

Osher Lifelong Learning Institute

at the University of Delaware



January 26–April 2, 2015





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Osher Lifelong Learning Institute

at the University of Delaware in Lewes

A program of the Division of Professional and Continuing Studies

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Osher Lifelong Learning Institute
at the University of Delaware in Lewes

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On the cover: Artwork by Betty DeBoer

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General Information

About Osher Lifelong Learning in Lewes

In 1989, the University of Delaware established the Southern Delaware Academy of Lifelong Learning. In 2010 the Academy received endowment support from the Bernard Osher Foundation. In recognition of that support, we joined similar organizations in 49 other states and became the Osher Lifelong Learning Institute (OLLI) at the University of Delaware in Lewes.

We operate a self-governing, cooperative education community that promotes and provides intellectual, cultural and art-of-living learning experiences in a supportive social environment for mature active adults in Southern Delaware under the aegis of the University of Delaware's Professional and Continuing Studies.

Membership

Membership is open to men and women 50 years of age or older and to members' spouses or partners at any age. Whether your formal education ended early in life, or includes advanced degrees, we welcome you. An interest in learning is all that is required. Registration forms are at the back of the catalog and online.

Member Benefits

- Register for as many classes as you like.
- Participate in OLLI sponsored trips.
- Internet access, an email account and virus protection via the UD system (full year membership only).
- Audit one UD credit course in fall and spring semester on a space-available basis without paying tuition. Does not include online/distance learning courses, Associate in Arts program, certificate programs or UD travel/study programs. All relevant fees apply.
- Discount on computer software.

Membership Directory

We are a community and want to be able to contact one another. Please support us by allowing your address, phone number and email address to be listed in our directory. You can do this on your registration form. We do not share our directory with the general public and rely on our members not to do so or to use it for commercial purposes.

Note: It is important that you keep your contact information up to date, so we can advise you of important information and events.

Opportunities

Because the lifelong learning program is a cooperative educational community, members have the opportunity and obligation to support its objectives through participation in committees, planning (courses, trips, activities) and serving as class leaders and instructors.

We encourage you to offer new course ideas, serve as instructors, be committee members and contribute items for our newsletter, *The Tides: Breaking News from Lifelong Learning*. Your active participation is a great way to develop new friendships and be part of a dynamic team!

Course Registration

You are now able to register online.

You may register for as many courses as you like, but please only sign up for those you intend to take—and DO NOT sign up for multiple courses in the same time slot.

Select your courses in order of priority by clearly filling in the Spring 2015 Course Selection Form (page 38 or 40). Be sure to include your course code, course title and day/time for each class.

Maximum class size is 70 in Lewes and 40 in Ocean View, but some courses will have smaller limits, so use your priorities wisely. No course

assignments will be made before the priority registration deadline, Thursday, **January 8**, 2 p.m. After the deadline, registrations will be processed in this order:

- Priority selections, in order of priority (by random draw, if selections exceed seats available)
- Registrations received after the priority deadline, Thursday, **January 8**, 2 p.m. and multiple registrations for the same time slot will be processed on a first-come, first-served space-available basis.

Note: If you were wait-listed for a course during the previous semester, you receive preference this semester if (1) the identical course is offered again, (2) you indicate the course as your Priority 1 and (3) you indicate that you were wait listed in the previous semester.

How to Register

You may register and pay online at www.lifelonglearning.udel.edu/lewes, by mail or in person (Mondays through Thursdays, 9 a.m.–2 p.m.) with the Spring 2015 Registration Form, together with payment, at the OLLI office, Fred Thomas Building, 520 Dupont Avenue, Lewes, DE 19958. Checks to be made payable to University of Delaware.

When to Register

You may register in the office Monday through Thursday, 9 a.m. to 2 p.m., beginning **December 15, 2014**. The priority registration deadline is 2 p.m. on Thursday, **January 8, 2015**.

Fees

The membership fee is **\$130** for the spring 2015 semester. Our program depends almost entirely on registration fees, which are applied to our operating expenses, including rent for use of the Fred Thomas Building and Ocean View Town Hall and Community Center, staff salaries and the cost of printing and postage.

Tuition Assistance

Partial scholarships (up to half tuition, for a single semester only) are available. A Scholarship Application form, page 33 and online, must be completed and mailed or delivered to the office

no later than **January 6, 2015**. The scholarship process is confidential and applicants are not required to submit any financial information. Scholarship requests cannot be made online.

The George Kirilla Jr. Scholarship Fund was established by the Kirilla family to underwrite this assistance. You are encouraged to make contributions to this fund on your Spring 2015 Registration Form or with your online registration.

Refunds

Membership fees will be refunded for requests made prior to the end of the second week of the semester. Refund requests must be **submitted in writing** to the Osher office. A \$15 processing charge will be deducted from all refund requests received after the first day of classes.

Trip and activity refund requests will only be accepted prior to the event and must be **submitted in writing** to the Osher office. Acceptance of refund requests will be granted based on the required minimum number of participants needed to cover the costs of the event. Once Osher has made final payments for trips and activities there will be no refunds.

Refunds will take up to six weeks to process. Questions should be directed to the Osher office.

Try before you buy— (Re)Learn How to Move From Your Body! (SS99)—see page 28.

Claire Brown is offering a 90-minute sample lesson before the priority registration deadline for the spring 2015 semester. This introductory experience will be held in the Osher gym at the Fred Thomas Building (room 110) on Tuesday January 6, 2015, at 10 a.m.

The full spring class is sequential, in that learning builds upon prior learning. You need to make a commitment to attend regularly to fully benefit from this class. So, before you register for this class, come to the sample session. Student should bring a blanket, mat or towel. This sample session is a required prerequisite to attend the course in the spring semester.

Gifts

While we calculate membership fees to cover our operating costs, we always have a need for additional and upgraded audiovisual equipment, computers and classroom teaching aids such as maps, films and library materials. Many of those items are paid from the Gift Fund. We are happy to receive your donations to the Gift Fund for a specific use or, preferably, unrestricted so your Council can focus them on our greatest needs. You can include a gift with your registration. For more information on how to make these tax-deductible gifts, contact the OLLI office, 302-645-4111.

Lunch

Social interaction is important to our community. We encourage you to continue class discussion or simply to chat and become better acquainted during the noon hour. Bring your brown-bag lunch and store it in the refrigerator.

Spring 2015 Calendar

Wednesday, January 7: Open House, Ocean View

Thursday, January 8: Priority Registration deadline.

Monday, January 19: Martin Luther King Jr. holiday; office closed.

Thursday, January 22: Instructor and New Member Orientation—
10–10:30 a.m. Coffee Social
10:30–11:30 a.m. Orientation Program

Monday, January 26: First day of classes.

Monday, February 16: No classes; Presidents' Day.

Tuesday, March 3: Second session begins.

Monday, April 2: Last day of classes.

April 6–10: Spring break. Office will be closed.

Wednesday, April 22: Instructors' Recognition

Textbooks, Supplies and Handouts

The catalog lists any textbooks or other supplies required for some courses and any charge for handouts beyond the allocation provided each instructor. You are responsible for these costs.

Location and Parking

Most courses are held at our location at the Fred Thomas Building, 520 Dupont Avenue in Lewes. Some courses are held at the Ocean View Town Hall and Community Center, 32 West Avenue, Ocean View, Del., and the Rehoboth Art League. These locations have convenient parking. Member handicapped parking is available in the parking lot behind the Fred Thomas Building, where there is a handicapped ramp.

Identification Badges

We ask our members to wear an identification badge at all times. Member and guest badges (and temporary badges for those who forget) are available in the OLLI office.

Guests

Visitors and prospective members who wish to become familiar with our program are welcome to visit on a single day. Please visit the office to pick up an ID badge.

Inclement Weather Policy

When Cape Henlopen School District classes are canceled because of inclement weather or an area-wide emergency, Lewes lifelong learning classes are canceled. When the school district has a delayed opening, our activities will begin on time.

Ocean View programs follow Indian River School District's announcements, closing when those schools are closed and opening on time when those schools have a delayed opening. Contact your instructor for off-site closing.

Check for information at the following:

Phone: 302-645-4111 (recorded message)

TV: WBOC

Web: www.lifelonglearning.udel.edu/lewes
www.wboc.com, at weather closings

Travel

OLLI sponsors trips to enhance our educational experience. Many are one-day trips associated with particular courses. At the end of each spring semester, we take several busloads of members to New York City. Information about these trips, including sign-up dates, are posted on the travel bulletin board. Members have first priority and a surcharge is required of nonmembers. Once final payments have been made, there are no refunds. Questions about travel may be directed to Mary Folan, Joan Sciorra or to the OLLI office at 302-645-4111.

Trips

February 8, 2015: UD Resident Ensemble Players, *The Millionairess*

March 15, 2015: UD Resident Ensemble Players, *Juno and the Paycock*

April 23, 2015: UD Resident Ensemble Players, *All in the Timing*

April 28–May 1, 2015: New York City trip

May 7, 2015: UD Resident Ensemble Players, *The 39 Steps*

May 16, 2015: Opera Delaware Presents Lakme in Concert

Spring 2015 Online Catalog

- Visit www.lifelonglearning.udel.edu/lewes to view and print curriculum and the Spring 2015 Registration Form.
- Spring 2015—Lewes catalog may be downloaded for your use and convenience at www.lifelonglearning.udel.edu/lewes.

University of Delaware Policies

Our members must comply with University policies, including those that prohibit sales or solicitations (except for designated activities where they are specifically permitted); sexual harassment; or disruptive behavior.

Advertisements

Ads in this catalog or on our bulletin boards do not reflect an endorsement by OLLI. The advertisers are solely responsible for the contents of such ads.

T'ai Chi Chih Lunch Enthusiasts

T'ai Chi Chih enthusiasts meet Tuesdays from 12:30 p.m. to 1 p.m. in the Fred Thomas Building throughout the year. Open to all members.

Lunch-time Yoga

Drop in for yoga each Wednesday in the Fred Thomas Building, 12:30 p.m.–1 p.m. Open to all members.

Orientation

New Member and Instructor Orientation— Thursday, January 22, 2015

10 a.m.–10:30 a.m. Coffee Social

10:30 a.m.–11:30 a.m. Orientation Program

All instructors, new and current, and new and current members are encouraged to attend.

Ocean View Classes

We are pleased to announce that classes will again be offered in Ocean View as part of the Lewes program's Spring 2015 semester. Check the catalog to learn about the interesting classes held on Monday and Wednesday at the Ocean View Town Hall and Community Center, 32 West Avenue, Ocean View, Del. If you have any questions, please call the OLLI office at 302-645-4111.

OLLI Spring Fling Luncheon/ Instructors' Recognition

Keep an eye on the INSTRUCTORS—OLLI—EVENTS bulletin boards for news about lifelong learning's spring luncheon. We hope to announce the theme when school begins in January.

Watch for announcements to see if we can "top the Fall 2014 luncheon." If you have an idea for a doable theme, email it to LLL-lewes@udel.edu with Spring Luncheon Theme in the subject line.

Spring 2015 Courses

Classes begin Monday, January 26, 2015

ART

AA10 BASKETRY

Tuesdays, 1:30 p.m.–4:30 p.m.

Dates: 5 Sessions, January 27–February 24

Instructor: Elaine Stanhope

This class is open to all who are interested in basket weaving. Anyone who has never woven a basket or those who have woven up to five baskets are welcome. Basket kits will be provided. There will be a charge for supplies needed to weave two baskets.

Class limited to 16 students.

Elaine Stanhope holds a B.S. from Husson College in business education. She taught on the secondary level in Maine, Massachusetts, Maryland and Virginia; and was a day care director for Kinder Care Learning Centers. She retired from Hughes in data management. Elaine enjoys weaving all types of baskets.

AA14 STAINED GLASS

Thursdays, 1:30 p.m.–4 p.m.

Dates: 5 Sessions, March 12–April 2

Instructor: Paul Puch, assisted by Rodney Lau

Students will learn the “Tiffany” method of stained glass. They will design a pattern, cut glass, grind, foil and solder a project. Class is open to beginners and advanced artists. All projects to be approved by the instructor. There will be a \$25 lab fee to cover cost of materials.

