

Osher Lifelong Learning Institute

at the University of Delaware



June 1–June 25, 2015



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

Fred Thomas Bldg., 520 Dupont Ave., Lewes, DE 19958

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www.lifelonglearning.udel.edu/lewes

On the cover: Artwork by Peter Feeney

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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 and Course Selection forms are at the back of the catalog and online. The membership fee is \$50 for the June 2015 session.

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 of 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.
- Intellectual, cultural and social interaction in a member-governed organization.

June 2015 Calendar

Thursday, May 14

Priority Registration deadline

Thursday, May 28

Instructor Orientation—10–11 a.m.

Monday, June 1

First day of classes

Thursday, June 25

Last day of classes

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 June 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**.

Refunds

Membership fees will be refunded 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.

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

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.

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.

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.

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. 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 non-members. Questions about travel may be directed to Mary Folan, Joan Sciorra or to the OLLI office at 302-645-4111.

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 content of such ads.

T'ai Chi Chih Lunch Enthusiasts

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

June 2015 Courses

Classes begin Monday, June 1, 2015

ART

AA14 STAINED GLASS

Thursdays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 4–June 25

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 \$20 lab fee to cover cost of materials.

Class limited to 12 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.

AA64 OIL AND ACRYLIC PAINTING INTERACTIVE WORKSHOP

Mondays, 9:30 a.m.–2:30 p.m.

Dates: 4 Sessions, June 1–June 22

Instructors: Edna Filemyr, Carol Halloran, Ellen Watkins

Oil and acrylic painting workshop for intermediate painters. Come join us for a cooperative workshop where we assist and critique each others’ work. Gain knowledge from the experience and unique perspectives of three respected artists and learn the protocol of a formal open critique 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 set-up. 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, Washington or Philadelphia.

Class limited to 16 students.

Eddie Filemyr has an M.F.A. from Antioch University, a B.S. in studio art and design from Skidmore College. 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. Eddie has also worked as a landscape designer in Maryland and as a freelance landscape designer in Idaho and 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.

AA105 CREATIVE CARDS

Mondays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 1–June 22

Instructor: Jeanne Walsh

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 \$40 supply fee payable to

the instructor on the first day of class. Come and discover your creative edge.

Class limited to 12 students.

Jeanne Walsh has been a card maker for 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. She loves helping others discover their creative edge through the design and creation of cards.

COMPUTER SCIENCE

CS59 COMPUTER EVOLUTION

Wednesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 3–June 24

Instructor: Robert Porta

In this course we will discuss the early days of computing, exploring such questions as: What exactly is a computer? Why do we call it that? How did the hardware evolve? How did the software evolve? How did the computer operation evolve? How did we get where we are today? While achieving no new computer skills, the student will hopefully gain a new appreciation of this tool that has become necessary to every facet of modern life. This is a repeat of the 2010 course with some additional material.

Class limited to 40 students.

Robert Porta served 43 years with the Bell System and its offspring. During 38 of those years he worked on computers, beginning with punch card oriented machines through very large mainframe systems from both IBM and Unisys (Univac) and finally to PCs. In 1983 Bob was designated as a distinguished member of technical staff at Bell Laboratories.

CS64 INTRODUCTION TO PERSONAL COMPUTERS

Mondays and Thursdays, 10 a.m.–Noon

Dates: 8 Sessions, June 1–June 25

Instructor: Gary Lippe

This course will cover much that a beginner needs to get up to speed with a PC. The instructor will answer many of the unasked questions about hardware, software, mouse techniques, technical terms, folders and files, programs, printing, Internet basics, uploading and downloading, email and PC care. If there are additional questions, the instructor will do his best to answer them. There are a number of hands-on exercises to support developing skills. Osher's PCs are installed with Windows 7, NOT Windows 8, which has a multitude of differences, even though many concepts are similar. There will be two sessions each week with time between, so that each student can try out their new skills on their own PCs. Please try to attend every class because information will build upon prior sessions' topics. That is, the knowledge of preliminary subjects will be the foundation for subsequent topics.

Class limited to 12 students.

