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**Join Us!**

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*Please note: For classes involving physical activity, you will be asked to sign a liability waiver. You should always consult your medical doctor before undertaking any new form of exercise.*
MAC OS X (YOSEMITE)
FOR MAC COMPUTER USERS

This course is not a beginner’s Mac class; it is for current Mac users who want to know more about navigating in and using the latest Mac operating system, Yosemite. We will look at the Desktop, the Finder, the Finder window, the Dock, and icons; we will cover Preferences for the entire system as well as for individual software; we will also review document and file management; and we will become familiar with selected software included as part of OS X as well as the Help files that apply to each application. If time allows, we will examine some of the troubleshooting techniques for OS X.

Prerequisites: A general familiarity with using a Mac and mouse dexterity.

Requirements: A recent version of OS X—preferably Yosemite—and a working e-mail account.

SUSAN EURE, a retired English teacher and editor, has been using and loving Mac computers since 1985. She has taught the OS X class for seven years and the iPhoto class for three.

6 Mondays, February 1–March 14 (please note dates), 11:00am–12:30pm. Smith Warehouse Computer Lab, Bay 6. Maximum: 8. Fee: $60; this course is not available for a multicourse discount. Course ID: 1930

DIGITAL CAMERA EXPERIENCE

Do you have a digital camera? Do you want to learn and practice the ins and outs of digital photography? This course, a combination of lecture and digital photo-taking, will teach what you really need to know to use your camera’s controls. Here are some of the many things we will learn in class and in practice sessions “in the field”:

- how a digital camera works
- camera controls and creativity
- controlling sharpness
- controlling exposure
- capturing light and color
- using automatic flash

This course will also include an overview of basic photo editing software and ways to organize your photos. On some days, after the session in the lab, the class will travel to a local photo-shoot location.

JOHN SEHON has been an amateur photographer for fifty years and a teacher at OLLI for ten years. He adopted digital technology early on (he bought his first digital camera in 1994) and has just purchased his eighth digital camera.


THE $100,000 PORTFOLIO:
A Basic and Intermediate Introduction to Investing

How would you invest one hundred thousand virtual dollars? Using the Stock Market Game, participants have ten weeks to maximize returns with an online simulation of investing in global stock and capital markets. Using actual quotes on stock exchanges, bond markets, and mutual funds,
this course will allow “investors” to learn about portfolio management in an attempt to out-perform the market. Trades will be entered on a website on an individual computer that will keep track of trades and show holdings and returns. Learn what “limit” orders are; discover how to “short” a stock; examine support and resistance levels. Do you know that “head and shoulder” formations are not about dandruff? Since 1977, the Stock Market Game has helped more than 13 million students at colleges, universities and public high schools learn about the financial markets.

**Prerequisite:** Basic computer skills are required.

**Please note:** There will be a $14 fee to cover the cost of the Stock Market Game and a $5 fee to cover the cost of handouts. Please bring exact amount to the first class; refunds at the discretion of the instructor.

JOHN CANZANELLA had a successful career in banking (when it was an honorable profession) and after twenty-five years, left the world of finance to become a teacher. John enrolled at Teacher’s College, Columbia University and obtained two graduate degrees.


**PHOTOSHOP ELEMENTS REFRESHER FOR PC & MAC**

Review and strengthen your Adobe Photoshop Elements skills while learning more about the software’s digital image editing tools. This course will include practice with the use of layers, selections, and procedures for editing and combining photos. Class content will be adjusted as needed to build skills that will enable you to move forward with personal photo editing interests. Practice outside class and completion of homework assignments is expected. We will use Photoshop Elements v.9 on lab computers; demonstrations will also include the use of the current version of Photoshop Elements.

**Prerequisites:** OLLI beginning photo editing or permission of instructor and Internet and e-mail proficiency. Students must be able to navigate within Windows or the Mac OS and use the mouse proficiently. Knowing how to save, rename, back up, find, and retrieve files and documents without assistance is essential. Please do not sign up for this class unless you can attend all sessions.

**Requirements:** Students should have Photoshop Elements (Version 9 or newer) installed and working on home computer, a USB Flash Drive with at least two gigabytes of free storage space, and a working e-mail account.

MARY JO FICKLE has been using computers for more than twenty-five years, and she has been teaching photo editing classes for OLLI for more than ten.


**TAKING YOUR PHOTOGRAPHY TO THE NEXT LEVEL: Photographic Composition**

Are you ready to participate in an instructor-led discussion and analysis of your photographs and the photos of your classmates? This workshop will focus on composition, Photoshop Elements, and color printing, and will evolve based on the needs and questions of the participants. We will review the basics as a starting point and will allow you the opportunity to pursue individual interests, including group field trips, photo editing, and printing. Come ready to share and grow.

JOHN SEHON has been an amateur photographer for fifty years and a teacher at OLLI for ten years. He adopted digital technology early on (he bought his first digital camera in 1994) and has just purchased his eighth digital camera.


**GENEALOGY V: More Effective Computer Research**

This course is designed to teach you how to be more efficient and effective when you search the Internet for genealogical data. Learn to create more effective database search criteria, find new research resources, and weed out unreliable information. See page 45 for full description and registration information.

CREATIVE SHARING WITH WEEBLY: Build a Website for Something That Interests You

Do you have some hobby/pastime/interest that you would like to share with others by setting up a website? In this hands-on course, you will learn to create a website containing material you bring to the class—for example, a record of travels (with photos and write ups); pictures and descriptions of your collection of artwork, teapots, and so on; or your family history with maps and images. You will learn to use a free tool called Weebly, which is available for Windows or Mac users. You’ll be sure to get bragging rights with your friends and grandchildren when you tell them that you have created your own website.

Please note: Work outside of class is required and you MUST be comfortable using a Web browser and computers. Before you register, view the course website at olli-Creative-Sharing.weebly.com to get more information on the course prerequisites; members who do not meet the prerequisites should not sign up.

RAYMOND CONROY has a background in computers and software from a working career in the telecommunications and information technology fields. He retired from a traveling life as a consultant with IBM and now lives in Durham. He volunteers in OLLI to help instructors create websites for their courses, using Weebly.

6 Fridays January 15–February 19 (please note dates), 11:00am–12:30pm. Smith Warehouse Computer Lab, Bay 6. Maximum: 8. Fee: $60; this course is not available for a multicourse discount. Course ID: 1707

GENEALOGY III—SURMOUNTING YOUR GENEALOGICAL ROADBLOCKS: Writing an Effective Research Plan

Increase your ability to create effective genealogical research plans. See page 48 for full description and registration information.