Class is limited to 20 students.

Paul Puch holds a B.A. from St. Francis University and an M.A. from Middlebury College. He taught Spanish and Latin at the secondary level for Montgomery County Public Schools in Maryland for 31 years.

AA42 INTERMEDIATE TECHNIQUES IN WATERCOLOR

Thursdays, 1:30 p.m.–4:30 p.m.

Dates: 5 Sessions, January 29–February 26

Instructor: Sonia Hunt

The course will cover various techniques in watercolor. Color mixing, composition and different applications of paint will be explored. Different ways of applying watercolor paints to surfaces will be used. Large round and flat brushes and at least six basic colors are essential. Some previous experience with watercolor painting is helpful. A supply list will be available.

Class limited to 12 students.

Sonia Hunt is originally from England and now resides in Lewes. Sonia has received various awards for her watercolors, which are exhibited throughout Delaware and Maryland. She is a member of the Rehoboth Art League, the Bethany Beach Watercolor Society and the Cape Artists.

AA53 INTERMEDIATE BASKETRY

Wednesdays, 1:30 p.m.–4:30 p.m.

Dates: 5 Sessions, January 28–February 25

Instructor: Elaine Stanhope

This class is open to all who have woven at least five baskets. Baskets woven in this class will be on an intermediate level. There will be a charge for each basket kit provided.

Class limited to 16 students.

Elaine Stanhope. See course AA10 for instructor’s information.

AA64 OIL AND ACRYLIC PAINTING INTERACTIVE WORKSHOP

Mondays, 9:30 a.m.–2:30 p.m.

Dates: 9 Sessions, January 26–March 30

Instructors: Edna Filemyr, Carol Halloran,
Ellen Watkins

No class February 16.

Oil and acrylic painting workshop for intermediate painters. Come join us for a cooperative workshop where we assist and critique each other's work. Gain knowledge from the experience and unique perspectives of three respected artists and learn the protocol of a formal open "crit" session, engaging the entire class in discussion and encouraging critical thinking. Students should bring their own supplies in oils or acrylic medium and a lunch. Some floor easels will be available, but students are encouraged to bring their own setup. Students may bring their own photographs and images for inspiration. Optional art and cultural expeditions may be scheduled once per session to nationally known museums in Baltimore, Philadelphia or Washington, D.C.

Class limited to 16 students.

Eddie Filemyr has explored art in many careers. She has an M.F.A. from Antioch University, a B.S. in studio art and design from Skidmore College and has attended many professional advancement workshops in the arts. She also holds a permanent New York state teaching certificate in art. Eddie has kept a home art studio since 1978. She has taught art at Hood College, Antioch U./Columbia, St. John's High School in Maryland and at Wilson College in Pennsylvania. She is a member of Rehoboth Art League, Mispillion Art League, Milton Art Guild and Millsboro Art League. She has received awards for her acrylic and mixed media paintings. Eddie also worked as a landscape designer for Stadler Nursery in Montgomery County, Maryland and then as a freelance landscape designer in northern Idaho and Sussex County, Delaware. She also completed the master gardener course in Washington,

Idaho and Delaware. She resides with her husband in Milton, Delaware.

Carol Halloran is a retired R.N. She has worked pencil sketch portraits and has taken photography classes. Carol now paints mostly landscapes in oil from her photos. She has been with Osher Lifelong Learning in Lewes since 2004.

Ellen Watkins has painted for over 30 years. She learned her craft through years at Fairfax Adult Education classes and Corcoran Art School.

AA85 HAND BUILDING POTTERY

Fridays, 10 a.m.–1 p.m.

Dates: 10 Sessions, January 30–April 3

Instructor: Brenda Butterfield

Held at Rehoboth Art League.

This class will offer the methods of building pottery by hand. It is a mixed media and will include the following: sculptures, vessels and surface decorations. Look forward to illuminating clay into forms and styles. Please wear old clothes, bring an apron, an old towel and don't forget your lunch. Additional cost of \$40 (payable to RAL) for clay. Class attendance is essential. **Class limited to 8 students.**

Brenda Butterfield has been working with clay for nine years. She is experienced on the wheel and in the area of hand building; is a regular and teacher at the Rehoboth Art League; exhibits at the Unique Boutiques. She is a member of Delaware by Hand.

AA91 OSHER CRAFT CIRCLE

Wednesdays, 9:30 a.m.–12:15 p.m.

Dates: 10 Sessions, January 28–April 1

Instructors: Diana Beebe, Karen McKinnon

This course is open to ANY student registered at Osher. Please come sit with a group of warm, friendly people who enjoy each other's company as they work on their handicraft.

Karen and Diana are there to help, when they are able, with simple knitting projects (Einstein coats or kimono jackets, etc.). This is not an instructional course but a venue for creative handiworkers to share what they do best while sitting with genial folks sure to become your friends. Can't attend for the full session? No problem. Join the group as your schedule allows.

Class limited to 20 students.

Diana Beebe has been a lifelong educator. She received a B.A. in English from the College of Wooster and an M.A. in school leadership from the University of Tulsa. She taught high school and middle school English and served as a school administrator for many years. She retired as head of school from the Holton-Arms School in Bethesda, Maryland, in 2007 and is currently the executive director of the Head Mistresses of the East Association, a national group of independent school heads. She served on the academic council of Osher and is the president of the Rehoboth Art League. She is an avid sewer and knitter and loves re-purposing items from the thrift shop.

Karen McKinnon is a graduate registered nurse from Yale-New Haven Medical Center. She's worked as an R.N. for 43 years from OB/GYN to NICU to general pediatrics until retirement in 2010. She currently serves on the Academic Affairs committee as the chair of the Art Department for Osher. Karen enjoys passing time knitting, cross stitching, cooking and entertaining.

NEW!**AA103 LIMITED PALETTE PAINTING**

Wednesdays, 1:30 p.m.–4 p.m.

Dates: 5 Sessions, March 4–April 1

Instructor: Robert Chu

Limited palette, unlimited potential. Explore three primary colors and white in a series of paintings with just enough drawing, perspective, color mixing and brush work. Paint from photographs and simplifying the content. This is a results oriented workshop. A supply list will be available. **Class limited to 10 students.**

Robert Chu has a background in image formation applications in engineering and marketing, from aerospace to industrial photography. Painting and digital imaging complement globe-trotting adventures.

NEW!**AA104 ART 102: HANDS-ON BASIC OIL PAINTING**

Tuesdays, 9 a.m.–11 a.m.

Dates: 5 Sessions, January 27–February 24

Instructor: Peter Feeney

This course will cover “hands on” color theory and mixing, brush strokes, canvases and papers, composition, values and point of interest. The class will consist of a short demo followed by participants painting with individual attention. Both oil and water mixable oil paints can be used. Beginners are welcome. A supply list will be provided. **Class limited to 15 students.**

Peter Feeney is a local self-taught artist. His work can be seen in numerous local galleries and he is a member of several art leagues. He is a retired engineer, college instructor and industrial consultant.

NEW!**AA105-1 CREATIVE CARDS**

Mondays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, January 26–March 2

Instructors: Dianne Keough, Jeanne Walsh

No class February 16.

This course is open to all who are interested in creating greeting cards using a variety of techniques such as stamping, die cutting, embellishing and embossing. Students will make three cards each class with hands-on assistance as needed. All supplies will be provided by the instructors. There is a \$50 supply fee payable to the instructor. Come and discover your creative edge.

Class limited to 12 students.

NEW!**AA105-2 CREATIVE CARDS**

Mondays, 10:45 a.m.–12:15 p.m.

Dates: 4 Sessions, March 9–March 30

Instructors: Dianne Keough, Jeanne Walsh

Students will make three cards each class with hands-on assistance as needed. All supplies will be provided by the instructors. There is a \$40 supply fee payable to the instructor.

Class limited to 12 students.

Dianne Keough has been a scrap booker and card maker for over 10 years. She has been holding card making classes as a Stampin' Up!® independent demonstrator since 2011. Dianne holds a Ph.D. in research from Boston College and has extensive experience in teaching adults.

Jeanne Walsh has been a card maker for just over one year and has been holding card making classes as a Stampin' Up!® independent demonstrator since 2014. She holds a bachelor's degree in business administration from Hofstra University.

COMPUTER SCIENCE**CS77 IPAD BASICS**

Tuesdays, 9 a.m.–10:30 a.m.

Dates: 4 Sessions, January 27–February 17

Instructor: John Hoyt

This is a beginner level course and will familiarize the students with the basics of the iPad. The operating system, settings and pre-loaded applications will be covered. Other topics will include sending/receiving emails, creating calendars, establishing contact lists, downloading applications, accessing/searching the Internet, taking pictures and creating digital photo albums. Part of the class time will be used for students to share ideas and discuss favorite applications.

Class limited to 10 students.

John Hoyt has over 25 years' experience in managing information technology research and development projects for the U.S. government in the areas of cyber forensic standards, infrastructure protection and information sharing. He was an employee of the FBI for over 17 years. During four years of that time, he was on detail from the FBI to the Defense Advanced Research Projects Agency as a program manager. He received his Ph.D. in information technology from George Mason University.

CS83 PRIVATE TUTORING OF MICROSOFT PROGRAMS

The instructor, Howard Henn, will provide one-on-one PC tutoring in Microsoft Word, Excel and/or PowerPoint. Instruction will be tailored to your level of need. Please only sign up for one private tutoring session.

Each session is limited to one student.

Thursday, January 29

CS83-1 10:30 a.m.–11:30 a.m.

CS83-2 11:30 a.m.–12:30 p.m.

Thursday, February 5

CS83-3 10:30 a.m.–11:30 a.m.

CS83-4 11:30 a.m.–12:30 p.m.

Thursday, February 12

CS83-5 10:30 a.m.–11:30 a.m.

CS83-6 11:30 a.m.–12:30 p.m.

Thursday, February 19

CS83-7 10:30 a.m.–11:30 a.m.

CS83-8 11:30 a.m.–12:30 p.m.

Thursday, February 26

CS83-9 10:30 a.m.–11:30 a.m.

CS83-10 11:30 a.m.–12:30 p.m.

Thursday, March 5

CS83-11 1:30 p.m.–2:30 p.m.

Thursday, March 12

CS83-12 1:30 p.m.–2:30 p.m.

Thursday, March 19

CS83-13 1:30 p.m.–2:30 p.m.

Thursday, March 26

CS83-14 1:30 p.m.–2:30 p.m.

Thursday, April 2

CS83-15 1:30 p.m.–2:30 p.m.

Howard Henn has a master's degree in electrical engineering from Columbia University. He worked as a control systems engineer and a project manager for ExxonMobile. Since retiring in 2001, he has tutored Word, Excel and PowerPoint for various organizations.

ECONOMICS/FINANCE

NEW!

EC07-1 THE INS AND OUTS OF RETIREMENT PLANNING

Thursdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, January 29–February 26

Instructor: Michael Loftus

Held at Lewes Campus.

NEW!

EC07-2 THE INS AND OUTS OF RETIREMENT PLANNING

Wednesdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 4–April 1

Instructor: Michael Loftus

Held at Ocean View Town Hall.

The financial industry has always focused on saving, but as you retire it's more about preservation of capital, income and legacy. We will help you better prepare by discussing the following topics:

- Understanding risk—How much should you have
- What is asset allocation and why do I need it
- Creating an income plan
- IRAs—Don't let the IRS take your IRA
- Why are annuities so confusing and do I need one
- 9 Pitfalls of high net worth investors
- 6 What ifs of retirement and how to prepare for them. **Class limited to 30 students.**

Michael Loftus is a graduate of Villanova University and has over 25 years of business experience, with 17 focused on the financial services industry. Michael held senior level positions at multi-billion dollar financial services companies, but left in 2009 to start his own firm. As his firm, Loftus Wealth Strategies, has grown, he was recently recognized as a top wealth manager for the state of Delaware. He has been teaching at Osher since 2012, where he can

fulfill his passion for education of finance. Michael is a graduate of Villanova University and resides in Bethany Beach.