Gary Lippe holds a B.S. from Thomas Edison State College. He has over 30 years' experience in the information technology field. Programmer/system analyst and corporate instructor at regional education center for a major computer manufacturer. He has more than 15 years teaching computer and ancillary subjects for an adult proprietary school. Gary has been accredited as a CompTIA Certified Technical Trainer (CTT+).

CS77 IPAD BASICS

Mondays and Wednesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 1–June 10

Instructor: Susan Underwood

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. **Class limited to 10 students.**

Susan Underwood earned a B.A. from McDaniel College, Westminster, Maryland. She spent the majority of her professional career working in the pharmaceutical industry with experience in sales, training, marketing and senior sales management.

NEW!

CS88 CREATING A WEBSITE USING GOOGLE SITES

Wednesdays, 1:30 p.m.–3:30 p.m.

Dates: 3 Sessions, June 3–June 17

Instructors: Jaime Brown, Pat Brown

Students, using a free Google account, will create a one–five page website using Google Sites. Pages will include home page, contact page, programs or services offered and two additional pages such as testimonials, photos or your choice. You should bring one–five photos, a one–five paragraph description of the organization and a short biographical paragraph. Students do not need to have any web design experience but familiarity with Microsoft's PowerPoint is helpful as the Google Sites program is very similar in construction.

Class limited to 12 students.

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.

Pat Brown is retired from the United States Army and is a retired computer teacher. She taught computers to students from two years old to 93 years old. She taught high school computer and web design classes and taught at Virginia Community College. Pat is certified in computer operating systems.

NEW!

CS89 IPHONE BASICS

Wednesdays, 10 a.m.–Noon

Dates: 3 Sessions, June 3–June 17

Instructor: Barbee Kiker

Want to make sure you haven't missed something? Bring your iPhone to class to review the basics. We will use the latest operating system, IOS 8.1.3 as of February 2015. We'll cover the swipes/taps and interface that allow you to navigate and manage your iPhone. Next, we'll look at important settings and discuss the most common pre-loaded "apps" (such as Phone, iTunes, Camera and Email). Finally, we'll discuss ways to share and back up information. Prerequisite: Bring your personal iPhone.

Class limited to 12 students.

Barbee Kiker holds a B.A. and M.S.W. from the University of Georgia. She did computer training and course development for ONLC Training Centers based in Wilmington, Delaware for 15 years. Barbee has taught computer related courses with Lifelong Learning in Delaware and Florida since 2007 and is doing her best to keep up with today's technology!

NEW!

CS90 IPAD PHOTOS

Wednesdays, 10 a.m.–Noon

Dates: 1 Session, June 24

Instructor: Barbee Kiker

Take better photos with your iPad. We'll also see how to organize, delete and edit your photos. Finally learn how to share photos. We will use the latest operating system, IOS 8.1.3 as of February 2015. Bring your personal iPad or use one of Osher's iPads.

Class limited to 10 students.

Barbee Kiker. See course CS89 for instructor's information.

ECONOMICS/FINANCE

EC07 THE IN'S AND OUT'S OF RETIREMENT PLANNING

Wednesdays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 3–June 24

Instructor: Michael Loftus

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
- Nine pitfalls of high net worth investors
- Six “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 in the field of finance. Michael resides in Bethany Beach.

HISTORY

NEW!

HX182 ARTIFACTS OF THE LIGHTSHIP SERVICE—THEIR USE AND FUNCTIONS

Thursdays, 10 a.m.–Noon

Dates: 3 Sessions, June 4–June 18

Instructor: Ray Glick

Course will use photographs of artifacts from the American Lightship Service, LV 118 and an explanation of each item's function and usage. There are several hundred items included in the Overfalls Foundation's artifact collection. This course will focus on those items that are unique or critical to the lightships service. The history of LV 118's service will also be discussed.

Class limited to 40 students.

Ray Glick is a graduate of the Ohio State College of Veterinary Medicine, distinguished alumnus award. He is the vice president of the Overfalls Foundation and curator of the artifacts collection. Ray serves on the board of directors of the Delaware Veterinary Medical Association and is a speaker on equines in the Civil War.

NEW!

HX183 THE HEROES OF VIRGINIA... AND HOW CLOSE THEY CAME TO PREVENTING THE CIVIL WAR

Thursdays, 1:30 p.m.–3:30 p.m.