10 Fridays, January 15–March 25 (no class February 5; class meets February 26, during OLLI Winter Break), 2:00–4:00pm (please note times). Smith Warehouse Computer Lab, Bay 6. Maximum: 12. Fee: Standard. Course ID: 1653

More Computer & Technology:

Easy WordPress Websites
Mondays, 9:00–10:30am (see page 7)

Mastery of Your iPad: iOS 9
Mondays, 9:00–10:30am (see page 8)

iPad for New Users
Mondays, 1:30–3:00pm (see page 12)

3D Printing
Tuesdays, 9:00–10:30am (see page 17)

Parking at Smith Warehouse, Bay 6

If you sign up for a computer course, you will be issued a special Duke parking pass for the Smith Warehouse parking lot, accessed via Maxwell Avenue (see map at right), good for one semester only. Please note: You will not be able to park at Smith if you leave the pass at home. Also, a lost parking pass will require a $30 replacement fee. Once your class finishes each day, you will need to vacate the lot to make room for OLLI members in the next class.
FOOD FOR LIFE—DIABETES INITIATIVE:
The Power of Food for Diabetes Prevention and Treatment

Diabetes is a major public health problem of epidemic proportions—11 percent of the United States adult population has diabetes, and nearly one-third of those sixty-five and older have the disease. Uncontrolled, diabetes can lead to complications from head to toe, including stroke, loss of vision, heart disease, kidney failure, and various problems as a result of nerve damage and circulatory problems. An even greater number of people—79 million in the United States—have prediabetes (high blood sugar) that often leads to Type 2 diabetes. Fortunately, Type 2 diabetes is largely a disease of overnutrition and sedentary lifestyle. The disease can be prevented, and complications can often be avoided or treated, with a significant change in lifestyle. This evidence-based course features nutrition lectures and discussions and sampling of plant-based dishes.

Please note: There is a $25 fee for food. Please bring the exact amount to the first class; refunds at the discretion of the instructor.

Required text:

DILIP BARMAN is a long-time OLLI photography and philosophy instructor. He is a professional photographer and leads Triangle Vegetarian Society, hosting the country’s largest vegetarian Thanksgiving (almost one thousand people in 2012). He has taught vegetarian cooking for years and is a certified instructor of the successful Food for Life program of evidence-based nutrition.

5 Sundays, January 17–February 14, 1:00–3:30pm (please note dates and times). Instructor’s home in Durham (address will be sent prior to first class). Maximum: 15. Fee: Standard. Course ID: 1335

INTERGENERATIONAL PERSPECTIVES ON CONTEMPORARY ISSUES & PRACTICAL ETHICS:
OLLI Students and Duke Undergraduates

This interactive course explores different generations’ perspectives on ethical issues relevant in our world today. Eight to ten undergraduates partner with the “overgrads” in OLLI each week to explore and share ideas and experience relating to current issues, including medical technologies; moral decision-making in business and science; romantic relationships; food, water, and environmental concerns; and civil discourse in politics. Our guiding question for all discussion is from Socrates: “How, then, shall we live?” Current event articles from these topics will be assigned and led by intergenerational pairs in our weekly discussion of the readings. By examining relevant issues through an intergenerational lens, this course fosters ethical inquiry in the life of the university and its dialogue with the larger society.

Please note: Because the Duke undergrad calendar is different from the OLLI calendar, we hope most OLLI students will forego their OLLI Winter Break (class meets February 21 & 28); join in the Duke Spring Break (no class March 13 & 20); and stay a bit later in the term to meet for the final sessions. We will work out the exact schedule at our first meeting on January 17.

DR. BETSY ALDEN, from Duke’s Kenan Institute for Ethics, has led this course for fifteen years, along with two student instructors from the Duke Honor Council. Dr. Alden is also an ordained UMC minister and, although officially “retired,” continues to work closely with Duke’s Service-Learning Program.

12 Sundays, January 17–April 10 (please note dates; class meets February 21 & 28, during OLLI Winter break, but no class March 13 & 20), 2:00–3:30pm (please note times). The Bishop’s House. Maximum: 10. Fee: Standard. Course ID: 1189

MEET & GREET AT THE BISHOP’S HOUSE
Saturday, January 17, 10:30am

New to OLLI? You are invited to join us for a morning program hosted by our Membership Committee. New OLLI at Duke members will have an opportunity to meet other members and supporters, board of advisor members, and our director, Garry Crites. We’ll have refreshments, and after the program (around 12:30pm), we will tour nearby Lilly Library and the Marketplace dining hall on Duke’s East Campus.

If you are planning to attend, please respond by e-mail to OLLIatDuke@aol.com, with the subject “Meet & Greet.” We look forward to seeing you on January 17.
CAMPAIGN 2016: A Reporter’s Perspective

In this course, we will focus on the caucus and primary election season for the 2016 presidential campaign. Timing couldn’t be better—this January through March will be the prime season for the exciting nominating competition. Our main source for reading and discussions will be the daily news coverage of campaign events and candidates, which will enable us to deal with developments as they happen.

WALTER MEARS joined the Associated Press in Boston after graduating from Middlebury College in 1956. As an AP reporter, he covered government and politics in Vermont, Massachusetts, and Washington, reporting on presidential elections from 1960 to 2000 and national conventions until 2008; he won the Pulitzer Prize for his coverage in 1976.


EASY WORDPRESS WEBSITES: Professional-Looking Websites without Advanced Technical Skills

Even if you are a complete beginner, you can learn to build, design, and manage a high-performance WordPress website. WordPress powers over twenty percent of the web because it is an easy, flexible, and powerful way to create a blog or full-blown website. WordPress is also free, accessed over the Internet (there is nothing to download), and many of the “themes” and “plugins” that power WordPress are also free. The instructor will provide step-by-step class notes along with a “student development site,” equipped with everything you need to make learning WordPress easy and visual. Text, images, video, audio, calendars, slideshows, and much more are built in to WordPress. You can make a WordPress website with your own existing web address, or you can get a privately registered domain name and web hosting for just a few dollars a month.

GREG TENHOVER has worked in high-profile positions as a marketing director, agency art director, and senior graphic designer. At Durham Technical College, he teaches Adobe Photoshop, InDesign, Dreamweaver, and Illustrator, as well as the class “WordPress Websites That Sell.”


LIVING A MORAL & HAPPY LIFE WITHOUT GOD: Atheism—Truths and Misconceptions

This course examines whether people can live a moral and happy life without God being a consequential part. We will begin by looking at worship of God seventy thousand years ago to the present and continue by examining what or who people believe God is. We will review the reasons people say they need God and how nonbelievers fill those needs. We will examine the five most common sources of morality for nonbelievers, then we will review how there can be a universe without God and continue with an examination of the historical relationship between God and evil. We will conclude by reviewing the research on whether nonbelievers can be both moral and happy. The course emphasizes free sharing of individual positions and open discussion.

Required text:
- Dick Levin, Living a Moral and Happy Life without God. The instructor will provide free copies to all class members.

DICK LEVIN is the emeritus Phillip Hettleman Professor at UNC. He taught in the Kenan Flagler School for thirty-four years and is the author of sixteen books.


Monday classes will not meet on Martin Luther King Jr. Day, January 18

THE GREAT UNKNOWNS: The Best Architects You’ve Never Heard Of

There are architects whose lives and work are almost forgotten, either overshadowed by the greats or not fully appreciated in their time. Their designs don’t fit neatly into stylistic categories or schools of thought. Some weren’t even architects. This course will focus on the works of these lesser-known but no less accomplished designers. We will take a visual tour through history and cultures using slideshows and online supplements. We will find
diverse subjects that sometimes lie outside the typical Western and male lens of architecture. This course will provide perspective and group discussion on the heterogeneous nature of beauty and the process of design.

JOEL DABROWSKI received his professional degree in architecture from Cornell University. He is a senior project designer with BBH Design in Raleigh, and his works have won more than thirty awards for design and positive impact on communities. Some say his architecture book collection is too large, but he doesn’t agree.