EC08 FINANCIAL WORKSHOP FOR INDIVIDUAL INVESTORS

Thursdays, 10:45 a.m.–12:15 p.m.
Dates: 5 Sessions, March 5–April 2
Instructor: Derek Clifton

This course is designed to educate you about financial topics, including building your portfolio strategy, which will cover risk tolerance and diversification, foundations of investing in bonds, stocks, mutual funds, annuities and the importance of asset allocation; tax free investing and investing for income; protecting what is important and preparing your estate plan.

Class is limited to 12 students.

Derek Clifton holds a B.S. from the University of Delaware and an M.B.A. from Wilmington College. Derek is an accredited asset management specialist and financial adviser with Edward Jones. He resides near Milton with his wife and four sons.

NEW!

EC14 ECONOMICS II

Thursdays, 9 a.m.–10:30 a.m.
Dates: 10 Sessions, January 29–April 2
Instructor: Wayne Kirklin

Become fluent in the language of economics. This is a “stand-alone” course but can be considered as a continuation of Economics I (which is not a prerequisite). The course is centered on a *Great Lectures* curriculum augmented by class discussion. It develops many economic concepts from the top down, studying gross domestic product (GDP), unemployment, inflation, fiscal and monetary policy and international trade. Understanding how economists think is crucial to appreciating how the world works today while considering potential solutions about economic issues that

affect you and the nation every day.

Class is limited to 70 students.

Wayne Kirklin is a graduate of the University of Delaware and holds an M.B.A. from New York University and is a chartered financial analyst. After a quarter of a century in the financial services industry, including a stint as president of a commercial bank, he spent time as a college professor at a small Ohio university where he taught economics and finance for more than 20 years.

HISTORY

HX120 MEDICAL AND MILITARY MEMOIRS

Tuesdays, 9 a.m.–10:30 a.m.
Dates: 5 Sessions, January 27–February 24
Instructor: Donald Sturtz

This course will revolve around the instructor’s personal experiences as a military officer, naval aviator and general surgeon. The history of medicine involves fascinating people and events. The military medical department’s contributions to this history is often not recognized. The health of U.S. presidents is another aspect of medical history which will be discussed as a separate lecture. The history of flight and melding of medical/aviation relationships will be the subject of another session. Finally, some medical history surrounding the war in the Pacific in WWII will be brought to light.

Class limited to 70 students.

Donald Sturtz graduated with distinction from the United States Naval Academy in 1955. He served aboard the destroyer *Radford* then earned the wings of naval aviator, serving aboard the *USS Forrestal* and several other aircraft carriers. Leaving active duty, he graduated from the University of Pennsylvania School of Medicine in 1965. Over a 40 year period he served in naval hospitals in Philadelphia, Bethesda, San Diego, Oakland and the Uniformed Services University. He was the

commanding officer of the hospital ship *Mercy* on its maiden voyage. He rose through the academic ranks to professor of surgery and became a governor of the American College of Surgery. After selection for flag rank he became the commanding officer of the National Capital region which included Bethesda Naval Hospital. His final active duty was as the Atlantic fleet surgeon and NATO staff member.

HX169 THREE CONSEQUENTIAL COLLABORATIONS

Wednesdays, 10:45 a.m.–12:15 p.m.
Dates: 8 Sessions, January 28–March 18
Instructor: Jo-Ann Vega

Three different and consequential collaborations, partnerships that helped create the United States of America we know today. The first, Abigail and John Adams, were life partners of 54 years, whose lives, captured in a series of more than 1,200 letters to each other, written during their frequent separations. The second, Alexander Hamilton and James Madison, worked together (along with John Jay) to create the first American fictional character, Publius, to campaign for the passage of the Constitution of the United States. The Federalist Papers offer a comprehensive breakdown and analysis of the need for a three part government to replace the no longer useful Articles of Confederation. The third, FDR and Frances Perkins, the first female cabinet member, worked together from the 1920s while Roosevelt was governor of New York through Roosevelt's death in 1945 to create first state level then federal legislation. Taken together, these three consequential collaborations, between a husband and wife, two rivals and an executive and subordinate, established the framework of the continuing American experiment.

Class limited to 30 students.

Jo-Ann Vega, a long-time history and biography aficionado, brings her facilitation and human resource experience and passion for learning to Osher. Jo-Ann looks forward to lively and informative discussions.

NEW!

HX178 PART I—PRE-HISTORY TO THE ART OF ANCIENT GREECE: CAVE TO CATHEDRALS

Wednesdays, 10:45 a.m.–12:15 p.m.
Dates: 5 Sessions, March 4–April 1
Instructor: Barbara Stephanic
Held at Ocean View Town Hall.

This course will survey the development of painting, sculpture and architecture in western cultures from the Paleolithic period of prehistory to the late Gothic period of the fourteenth century. Material in the classroom is presented through slides, lectures and discussions. Students completing this course will have a discerning appreciation and enjoyment of different cultures through the study of creative art over time. Study will include developing knowledge of stylistic characteristics of the art of early cultures and the terminology necessary to communicate a scholarly analysis of the works. Many of the artistic and aesthetic works of ancient times relate directly to our own culture in a modern environment. It is in those direct links that we learn how closely we are connected to other times and other ethnic groups. To understand the similarities and differences we share with ancient cultures, we will explore the iconography, the technique and the historiography of the art.

Class limited to 40 students.

Barbara Stephanic has a master's degree in art history from the George Washington University and a Ph.D. in American studies, specializing in American art from the University of Maryland. She has taught art history classes at Georgetown University, American University, Parsons School of Design, New York, and the College of Southern Maryland, where she was on the faculty for 20 years before retiring in 2011. At the College of Southern Maryland she served as curator of the fine arts gallery and established the Study Abroad Program in art history. Barbara also curated a number of exhibitions, published catalogs and served on the art advisory board at University of Maryland, University College.

NEW!**HX179 THE DUST BOWL**

Thursdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 5–April 2

Instructor: Eileen Redden

We will be discussing the economic, social and environmental impacts associated with the decade-long drought event of the 1930s using videos from the *American Experience* series by Ken Burns as well as excerpts from letters, excerpts from *The Grapes of Wrath*, song lyrics and other sources. We will discuss the causes of the Dust Bowl as well as some of the effects that impact us still today.

Class limited to 60 students.

Eileen Redden received her B.A. and M.Ed. degrees from the University of Delaware. She taught social studies at Lake Forest High School and then served as a guidance counselor. She has an avid interest in history, particularly European history.

NEW!**HX180–1 HOOFS OF IRON,
HEARTS OF STEEL**

Tuesdays, 9 a.m.–10:30 a.m.

Dates: 10 Sessions, January 27–March 31

Instructor: Ray Glick

Held at Lewes Campus.

NEW!**HX180–2 HOOFS OF IRON,
HEARTS OF STEEL**

Wednesdays, 9 a.m.–10:30 a.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Ray Glick

Held at Ocean View Town Hall.

The American Civil War would be the last great war to depend on the horse and mule as the primary power for their armies' field mobility and actual combat. Neither the North nor the South was prepared or even comprehended the

enormous effort that would be required to supply and care for the 3,000,000 serviceable horses and mules their armies would use. Less than half would survive. This class will explain the complex procurement process, needed equipment, use by each military department, feed and forage, farrier care, use in combat, logistics, medical care, the remount system and casualties. Student questions and input is encouraged.

Class limited to 40 students.

Ray Glick has spoken and written on the tactical and strategic importance of horses and mules in the Civil War. He is a graduate of the Ohio State College of Veterinary Medicine.

NEW!**HX181 AMAZING AIRCRAFT**

Tuesdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 3–March 31

Instructor: Gil Kaufman

Following an introductory overview of aviation history right up to the present, individual classes will focus on some of the more famous aircraft and dirigibles, including the Concorde supersonic transport (SST); the Spruce Goose; the flying boats of the 1930s, the Bermuda Clipper and China Clipper; and the Hindenburg and Graf Zeppelin. The scope of the presentations, all delivered via PowerPoint graphics, will include both commercial (i.e., passenger carrying) and military aircraft and will lead up to and include vehicles for carrying passengers to outer space. Students will have the opportunity to ask for information about their favorite historical aircraft.

Class limited to 70 students.

Gil Kaufman has had more than 50 years of experience in materials research management with Alcoa, Atlantic Richfield and the Aluminum Association, many of those years focused on the use of aluminum alloys in military and commercial aircraft, including the Concorde SST, plus in spacecraft like the Saturn rockets. Among Kaufman's areas of specialization are

fracture mechanics and fatigue resistance. He was also the president and CEO of the National Materials Property Data Network (MPD Network).

HUMANITIES

HU84 FILM FESTIVAL FAVORITES

Tuesdays, 1:30 p.m.–4:30 p.m.

Dates: 5 Sessions, March 3–March 31

Instructors: Betty Grunder, Gary Grunder

Many independent and foreign films screened at film festivals receive enthusiastic audience support but fail to be picked up by major distributors. Some of these films go directly to DVD or show for a week or two in select art house theaters, but they don't receive enough publicity to bring them to the attention of the general public. We have selected five of our favorite films from recent festivals in Philadelphia and Palm Springs to share with our class. This class is a repeat of the course given in Fall 2014. The films will have subtitles and may contain adult content and language.

Class limited to 65 students.

Betty and Gary Grunder are film buffs who have taught previous film appreciation courses on the film art of directors Krzysztof Kieslowski, Francois Truffant and Woody Allen and also courses on recent international films and Oscar-winning foreign language films.

NEW!

HU112 MISHMASH

Tuesdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, January 27–February 24

Instructors: James Greene, Kay Greene

We will explore the human condition from several perspectives of the brain. First, we will watch an episode of *Northern Exposure* on the possibility of changing our fundamental character. Second, we will examine how Daniel Dennett mines the existential condition for insights into bad logic and intuition pumps.

Third, we will discover the meaning of human, all-too-human, by watching *Lawrence of Arabia* by David Lean. Finally, take a journey with us to Morocco and India (slides) to investigate the mortal question of the predictably irrational nature of the connectome.

Class limited to 35 students.

James and Kay Greene. Jim taught the history of ideas at a very progressive school in New York City. Kay taught 6th grade science in Milford. Both love ideas, folly, bad logic and laughter. We will provide the cookies; you should provide your versions of the world.

HU119 EXPLORING THE POWER OF NOW BY ECKHART TOLLE

Wednesdays, 10:45 a.m.–12:15 p.m.

Dates: 10 Sessions, January 28–April 1

Instructors: Joseph Lavenia, Toni Worsham

What must we do to transform our lives spiritually? Eckhart Tolle tells us in *The Power of Now*, that the more fully we are able to live focused in the “now” rather than lamenting about the past, or being anxious about the future, the more spiritually conscious, joyful and peaceful we will become. This course will allow students to consider Tolle's teachings in this spiritual text and to engage in discussions with other class members regarding their understandings of Tolle's message, and the value of its application in their lives. Students should bring a copy of the book with them to each class and read the preface, introduction and chapter one prior to the first class. For each chapter, students should bring at least one but not more than two comments or questions regarding the chapter to share with the class. Toni and Joe will facilitate a chapter by chapter discussion based on these questions and comments by class members each week. Required text: *The Power of Now*.

Class limited to 20 students.

Joseph Lavenia received his M.B.A. from Fairleigh Dickinson University and his B.A. from Rutgers University. He has studied personal

development, metaphysical/spiritual teachings and contributed to and influenced the content of the books *What You Think is What You Get* and *Integrity is Everything*.

Toni Worsham holds a Ph.D. in English. Before retiring to southern Delaware in 1997, Toni had been an educator for 30 years, teaching at all levels, elementary through graduate school. She has a special love for poetry, theatre and creative writing. She has done extensive research in cognitive studies and thinking improvement techniques. Both during her years as a nun and thereafter, Toni has studied spiritual teachings and focused exclusively on offering classes on spiritual growth since 2006.