Dates: 1 Session, June 4

Instructor: Larry Denton

A rarely told but exceedingly important story of the Civil War era is the effort anti-secession Virginians, dubbed Unionists, played in trying to save the nation from war during the Secession Winter of 1860–61. Just days before the firing on Fort Sumter, they delivered an incredible victory to the Lincoln administration by defeating an Ordinal of Secession. Here is their remarkable story. **Class limited to 70 students.**

Larry Denton, an authority on the Secession Crisis, is a graduate of Western Maryland College and Johns Hopkins University. An academic administrator at Hopkins, he held a presidential appointment in National Oceanic Atmospheric Administration (NOAA) and ended his career with the Weather Channel. He is the author of three books, *Unionists in Virginia*, his most recent.

NEW!

HX184 LOCAL HISTORICAL SOCIETIES

Tuesdays, 10 a.m.–Noon

Dates: 3 Sessions, June 9–June 23

Instructors: Nancy Alexander, Michael DiPaolo, Maria Johansen, Marcos Salaverria, Allison Schell

This offering will provide OLLI members an opportunity to hear from each of the local historical societies in this part of Sussex County. Each presentation will include a history of the society and an exposition of the current programs and events. The June 9 class will feature Rehoboth Beach and Milton Historical Societies, June 16, South Bethany Historical Society and June 23, Lewes Historical Society.

Class limited to 70 students.

Nancy Alexander is the director of the Rehoboth Beach Historical Society.

Michael DiPaolo is the executive director of the Lewes Historical Society.

Maria Johansen is the past president (2014) and current vice president of the South Bethany Historical Society.

Marcos Salaverria is the director of education for the Lewes Historical Society.

Allison Schell is the director of the Milton Historical Society.

HUMANITIES

NEW!

HU196 INTRODUCTION TO THE U.S. CONSTITUTION

Tuesdays, 10 a.m.–Noon

Dates: 2 Sessions, June 2–June 9

Instructor: Mary Boyd

Discussion and reading of the U.S. Constitution. The course emphasizes context and relevance to both history and current political thought. This course is designed for students who have not taken the instructor's course, Interesting Issues in Constitutional Law.

Class limited to 65 students.

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

NEW!

HU197 READING AROUND: THIS IDEA MUST DIE

Tuesdays, 10 a.m.–Noon

Dates: June 16–June 23

Instructors: James and Kay Greene

This two week symposium course will examine several ideas from the anthology, *This Idea Must Die*, edited by John Brockman. The book is a series of short essays proposing ideas that are blocking intellectual progress and must be abandoned if we are to develop new ones. Concepts include nature versus nurture, race, the universe, economic growth, scientific morality, free will, string theory, IQ, human nature, culture, statistics, human uniqueness and mind versus matter. Authors include Diamond, Dennett, Pinker, Dawkins and Deutsch. The book is required; discussion is not.

Class limited to 20 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.

LANGUAGE

LA09 ADVANCED GERMAN

Thursdays, 10 a.m.–Noon

Dates: 4 Sessions, June 4–June 25

Instructor: Winfried Mroz

This is a continuation of the Spring 2015 course. 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 ranged from the Crusades, German, Benjamin Franklin and the history of musical instruments. Win has played various string instruments all his life.

LA10 RUSSIAN READING

Wednesdays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 3–June 24

Instructor: Harry Banks

Students will learn to read the Cyrillic alphabet and move on to reading phonetically Russian words, sentences and paragraphs. Cultural aspects of Russian life will be integral to readings.

Class limited to 15 students.

Harry Banks is a retired early childhood, elementary, middle school and high school educator. He earned a B.S. in early childhood elementary education and an M.Ed. in human development education at the University of Maryland and a Ph.D. in curriculum and instruction education at Catholic University of America, Washington, D.C.

LIFE SKILLS

LS05 KITCHEN KAPERS XXV: RUB ME TENDER—RUB ME SWEET... GRILLING WITH THE TWO FIGS

Fridays, 10 a.m.–1 p.m.

Dates: 3 Sessions, June 5–June 19

Instructors: Bernard Fiegel, Dolores Fiegel

Class held offsite.