MASTERY OF YOUR IPAD: For iOS 9 on iPads and iPad Minis

Frustrated with your iPad or love your iPad? This course will help intermediate-level users to become more proficient with the iOS 9 system while adding new skills for familiar apps. The topics to be covered are:

- the new system and updates to Mac default applications
- settings you need to know and understand
- iCloud and iCloud Drive for storage and syncing
- the ever useful Siri and how she can help you.

Get to know your iPad and all that it offers you!

First comes the love of learning, then the love of teaching. Thirty years using Apple products has come full circle for MELANIE CRAIN, who enjoys sharing her knowledge of the iPad and helping others to build their skills with the device. This is the third year she has taught iPad classes at OLLI.


STRENGTH & POWER FOR 50+: Resistance Training and Stretching for Range of Motion

Resistance training is a key component of staying fit as we age, but many of us need the support of a group under the guidance of an expert to get it done. Fight sarcopenia (age-related muscle loss) by challenging your muscles and bones with a variety of equipment such as dumbbells and tubes with handles as well as body weight exercises. Stretching will be a part of the warm up and cool down, and will be performed throughout the class. The ability to get down to and up from the floor mats is required.

Please note: Students will need light or medium resistance tubes with handles, costing around $10–$15.

JULIA ROSE is a certified personal trainer with the American Council on Exercise, a TRX suspension trainer, and a Silver Sneakers instructor. She leads fitness classes on land and in the water and has been helping older adults get stronger at OLLI since 2006.


INTRODUCTION TO CALLIGRAPHY: The Art of Writing

This one-day, hands-on workshop will provide you with an introduction to calligraphy and help you look at letters in a new light. You will also explore the possibilities in using a broad-tip pen while learning the basic strokes of calligraphy.

Required supplies:

- a pencil
- a ruler
- a medium (2.5mm) felt tip calligraphic pen
- unlined copier paper
- a folder for your work

ANNE BAUGH has taught calligraphy with the Durham Arts Council and OLLI for several years.

1 Monday, January 25, 9:00am–12:00pm (please note date and times). Judea Reform Education Building. Maximum: 12. Fee: $10; this course is not available for a multicourse discount. Course ID: 1754

ZENTANGLE MEETS ART JOURNAL: Take Your Tangles to the Next Level

Students will make a one-of-a-kind handmade book using a GelliArts gelli plate for a monoprinted page. The page will be textured with acrylic paints, marbling paint, molding paste, and pen and ink. The books will be used to showcase pictures, Zentangle tiles, and personal memorabilia. Students will learn many techniques and have great fun in the process.

Please note: There will be a $35 materials fee for a kit that includes include a 5x5 gelli plate, marbling paint, molding paste, file folders, deli paper, and identipen. Refunds are at the discretion of the instructor.
Additional required supplies:
- a soft rubber brayer (the instructor uses the 4-inch size)
- acrylic paint in your favorite colors (any brand; the instructor uses craft paint from Walmart); bring paints to the first class
- paper (the instructor uses old scrapbooking paper, pages from books, sheet music, deli paper, shipping tags, tissue paper, white card stock, and file folders)
- items to texture your prints: e.g., bubble wrap, plastic bottle caps, plastic onion bags, paper towel tubes, a small dishwashing sponge
- a bone folder
- a good glue stick that is acid free, photo safe, and nontoxic (e.g., Sticky Wicket Glue Factory Disappearing Purple Glue Sticks)
- a roll of paper towels

Optional supplies:
- a 5x5 gelli plate is included in the class kit, but you may wish to purchase a larger one (available at Jerry's Artarama in Raleigh); any size will work (the instructor will use 12x14 and 8x10 during class)
- the instructor will have stencils available, but you can also bring your own
- an apron is suggested

SHARON LYNN PAYNE is a certified Zentangle teacher specializing in the instruction of Zentangle, Zentangle-inspired art (ZIA), and mixed media. Sharon earned a BA in communications from UNC–Chapel Hill and is a Hillsborough native.

Monday classes will not meet on Martin Luther King Jr. Day, January 18

GUSTAV MAHLER: A Life in Music
A controversial composer and conductor throughout his life, Gustav Mahler is now arguably the most-performed symphony composer. His biography is no less captivating than his music. The child of a poor Jewish peddler and tavernkeeper, Mahler became one of the most influential and powerful figures in the world of music and married one of the most sought-after women in Vienna. His success was especially remarkable given the virulent anti-Semitism he struggled against.

In this video-based course, we will explore movements from each of his nine completed symphonies, his heart-wrenching “Song of the Earth,” and selections from all of his song cycles. A video biography narrated by Michael Tilson Thomas (an eleven-time Grammy-award-winning conductor) will take you to the town of his boyhood, all the places he worked—even inside the house he built
on beautiful Lake Wörther, where the three blows of fate, depicted in his Sixth Symphony, befell him.

GEORGE OBERLANDER has taught more than a dozen OLLI courses, including the music of Mahler, Schumann, Bach, and Mozart. He has also presented survey courses on string quartets and Spanish piano and classical guitar.


GROWING UP AT ANY AGE: Stories of People Who Find Out Who They Are, Early or Late

The phenomenon of self-discovery is not limited to the young. We will read and talk about four novels and one memoir. They vary greatly in time, style, and setting, but all have protagonists who find out who they are—suddenly or slowly, painfully or joyfully, to their pleasure or their disgust. The list includes Joyce's Portrait of the Artist as a Young Man; Bellow's Henderson the Rain King; Kundera's The Unbearable Lightness of Being; Kingsolver's The Poisonwood Bible; and Martin Amis's Experience.

Required texts:

With degrees in English (Harvard) and law (University of Chicago), JOEL MARTIN taught English for ten years, practiced law for twenty-three, and worked on international legal education projects for fifteen. He has taught OLLI courses on Yeats, Faulkner, Shakespeare, and literate operas.


TENSOR CALCULUS FOR POETS WHO CAN COUNT

Until very recently, general relativity was taught only in postgraduate mathematics or physics courses because the mathematical foundations of the theory were regarded as much too demanding for undergraduates. But Lillian Lieber (who actively corresponded with Albert Einstein) possessed an astounding faith that a much larger audience could learn Einstein's theories—the genuine article, not watered-down explanations. She believed that Einstein's work, the deepest understanding of space and time yet conceived, belonged to all of us and should be made accessible to anyone who wanted to learn it; in Einstein's words, “A clear and vivid exposition of the essential ideas and methods of the theory of relativity.” The goal of this course (for those who know high-school math and are not afraid of equations) is to demonstrate that tensor calculus is not that difficult.

Required text:

IRWIN STEINBERG was a research scientist at the Brookhaven National Laboratory and Courant Institute of Mathematical Sciences (NYU). He taught courses in astrophysics, cosmology, time, and quantum theory at Hofstra Continuing Education (PEIR) and “Einstein and the Quantum” for OLLI at Duke.


EXOTICISM TO MULTICULTURALISM: 20th-Century Music and Culture

We know that the West has changed the world, but how has the world changed the West? At the beginning of the twentieth century, Western culture was fascinated by exotic cultures from around the world. At that time, musicians and artists inherited the use of “the other” in terms of exoticism, the realm of the forbidden. For decades, Paris was fascinated with its discoveries of Africa, Java, and the exotic Russians at world fairs. These discoveries also changed our culture. In America, two cultures—from Europe and from Africa—met and created new forms, including the jazz that fascinated Europe early in the twentieth century and the rock music that would change popular music throughout the world. Classical music

Monday classes will not meet on Martin Luther King Jr. Day, January 18
reacted with minimalism and world influences. At the start of a new century, we will consider our attitudes to the varied music available in a global culture.