HU121 INTERESTING ISSUES IN CONSTITUTIONAL LAW

Tuesdays, 9 a.m.–10:30 a.m.

Dates: 5 Sessions, March 3–March 31

Instructor: Mary Boyd

Come with an open mind to discuss current legal issues important to our society. The instructor will provide readings of interest for discussion. U.S. Constitution provided!

Class limited to 70 students.

Mary Boyd is an attorney and teacher of U.S. Constitutional and education law. Her background includes business and finance and historic preservation.

HU146 WORLD RELIGIONS

Thursdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Richard Kauffman

From indigenous people to those of the postmodern world, religion has been a part of human life. While we spell God's name with different alphabet blocks and history has recorded conflicts originating in the differences, there is in our time a developing inner faith movement that acknowledges commonalities shared by all. The aim of this course is to examine commonalities and differences seeking

deeper understanding and dispelling misunderstandings. This course will explore in depth the religions of the West (Judaism, Christianity and Islam) and those of the East (Hinduism, Buddhism, Taoism, Shinto and Confucianism). Videos will be used to enhance our explorations. There will be a \$2 charge for handouts. **Class limited to 30 students.**

Richard Kauffman has degrees from Franklin and Marshall College, Lutheran Theological Seminary at Gettysburg and Temple University. Dick was a Lutheran pastor in York, Pennsylvania, for 13 years. As dean of the York district, he was instrumental in bringing healing to the community following the race riots and healing to persons by chairing the task force that developed the chaplaincy program at York Hospital. He served on the staff of the Pennsylvania Human Relations Commission for 25 years, retiring as assistant director of compliance. He was on the adjunct faculty of York College for 26 years where he taught courses in philosophy, applied ethics and world religions.

NEW!

HU192 BROADWAY AND BEYOND—APRIL 2015

Wednesdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 4 –April 1

Instructors: Lee Mussoff, William Sharkey

Going on the Osher trip to the Big Apple in April? Learn your entertainment options, on Broadway, off Broadway (new shows, revivals, perennials) cabarets, Lincoln Center (symphony, opera, Juilliard offerings, etc.). Bill and Lee plan to develop, or even better, find handouts about the above and ticket sources you can explore.

Class limited to 70 students.

Lee Mussoff moved to Rehoboth Beach 28 years ago. She has been privileged to teach in various venues: Wesley College, Wilmington University, Delaware Technical and Community College, University of Delaware, Road Scholar,

Delaware Humanities Forum and, of course, Osher Lifelong Learning in Lewes. A show business enthusiast and a Broadway “wannabe,” Lee looks forward to discussing current New York City entertainment offerings from the perspective of her very discerning eyes and ears.

Bill Sharkey is the former program coordinator of Osher Lifelong Learning in Lewes and its current Council Chair. He has been on all but one of the Osher New York City trips, has enjoyed them all, in spite of making ticket decisions based upon information that was both anecdotal and incomplete. He hopes this course will help us all to make decisions based upon a far richer bank of information.

NEW!

HU193 MORE PRIVATE EYES: ROBERT B. PARKER— SPENSER FOR HIRE

Tuesdays, 10:45 a.m.–12:15 p.m.
Dates: 5 Sessions, March 3–March 31
Instructor: Paul Collins

The life of the author Robert B. Parker and his works featuring his private detective Spenser who appeared in novels and on television. We will also examine two other of his creations, Sunny Randall and Jesse Stone.

Class limited to 70 students.

Paul Collins moved to Lewes in 2011. He was born in Richmond, Virginia, and spent most of his career in New Jersey. He holds two master’s degrees from Rutgers and a bachelor’s from Virginia Commonwealth University. He retired in 2010 as chief technology officer of a computer system integration company. Since moving to Lewes he has been active with the Lewes Historical Society and racing sailboats with the Lewes Yacht Club.

NEW!

HU194 WRITING POETRY

Tuesdays, 10:45 a.m.–12:15 p.m.
Dates: 4 Sessions, March 10–March 31
Instructor: Elizabeth Dolan

We will discuss elements of poetry and write new poems off prompts. Poems will be completed at home and presented to the group for critiquing. It will be a lively creative experience.

Class limited to 10 students.

Elizabeth Dolan’s poetry manuscript, *A Secret of Long Life*, nominated for the Robert McGovern Prize, will soon be published by Cave Moon Press. Her first poetry collection, *They Abide*, was published by March Street. A six-time Pushcart nominee and winner of Best of the Web, she was a finalist for Best of the Net 2014. She has received fellowships from the Delaware Division of the Arts, the Atlantic Center for the Arts and Martha’s Vineyard. Liz serves on the poetry board of *Philadelphia Stories*.

NEW!

HU195 WHAT THE DICKENS?

Mondays, 10:45 a.m.–12:15 p.m.
Dates: 5 Sessions, January 26–March 2
Instructor: Joe Plummer

No class February 16.

Charles Dickens is best known as a novelist—but he was a born actor as well. This course will introduce you to that other side of Dickens, a side that was so profitable for him both in England and America, the side that made him almost as well-known as his novels did. Participants should bring their own copy of *A Christmas Carol* to each class so that we can enjoy Dickens’ language out loud. In addition, you’ll have the opportunity to hand in a one-page double-spaced personal reflection from time to time. **Class limited to 70 students.**

Joe Plummer has impersonated Dickens in his one-man show for over 50 years, including 20 performances in Delaware. He turned *A Christmas Carol* into a two-hander with his son (same name) off-Broadway in 2001. Joe senior holds an M.A. in theatre from Stanford University, a B.A. in speech and drama from the Catholic University of America, and a Ph.D. in rhetoric and linguistics from Indiana University of Pennsylvania. He lives in nearby Lincoln, Delaware, with his wife, Terry.

INTERNATIONAL STUDIES

IS03 GREAT DECISIONS

Wednesdays, 9 a.m.–10:30 a.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Robert Duncan

Seminar discussion of the international affairs issues included in the required *Great Decisions* textbook published by the Foreign Policy Association. Specific topics will be posted on the bulletin board as soon as received. Seminar participants will be encouraged to volunteer to lead the discussion on topics of particular interest. Participants must purchase the required textbook through Osher at a cost of \$23.

Class is limited to 29 students.

Robert Duncan holds a B.A. from Woodrow Wilson School of Public and International Affairs, Princeton University; an M.P.A. from John F. Kennedy School of Government, Harvard University; and attended the U.S. Foreign Service Institute, economic studies and the National War College. He is a retired U.S. Foreign service officer with over 33 years' experience in economic assignments in the U.S. State Department in Washington, D.C. and abroad.

NEW!

IS27 FRENCH FOR TRAVELERS

Mondays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 2–March 30

Instructor: Amy Hansberger

Held at Ocean View Town Hall.

La belle France—insider's visit to the varied regions of France from the mild climate of the Cote d'Azur to the snow-capped peaks of the Alps via the rugged coastline of Brittany. This class offers insight into how to blend in as a tourist, safety tips, booking arrangements, wine region specific focus on Loire Valley and French menu translation. French comes in handy when traveling to Africa, Switzerland, Canada, Monaco or right outside your back door! Your first step into French culture, mentality and way of life. Classes build on vocabulary and phrases commonly used, English/Spanish cognates reinforced. An option is available to purchase beginner phrase book. No prior French language required. Each class consists of interactive/small group instruction, activities and video clips. Minimal homework required.

Class limited to 15 students.

Amy Hansberger engages students in culture based language acquisition. Learn language basics for travel, à la française! During over 20 years in Wheaton College, Illinois, Madame Hansberger shared the love of French language and culture in her classes. Language at Lunch is the program name used to collaborate with schools and centers for learning with a focus in foreign language instruction. Mme. Hansberger is a member of the American Association of Teachers of French and the American Council of the Teaching of Foreign Languages in Alexandria, Virginia.

LANGUAGE

LA09 ADVANCED GERMAN

Thursdays, 10:45 a.m.–12:15 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Winfried Mroz

Students should be able to read a German text and translate it. Proper pronunciation, word order and some grammar will be taught.

Required text: *Short Stories in German* (New Penguin Parallel Texts) by Ernst Zillekens.

Class limited to 12 students.

Winfried Mroz is a retired gynecologist with an interest in history and music. He is co-founder of the Dover Symphony Orchestra and co-founder of the Dover English Country Dancers. His courses at Osher Lifelong Learning range from the Crusades, German, Benjamin Franklin and the history of musical instruments. Win has played various string instruments all his life.

LA12 CONVERSATIONAL FRENCH

Tuesdays, 10:45 a.m.–12:15 p.m.

Dates: 4 Sessions, March 10–March 31

Instructor: Lisa Lynch

This is a continuation of the Fall 2014 course. This course is designed for individuals who have studied (high school or college) or have some proficiency in the French language. The teacher will set a relaxed, comfortable environment to encourage conversation and discussion about a variety of themes. The course is perfect for those who have some familiarity with the French language and have the desire to feel more comfortable using it in a conversational setting.

Suggested text: *Schaum's Outlines French Vocabulary* (fourth edition). ISBN–13: 9780-07-182838-3. **Class limited to 20 students.**

Lisa Lynch has taught French (all levels) for Montgomery County Public Schools as well as Berlitz Language School in Paris and the State Department in Washington, D.C. She has taught all levels from beginning through advanced placement literature and French cinema and

conversation with extensive experience in adult language learning.

LIFE SKILLS

LS04 GRAPE ADVENTURE AROUND THE GLOBE

Wednesdays, 3:30 p.m.–5 p.m.

Dates: 5 Sessions, January 28–February 18

Instructors: Bernard Fiegel, Dolores Fiegel

Class held offsite.

So many wines, so little time... Did you ever wonder what separates the expert taster from the average wine drinker? It's no secret. The simple truth is that you become a better wine taster by tasting. At Oak Creek Wine and Spirits, located at 28266 Lewes-Georgetown Hwy., Milton, DE 19968, Grape Adventure will take you on a tasting journey to some of the great wine countries and regions around the world. Taste wines from Australia, California, Chile, France, Germany and the next two "hot" wine regions—Argentina and South Africa. The instructors and guest lecturers will provide commentary. Water, cheese, bread and fruit will always be served at each tasting. And "yes, I like it," "no, I don't like it" discussions will always be on the agenda. If we piqued your thirst for wine knowledge, come join us and broaden your wine experience and improve your tasting skills. Seating is limited. You may bring a small folding chair. There is a \$10 charge to cover food expenses, collected at the first tasting.

Class limited to 16 students.

Bernard and Dolores Fiegel are active members of The Four Seasons, a local progressive food group established in 2001, and founders of The Happy Gourmands founded in 1976. Instructors of Kitchen Kapers, a continuing cooking course series introduced to Osher in 1997 and Wine 101, a wine-tasting course introduced to Osher in 1998, Wine 102 in 2004 and Grape Adventure in 2008.

LS112 FAMILY AND FRIEND SUPPORT USING THE "COACH APPROACH"

Mondays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 2–March 30

Instructor: Deborah Brown

Held at Ocean View Town Hall.

This class is for people who would like to find ways to better support family, friends and themselves by learning the basic skills of coaching. Coaching can help people move out of the story (and the drama) of a difficult situation to start to look at their choices and opportunities. Coaching can also help people learn to trust their own intuition and imagination in order to see the potential of what they want to emerge in their lives.

Class limited to 10 students.

Deborah Brown is a graduate of the Center for Transformational Presence where she learned about a coaching model used by life coaches to help people use their internal intuition and imagination to make the choices and find the opportunities they are seeking to lead the life they want. She graduated from the International Coach Academy in 2011 as a life coach. She has a master's degree in education with a counseling specialty from George Mason University in Virginia. She has been working with nonprofits in the human services field for the past 20 years. Deborah currently has a business as a life coach.