Join us as we fire up the grill, stroll with us down the grilling trail and you will understand why no ingredient is beyond a diehard grillophile. Grilling, whether it's meat, poultry, ribs, seafood, tofu, vegetables or fruits, and using rubs and marinades show you how to bring the most intensive, interesting and best flavors into your backyard or kitchen. As they say, "everything tastes better when cooked on the grill." You will gather in the instructors' home kitchen, outdoors at the Weber grill, and on the screened porch, to view, participate in food preparation and taste prepared dishes—look at it as eating your weekly exam with appropriately selected wines. Learn cooking techniques, collect recipes and socialize. Food and wine expenses will be divided among the students. Estimated cost is \$8 to \$10 per person, per session. Directions to the Fiegels' home in Edgewater Estates, Lewes, will be provided by email or phone. **Class limited to 10 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”

Tuesdays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 2–June 23

Instructor: Deborah Brown

This class is for people who would like to find ways to better support family, friends and colleagues themselves using the basic skills of coaching. Coaching can help people take steps toward a dream or move out of the story (and, at times, the drama) of a difficult situation and 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 see happen 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.

LS126 GARDEN SMART—GARDEN EASY

Tuesdays, 1 p.m.–4 p.m.

Dates: 1 Session, June 2

Instructor: Robert Williams

Class held offsite.

This class will be held at the Carvel Research and Education Center, 16483 County Seat-Highway, Georgetown, Delaware 19947

This workshop will include ideas on removing barriers to gardening through creative adaptations of tools, techniques and garden layout. A display of adaptive tools will be available for gardeners to explore. The goal of

Garden Smart—Garden Easy is to encourage gardeners to continue to enjoy the physical, emotional and social aspects of gardening with a few simple modifications. Course will include a 30-minute PowerPoint program, tool demonstration and a guided tour of the garden by Master Gardeners. Handouts will be provided.

Class limited to 50 students.

Robert Williams is a Sussex County Master Gardener, class of 2005. He is chairman of the accessible gardening committee and Master Gardener of the Year for 2013. After back surgery and gardening in a table garden, he realized others might have the same challenges so the Garden Smart—Garden Easy program was developed.

LS127 LANDSCAPE DESIGN

Mondays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 1–June 22

Instructor: Eddie Filemyr

Bring pictures of your landscape to class. Through class discussion and instructor insight learn new ideas and new plants to refresh your landscape. Four students will be interviewed each class. Design principles, planting needs, new cultivars and personalized design will be addressed. Contribute your knowledge to your classmate's landscape dilemmas through class discussion. Learn design concepts and quick fixes from the instructor. Come and participate, revolutionize your garden and enjoy!

Class limited to 16 students.

Eddie Filemyr. See course AA64 for instructor's information.

LS129 AARP SMART DRIVER COURSE—BASIC

Wednesdays, 9:30 a.m.–3:30 p.m.

Dates: 1 Session, June 17

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.

LS130 AARP SMART DRIVER COURSE—REFRESHER

Wednesdays, 9 a.m.–1 p.m.

Dates: 1 Session, June 24

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. 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.

Andy Mollura. See course LS129 for instructor's information.

NEW!

LS131 SHIFTING PERSPECTIVES AFTER 60

Tuesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 2–June 23

Instructor: Jo-Ann Vega

You look into the mirror and marvel at the image staring back at you. What happened to the last two decades and what lies ahead? Look again with new confidence, perspective and research findings on aging well and longevity. Find out about the wisdom of the middle aged brain; the marvel of neuroplasticity; the surprising results of an 80 year longevity study; and new pathways for meaning and purpose.

Class limited to 30 students.

Jo-Ann Vega is starting her fifth year of designing and offering programs at Osher. Her background and penchant for lifelong learning has facilitated the myriad transitions and life challenges she has faced. Join Jo-Ann for up-to-date information and lively discussions on aging well.

NEW!**LS132 MEDITATION AND SELF-AWARENESS**

Wednesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 3–June 24

Instructor: Susan Rivers

Refresh your mind, renew your spirit and discover who you are in this four week course in meditation and self-awareness. We will explore the past and look toward the future while learning to relax in the present. Each class will include what to expect, guided meditation, participant sharing and a summary and send-off exercise.

