments in Europe, and transatlantic relations with the US. This course will trace the origins, process, and possible ramifications of “Brexit” in the context of political dynamics, decisions, and institutions that emerged in Europe after the end of the Cold War and German reunification.

Dr. James Sofka is a specialist in transatlantic diplomatic history and international relations. He serves on the OLLI at UVA board of directors.

Gerrymandering: The “Art” of Drawing Legislative Districts in Virginia  
Leigh Middleditch and Brian Cannon

This three-session course will explore the history of gerrymandering in the US as well as attempts in Virginia to restrict gerrymandering. The last two sessions will focus on current efforts by OneVirginia2021 to get a Constitutional amendment establishing an independent commission to draw legislative district lines in Virginia, and actions taken in the most recent sessions of the Virginia Assembly and Senate.

Attorney Leigh Middleditch is the founder of OneVirginia2021, a civic nonprofit organization founded to advocate for a non-partisan redistricting of the Commonwealth of Virginia. The group was founded in Charlottesville, Virginia, in 2013, and has over 100,000 supporters. Brian Cannon is the executive director of OneVirginia2021.

Presidential Power: How Much Is Too Much?  
James Todd

We will look at the evolution of executive power and focus on how that power has grown over the years. We will consider the extent to which that growth has been inevitable and unavoidable. We will also consider whether it has gone too far and poses a threat to the survival of the democratic republic the Founders created.
Jim Todd practiced law for eleven years in Washington DC before coming to UVA to get his PhD, studying with Henry Abraham. He has taught at Tulane University and the University of Arizona, and since retiring and moving back to Charlottesville in 2008, has taught a wide range of courses for OLLI and for the Politics Department at UVA.

PBAF023
Selected TEDTalks: Ideas Worth Sharing
Lew White

If you’d like to learn about some provocative, powerful, and promising ideas that will shape the future, take this course. We will view and discuss short (twenty minutes) curated presentations recorded at Technology, Entertainment, Design (TED) conferences held at global venues over the past thirty-five years. Today TED events cover almost all topics, from science to business to global issues. Three TEDtalks videos will be shown each week, followed by interactive classroom discussion.

Lew White retired from the United States Air Force and IBM with extensive technical and project management experience. He holds MS and BS engineering degrees and has completed many military and technical professional courses.

PBAF032
The Third Nuclear Age: Weapons and Foreign Policy
William Adams

The Cold War ended almost three decades ago and, for most of us, thoughts of nuclear war. Largely unnoticed in the intervening years has been the proliferation of nuclear weapons and their reemergence as a vital element of statecraft and power politics. This course will address the unique characteristics of nuclear weapons and ongoing efforts to address their use. We will discuss international treaties, weapons proliferation, new technologies and changes in deterrence theories in the face of non-state actors.

Bill Adams has developed instrumentation to support nuclear weapons testing and led nuclear weapons effects research designed to increase the survivability of military systems to nuclear weapons effects. He has also worked in US and international organizations addressing the political and military implications of nuclear warfare.

PBAF006
What Was I Thinking?
Terry Newell

We like to think we use logic to decide what to do. But evolving research from neuroscience, psychology, and behavioral economics suggests we’re less rational than we think. We are subject to many mental limitations and traps. This course explores what really happens as we make decisions. Through films clips, exercises, case studies, and group discussion, we’ll explore how our brains, often subconsciously, integrate reason and emotion. We’ll examine decision-making biases that come with being human. We’ll also look at how we can improve our decision-making, both as individuals and in groups.

Terry Newell currently teaches leadership, ethics, and decision-making courses for a variety of organizations. He is the former dean of faculty for the Federal Executive Institute and was also director of the Horace Mann Learning Center, the training arm of the U.S. Department of Education.

PBAF031
What’s Really Happening at the Southern Border?
Alyson Ball

Do you wonder whether the US has a humanitarian crisis, a politically-charged disaster, or a national emergency at our southern border? Would you like to understand more about what’s currently happening there? Join us for a fact-based presentation about the US-Mexican border, asylum-seekers, and some of the recent changes the US government has made to the immigration laws that affect north-bound migrants.

Alyson Ball is a Charlottesville resident who spends her winters in Green Valley, Arizona. Having studied the broader topic of US immigration, Alyson gives a non-political, educational presentation, “US Immigration – The Basics,” to audiences throughout the country.
SCIT018
Electric and Autonomous Vehicles
Thomas Dietz

This course will provide an overview of current and potential future technology in the fields of electric and autonomous vehicles. Impacts to society from these emerging technologies, as well as their relative costs and advantages versus current transportation options will be reviewed. Areas where improvements are needed will also be discussed, including key barriers related to growth in this field. Real life examples of electric vehicles will be featured.

Thomas Dietz holds a PhD in chemistry from Rice University. He retired as a technical manager at ExxonMobil after thirty-two years. He has taught at UVA Summer Education program on several topics including the economics of energy and electric/autonomous vehicles.