ANNE PARKS was a professor at the University of Michigan–Dearborn and, since moving to North Carolina, has taught music history at five universities throughout the Triangle. Her most recent OLLI course was “Listening to Modern and Postmodern Music.”

10 Mondays, January 11–March 28, 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 20. Fee: Standard. **Course ID: 1905**

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This class will focus on the Soviet and American strategies for global preeminence from World War II to the Cuban Missile Crisis. It will examine the reasons for the onset of the Cold War, compare and contrast the American and Soviet “empires” in Europe and Asia, the German question, the development of nuclear strategy, superpower competition in the Third World, and the Cuban Missile Crisis.

**Required text:**

RICHARD MELANSON holds a PhD in international relations from the Johns Hopkins University and enjoyed a thirty-eight-year academic career at UCLA, Kenyon and Brown Universities, and the National War College. He has published several books and numerous articles on US foreign policy since World War II and taught courses at OLLI at George Mason University from 2012 to 2014.

7 Mondays, January 11–March 7 (please note dates), 11:00am–12:30pm. **Judea Reform Education Building.** Maximum: 18. Fee: $70; this course is not available for a multicourse discount. **Course ID: 1872**

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**OPERETTA: Opera Lite?**

Operetta, a precursor of the modern musical theater, sprang up in Paris in the middle of the nineteenth century. Most operettas can be described as light operas with spoken dialogue, whereas most musicals are plays with singing and dancing. Although virtually every country has its own operetta tradition, there are four principal schools: French, Austrian/German, English/American, and Spanish.

In this course, we’ll study examples of each of these national traditions through the reading of the instructor’s essays and the viewing of videos, along with in-class discussions.

BOB CHAPMAN is host of the WCPE Opera House. An operatic bass-baritone, he’s performed in Europe and America. He earned a BA in history and an MA in American studies at Trinity College and an MS in library science at Simmons College. Since 2009, he has taught OLLI courses about opera.

10 Mondays, January 11–March 28, 1:30–3:00pm. **The Bishop’s House.** Maximum: 30. Fee: Standard. **Course ID: 1903**

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**INTRODUCING PHILOSOPHY: Everyday Examples**

This introductory philosophy class seeks to engage participants in a discussion of philosophic issues by using everyday examples of these issues and inviting students to entertain a variety of approaches to working with them. The text has a Web component for those who want to look beyond the analyses in the book; the emphasis of the class sessions will be upon the chapters in the text that promote “doing philosophy” each week, addressing most of the ageless philosophic problems of knowledge, causality, and morality. Commitment to reading and preparing for each session is essential, as is a speculative mind.

**Required text:**

JIM WRIGHT has convened sessions in philosophy for a number of years. He divides his time between Durham and Searsport, Maine, where he sails, gardens, and teaches children about the Age of Sail at the Penobscot Marine Museum.

10 Mondays, January 11–March 28, 1:30–3:00pm. **The Bishop’s House.** Maximum: 15. Fee: Standard. **Course ID: 1907**

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Most OLLI classes do not meet during OLLI’s Winter Break, February 22–26
HUMANITY & THE ENVIRONMENT, THE ENVIRONMENT & HUMANITY: Is Climate Change the Greatest Threat Ever Faced by Humankind?

Services provided by nature—like predictable climate to grow crops, watersheds to collect water, coral reefs that provide nurseries for the main source of protein for millions of coastal dwellers—are almost always taken for granted. So what is the economic and social value of this “natural capital”? How does climate change affect that value? What do scientists know about climate change, and what don’t they know? Global warming is explained by basic physics and chemistry, so why is there so much disagreement about its causes and impacts? Why did eight Nobel economists conclude that climate mitigation action now would cost more than at some time in the future? Are we the last generation that can avoid a climate “tipping point”? Will the political processes work? Can technological innovation solve the problem? The course will address these issues in a mix of concept-setting lectures and (undoubtedly lively) class discussions.

RUSSELL LEIMAN grew up in South Africa. For thirty years, living in Johannesburg, London, Hong Kong, Tokyo, and New York, he worked in international finance focused primarily on emerging markets in Asia. He was executive director of the Asia-Pacific Region for the Nature Conservancy for thirteen years, to 2012.


NATION BUILDING IN JAPAN: From Samuri to Renunciation of War to “Collective Self-Defense”

In this course, we will discuss the development of the current Japanese state from before the first Samurai government in the thirteenth century to the dissolution of central government (although the retention of the emperor) to Reunification and the Tokugawa Shogunate era. We will study the “opening of Japan” by Admiral Perry of the United States and his “black ships,” heralding the Meiji Restoration and Japanese militarism; the Second World War; the American Occupation; and Japan’s modern Constitutional Renunciation of War; to its more recent (2014) Cabinet Declaration changing the interpretation of the constitution to allow for “collective self-defense” and the 2015 legislation (pending in the Diet as this is written) to carry out the declaration. The role of law (or the lack of law) in these developments and the role of the United States in the more recent developments will be discussed with final inquiry, Is the Cabinet Declaration allowing collective self-defense ultimately in US or Japanese interest?

CARL GOODMAN, the author of The Rule of Law in Japan: A Comparative Analysis and Justice and Civil Procedure in Japan, was a professor at Hiroshima University and a visiting professor at University of Washington, Seattle, and Temple University, Tokyo, and currently teaches Japanese law at Georgetown University. He was a Fulbright Scholar at Tokyo University.


iPad for new users

If your iPad is intimidating or challenging, this course is a good place to start. The iOS system will become your friend after eight weeks of learn-and-review. We will cover the basic apps that came with your iPad, plus learn the general skills for the iPad that help you with everything you do on the device.

MELANIE CRAIN has been a Mac user for thirty years and has taught classes on iWorks, has assisted with Photoshop Elements classes at OLLI, and now teaches the iPad, beginning to advanced, over the OLLI academic year.


WALT WHITMAN’S “SONG OF MYSELF”: From the Mystery of God and Death to the Beauty of the Human Body

Walt Whitman is one of America’s greatest poets, and “Song of Myself” is his longest (fifty-two pages) and probably finest poem. It is rich with detail, scenes/characters (including the persona “Walt”), and themes. Some is accessible, some is challenging. Perhaps because, early in life, Whitman was a journalist, and despite emphasis on the spiritual, the poem contains much solid specificity—detail and realism. Among his subjects and themes are equality of men and women, body and soul, persons from different socioeconomic levels, courage, robustness, independence, self-confidence, optimism, compassion, love, and freedom. Whitman writes of the
presence of God, he emphasizes sexuality, he praises America and Democracy, and he opposes slavery. This course will be very text-focused: we will read, analyze, and discuss selected passages. Reading assignments will be one-tenth of “Song of Myself” each week. If time allows, we will read other Whitman.

Required text:

HARRY BROWN holds degrees in English from Davidson College, Appalachian State University, and Ohio University. He has published six poetry collections and co-edited an anthology of Kentucky writing. After teaching for more than forty years in the English Department at Eastern Kentucky University, he returned to North Carolina and lives with his wife, Alice, in Glencoe, an 1880s textile village outside Burlington.