- Week 1: Relaxation, meditation, breathing, focus
- Week 2: Making it safe to go inside; higher-self anchor
- Week 3: Acceptance of lower-self; uniting with higher self
- Week 4: Making changes—past issues, parents, addictions, weaknesses

Review and comments from students.

Class limited to 15 students.

Susan Rivers is a graduate of SUNY and holds a B.S. in biology/chemistry research. She worked in research labs at GE and Pfizer; was a counselor in a juvenile delinquency center and in medical sales for 27 years. Susan is a certified holistic health practitioner, massage therapist, polarity therapist, reflexologist, meditation instructor, yoga instructor and past owner/president of Rivers Edge Holistic Health and Fitness, Boonton, New Jersey. She retired in April 2014.

NEW!**LS133-1 WRITING A MEMOIR**

Mondays and Wednesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 1–June 10

Instructor: Rae Tyson

LS133-2 WRITING A MEMOIR

Mondays and Wednesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 15–June 24

Instructor: Rae Tyson

Of all the forms of nonfiction, memoir writing is the most personal. It also has become one of the most popular forms of written expression. As the *New York Times* noted recently, heightened interest in memoirs is tied to an array of motivations, including a desire to leave a personal legacy for friends and family. But writing a good memoir can be a challenge. To guide that journey, this course will help you master and practice the basics of writing a good, readable memoir.

Class limited to 12 students.

Rae Tyson has been a professional writer for over 40 years and has worked for newspapers, wire services, magazines, online publications and has written a book on environmental risk. Prior to his writing career, Rae taught science in public schools. More recently, he was an adjunct faculty member at the State University of New York (science) and the University of Maryland (journalism) and has taught at the Osher Lifelong Learning Institute since 2014. He also writes for the Delmarva Media Group, including the *Wilmington News Journal*, *Salisbury Daily Times* and *Coastal Delaware* newspapers.

NEW!**LS134 CHILI SAMPLING**

Wednesdays, 10 a.m.–Noon

Dates: 3 Sessions, June 3–June 17

Instructor: Philip Fretz

Class held offsite.

We will share our favorite chili recipes with other Osher friends; meeting for lunch once a week for three weeks at the instructor's home. Each week one or more of us will bring his or her chili dish to share. The instructor will provide bread, salad and beverage to accompany the chili(s) we will enjoy. There will

be a nominal fee each week to cover those items. Each chef may want to share his or her chili recipes or talk about his or her experience in preparing their dish.

Class limited to 8 students.

Philip Fretz, originally from Philadelphia, retired here after 37 years in the computer services industry. He holds a B.A. in political science from Haverford College and an M.B.A. in computer science from Temple University. He lived in London and Bologna as a college student. Following graduation, he served two years in Sierra Leone, West Africa as a Peace Corps volunteer. He published a book about this service in 2013. Phil was drafted into the U.S. Army and served two years in the field artillery overseas. He currently lives near Milton with his partner of 18 years. He has a love of travel, reading, writing, singing and genealogy. Since living in this area, he has participated in Osher Lifelong Learning as student and teacher, acted in the Clear Space Legends Program and sung with Clear Space Chorus and Camp Rehoboth Chorus. Phil says, "I love it here."

PSYCHOLOGY/SOCIAL STUDIES

NEW!

PS40 LIGHTS, CAMERA, ACTION: AUTISM AND FILM

Tuesdays, 10 a.m.–Noon

Dates: 4 Sessions, June 2–June 23

Instructor: Dianne Rogers

As autism has exploded into the public consciousness over the last 20 years, two opposing questions have been asked about the condition: is it a devastating sickness to be cured? Or is it a variation of the human brain—just a different way to be human? Because autism is a spectrum disorder and as such has many different faces, we will discuss ways in which people with autism are portrayed in film to promote a better understanding of this

condition and to seek support for the dignity of persons with autism. Films have been selected on the basis of their content and message, reflecting honest portrayal of issues individuals with autism experience within their communities. Open to anyone with an interest in learning more about autism. Discussion following films will promote an awareness of the personal and societal problems individuals with autism and their families face today.