NEW
SCIT020
Fire and Ice: The Geologic History of Yellowstone National Park
Mark Barnhill

Yellowstone’s geology is one-of-a-kind. The course will start with an overview of rock classification, plate tectonics and geologic time scale. The Precambrian, Paleozoic and Cenozoic depositional history and the formation of the Rocky Mountain ranges will also be covered. Other highlights include examining the Eocene volcanic activity, the preserved petrified forest, the origins of the Yellowstone hotspot, the history of mega-eruptions, the formation of the Yellowstone caldera and subsequent eruptions. Glacial deposits at Yellowstone and the hydrothermal features along with hydrothermal explosions and earthquakes will also be discussed. No prior geology required but helpful.

Mark Barnhill is retired geologist with a MS from Tulsa University and a PhD from the University of Cincinnati. An oil and gas exploration geologist for many years as well as a research scientist at Indiana University, he has been an avid fly-fisherman for the past thirty years.

NEW
SCIT021
Human Nutrition and the Future of Food
Reginald H. Garrett

This course will be a science course for people who have no previous background in science. It will review the basic scientific principles governing human nutrition in the first three classes and then turn to considerations of the technological innovations that are revolutionizing food production and the challenges in feeding the global population.

Reginald H. Garrett is Emeritus Professor of Biology at the University of Virginia. Prof. Garrett has an abiding interest in science education and taught biochemistry for 46 years. He is the author, with Charles M. Grisham, of a widely used textbook, Biochemistry, the sixth edition of which was published in 2017. Prof. Garrett’s research interest was focused within biochemistry and molecular biology. He has taught five OLLI classes.

SCIT004
A New Age of Wonder: Recent Discoveries in Astronomy
Charles Hamilton

The deployment of space-based instruments and the use of new techniques of sampling the universe around us have launched a new age of wonder in modern astronomy, and given us a new perspective on our place in the cosmos. This course will review recent selected discoveries and developments in astronomy and attempt to place them in the context of an emerging view of our universe.

Charles Hamilton, a retired attorney, has been an amateur astronomer and an avid follower of astronomical discoveries for many years. This course has evolved out of his long-standing interest in astronomy and the history of science.
WELL022
Foundations of Yoga
Leslie Lee

This course is an accessible opportunity to start a new yoga practice or reignite a practice that you once had. Each session will include a physical yoga practice that is designed for all levels but intentionally welcoming for new students. Instruction will be tailored in each class to focus on different foundational components of the yoga practice including: pranayama (conscious breathing), alignment/anatomy, asana (physical poses), and mediation. Members may experience many benefits including increased physical strength, mental clarity, more restful sleep patterns, and decreased stress levels.

Leslie is a 200-hour certified yoga instructor who enjoys developing and facilitating yoga classes that are tailored to meet the needs of the student and promote physical and emotional well-being. She completed the Kunga Lifestyle Teacher training program in July 2017 after retiring from a career as a public school teacher. She currently teaches yoga classes at ACAC. Her classes reflect her love for two of her greatest life passions: teaching and yoga.

WELL011
Getting Better at Getting Older: Balance Better!
James Collins

In this lecture course we will consider techniques that can help us maintain our independence as we age, paying particular attention to how balance and strength change over time. Falls and dizziness are among the leading causes of physician visits among older people, and the fear of falling is a major factor in people losing their independence. Everyone hears that exercise is beneficial. However, most of us are either “too busy,” “too afraid to fall,” or “don’t know which exercises” to help maintain safety and independence. Though movement and exercises will be discussed, actual exercise will NOT be a part of this course.

For more than twenty years, James Collins has worked as a physical therapist focusing on the role of lifelong fitness, fall prevention, and regaining health. Collins received certification in Vestibular Rehabilitation in 2002, and his love for physical activity has been passed to his entire family as well as to his therapeutic clients.

WELL014
Navigating the Landscape of Long-Term Care Insurance
Tracy M. Meade

Can I benefit from long-term care insurance? Am I still eligible? Discovering those answers, you will also learn the different types of coverage available, and how to maximize and leverage your retirement resources, as well as the tax-free benefits associated with long-term care. Tracy will discuss the importance and value of extended care planning, and options that could affect your situation, enabling you to walk away feeling empowered and enlightened!

Tracy Meade is an independent financial planner, certified long-term care consultant, and licensed insurance agent and consultant located in the Charlottesville area.

WELL005
Navigating Senior Living Options
Beth Barber

A variety of experienced professionals will present a comprehensive look at options available for senior living services. Topics will include: definitions and descriptions of the different senior living communities as well as an introduction to the benefits of geriatric care management, home health care, companion care, and adult day care. Additionally, we will discuss Medicare, Medicaid, Long Term Care Insurance, and Veteran benefits.

Beth Barber is the marketing director for The Lodge at Old Trail. She brings to this course personal experience in caregiving, as well as the knowledge she derived from her time as a social worker in long term care, and as a private geriatric care manager.