CHAIR YOGA: An Undemanding Way to Do Yoga

This course is perfect for you if standing or being on the floor would be difficult. Chair yoga is a practice using modified yoga postures and other exercises to develop strength, enhance balance, increase flexibility, and simply have fun in a relaxed setting. We will do most of our exercises seated in chairs. For standing and balance exercises, we will use our chairs as props. Modifications will be given for those who need a totally seated session, as well as for anyone in a wheelchair. No previous experience of yoga is necessary, and no equipment is needed.

SHARON ALLEN is an experienced certified yoga instructor and AEA certified water instructor who teaches gentle yoga and chair yoga classes in the triangle area. She earned a certificate of completion from the Duke Integrative Medicine Center in foundations of teaching yoga to seniors. Before retirement, she had a career in marketing and data analysis.


CYANOTYPE PROCESS: Nature and Cyanotype Printing

Explore and learn about the cyanotype and sunprint process with paper and fabric. Cyanotype is a photographic process using a solution of iron compounds with objects or photo negatives placed on the material to make a print. The cyanotype is printed using UV light, such as the sun, a light box, or a UV lamp. Sir John Herschel, an experimental photographer, chemist, inventor, astronomer, and mathematician, introduced this process in 1842.

Please note: There is a $15 materials fee. Please bring exact amount to the first class; refunds at the discretion of the instructor.

CATHERINE CROSS TSINTZOS has more than thirty years’ experience as a professional museum, school, and arts organization educator. Catherine is a lifelong learner, artist, educator, designer and “arts for all” advocate. She is a presenter at art and early childhood conferences and has spent her life working to engage people of all ages and abilities with the creative process.

3 Mondays, January 25–February 8, 1:30–4:30pm (please note dates and times). Judea Reform Education Building. Maximum: 12. Fee: $60; this course is not available for a multicourse discount. Course ID: 1877

PRINTMAKING WITHOUT A PRESS: Printmaking 101

Learn how to work with gelatin to create your own prints without having to purchase a premade gelatin plate. Explore painterly monoprint techniques that provide beautiful results without a press. Learn easy ways to incorporate screenprint into your paper and fabric creations. Explore printing on paper and fabric. Gain knowledge of history, materials, supplies, and tools and expand your art vocabulary. Leave as a more experienced printmaker ready to engage with the process at home and be a part of the new handmade maker movement.

Please note: There will be a $15 materials fee. Please bring exact amount to the first class; refunds at the discretion of the instructor.

CATHERINE CROSS TSINTZOS has more than thirty years’ experience as a professional museum, school, and arts organization educator. Catherine is a lifelong learner, artist, educator, designer and “arts for all” advocate. She is a presenter at art and early childhood conferences and has spent her life working to engage people of all ages and abilities with the creative process.
TOP HITS IN SPANISH CINEMA, PART II

In this continuation from Fall term, learn about Spanish society, history, and culture while watching award-winning films. All films are subtitled and will be followed by a PowerPoint presentation on a related topic and class discussion. This term's films:

- *Viridiana* (1961), Luis Bunuel's masterful satire about a wealthy uncle who attempts to corrupt his niece, an idealistic nun
- *The Devil's Backbone* (2001), directed by Guillermo del Toro, a horror film set in an orphanage at the end of the Spanish Civil War
- *Women on the Verge of a Nervous Breakdown* (1988), a screwball comedy directed by Pedro Almodóvar about a woman who is trying to connect with her lover
- *Solas* (1999), Benito Zambrano's quietly moving film about unconditional love
- *The Spirit of the Beehive* (1973), a classic drama about a seven-year-old child in post–Civil War Spain who is traumatized by the film *Frankenstein*

*SANDY REUL* earned a MA in Spanish literature from the University of Oregon and moved to the Triangle in 2008. She is a Spanish interpreter and teacher, has taken many courses in film, and is an avid moviegoer. She has taught OLLI courses on Spanish-language films since 2009.

5 Mondays, January 11–February 15, 1:30–4:30pm (please note dates and times). **Judea Reform Education Building.** Maximum: 18. Fee: Standard. **Course ID: 1914**

WOMEN’S DANCE FROM TROPICAL ISLANDS: Get Fit Learning Island Dances from Around the World

Warm up your winter with tropical dances that exercise your core and build flexibility. Experience varied cultures while dancing to the music of islands such as Trinidad, Martinique, and Cuba in the Caribbean as well as Hawaii, Tahiti, and Tuvalu in the Pacific. You'll be learning slow, graceful dances as well as enjoying moves to enticing drum beats. Beginners are welcome to this low-impact class. Strengthen muscles that support abs, back, legs, and posture while having fun dancing!

*Please note:* Wear comfortable clothes and bring clean flexible shoes.

*MARGARET CLEMEN (RAYAHANNA)* has enjoyed and performed varied international folkloric dance styles over the past forty years and has taught these popular courses for OLLI for the past nine years.


LEONARDO DA VINCI: Painter at The Court of Milan

Luke Syson, protégé of Dr. Martin Kemp and curator of the National Gallery in London's landmark 2012 Leonardo exhibition, when asked how he would characterize the Leonardo who had spoken to him through his painted works, said, “The capacity to paint the invisible—the just out of reach—is what it is. This Spiritual quality is what has raised the level of this exhibit to speak across time.” Syson represents the vanguard of the new wave of Leonardo scholarship. He is extraordinarily gifted as a writer, and his insights into what made this artist so successful, who Leonardo really was, are superlative. We will delve into each major painting and drawing, teasing out the “Why” of his figures that seem so “incredibly present, but remote.” What is it about this master’s works that draw us back again and again like a moth to the flame? Be prepared to marvel at the clarity and individuality of thought shared by Syson in our text, the exhibition catalogue.

*Recommended text:*


*Dr. ROBERT ELLIOTT* is an independent scholar and art historical researcher, having studied under Professor Martin Kemp of the University of Oxford, who continues to advise and critique his digital restorations and overlay comparisons of Leonardo’s works, as well as his upcoming research publications.

THE ART OF COOKING

David Sovero, who is a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. Each week, he will provide a meat, either beef, chicken, or seafood; students will provide one vegetable and one fruit. (If you are vegetarian, please let the instructor know by e-mail at daviraymi@yahoo.com.) The instructor will show how to create a meal with the combinations provided. This is a hands-on course, with everyone participating in the preparation of the meal. During each class, David will explain different methods of preparing the meat and additional variations on the meal being prepared.

DAVID SOVERO was born in Lima, Peru, and graduated from the Peruvian National Arts College. In addition to being an artist who explores his Incan ancestral roots, he also trained and was a chef at the Fearrington House Restaurant.

Please note: There are two sections of this course open for enrollment, one on Monday and one on Thursday. When registering online, enter the four-digit Course ID (1336) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 5 Mondays, February 1–March 7, 5:30–8:00pm (please note dates and times). Orange County Senior Center, 103 Meadowlands Dr, Hillsborough. Maximum: 10. Fee: Standard. Course ID: 1336-006

Section 2: 5 Thursdays, February 4–March 10, 2:00–5:00pm, Chapel Hill. See page 42.

ORDERING TEXTBOOKS

Many textbooks may be purchased from The Regulator Bookshop, 720 Ninth St., Durham; 919-286-2700. Many OLLI books (most at a 10% discount) are on display near the front desk (some may need to be ordered). You may also purchase your textbooks at abebooks.com, amazon.com, and other online book distributors.