Class limited to 25 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. She has written extensively and was a frequent speaker and consultant to professional, parent and student advocacy groups.

RECREATION

RR02 ENGLISH COUNTRY DANCE

Thursdays, 1:30 p.m.–3 p.m.

Dates: 4 Sessions, June 4–June 25

Instructor: 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 24 students.

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.

NEW!

RR24 BRIDGE II

Thursdays, 9:30 a.m.–12:30 p.m.

Dates: 4 Sessions, June 4–June 25

Instructors: Alan Chalk, Eileen Zampini

This will be a consolidation of the bridge class started Spring 2015, with practice play and individual instruction when required. New beginners can join at this stage before a more advanced class this fall. Students will need to purchase and will use the *ACBL Club series Vol.1* by Audrey Grant available from Amazon, ISBN 0943855004, preferably the spiral bound, 1990 edition. 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 32 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. in computer science from Widener University in Wilmington, Delaware. Eileen has played bridge for over 40 years and enjoys the bridge game, and the social gathering that bridge provides.

RR25 INTERNATIONAL DANCING FOR FUN AND FITNESS

Tuesdays, 1:30 p.m.–3:30 p.m.

Dates: 4 Sessions, June 2–June 23

Instructor: Andrew Montano

New dances for June. 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 use 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 30 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 an adjunct professor teaching international folk dancing at Ocean County College.

SCIENCE/HEALTH/MATH

SS95 CRASH COURSE IN PLANT-BASED EATING

Mondays, 10 a.m.–2 p.m.

Dates: 1 Session, June 15

Instructor: Dorothy Greet

In one four-hour class using the most current scientific and medical information, we will critique the Standard American Diet (SAD) and will explore why and how to move toward whole food plant-based eating with NO added oil. Through discussion, film and tastings, we will learn about the extraordinary health benefits of plant-based eating. This course is based on the research of T. Colin Campbell, Ph.D. (Cornell), *China Study*; and Caldwell Esselstyn, M.D. (Cleveland Clinic) *Prevent and Reverse Heart Disease*. There's an additional fee of \$5.

Class limited to 25 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-veg339>.

SS98 PILATES MAT CLASS

Tuesdays, 10:30 a.m.–11:30 a.m.
Dates: 4 Sessions, June 2–June 23
Instructor: Kathleen Jackson

Class held offsite.

This Pilates Mat class will be held at the Wellness Center, 20268 Plantations Road, Lewes, Delaware 19958

This 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.

Kathleen 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 and 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.

NEW!

SS118 GARDENING WITH NATIVE PLANTS TO SUSTAIN NATURE

Tuesdays, 1:30 p.m.–3:30 p.m.
Dates: 4 Sessions, June 2–June 23
Instructor: Ptery Iris

This class will address the importance of planting native plants in the home garden landscape to reestablish habitat for wildlife and sustain healthy ecosystems. The beautiful songbirds we love can't make it on just the feeders we put out and that is just the tip of the iceberg. Based on the seminal work *Bringing Nature Home*, by Doug Tallamy, professor of entomology and wildlife ecology at the University of Delaware, and his most recent book, *The Living Landscape*, with Rick Darke, renowned author and consultant for living landscapes, this class will explore how we can reverse the decline in biodiversity starting in our own back yards. We will visit examples of functioning and nonfunctioning home ecosystems.

Class limited to 25 students.

Ptery Iris is retired from teaching science, Spanish and English as a Second Language. She is a singer and musician and has lived in Lewes for eight years. She is very happy to have joined Osher.

NEW!**SS119 THYROID WELLNESS**

Thursdays, 10 a.m.–Noon

Dates: 1 Session, June 25

Instructor: John Rees

Instruction includes handouts for each class, mostly lectures with questions and answers and PowerPoint presentation. This course will discuss understanding how your thyroid works, symptoms and types of thyroid conditions, blood tests and how to interpret results and functional medicine approach and solutions.

Class limited to 50 students.