LS114 HAND TOOL BASICS

Wednesdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Michael Burkhart

Learn the basics and most effective use of hand tools and how tools work. We will cover such topics as the right way to use a hammer and things you probably didn't know about screwdrivers. A combination of lecture and hands-on instruction will provide you with a new appreciation for tools used every day in the garden and in the kitchen as well as in the garage. Learn a few unusual uses for common tools and

try your hand at different ways to develop torque (what is torque, anyway?). Sometimes important and sometimes merely interesting tool nomenclature will be discussed. We will also talk about tool selection and purchase. This is a class for beginners and novices and not for accomplished masons, woodworkers or electricians. Who knows, maybe after this course you will actually be able to fix stuff.

Class limited to 12 students.

Michael Burkhart graduated from the United States Naval Academy with a major in physics and served as a helicopter pilot in the U.S. Marine Corps. Following the service, he attended medical school at West Virginia University and thereafter was a family practitioner and an emergency room physician. He continued flying with the West Virginia Army National Guard for 13 years. As a boy he learned about tools from his grandfather and has continued his interest ever since. Mostly self-taught, he is an avid woodworker.

LS120 AGING GRACEFULLY

Tuesdays, 9 a.m.–10:30 a.m.

Dates: 5 Sessions, March 3–March 31

Instructors: Barbara Vaughan, Carol Wzorek

Topics include:

- What gives us pleasure, creating and sustaining meaning and purpose as we age.
- Staying healthy and strong, resilience, diet and exercise
- Interpersonal relationships, effective communication, managing conflict
- Wills and records; spirituality; end of life issues and more

Class limited to 30 students.

Barbara Vaughan has taught a number of history and civics courses at lifelong learning in Lewes and was a member of the Osher council in the 90s. She served eight years on the Lewes City Council and three years on the Lewes Planning Commission and is on the Board of the Greater Lewes Community Village.

Carol Wzorek taught leadership at the Department of State in Washington, D.C. She holds an M.Ed. in counseling and psychology and is a certified executive coach. Carol is co-president of the Greater Lewes Community Village.

LS128-1 WRITE LIKE A PRO

Mondays, 9 a.m.–10:30 a.m.

Dates: 9 Sessions, January 26–March 30

Instructor: Rae Tyson

No class February 16.

Held at Lewes Campus.

LS128-2 WRITE LIKE A PRO

Wednesdays, 10:45 a.m.–12:15 p.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Rae Tyson

Held at Ocean View Town Hall.

At this stage in our lives, most of us appreciate the value of written communication. Undoubtedly, you have had plenty of writing experience, both personally and professionally. That experience can be as diverse as a letter to an elected representative, a Christmas newsletter—or even a business report. But, no matter if you have written a lot or a little, you would probably agree: there is always room for improvement. This course will be a low-key approach to reaching that goal. It will include some fun assignments, all designed to sharpen your writing techniques. The cornerstone will be journalistic writing because reporters, better than most, have mastered the art of telling a complete story using a minimum number of words. The course will also involve some feature writing so you can explore topics that are personal or that involve the community in which we all live. Though a computer is helpful it is not essential. A pen and notebook will suffice. In a nutshell: previous writing experience is not important. Come prepared to learn and we will have a lot of fun writing together. In the end you will be a better writer, guaranteed. **Class limited to 12 students.**

Rae Tyson has been a professional writer for over 40 years and has worked for newspapers, wire services, magazines and online publications. His book on environmental issues affecting children was published by Random House in 1996. Tyson is currently working on fiction writing, including a series of children's stories. He also is on the staff of two online environmental publications. Prior to his writing career, Tyson taught science in public schools. He was an adjunct faculty member at the State University of New York (science) and the University of Maryland (journalism).

NEW!

LS129 AARP SMART DRIVER COURSE—BASIC

Fridays, 9 a.m.–3 p.m.

Dates: 1 Session, January 30

Instructor: Andrew Mollura

The AARP Smart Driver courses cover defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The courses provide practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. The six-hour basic course is presented to participants who have never taken an AARP driver-safety course. Courses are geared toward drivers 50+, but can be taken by licensed drivers of all ages and there are no tests. Participants should contact their auto insurance company about multi-year discounts. Feel free to bring your lunch. There is a certificate fee of \$15 for AARP members and \$20 for non-members payable to the instructor.

Class limited to 30 students.

Andrew Mollura managed an electric utility's security and investigative duties in Pennsylvania after retiring from the Pennsylvania State Police. He continued managing these and other duties

with successor companies. Andy owned a private-investigation company in Pennsylvania and, after relocating, in Delaware. Andy holds a B.A. degree from the University of Pittsburgh and M.B.A. degree from Saint Francis University.

NEW!

LS130 AARP SMART DRIVER COURSE—REFRESHER

Fridays, 9 a.m.–1 p.m.

Dates: 1 Session, February 6

Instructor: Andrew Mollura

The AARP Smart Driver courses cover defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. The courses provide practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. Participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. The four-hour refresher course is presented to participants who have taken an AARP driver-safety course during the three previous years. Courses are geared toward drivers 50+, but can be taken by licensed drivers of all ages and there are no tests. Participants should contact their auto insurance company about multi-year discounts. Feel free to bring your lunch. There is a certificate fee of \$15 for AARP members and \$20 for non-members payable to the instructor.

Class limited to 30 students.

Andrew Mollura. See course LS130 for instructor's information.

PERFORMING ARTS

PA53 CHORUS

Thursdays, 3:15 p.m.–4:45 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Roo Brown

Join the Elder Moments in harmony. Sight reading is preferred but a good ear and smile are a must! We happily sing four to six part harmony and our songs range from folk tunes to John Mandel and John Rutter. You name it, we sing it. All voice parts are welcome.

Class limited to 60 students.

Roo Brown is a Smith College graduate. She retired from a singing and acting career in 1995. She is now a vocal arranger, composer and volunteer at the Lewes Public Library, lady tenor in the Southern Delaware Choral Society and St. Peter's Church Choir and gardener. She leads the Mixed Blessings singing group. Roo received the American A Cappella Alliance's Pan Award in 2000 for her major involvement in a cappella music.

PA66 RUSSIAN MUSIC AFTER PUSHKIN—PART II

Thursdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Jon Newsom

Continuing the model of the fall course Russian Music After Pushkin, in which we have studied Tchaikovsky's opera *Eugene Onegin*, and Prokofieff's stage music for a play of the same name, along with discussions of Pushkin's verse novel, we will pursue other music related to Pushkin. As the class makes its preferences known, these may include Mussorgsky's *Boris Godunov*, Rachmaninoff's *Aleko*, Stravinsky's *Mavra*, or another Tchaikovsky opera, *Pique Dame*. Time permitting, we will also hear some Russian song settings of Pushkin's poems.

Materials for course preparation and presentation are donated by Winslow Media, LLC.

Class limited to 70 students.

Jon Newsom, a graduate in music from Columbia College and Princeton University, retired from the Library of Congress as chief of the music division in 2005. In 2008, he joined the Osher Lifelong Learning Institute at the University of Delaware in Lewes, to teach music. His courses developed into broad studies of art, literature and history. Last year he taught a 20-week course on Tolstoy's *War and Peace* in relation to 19th century Russian culture in particular and Russian history in general.

NEW!

PA68 OPERA: TALES OF ENCHANTMENT AND CONQUEST—PART II

Mondays, 1:30 p.m.–3 p.m.

Dates: 9 Sessions, January 26–March 30

Instructor: Patricia Mossel

No class February 16.

Over the nine-week spring course, we will be viewing and discussing operas based on legends, fairy tales or historic conquests. The Russian operas are performed by the Kirov Opera and Kirov Ballet at the Mariinsky Theatre in St. Petersburg. In the spring course we will continue with the Metropolitan Opera 2012 world premiere of *Enchanted Island*, devised and written by Jeremy Sams, it was inspired by Shakespeare's *The Tempest* and *A Midsummer Night's Dream* with music by Purcell, Handel, Rameau, Vivaldi et al and stars Joyce Di Donato, David Daniels and Placido Domingo. *Prince Igor*, by Alexander Borodin, includes all of the original folk and ballet dances which were cut from the Metropolitan Opera production. *Sadko*, considered by some to be Nikolai Rimsky-Korsakov's greatest opera, encapsulates the seductive charm of 19th century Russian opera in its exotic world of myth and magic.

Class limited to 70 students.

Patricia Mossel holds an M.A. from Yale University in English literature and a B.A. from the University of Rochester in English literature. She taught college level English literature and

Shakespeare honors; was director of development for San Francisco Opera; was the executive director of the Washington National Opera, resident company of the Kennedy Center for the Performing Arts in Washington, D.C.; and has served on boards, including the National Society of Fund Raising Executives and Opera America. Pat currently serves on the board of the Dallas Morse Coors Foundation for the Performing Arts.

PSYCHOLOGY/SOCIAL STUDIES

NEW!

PS37 DESIGNING A SUSTAINABLE FUTURE: THE POWER OF NON-VIOLENCE—PART II

Tuesdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, January 27–February 24

Instructor: Rick Grier-Reynolds

This five-week course will look at the transformative and sustainable nature of non-violent change. It will be a continuation from the previously offered course and use new materials. Videos from the *A Force More Powerful* series will provide the opportunity to deconstruct historical moments where non-violent techniques helped various groups create change. In addition, the teaching techniques for this course will be centered around methodologies that will encourage each participant to bring their own life experiences into the course conversations.

Class limited to 15 students.

Rick Grier-Reynolds holds a B.A. in history from Trinity College and an M.Ed. from Harvard University. He is a former distinguished teacher and history/social science department chair at the Wilmington Friends School in Wilmington, Delaware. He is currently a consultant and site visitor for the International Baccalaureate Diploma Programme. He has been recognized for his innovative teaching of economics,

international relations and peace studies by various regional, national and international organizations. Rick has traveled abroad participating in a variety of international development, humanitarian social change endeavors.

NEW!

PS38 UNDERSTANDING AUTISM

Tuesdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 27–March 31

Instructor: Dianne Rogers

With the incidence of autism estimated as one in 68 of all school aged children, it is likely that you know someone who has been diagnosed on the autism spectrum (ASD). Do you have questions about how to better help yourself and family members to cope with challenges of living with a young person with ASD diagnosis? Would you like to meet with others who share your concerns? Join this class where you will learn through open discussion, videos and socializing. Background on incidence, causation and effective treatment strategies and other topics of interest will be provided. This class will begin as a five-week course with the option of extending to 10 weeks.

Class limited to 20 students.

Dianne Rogers has a 40 year career working with varying populations of individuals with special needs including those with physical disabilities, emotional disturbance, sensory loss and cognitive and learning deficits. Most recently Dianne directed an internationally acclaimed college support program for students with autism that provided social skill support. Rogers has written extensively and was a frequent speaker and consultant to professional, parent and student advocacy groups.

NEW!

PS39 ADULT CHILDREN OF ALCOHOLICS

Tuesdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 3–March 31

Instructor: Dale Smith

Many people are aware of the term Adult Children of Alcoholics (ACOA), but few have an understanding of the living implications it may have on their lives. Multiple issues may plague an ACOA in their daily living ranging from intimacy difficulties, isolation problems, becoming approval seekers, acquiring an overdeveloped sense of responsibility, to and through co-dependent relationships. Their living in an alcoholic dysfunctional home provides for a lack of appropriate role models needed to acquire a healthy templates of living which can and does obstruct their ongoing efforts for a lifetime. The adult child of an alcoholic is subjected to a variety of and ever changing rules for survival, regulations on communications and directives on relationships. They grow up with a well-integrated system of denial and a survival system for living that is often unparalleled in effectiveness, but paradoxically, often disadvantageous to an individual's potential for growth and self-potential. Students will learn the basic fundamental dynamics of the living and survival techniques many ACOAs employ in their day-to-day living. Assigned family roles and expectations, and the learned behavioral responses to living within an alcoholic's family will be explored and thoroughly investigated. Current models of treatment, including self-help groups will be examined and discussed.

Class limited to 20 students.

Dale Smith is retired from 32 years' service with the department of Veterans Affairs (VA). He was the clinical manager of the mental health residential care programs at the Maryland VA medical system. He is a Vietnam veteran who earned a master of arts degree in counseling psychology from Loyola University, Baltimore, Maryland. He has worked with a variety of

individuals and groups helping them to learn appropriate and useful recovery based skills enabling them to lead more functional and productive lives.