CONVERSATIONAL SPANISH

Each week, we will listen to Spanish music, read a children's book in Spanish, eat tapas, and learn a bit more culture, grammar, and vocabulary, staying in the present tense. This is a continuation of the Fall 2015 class, but anyone who has had a year of Spanish is welcome to join us. Students should be familiar with the first seventeen chapters of the Gene Hammitt textbook.

Required text:


CHAR MURPHY has a BA and MA in Spanish literature. She spent her junior year studying at the University of Madrid and living with a Spanish Civil War widow and her daughters. She has taught at the junior high, high school, and university levels.


THE WONDERFUL WORLD OF BUTTERFLIES: More Amazing Than You Could Imagine

This course will address the basic nature of butterflies: origins, global survival tactics, the importance of migrations, enemies/defenses, anatomy, and continental variations. The last three sessions will focus on butterflies of the Carolinas—species from all five major families will be discussed with emphasis on larval and adult food sources, with actual specimens available for close-up examination. Some outside sources may be used, conditions permitting. After this course, you will view these pretty insects flipping around in your garden with a new level of understanding.

Recommended text:


HARRY ROEGNER, a graduate of Princeton and UC–Berkeley who has taught for OLLI at Clemson, has pursued his avocation of butterfly study around the world for fifty years. His main collection now resides at the Cleveland Museum of Natural History, and he lectures frequently on butterflies in the Southeast.


Since 1945, a series of wars has been fought to determine the outcome of regional rivalries. The military outcome of each war has left its imprint on the overall political situation. In the last four years, the contestation for Middle East hegemony has shifted radically from the national entities of the Sykes-Picot era to ethnic battles among Sunni Arabs, Shia Arabs, and Kurds. The United States and Israel are in danger of being too deeply involved. This course is intended, through lecture and discussion, to shed light on how the current vacuum of power may eventually be filled.

Recommended texts:
- A second recommended text by Curtis Jones, *The Wars of the Middle Eastern Succession*, is in production and will be made available to students before classes begin.

After twenty-nine years, CURTIS JONES retired from the Foreign Service. He is both a long-time writer and lecturer on the Middle East.

6 Tuesdays, January 12–February 16 (please note dates), 9:00–10:30am. *Judea Reform Education Building*. Maximum: 20. Fee: $60; this course is not available for a multicourse discount. Course ID: 1927

FINANCIAL FITNESS FOR WOMEN:
Get in Shape, Stay in Shape

Do you want to feel more empowered about your personal finances? Are you confused by terms like ETF, NAV, OER, and GDP? In this course, we will start with the basics, beginning with an exercise to help you assess your personal financial standing by calculating cash flow and net worth. We will then cover basic investment concepts such as modern portfolio theory, asset allocation, and diversification. You will learn about different types of investments and how to buy and monitor as well as the pros and cons of each. You will obtain some basic knowledge of tax planning and estate planning, and we will also cover topics such as organizing your records and protecting your assets. Upon completion, you will have the tools to be financially fit.

TERI ROGOWSKI is a certified financial planner and financial consultant with Charles Schwab and Co., Inc. She has been in the financial industry for twenty-five years, specializing in working with individuals and families with a strong focus on women. She is a member of the Triangle Financial Planning Association and the Durham-Orange Estate Planning Council.


SO YOU THINK YOU WANT TO BE A CONSULTANT:
Six Secrets for Consulting Success

Consulting can be a rewarding and exciting profession, and not always in a financial sense. Anyone can become a consultant, but becoming a successful consultant is a different story. This course will assist you in assessing if you are a good fit for consulting. Six steps for starting a consulting firm will be explored and implemented:
- Step 1—What do you love? What do you know that other people want to know?
- Step 2—It’s not what you sell, it’s what you stand for.
- Step 3—Do you have short term and long term business goals?
- Step 4—Who is your perfect client?
- Step 5—What will you charge?
- Step 6—How will you evaluate?

At the end of the course, you will have a feasibility study from which to make the decision—to consult or not to consult.

E. L. “BETSY” SMITH, PhD, made the transition from academia to consulting (E. L. Smith Consulting) ten years ago. Her career in the academic world, integrating academia into business and industry, proved to be great preparation for starting her own business. Emotional Intelligence is integral to Betsy’s approach to consulting.

4 Tuesdays, February 9–March 8 (please note dates), 9:00–10:30am. *Judea Reform Education Building*. Maximum: 18. Fee: $40; this course is not available for a multicourse discount. Course ID: 1866

Registration opens at 9:00am on December 8

www.learnmore.duke.edu
NIA:
Dance with Joy, Move with Awareness
Nia is a cardio-dance workout, a movement practice, and a lifestyle based on the intelligent design of the body. Every person can discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life by engaging their senses and listening to their bodies. Nia tones your mind and tunes your body. Each session will bring mindfulness to your dance movement experience, leaving you energized, mentally clear, and emotionally balanced. Nia is typically practiced barefoot (although shoes are allowed), is nonimpact, and is adaptable to individual needs and abilities. Using eclectic world music and a combination of choreography and free dance, we will explore sensation and pleasure in the body through flexibility, agility, mobility, stability, and strength. This course is suitable for all fitness levels. We do something different every session, so both new and returning dancers will enjoy it.

HAVEN E. CARTER is a Black Belt Nia Technique, Move IT, and Five Stages instructor currently teaching in Durham and Carrboro. She is also a mindfulness and meditation teacher, Reiki Jin Kei Do master and teacher, Buddha-EnerSense level three healer, and access consciousness the bars practitioner.


3D PRINTING
Additive manufacturing, popularly known as 3D printing, is rapidly transforming many fields of endeavor by enabling low-cost, accurate prototyping and production of highly detailed solid objects under computer control. The technique consists of laying down successive layers of material to build the object from the ground up. Objects so constructed can be of almost any shape, geometry, and precision, independent of the manual skills of the operator. We will begin with obtaining instant gratification by printing predefined objects (e.g., see 3d.si.edu), then work backward to understand and master object creation using computer-aided design and photogrammetry software.

Requirements: Expect to install open-source software on your own computer. You will need to do homework and make extra time to attend the printer, if you wish to have your own creations printed.

Please note: The instructor’s 3D printer will be available to class members between sessions for printing their creations. There will be a $50 fee for use of the 3D printer and spools of plastic material used for printing. Please bring exact amount to the first class; refunds at the discretion of the instructor.

EDWIN COX programmed X-Y plotters and other cool electromechanical devices to get his geek on in the 1960s. He has since gained extensive experience in computer programming, multimedia editing applications and finite element analysis in preparation for 3D printing.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four digit Course ID (1880) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 5 Tuesdays, January 12–February 9 (please note dates), 9:00–10:30am. Judea Reform Education Building. Maximum: 8. Fee: $50; this course is not available for a multicourse discount. Course ID: 1880–001

Section 2: 5 Tuesdays, February 16–March 22 (please note dates), 9:00–10:30am. Judea Reform Education Building. Maximum: 8. Fee: $50; this course is not available for a multicourse discount. Course ID: 1880–002

STAY PUT OR MOVE ON?
Aging-in-Place or Moving to a Retirement Community
We’ll review two choices: aging-in-place (in your current home) and retirement communities. First, we’ll cover assistive technologies and assessing the suitability of your home and your community. Next, we’ll cover health care management, companion care services, and assisted living facilities. Then we’ll cover claiming long-term care insurance benefits and resolving health care claims disputes. Turning to retirement communities, we’ll review the types of contracts and entrance fee/monthly fees for independent living and continuing care retirement communities (ILRCs and CCRCs), as well as state regulation of CCRCs. Finally, we’ll visit several ILRCs and CCRCs to tour the facilities and learn what services are provided and what their entrance fees, monthly fees, and waiting lists are.