John Rees did his undergraduate study at St. Louis College of Pharmacy and attended chiropractic college at Logan University. He graduated in December of 1982 and is enjoying his 33rd year as a chiropractor. He has received extensive postgraduate education in a number of areas including rehabilitation, management of MVAs (motor vehicle accidents), temporal mandibular joint (TMJ), hundreds of hours of nutritional education. Most recently, he completed a certification program in functional medicine and attained the title of or Certified Functional Medicine Practitioner (CFMP) from the Functional Medicine University sponsored by Southern California University of Health Sciences. He is the owner operator of Functional Chiropractic, located in Milton, Delaware.

Registration and Course Selection Forms

Additional registration and course selection forms may be found at our website www.lifelonglearning.udel.edu/lewes.

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.

- Alcohol Prohibition, Before and After
- Art Forgery and Theft
- Dickens and His Worlds
- Kitchen Kapers XXVI Road Show
- Money In Your Pocket—A History of Money
- Philosophy III: Morality and Marketing



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June 2015 Course Schedule

Wk	Monday 1:30 - 3:30 p.m.		Tuesday 1:30 - 3:30 p.m.		Wednesday 1:30 - 3:30 p.m.		Thursday 1:30 - 3:30 p.m.	
	10 a.m. - Noon		10 a.m. - Noon		10 a.m. - Noon		10 a.m. - Noon	
1	AA64 Oil Painting * CS64 Personal Computers * CS77 iPad Basics * LS133-1 Write Memoir *	AA64 Oil Painting * AA105 Creative Cards LS127 Landscape Design	HI196 U.S. Constitution * LS131 Shift Perspectives PS40 Lights, Camera SS98 Pilates * +	LS112 Family & Friend LS126 Garden Smart * RR25 International Dance SS118 Gardening with Native Plants	CS59 Computer Evolution CS77 iPad Basics * CS89 iPhone Basics * LS132 Meditation LS133-1 Write Memoir LS134 Chili +	CS88 Google Sites * EC07 Retirement Planning LA10 Russian Reading	CS64 Personal Computer * HX182 Lightship * LA09 German RR24 Bridge II	AA14 Stained Glass HX183 Heroes Of VA * RR02 English Co. Dance *
2	AA64 Oil Painting * CS64 Personal Computers * CS77 iPad Basics * LS133-1 Write Memoir *	AA64 Oil Painting * AA105 Creative Cards LS127 Landscape Design	HX184 Historical Societies * HI196 U.S. Constitution * LS131 Shift Perspectives PS40 Lights, Camera SS98 Pilates * +	LS112 Family & Friend RR25 International Dance SS118 Gardening with Native Plants	CS59 Computer Evolution CS77 iPad Basics * CS89 iPhone Basics * LS132 Meditation LS133-1 Write Memoir LS134 Chili +	CS88 Google Sites * EC07 Retirement Planning LA10 Russian Reading	CS64 Personal Computer * HX182 Lightship * LA09 German RR24 Bridge II	AA14 Stained Glass RR02 English Co. Dance *
3	AA64 Oil Painting * CS64 Personal Computers * LS133-2 Write Memoir * SS95 Plant-Based *	AA64 Oil Painting * AA105 Creative Cards LS127 Landscape Design SS95 Plant-Based *	HX184 Historical Societies * HU197 Reading Around * LS131 Shift Perspectives PS40 Lights, Camera SS98 Pilates * +	LS112 Family & Friend RR25 International Dance SS118 Gardening with Native Plants	CS59 Computer Evolution CS89 iPhone Basics * LS129 AARP - Basic * LS132 Meditation LS133-2 Write Memoir LS134 Chili +	CS88 Google Sites * EC07 Retirement Planning LA10 Russian Reading LS129 AARP - Basic *	CS64 Personal Computer * HX182 Lightship * LA09 German RR24 Bridge II	AA14 Stained Glass RR02 English Co. Dance *
4	AA64 Oil Painting * CS64 Personal Computers * LS133-2 Write Memoir *	AA64 Oil Painting * AA105 Creative Cards LS127 Landscape Design	HX184 Historical Societies * HU197 Reading Around * LS131 Shift Perspectives PS40 Lights, Camera SS98 Pilates * +	LS112 Family & Friend RR25 International Dance SS118 Gardening with Native Plants	CS59 Computer Evolution CS90 iPad Photos * LS130 AARP - Refresher * LS132 Meditation LS133-2 Write Memoir	EC07 Retirement Planning LA10 Russian Reading	CS64 Personal Computer * LA09 German RR24 Bridge II SS119 Thyroid Wellness	AA14 Stained Glass RR02 English Co. Dance *

Week 1: June 1-5 Week 2: June 8-12 Week 3: June 15-19 Week 4: June 22-25

*** Check Course Description for Exact Time (s) and Date (s)**

+ Course Held Offsite. See Course Description for Exact Time (s) and Location (s).