RECREATION

RR02 ENGLISH COUNTRY DANCE

Thursdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 29–April 2

Instructors: Alex Apostolina, Carol West

Come and enjoy the dance form America grew up with. It's been fun for more than three centuries, it's still fun and we think you'll like it. It's easy to learn! If you can walk and smile, you can do this kind of dance. The caller will explain all the moves and walk you through the dance before it starts, then continue to prompt you as the dance goes on. The dances focus on the group, not the individual. We customarily change partners after each dance, so we get to dance with lots of different people. We're a friendly group! It's easy and there's the music! It's NOT to be missed!

Class limited to 40 students.

Alex Apostolina received a chemical engineering degree from New Jersey Institute of Technology. He is a retired General Foods plant manager. He is a member of the Early Music Consortium of Dover and Dover Symphony and co-founder of the Dover English Country Dancers. Besides playing violin, viola and guitar, Alex creates reproductions of medieval musical instruments.

Carol West was a high school math teacher in Maryland for 25 years. She is a beginner caller for English Country Dance. She enjoys music in all forms and plays violin and handbells.

RR04 WALK AND TALK

Tuesdays, 2 p.m.–4 p.m.

Dates: 5 Sessions, March 3–March 31

Instructors: Joan Ridolfi, Sandra Sullivan

Enjoy guided exploratory brisk and lively walks of familiar and not so familiar local areas. Meet new and old friends along the way. All walks

are approximately two miles or more. Possible walking locations are historical towns and trails in Sussex and Kent counties and, occasionally, Maryland. All registered walkers will receive detailed information prior to the course start date. The walks are usually two hours or less.

Class limited to 38 students.

Joan Ridolfi is a retired human resources manager. She has always had an interest in nature, outdoor activities and history and has combined all three as a walking tour guide. She is also a docent at the Nanticoke Indian Museum and has worked as a volunteer with a medical team on the Navajo Indian Reservation in Arizona. She is a member of the Sussex County Archeological Society.

Sandra Sullivan is a retired teacher who, for the last 25 years taught at a high school in Sussex County, New Jersey. She has an M.S. in special education and an M.A. in counseling. She is an avid educator who continues to enjoy learning the history and natural surroundings of this wonderful area and working with Joan allows her to keep learning and share in this knowledge.

RR16 MAH JONGG CLUB

Wednesdays, 12:45 p.m.–4:30 p.m.

Dates: 10 Sessions, January 28–April 1

Coordinator: Ann Nolan

Students must know how to play Mah Jongg. Time is set aside for those who enjoy the game to get together and play. Students must obtain their own Mah Jongg Official Hands and Rules Card. Please state on the registration form if you are willing to bring an American Mah Jongg set for use in class. We will need a set for each group of four students.

Class limited to 20 students.

Ann Nolan loves the game of Mah Jongg and is enthusiastic about sharing her knowledge.

NEW!**RR24 BRIDGE**

Thursdays, 9 a.m.–12:15 p.m.

Dates: 10 Sessions, January 29–April 2

Instructors: Alan Chalk, Eileen Zampini

Suitable for beginners, those wanting a refresher course and those with experience willing to help with play. This initial class will start with bidding using the *ACBL Club series Vol.1* by Audrey Grant available from Amazon, ISBN 0943855004. Students will be grouped by experience. The first period will be used for instruction; the second period will be devoted to play. **Class limited to 24 students.**

Alan Chalk holds a Ph.D. in chemistry, University of London, England. He has previously given courses in microbiology, evolution, nutrition and longevity.

Eileen Zampini is currently the program leader of bridge at Lewes Senior Center. She has a B.S. degree in computer science from Widener University in Wilmington, Delaware. Eileen has played bridge for over 40 years, and enjoys the bridge game, as well as the social gathering that bridge provides.

NEW!**RR25 INTERNATIONAL DANCING FOR FUN AND FITNESS**

Wednesdays, 1:30 p.m.–3 p.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Andrew Montano

International dancing has become a popular and enjoyable physical activity. The dances taught in this program illustrate the types of dance enjoyed by different cultures around the world and uses a variety of rhythms and dance movements that are fun to do. Partners are not required and no previous dance experience is necessary. If you can walk, hop and run (a little), you can learn international dancing and experience the energy and exuberance

associated with the dances of Israel, the satisfaction that comes from Greek dancing, the fun of Italian dances and the pride that comes from mastering the lively Balkan, Russian and Scottish dances. International dancing is a great way to exercise both mind and body, improve stamina and balance, meet people and have fun dancing together. **Class limited to 45 students.**

Andrew Montano is a retired electrical engineer. He is an international folk dance instructor and leader for over 30 years in New Jersey at the Bridgewater Senior Center, the Monmouth and Morriston Folk Dancers and at Ocean County College.

NEW!**RR26 CHAIR AEROBICS WITH MUSIC AND FITNESS TOPICS**

Wednesdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, January 28–February 25

Instructors: Cindy Beaver, Jaime Brown

This class is combination of physical activity and health information that will improve your cardiovascular endurance, strengthen muscles, increase flexibility and improve your overall awareness of health and fitness. Incorporated in the class structure is a 45-minute chair aerobics class combining movement and strengthening exercises to upbeat music. Moving to music helps improve coordination and aerobic capacity, while improving retention skills and memory. Class participants are encouraged to bring 3-5 lb. hand weights and dress for activity. A water bottle and towel are also highly recommended. The instructors will always give participants the opportunity to choose the degree of difficulty and intensity of exercises and will modify activity to the participant's level of fitness. Overall, the program is FUN. The goal is to learn how to add exercise to your lifestyle in an enjoyable and exciting way!

Class limited to 20 students.

Cindy Beaver has a B.S. in health and physical education with 36 years of experience teaching

fitness classes and promoting a healthy lifestyle. She taught health and physical education to grades 7–12 and owned and operated a fitness and gymnastics school. Cindy has been working at the YMCA as a personal trainer, fitness instructor and director of an active older adult program in Pennsylvania. Currently, in Sussex County, she is a fitness instructor and certified in the YMCA's diabetes prevention program.

Jaime Brown has a B.S. in recreation and leisure studies and her doctor of medicine at Virginia College of Osteopathic Medicine. Jaime recently separated from the Army where she worked as a physician. She is currently teaching anatomy and physiology at Sussex Tech in Georgetown, Delaware, and is working at the YMCA as a personal trainer. She is certified in the YMCA's diabetes prevention program.

SCIENCE/HEALTH/MATH

SS56 SPRING FIELD BIRDING

Wednesdays, 8 a.m.–11 a.m.

Dates: 6 Sessions, April 8–May 20

Instructors: Bill Fintel, Sally Fintel

No class April 29.

This class will focus on spring migration in Delaware. Eighty-five percent of the birds that occur in Delaware are migrants, and some of these that breed to the north of Delaware and winter to the south, can only be seen for a few weeks in spring and fall. During this class we will emphasize the value of knowing bird songs to locate and identify the birds we encounter. No previous experience is required, but a pair of binoculars is needed. We will visit prime birding areas, such as Cape Henlopen and Prime Hook, and we may walk up to one mile on level trails. Be prepared to pay the state park entrance fee. **Class limited to 15 students.**

Bill and Sally Fintel have been avid birders for 40 years and currently lead birding field trips for many organizations, including the Sussex Bird Club, Prime Hook NWR, Osher Lifelong Learning

and Road Scholar. Bill also presents programs on many aspects of birds and birding and maintains the following birding blog primarily for this class: <http://billfintel.blogspot.com/>

SS78 OUT AND ABOUT IN SPRING

Thursdays, 1:30 p.m.–4:45 p.m.

Dates: 5 Sessions, March 5–April 2

Instructor: Tom Lord

Casual hikes on firm trails along forest tracks, meadow paths and wooden bridges over marshlands. Walks will be guided by an experienced naturalist, cover approximately two miles or more and takes place in and around Sussex County. Throughout the hike, the instructor will identify various animals, plants and peculiar items seen along the route. Walkers will be given details about the hike prior to departure. **Class limited to 20 students.**

Tom Lord is a retired college professor. He holds a doctoral degree in biology from Rutgers University and has taught science classes for over 40 years. He has presented over 50 papers at professional meetings and written over four dozen articles in juried science journals. The National Association of Biology Teachers honored Tom with the outstanding biology researcher/instructor award in 2004 and he was presented with the distinguished professorship in teaching honors in 2006 from Indiana University of Pennsylvania.

SS88 T'AI CHI CH'UAN-YANG SHORT FORM—BEGINNER'S INTRO LEVEL

Mondays, 9:30 a.m.–10:30 a.m.

Dates: 5 Sessions, March 2–March 30

Instructor: Sally Fintel

This class will provide an opportunity to begin and learn and practice an age-old Chinese martial art that emphasizes relaxation, deep breathing and balance while utilizing slow, fluid, gentle movements. Each student develops competence according to his or her individual capabilities to whatever degree is possible.

Research has shown that practicing T'ai Chi can be beneficial in mitigating or preventing many of the diseases that come with age, such as hypertension, loss of bone density, balance and sleep problems. The class pace will be slow with the goal of steady and sure improvement as the course progresses. This class requires active learning on the part of the participants including a personal commitment of 10 to 15 minutes' regular daily practice at home as little progress will be made without this. Students must be able to stand and move freely for the duration of the class period. Wear loose fitting, comfortable clothes.

Class limited to 12 students.

Sally Fintel has been practicing T'ai Chi since 2001 and was taught by Mark Blaskey (now retired) of Beebe Medical Center's department of integrative health. She is a graduate of both Oberlin College and Columbia University. Professionally she has always been active in the field of education.

SS94 BEACHCOMBING 101

Mondays, 9 a.m.–12:15 p.m.

Dates: 9 Sessions, January 26–March 30

Instructor: Tom Lord

No class February 16.

It's been said that Delaware is a beachcomber's paradise. The location places it directly next to two coastal zones rich in marine life. Of particular interest to beachcombers are the internal and exoskeletons of the creatures that inhabit the watery boundaries of the state. Each day, curious artifacts of these organisms tumble onto the beaches along Delaware's shore in the form of bones, shells, casts, molds and relics. Historic records reveal that items collected on our beaches have, over time, served humankind as currency, tools, agriculture, musical instruments, art and personal adornment. The pastime is best performed after ocean storms or following exceedingly high or low tides. You are invited to join a hearty group of beachcombers from the area as we scour the area's beaches

along the Atlantic Ocean and Delaware Bay. This class will begin at the Fred Thomas building each week then move to the beach.

Class is limited to 25 students.

Tom Lord. See course SS78 for instructor's information.

SS98 PILATES MAT CLASS

Mondays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 2–March 30

Instructor: Kathleen Jackson

This Pilates Mat Class will teach you traditional Pilates exercises using various props to modify and enhance the exercises. Props include soft balls, bands, rings and foam rollers. This guided class is ideal for individuals who want to gain body awareness, particularly people who want to maintain their balance, strength and mobility. Participants do not need any prior Pilates experience or other exercise experience (i.e. lifting weights or yoga). The class will be paced so that students learn and practice breathing techniques to support the exercises taught. Students will need to provide their own mats. Prerequisite: Students must be able to get on the floor on a mat and exercise from a lying, sitting or standing position.

Class limited to 10 students.

Kathy Jackson is armed with a lifelong interest in teaching (former middle school teacher and corporate technology trainer) and in sports and fitness (favorites include track & field, tennis, volleyball and basketball). Kathy received her Pilates certification from Body Arts and Sciences International (BASI) in 2003 and the Pilates Method Alliance (PMA) in 2008. She is a certified personal trainer through the National Strength and Conditioning Association (NSCA) and is also certified with the Arthritis Foundation to teach group exercise classes for people with arthritis. Kathy has been teaching Pilates mat classes, reformer and tower classes and Pilates chair classes since 2003. She and her husband recently moved to Lewes from northern New Jersey where she taught Pilates for the last 11 years.