Please note: You must use e-mail and attend the fourth class session (February 2) to take this course; also, class will meet during OLLI Winter Break.

Please note: The instructor’s 3D printer will be available to class members between sessions for printing their creations. There will be a $50 fee for use of the 3D printer and spools of plastic material used for printing. Please bring exact amount to the first class; refunds at the discretion of the instructor.

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Section 2: 5 Tuesdays, February 16–March 22 (please note dates), 9:00–10:30am. Judea Reform Education Building. Maximum: 8. Fee: $50; this course is not available for a multicourse discount. Course ID: 1880–002
FRED PORTER holds BS and MS engineering degrees from the University of New Hampshire and University of Colorado and an MBA from Duke University. He retired from the Environmental Protection Agency after a career of thirty-four years.

JIM HASTINGS holds an undergraduate degree from Western Carolina University, a master’s from NC A&T University, and did postgraduate studies at UNC–Chapel Hill. He retired from the local school system. Jim’s favorite time of the year is Christmas, since he is a professional Santa Claus.

12 Tuesdays, January 12–March 22, 10:00am–1:00pm (please note dates and times; class meets February 23, during OLLI Winter Break). Judea Reform Education Building. Maximum: 24. Fee: Standard. Course ID: 0997

OIL PAINTING

In this course, the first half of the first class is a general introduction to art history, including the styles/schools of classical, realism, impressionism, expressionism, and modern and contemporary art. Next you will learn how to prepare a canvas and practice still life sketching, followed by learning to paint still lifes, landscapes, portraits, abstracts, and modern art. Beginning and more advanced painters are all welcome. Prices of the materials vary, so comparison shop.

Required materials:
- canvas (any size)
- paint palette (any size or solid material)
- oil brushes numbers 1, 2, 4, 6, 8, and 10, and a 1-inch-wide brush
- odorless turpentine or turpentine oil
- refined linseed oil (small size; save receipt in case it is incorrect)
- cleanup rags
- two containers—small for linseed oil and larger for cleaning
- Winsor-Newton paints in the following colors: white titanium; ultramarine blue; cerulean blue; yellow ochre; cadmium yellow medium; lemon yellow; cadmium red; cadmium orange; permanent rose; cobalt violet (purple); dioxazine purple; brown umber
- pictures that may be used for painting or choose to create from your mind or imagination

DAVID SOVERO was born in Lima, Peru, and was recognized at an early age as having a talent for art. He graduated from the Peruvian National Arts College, where he was on full scholarship. As an artist, he likes to explore his Incan ancestral roots. He also trained as a chef at the Fearrington House.

5 Tuesdays, February 2–March 8, 10:00am–1:00pm (please note dates and times). Seymour Senior Center, 2551 Homestead Rd, Chapel Hill. Maximum: 10. Fee: Standard. Course ID: 1929

BEYOND ATHEISM: Reconceiving God, Jesus, Humanity, and Church

How can you be a person of faith and an ally of some of the “New Atheist” movements at the same time? Some progressive religious leaders now think we have to accept the conclusions of atheism and move forward with new forms of human spirituality and communities that are consistent with our best scientific knowledge about the origins of life, the nature of the universe, and ways that we humans make meaning and create life in the spirit. This course will explore what personal religious and community life might look like after supernatural elements have been removed from religious texts, traditional doctrines and creeds, theologies, and ethics.

Students of all religions or no religion are welcome. Classes will be democratic in style, providing a safe space for conversation among all participants. They will be interactive and open to all points of view, and will promote respect and understanding. Students will be encouraged to develop their own focus questions.

Please note: Brief articles will be distributed via e-mail for each class discussion; participants need to have a working computer and printer.

Required text:

MARK RUTLEDGE is a semiretired United Church of Christ campus minister initiating interfaith dialogue programs for the Religious Life staff of Duke University, an associate member of the Jesus Seminar, and an original member of the Clergy Project. He is also a licensed clinical psychologist who has taught courses on the Bible, the historical Jesus, interfaith dialogue, science and religion, and the psychology of religion.

THE FIERCE URGENCY OF NOW: Liberation and the Prophetic Imagination

“We are confronted with the fierce urgency of now. In this unfolding conundrum of life and history, there is such a thing as being too late. . . . This is a time for vigorous and positive action.”

—Martin Luther King, Jr.

Sometimes it feels as though the world is falling apart. We witness many forms of violence, oppression and injustice. We may become overwhelmed, immobilized or discouraged and wonder if the soul of humankind is broken. While we yearn for a just society where everybody lives vibrant and safe lives, we may not know how to become part of the solution. Join this conversation series with others actively engaging in heart-centered conversations, mindful contemplation, prophetic visions and dreams of what an equitable, just world looks and feels like.

We will read essays, watch videos, play music, talk, draw, move, write, collage, sit quietly and most of all listen deeply to our hearts and minds.

MALAIKA PETTIGREW serves as Life Coach, Spiritual Counselor, Teacher and Reiki Master. She has over twenty-five years’ experience leading groups, facilitating retreats, teaching leadership skills, counseling, coaching, and healing. She has served in leadership positions with a number of organizations serving: low-income/under-resourced families, battered women, social change activism, teenage mothers, and adults and youth of color.

SARAH H. CROSS has a history degree from Duke University and an MA in creative writing and personal development. She has many passions: meditation and yoga, the natural world, antiracist and social justice work, oral history and theater, and writing and more writing. She believes being deeply and compassionately present is perhaps the most important thing.


AWAKENING THE QUESTIONS WITHIN: Creative Nonfiction Writing

In this course, we will engage in nonfiction writing driven by the questions we have about our own pasts, about someone else’s story, or about any subject we would like to explore at a deeper level and personally feel are important to us. You will be asked to research a subject and then write about it in a descriptive style. In addition, we will experiment with “point-of-view” and “voice” in an effort to bring greater depth to your writing. You should expect shifts in your writing to occur naturally from engaging in various writing strategies and revision techniques. By the end of this course, you will better understand how to develop a creative nonfiction piece of writing that engages a reader from beginning to end. Further, writing will be considered a social act in which we collaborate, respond critically and reflect on others’ and our own work. This should allow for a greater appreciation of the fact that the quality of a story is as significant as sharing the elements on which it is based.

LINDA MARGOLIN has presented workshops on the teaching of writing, independent research, and the role of the arts in learning. She has taught graduate courses at both Lehman Collage and City University in New York City.


LIBERTÉ, ÉGALITÉ, FRATERNITÉ: Three Words that Changed the Course of History

Explore nineteenth-century European history from the French Revolution to the period just before the Russian Revolution. This course will follow movements that determined many of the twentieth-century developments still reverberating today. Concentrating on France and Russia, historical and fictional characters will be presented. In addition to historical records, art, music, poetry and literature will reflect how liberty, equality and fraternity changed the lives of millions and shaped the modern world.