WELL021
Social Security: Understanding the Benefits
Tracy M. Meade

Learn what you need to know about Social Security before you retire, about the benefits available to you and your family, when to apply, the advantage of waiting until full retirement age, and how benefits will be taxed.

Tracy Meade is an independent financial planner; certified long-term care consultant; and licensed insurance agent and consultant located in the Charlottesville area.

Please visit olliuva.org for up-to-date course listings with dates, times and prices.
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OLLI at UVA Registration | Fall 2020

Registration for Fall 2020 opens at 10:00 a.m. on Tuesday, July 28, 2020. Registration forms received prior to July 28 will be processed in random order on July 28.

We highly encourage you to register online at olliuva.org. The OLLI at UVA office is closed to the public, do not hand deliver. Mail registration form to OLLI at UVA, 485 Hillsdale Drive, Suite 114, Charlottesville, VA 22901.

**MEMBER INFORMATION**

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<th>Last Name</th>
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<th>Preferred Name</th>
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**COURSES**

Course selection. If a course is full, you will be placed on a waiting list and will not be charged.

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<th>Course Title</th>
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Show below a course (if any) you want to add in the event a course you chose above is full.

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**OFFICE USE ONLY**

Date form received

Date enrolled/initials

**MEMBERSHIP INFORMATION**

<table>
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<tr>
<th>Membership Fee ($75 per semester)</th>
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<tr>
<td>Annual Fund Donation (tax deductible; see p. 5)</td>
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<td>Scholarship Fund Donation (tax deductible; see p. 5)</td>
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<td>Discount (Spring 2020 Class Assistant or Instructor Spouse/Partner; see p. 5)</td>
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**TOTAL OF ALL CHARGES** $

**PAYMENT:** Enter Credit or Debit Card information below. PLEASE DO NOT SEND CHECK(S) UNLESS YOU ARE PAYING ONLY FOR MEMBERSHIP.

If you prefer to pay by check, OLLI will send an invoice for your payment, which can then be made by check, or by telephone with a card.

- [ ] Send invoice

Card # _______________ Exp Date __________/______ Amount to be charged $ __________

Name on card ______________________ Signature ________________
Thank you for providing the following information to help us create future programming to meet the desires of our members.

How did you learn about OLLI at UVA? (e.g. from a friend, newspaper, etc.)

Gender: □ Male □ Female

Birth Year (Optional)

UVA Affiliation: □ Alumnus □ Spouse □ Parent □ Faculty/Staff □ None

Education (Degree/Primary discipline)

Would you be interested in teaching an OLLI course? □ Yes □ No

If yes, possible topic

OLLI’s Curriculum Committee will reach out to you for more information.

Would you like to volunteer with OLLI at UVA?

□ Yes (Please read below for more information.) □ No

Join OLLI’s Dynamic, Friendly Team of Volunteers

Volunteers support our work and are an essential link between OLLI and the community. To give your time and expertise, check out this list of opportunities.

- **Class Moderator:** Moderators support the instructor by managing the Zoom call during each course section. Training will be provided. Facility with technology is required.

- **Faculty:** New instructors and course ideas are regularly needed to expand the breadth of courses offered. Take a look at our faculty brochure at olliuva.org/join-our-faculty or email olliuva@virginia.edu.

- **Office Support:** These volunteers use database, accounting or other office skills to support OLLI administratively. Tasks also include packet preparation, making phone calls, preparing correspondence or special projects. While the OLLI office is currently closed to the public, we look forward to welcoming office volunteers back soon.

- **OLLI Outings Committee:** Volunteers with a yen for travel who would like to help plan and execute new day trips are invited to join.

- **One-Day Events:** Assist with the Taste of OLLI or other special events, represent OLLI at public events, or help with one-time needs in the office. While the OLLI office is currently closed to the public, we look forward to welcoming event volunteers back soon.

We hope you accept our invitation to contribute your time and talent and will join our OLLI team.

If you are interested, please e-mail Liz at olliliz@virginia.edu, call 434.923.3600 or 877.861.9207, or check the volunteer box above and circle your area(s) of interest.
In your moment of need, UVA Health is ready for your unexpected. The moment your health takes a turn for the worse, our new Emergency Department provides the care you need without losing crucial time waiting for critical treatment. uvahealth.com/emergency
Join us!

facebook.com/olliuva
twitter.com/olliuva

Summer/Fall 2020 Calendar
*Check olliuva.org for updates and course times.*

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>July 15</td>
<td>Fall Membership pre-purchase opens online 10:00 a.m.</td>
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<tr>
<td>July 21</td>
<td>Virtual Taste of OLLI/Courses Preview 10:30 a.m.</td>
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<tr>
<td>July 23</td>
<td>Online Registration training 10:00 a.m.</td>
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<tr>
<td>July 28</td>
<td>Fall 2020 Registration opens 10:00 a.m.</td>
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<td>September 8</td>
<td>Courses begin</td>
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