SS99 (RE)LEARN HOW TO MOVE FROM YOUR BODY

Wednesdays, 9 a.m.–10:30 a.m.

Dates: 10 Sessions, January 28–April 1

Instructor: Claire Brown

Help your body re-learn how to move with comfort and a greater range of motion. Connect in a new way with your bones and muscles without strain or stress. Improve your quality of daily life and increase your ease of everyday movement. Reactivate your childhood learning skills to improve your current quality of motion and of life. No experience needed for this class. You'll follow precise instructions for simple actions to unlock forgotten motor skills: learn with your body, not your head. You'll lay on the floor to change your relationship to gravity and to create a safe movement space. At the end of each lesson, you'll be able to notice and know the differences in yourself. There are no norms or averages. You compare yourself to yourself, and you can feel the change. These lessons are based on the instructor's studies and practices of cortical re-education, integrated awareness and other body-based teachings. Wear loose, comfortable clothing and bring a blanket or quilt to lie upon. This class is sequential, in that learning builds upon prior learning. You need to make a commitment to attend regularly to fully benefit from this class. Before you register for this class you will need attend the sample session on Tuesday, January 6, 2015 at 10 a.m. You will not be able to register for this class unless you attended on January 6.

Class limited to 20 students.

Claire Brown has a B.A. from the University of Chicago and an M.A. from the Institute of Transpersonal Psychology. She has completed training in cortical re-education, integrated awareness, Feldenkrais® and other body-based teachings. Previously she taught adult education classes in movement and had a private practice in southern California. She also taught movement in residential seminars at Esalen Institute. She now has a private practice in Milton, Delaware.

SS104 FOOD CHOICE—THE BIG PICTURE

Thursdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, January 29–February 26

Instructor: Dorothy Greet

Food choice and its impact on our personal and global health is the subject of this five-week course based on the scientific and medical research of T. Colin Campbell, Ph.D., (*The China Study* and *Whole: Rethinking the Science of Nutrition*), Caldwell Esselstyn, M.D., (*Prevent and Reverse Heart Disease*), John McDougall, M.D., (*The Starch Solution*), Neal Barnard, M.D., (*Physicians Committee for Responsible Medicine*) and Richard A. Oppenlander, D.D.S., (*Comfortably Unaware* and *Food Choice and Sustainability*). Through discussion, readings, film and tastings we will learn how to heal ourselves and our planet by changing what's on our plate. Weekly readings will be posted on the Internet and by email. Books by the above authors will be available for purchase in class. There will be a \$5 fee for course supplies payable to the instructor.

Class is limited to 30 students.

Dorothy Greet holds a certificate in plant-based nutrition from Cornell University and degrees from the University of Pittsburgh (M.Ed.) and Yale University (M.Div.). She is a heart attack survivor and is reversing her heart disease through plant-based eating. Dorothy maintains her own blog at <http://greetplantbased.blogspot.com/> and blogs for the *Cape Gazette* at <http://capegazette.villagesoup.com/p/go-veg/1109339>.

NEW!

SS110 TAI CHI FOR RADIANT HEALTH

Mondays, 9 a.m.–10:30 a.m.

Dates: 9 Sessions, January 26–March 30

Instructor: James Mace

No class February 16.

Held at Ocean View Town Hall.

Tai Chi for Radiant Health is a combination of QiGong and Tai Chi. These easy to learn moves

improve strength and balance. Loose clothes and flat shoes are all that's needed.

Class limited to 15 students.

James Mace teaches Tai Chi and QiGong for radiant health every summer. He teaches on the deck at the Bethany-Fenwick Chamber of Commerce.

NEW!

SS111 THE POWER IN YOUR HANDS

Tuesdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 3–March 31

Instructor: Mary Anne LaTorre

Are you interested in learning about different types of energy therapies and how you can use them for your health and healing? This course will explore the subtle energy systems used in acupressure, Reiki and therapeutic touch and give participants an opportunity to work with these techniques. These approaches can balance the body, enhance sleep and support the immune system. **Class limited to 22 students.**

Mary Anne LaTorre is an R.N. with an M.A. in psychiatric nursing and training in acupressure, Reiki (Japanese method for stress reduction and relaxation) and homeopathy. For the past 20 years, she has had a private counseling practice that consolidated these approaches integrating psychotherapy with various wellness and stress management techniques. Semi-retired; she is currently focused on teaching these holistic skills in a wide range of settings.

NEW!

SS112 CALCULUS LITE

Mondays, 9 a.m.–10:30 a.m.

Dates: 9 Sessions, January 26–March 30

Instructor: Dean Hoover

No class February 16.

This course will highlight the major ideas in a typical first semester course in calculus. Series, functions, limits, continuity, differentiation,

integration, the fundamental theorem of calculus, etc., emphasizing examples along the way. We will downplay computation and the typical problems usually associated with this course. There will be little if any assumptions of prior knowledge so anyone should be able to follow the ideas presented. Come and enjoy.

Class limited to 70 students.

Dean Hoover taught mathematics at Alfred University for 34 years and is now retired. He has enjoyed teaching courses covering the entire undergraduate math curriculum, including topics like mathematical modeling, nonlinear dynamical systems and chaos.

NEW!

SS113 THE WORLD'S OCEANS AND CLIMATE CHANGE

Mondays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 2–March 30

Instructor: Bill Fintel

This class will address both the well-publicized aspects of climate change on the world's oceans, namely sea level rise and increased strength of hurricanes and also the more subtle aspects, such as ocean acidification, ocean temperature rise and ocean current changes. Further we will explore how these changes in turn affect many aspects of marine ecosystems, like coral reef health, shellfish health, fish distributions, algae populations, etc.

Class limited to 40 students.

Bill Fintel is a retired chemical engineer who is very concerned about climate change. He has taught several lifelong learning courses about climate change and sustainable energy. Bill currently maintains the following blog about climate change: <http://finblizclimate.blogspot.com/>. (Also see his birding bio on page 26).

NEW!**SS114 MUSHROOMING 101**

Thursdays, 9 a.m.–12:15 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Tom Lord

Explore the wondrous world of mushroom collecting. Mushrooms belong to a group of living things called fungi, organisms that are so strange that they are given a kingdom of their own. Fungi live everywhere, in air, water, land, soil and on plants and animals. Most folks do not realize that the mushrooms they see above ground are really just the unit that disseminates reproducing cells for the fungus. The bulk of the fungus body lies underground. During the class we will go over the parts of a mushroom, their benefits, their risks, their habits and how one can recognize a few representatives of the most prevalent categories of mushrooms. If the weather cooperates, the participants will carpool to sites around the area during the later portion of class to explore for mushrooms. The class is designed for the beginner mushroomer. Although we will discuss representative edible and nonedible mushrooms during the semester, the course is not designed to teach participants which mushrooms are safe to eat and which are poisonous. Neither is the course designed to teach participants the scientific nomenclature of mushrooms, the categories of mushrooms nor the recipes for preparing mushrooms for consumption.

Class limited to 25 students.

Tom Lord. See course SS78 for instructor's information.

NEW!**SS115 SAVING CHINESE MEDICINE**

Thursdays, 10:45 a.m.–12:15 p.m.

Dates: 5 Sessions, March 5–April 2

Instructors: Barbara Donelan, Yuan Lin

Chinese medical practice has an impressive three thousand year history and is the primary health care system for one-third of the world's population. It combines herbal formulations, acupuncture treatment and lifestyle practices to help maintain robust health and promote longevity. Due in part to the expansion of Western medicine, the loss of master practitioners and the decline of available healing plant species, the treasures and secrets of Chinese medicine are at risk of disappearing. Today we look for new ways to address these issues. There is hope of saving the most important principles of Chinese medicine little known in the West, and disseminating their understanding both inside and outside the halls of medicine, in ways both enlightening and surprising. In lecture sessions and discussion groups, this course will focus on those principles. **Class limited to 20 students.**

Barbara Donelan has practiced Chinese medicine in the Lewes/Rehoboth area for 16 years, with a focus on acupuncture and the practice of the five elements. She was a guest teacher for the 2013 Osher course on traditional Chinese medicine and a speaker at the 2014 Fryeburg Conference on *Integrative Modalities: Neurotherapy*.

Yuan Lin has done research at University of California, University of Illinois, National Cancer Institute and Food and Drug Administration. She taught the 2013 Osher course *Traditional Chinese Medicine: A Complementary Approach to Western Medicine*.

NEW!**SS116 (RE)LEARN HOW TO MOVE FROM YOUR BODY—CONTINUATION**

Thursdays, 10:45 a.m.–12:15 p.m.

Dates: 10 Sessions, January 29–April 2

Instructor: Claire Brown

This class builds on the learnings of the fall semester. It is a continuing exploration for persons who would like to learn more from and about themselves. These lessons are based on the instructor's studies and practices of cortical field reeducation, integrated awareness and other body-based teachings. You must have completed the Fall 2014 course. Wear loose, comfortable clothing and bring a blanket or quilt to lie upon.

Class limited to 20 students.

Claire Brown. See course SS99 for instructor's information.

NEW!**SS117-1 HISTORY OF COMPUTING**

Tuesdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, January 27–February 24

Instructor: Howard Henn

Held at Lewes Campus.

NEW!**SS117-2 HISTORY OF COMPUTING**

Wednesdays, 1:30 p.m.–3 p.m.

Dates: 5 Sessions, March 4–April 1

Instructor: Howard Henn

Held at Ocean View Town Hall.

History of computing and computers from the abacus to the PC including a little electronics and a little math. Mechanical, analog and digital computers will be covered. Apple products will not be discussed. **Class limited to 40 students.**

Howard Henn. See CS83 for instructor's information.

Open House/Walk-in Registration

Ocean View Town Hall

Wednesday, January 7, 2015

10 a.m.–noon

Drop by the Ocean View Town Hall and Community Center and talk to members, instructors and staff about our program. Registrations will be accepted. Open to men and women 50 years of age or older.

Ocean View Course Schedule

Spring 2015, January 26–April 2

Class held at Ocean View Town Hall

Mondays

Period 1 (9–10:30 a.m.)

SS110 Tai Chi for Health—*Mace*

Period 2 (10:45 a.m.–12:15 p.m.)

LS112 Family and Friends—*D. Brown* (2)

Period 3 (1:30 p.m.—3 p.m.)

IS27 French for Travelers—*Hansberger* (2)

Wednesdays

Period 1 (9 a.m.—10:30 a.m.)

SS117-2 History of Computing—*Henn* (2)

HX180-2 Hoofs of Iron—*Glick*

Period 2 (10:45 a.m.—12:15 p.m.)

HX178 Cave to Cathedrals—*Stephanic* (2)

LS128-2 Write Like Pro—*Tyson*

Period 3 (1:30 p.m.—3 p.m.)

EC07-2 Retirement Planning—*Loftus* (2)

See course writeups for exact times and locations.

(1) First Session: January 26—March 2

(2) Second Session: March 3—April 2

Acknowledgements



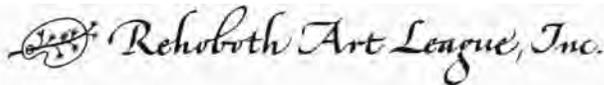
County Bank for supporting Osher Lifelong Learning—Lewes.



Quality Food People at Super G for partially underwriting the Lewes Spring 2015 catalog.



Oak Creek Wine and Spirits



Rehoboth Art League for providing studio space each semester at no cost.

Fall 2015 Semester

September—November

Fall 2015 is shaping up to be an exciting and full semester. Many new courses will be offered in addition to courses continued or repeated from the Spring 2015 semester.

- American Authors
- Art Forgery and Theft
- Basketry—Beginner and Intermediate
- Blues of John Jackson
- Constitutional Law
- Dickens and His Worlds
- Maritime World
- Out and About
- Techniques in Watercolor—Intermediate
- Walk and Talk

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The George Kirilla Jr. Scholarship Fund Application Spring 2015

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The George Kirilla Jr. Scholarship Fund was established at the Osher Lifelong Learning Institute at the University of Delaware in Lewes by a bequest from the Kirilla family. The Fund uses the income from the bequest and voluntary contributions by members to provide partial scholarships to students based on financial need.