**Fridays, LS05 Kitchen Kapers XXV * +
10 a.m.-1 p.m.
Held June 5, 12, 19**

June 2015 Course Schedule

Important Registration Information

- **Clearly** fill in the June 2015 Registration Form (page 19).
- An accurate email address is very important.
- Select your classes **in order of priority** by clearly filling in the June 2015 Course Selection Form (page 20). 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 **May 14** 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 **May 14** 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.

June 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. ☐ Two-year 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

\$_____ **\$50 June 2015 fee**

\$_____ 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** _____

June 2015 Course Selection Form

Please choose your courses in order of priority.

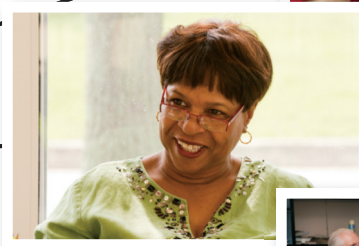
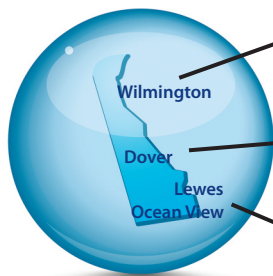
	COURSE CODE	COURSE TITLE	DAY/TIME	WAIT LISTED SPRING 2015
1.	_____	_____	_____	_____
2.	_____	_____	_____	
3.	_____	_____	_____	
4.	_____	_____	_____	
5.	_____	_____	_____	
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10.	_____	_____	_____	
11.	_____	_____	_____	
12.	_____	_____	_____	
13.	_____	_____	_____	
14.	_____	_____	_____	
15.	_____	_____	_____	

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

Sign up only for those you intend to take—and DO NOT sign up for multiple courses in the same time slot.

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WILMINGTON – Arsht Hall, 2700 Pennsylvania Avenue

DOVER – Modern Maturity Center, 1121 Forrest Avenue

LEWES – Fred Thomas Building, 520 Dupont Avenue

OCEAN VIEW – Town Hall & Community Center, 32 West Avenue

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fall classes starts
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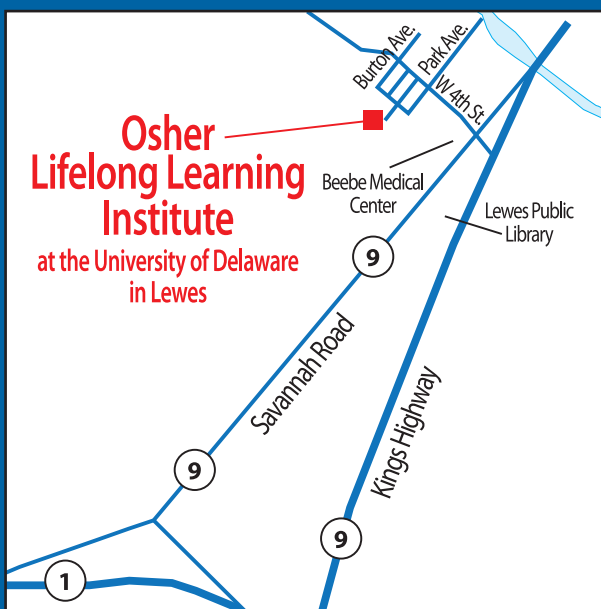


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Contact us by calling 302-645-4111 or email LLL-lewes@udel.edu.
Arrange to meet a member, take a tour or join our mailing list.

www.lifelonglearning.udel.edu/lewes



■ Fred Thomas Building
520 Dupont Avenue, Lewes, DE 19958



■ Town Hall and Community Center
32 West Avenue, Ocean View, DE 19970