The scholarship process works as follows:

- Provide the information requested below.
- Send this form, together with your completed Spring 2015 Registration Form and Spring 2015 Course Selection Form to the office by **January 6, 2015**.
- Do not send a check at this time.
- The chairperson of the scholarship committee will contact you. Together you will agree on an appropriate scholarship amount for your individual case.
- The agreed upon payment must be received no later than **January 8**, in order to participate in the priority lottery.
- Tuition assistance is not available for full year registration.
- **Be assured that this entire process is confidential and applicants are not required to submit any financial information.**

Please complete the following information:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ EMAIL ADDRESS _____

SIGNATURE _____ DATE _____

Your application must be received no later than **January 6, 2015**.

Mail to: University of Delaware, Fred Thomas Building, 520 Dupont Avenue, Lewes, DE 19958.

• **CONFIDENTIAL** •

Spring 2015 Course Schedule by Day

January 26–April 2

MONDAY

No classes February 16

Period 1 (9 a.m.–10:30 a.m.)

- AA64 Oil and Acrylic Painting—*Filemyr/Halloran/Watkins* *
- LS128-1 Write Like Pro—*Tyson* *
- SS94 Beachcombing—*Lord* *
- SS110 Tai Chi for Health—*Mace* + *
- SS112 Calculus Lite—*Hoover* *
- SS88 T'ai Chi Ch'uan—*S. Fintel* (2) *

Period 2 (10:45 a.m.–12:15 p.m.)

- AA64 Oil and Acrylic Painting—*Cont'd* *
- SS94 Beachcombing—*Cont'd* *
- AA105-1 Creative Cards—*Keough/Walsh* (1) *
- HU195 What the Dickens?—*Plummer* (1)
- AA105-2 Creative Cards—*Keough/Walsh* (2) *
- LS112 Family and Friend—*D. Brown* (2) +
- SS98 Pilates—*Jackson* (2)
- SS113 World's Oceans—*B. Fintel* (2)

Period 3 (1:30 p.m.–3 p.m.)

- AA64 Oil and Acrylic Painting—*Cont'd* *
- PA68 Opera—*Mossel* *
- IS27 French for Travelers—*Hansberger* (2) +

+ Class held offsite. See course writeup for exact times and locations.

* Check course description for exact dates and time.

TUESDAY

Period 1 (9 a.m.–10:30 a.m.)

- HX180-1 Hoofs of Iron—*Glick*
- AA104 ART 102: Hands-on Oil Painting—*Feeney* (1) *
- CS77 iPad Basics—*Hoyt* (1) *
- HX120 Medical Memoirs—*Sturtz* (1)
- HU121 Constitutional Law—*Boyd* (2)
- LS120 Aging Gracefully—*Vaughan/Wzorek* (2)

Period 2 (10:45 a.m.–12:15 p.m.)

- AA104 ART 102: Hands-on Oil Painting—*Cont'd* (1) *
- HU112 Mishmash—*Greenes* (1)
- PS37 Sustainable Future—*Grier-Reynolds* (1)
- HU193 Private Eyes—*Collins* (2)
- HU194 Writing Poetry—*Dolan* (2) *
- HX181 Amazing Aircraft—*G. Kaufman* (2)
- LA12 Conversational French—*Lynch* (2) *
- SS111 Power in Hands—*LaTorre* (2)

Period 3 (1:30 p.m.–3 p.m.)

- PS38 Understanding Autism—*Rogers*
- AA10 Basketry—*Stanhope* (1) *
- SS117-1 History of Computing—*Henn* (1)
- HU84 Film Festival—*Grunders* (2) *
- PS39 Adult Children of Alcoholics—*Smith* (2)
- RR04 Walk and Talk—*Ridolfi/Sullivan* (2) + *

Period 4 (3:15 p.m.–4:45 p.m.)

- AA10 Basketry—*Cont'd* (1) *
- HU84 Film Festival—*Cont'd* (2) *
- RR04 Walk and Talk—*Cont'd* (2) + *

WEDNESDAY**Period 1 (9 a.m.–10:30 a.m.)**

- AA91 Osher Craft Circle—*Beebe/McKinnon* *
- HX180-2 Hoofs of Iron—*Glick* +
- IS03 Great Decisions—*Duncan*
- SS99 (Re)Learn How to Move Body—*C. Brown*
- SS56 Spring Birding—*Fintels* (2) + *

Period 2 (10:45 a.m.–12:15 p.m.)

- AA91 Osher Craft Circle—*Cont'd* *
- HU119 Explore Power of Now—*Lavenia/Worsham*
- HX169 Three Collaborations—*Vega* *
- LS128-2 Write Like Pro—*Tyson* +
- RR26 Chair Aerobics—*Beaver/J. Brown* (1)
- HX178 Cave to Cathedrals—*Stephanic* (2) +
- SS56 Spring Birding—*Cont'd* (2) + *

Period 3 (1:30 p.m.–3 p.m.)

- LS114 Hand Tool Basics—*Burkhardt*
- RR16 Mah Jongg—*Nolan* *
- RR25 International Dancing—*Montano*
- AA53 Intermediate Basketry—*Stanhope* (1) *
- AA103 Limited Palette Painting—*Chu* (2) *
- EC07-2 Retirement Planning—*Loftus* (2) +
- HU192 Broadway and Beyond—*Mussoff/Sharkey* (2)
- SS117-2 History of Computing—*Henn* (2) +

Period 4 (3:15 p.m.–4:45 p.m.)

- RR16 Mah Jongg—*Cont'd* *
- AA53 Intermediate Basketry—*Cont'd* (1) *
- AA103 Limited Palette Painting—*Cont'd* (2) *
- LS04 Grape Adventure—*Fiegels* (1) + *

THURSDAY**Period 1 (9 a.m.–10:30 a.m.)**

- EC14 Economics II—*Kirklin*
- RR24 Bridge—*Chalk/Zampini* *
- SS114 Mushrooming—*Lord* *

Period 2 (10:45 a.m.–12:15 p.m.)

- LA09 Advanced German—*Mroz*
- SS116 (Re)Learn Move Body—Continuation—*C. Brown*
- RR24 Bridge—*Cont'd*
- CS83 Private Tutoring—*Henn* (1) *
- EC08 Financial Workshop for Investors—*Clifton* (2)
- SS114 Mushrooming—*Cont'd* *
- SS115 Saving Chinese Medicine—*Donelan/Lin* (2)

Period 3 (1:30 p.m.–3 p.m.)

- HU146 World Religions—*R. Kauffman*
- PA66 Russian Music—*Newsom*
- RR02 English Country Dance—*Apostolina/West*
- AA42 Intermediate Watercolor—*Hunt* (1) *
- EC07-1 Retirement Planning—*Loftus* (1)
- SS104 Food Choice—*Greet* (1)
- AA14 Stained Glass—*Puch* (2) *
- CS83 Private Tutoring—*Henn* (2) *
- HX179 Dust Bowl—*Redden* (2)
- SS78 Out and About—*Lord* (2) + *

Period 4 (3:15 p.m.–4:45 p.m.)

- PA53 Chorus—*R. Brown*
- AA42 Intermediate Watercolor—*Cont'd* (1) *
- AA14 Stained Glass—*Cont'd* (2) *
- SS78 Out and About—*Cont'd* + *

FRIDAY

- AA85 Hand Building Pottery—*Butterfield* +
10 a.m.–1 p.m. RAL
- LS129 AARP Driver Basic—*Mollura* (1) *
9 a.m.–3 p.m.
- LS130 AARP Driver Refresher—*Mollura* (1) *
9 a.m.–1 p.m.

(1) First Session: January 26–March 2**(2) Second Session: March 3–April 2**

Important Registration Information

- Clearly fill in the Spring 2015 Registration Form (page 37 or 39).
- An accurate email address is very important.
- Select your classes in order of priority by clearly filling in the Spring 2015 Course Selection Form (page 38, 40). Be sure to include course code, course title and day/time for each class.
- Select only the number of courses that you intend to take. BECAUSE
- Registration forms received through **January 8** will be processed randomly.
- Assignments will be made based on the priorities* you indicated.
- Registrations will not be processed until a membership fee is paid.

LATE REGISTRATIONS

Registration forms received after **January 8** will be processed on a first-come, first-served, space-available basis after the registration process described above is completed.

* Please use your priorities wisely:

- The smaller the class limit the greater likelihood of waiting lists.
- If a class had a waiting list in the past, it probably will this semester as well.

Spring 2015 Registration Form

Osher Lifelong Learning Institute at the University of Delaware in Lewes

Fred Thomas Building, 520 Dupont Avenue, Lewes, DE 19958 • 302-645-4111 • LLL-lewes@udel.edu

PLEASE CLEARLY FILL IN ALL INFORMATION

NAME (Please print) _____ EMAIL _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE (HOME) _____ (CELL) _____

DATE OF BIRTH _____ Do you use a handicapped parking permit? Yes No

If you do not want your address, phone number and email address published in a Member Directory, please check here:

Preferred method of communication: Email Home phone Cell phone Paper mail

IN CASE OF EMERGENCY OR ILLNESS CALL: NAME _____

RELATIONSHIP _____ TELEPHONE/CELL _____

I WOULD LIKE TO BE ACTIVELY INVOLVED IN:

- Teaching or organizing a course in _____.
 - Serving on the following committee:
 - Academic Communications Community Relations Gardening Library
 - Office Volunteer Planning Social Travel
-

EDUCATION: H.S. Some College, A.A. B.A., B.S., R.N. M.A., M.S. Ph.D., M.D., J.D., Ed.D.

MEMBERSHIP DUES: New member Returning member

\$_____ \$130 Half-year membership Paid for full year

\$_____ Donation to Gift Fund \$_____ Donation to Kirilla Fund

\$_____ Total (Make check(s) payable to "University of Delaware.") Check # _____

Credit card: American Express Discover MasterCard Visa Amount \$ _____

Credit card no: _____ - _____ - _____ - _____ **Exp. Date:** _____

PRINT NAME: _____

Authorized Signature Required: _____

NEW MEMBERS: HOW DID YOU LEARN ABOUT THE LIFELONG LEARNING PROGRAM?

- Newspaper article Friend Library display Radio ad TV Internet Other

By registering, I understand and agree that the University of Delaware, its Trustees, employees and agents have no legal responsibility for my physical welfare while I am a member of the Osher Lifelong Learning Institute at the University of Delaware in Lewes or a participant of any program-sponsored trip. I, therefore, agree to hold the University of Delaware, its Trustees, employees and agents harmless for any claims for personal injury or damage arising out of my association with the program. I also authorize the University of Delaware to record and photograph my image and/or voice, for use by the University or assignees in educational and promotional programs and material.

SIGNATURE REQUIRED _____ **DATE OF REGISTRATION** _____

Spring 2015 Course Selection Form

Please choose your courses in order of priority.

	COURSE CODE	COURSE TITLE	DAY/TIME	WAIT LISTED FALL 2014
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____

Don't waste your priority selections... Use them wisely!

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Fred Thomas Building, 520 Dupont Avenue, Lewes, DE 19958 • 302-645-4111 • LLL-lewes@udel.edu

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Credit card no: _____ - _____ - _____ - _____ **Exp. Date:** _____

PRINT NAME: _____

Authorized Signature Required: _____

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1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____

Don't waste your priority selections... Use them wisely!



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**Osher Lifelong Learning Institute
 at the University of Delaware in Lewes**

Fred Thomas Building
 520 Dupont Avenue
 Lewes, DE 19958

**Osher Lifelong Learning Institute
 at the University of Delaware in Lewes**

LEWES LOCATION:

Fred Thomas Building
 520 Dupont Avenue
 Lewes, DE 19958

302-645-4111 • LLL-lewes@udel.edu
www.lifelonglearning.udel.edu/lewes

OCEAN VIEW LOCATION:

Town of Ocean View, Town Hall & Community Center
 32 West Avenue
 Ocean View, DE 19970



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