JOHN CANZANELLA had a successful career in banking (when it was an honorable profession) and after twenty-five years, left the world of finance to become a teacher. He obtained two graduate degrees from Teacher’s College, Columbia University. He taught history, English, philosophy, math, and economics at private and public schools in New York and North Carolina.

10 Tuesdays, January 12–March 22, 11:00am–12:30pm. The Bishop’s House. Maximum: 15. Fee: Standard. Course ID: 1785

Most OLLI classes do not meet during OLLI’s Winter Break, February 22–26
TED Talks: Ideas Worth Spreading
TED is a global organization that provides a forum for speakers to present their ideas, passions and information in cutting edge, interesting and remarkable talks. TED’s mission of “ideas worth spreading” reaches far beyond the conference and video series, encompassing a variety of projects and initiatives that leverage the power of ideas. These presentations are filmed at flagship TED Conferences, independent TEDx events, and other special TED programs. The goal is to share remarkable ideas in fields such as science, technology, business, culture, art and design. Using our digital video and sound equipment, this class explores several TED Talks each week supported by printed agendas and a dynamic website. Comments and discussion are encouraged both in class and on our blog.

Ian Goddard initiated the TED Talks series in 2008. In addition to the TED Talks series, he has conducted several courses on South African history and Apple iTunes. Ian has presented more than twenty-five courses at OLLI.


Chinese Brush Painting: Mixed Subjects
Students will choose subjects they prefer to paint such as flowers and birds, landscapes or any other subject. Each person will complete a beautiful painting in every class, while practicing basic brush painting techniques. This course is for both experienced and beginning students.

Required materials:
- a pad of newsprint and a roll of rice paper
- a small bottle of black ink
- a set of water colors
- a small dish to hold the ink and a plastic container to hold water
- a medium-sized and small-sized brushes

Please note: The instructor has good brushes and rice paper from China that students may purchase, if they choose. Refunds are at the discretion of the instructor.

Jinxiu Zhao (Alice) is a professional brush painting artist who has been providing Chinese brush painting/calligraphy for both adults and children in North Carolina for more than twenty years.


Euripides’ Late Plays
At the end of his career, Euripides became very disillusioned with Athenian politics. His last three plays, Herakles, Phoenician Women, and the Bacchae reflect his pessimism. They also brilliantly illustrate how he thrilled his audiences with sudden plot shifts, mesmerizing messenger speeches, and gods wreaking havoc onstage. Join instructor Cynthia Dessen for the final semester of a five-year project to read all thirty-one extant Greek tragedies in translation.

Required text:

Cynthia Dessen has offered thirty-seven courses on the classical world since she began to teach at OLLI in 2001.


Paint Some More: Opportunities to Practice Using and Learning More about Watercolor Painting
This course will expand your abilities and understanding of watercolor painting. There will be demonstrations, handouts, and homework in addition to time for painting. Experience with watercolor painting will be most helpful; however, beginners are also welcome.

Required materials to purchase (the instructor recommends www.jerrysartarama.com):
- Arches #140 cold press paper, at least 10x14; the cost will be around $40 for the course (students can also buy 11x15 sheets from the instructor for $2 each)
- at least three synthetic bristle brushes (#14 and #8 round, 1” flat), at a cost of about $35
- Cotman brand tube paints are preferred, in the colors of permanent rose, cobalt blue, lemon yellow, Hooker’s green, violet, orange, burnt sienna, and indigo; the cost is about $4 per 8ml tube
- a palette (a white plastic plate is acceptable, but one with wells and cover is preferred); the cost for a larger palette is around $25
Required materials from home:
- water containers
- Viva paper towels
- a roll of toilet paper
- a board to back paper
- masking tape
- small spray bottle

Please note: Beginners are encouraged to e-mail the instructor at rrussell6482@nc.rr.com three weeks before class starts to discuss a less-expensive materials list. Refunds are at the discretion of the instructor.

BECKY RAYE RUSSELL is an experienced teacher with students ranging from preschoolers through adults. Although she is educated in Biology, her major interest now, in her retirement, is art. She has painted—primarily with watercolors—for more than twenty years. Her paintings are in many private collections and she oversees an art gallery.

10 Tuesdays, January 12–March 22, 1:00–3:00pm (please note times). Judea Reform Education Building. Maximum: 8. Fee: Standard. Course ID: 1881

EXPLORING CULTURAL COMPLEXITY THROUGH FILM:
An Anthropological Lens

Culture is a complex term—anthropologists have long debated its definition. In today's multicultural world, the term becomes even more complex as cultures interact, clash, and mix. Subcultures add even more layers to the mix. This course explores cultural complexities through films, both humorous and poignant. Included are Close to Eden (a Russian truck driver who stays with a Mongolian family when his rig breaks down), Ang Lee's The Wedding Banquet (a gay Taiwanese man in New York makes plans to marry an immigrant woman from the People's Republic of China to fool his traditionalist parents), Mississippi Masala (a young Indian woman, whose family has relocated to Mississippi, falls in love with a black man played by Denzel Washington), Smoke Signals (two young Native American men try to negotiate their cultural identity amid stereotypes), and Real Women Have Curves (a young Mexican American woman faces body-image issues as she comes of age).

LISA ALDRED has a PhD in anthropology as well as a JD. She was a professor of Native American studies at Montana State University, publishing numerous academic journal articles. She has taught courses in social theory and cultural diversity that used film to explore cultural complexities.


WRITING AN ETHICAL WILL:
Passing Your Beliefs and Blessings to Future Generations

An ethical will is not a legal document. It is designed to communicate your values, blessings, life lessons, hopes and dreams for the future, love, spiritual values and forgiveness with your family, friends, or community. The instructor will share stories and offer many examples of ethical wills to stimulate participants' thinking about writing their own ethical wills. Class members will create their ethical will slowly and thoughtfully, topic by topic, over the course of ten weeks. In the process of writing, individuals often learn a great deal about what they truly value and find themselves living with more intention. Creating an ethical will may well be the most cherished gift you can leave your family.

Recommended text:

JUANITA JOHNSON, MA, CT, is a retired mental health counselor. When her father was diagnosed with a serious illness, he began writing letters to her about what he valued most. Now, after her father's death, those letters have become her most cherished possession. It was with this understanding that she began to offer classes to help people write their own ethical wills.


THE MEANING OF LIFE?
Essays on Many Sides

"Man's concern about a meaning of life is the truest expression of the state of being human," wrote Viktor Frankl, and it is a subject that has been the compass of whole literatures and philosophies. The late professor E. D. Klemke assembled a book of essays about this, which is divided into sections that address theistic answers, nontheistic alternatives, and a final section that questions the meaningfulness of such a question. Members of this class will read and discuss essays from each section of his collection. A commitment to reading assignments and preparing for each class are essential for
participants' success, as is openness to considering a variety of points of view.

**Required text:**

**JIM WRIGHT** has convened sessions in philosophy for a number of years. He divides his time between Durham and Searsport, Maine, where he sails, gardens, and teaches children about the Age of Sail at the Penobscot Marine Museum.

10 Tuesdays, January 12–March 22, 1:30–3:00pm. **The Bishop’s House.** Maximum: 12. Fee: Standard. **Course ID: 1910**

**REGIONAL GEOLOGICAL HISTORY OF NORTH AMERICA: National Parks Included**

The course will consist of lecture and discussion sessions covering ten major geologic regions of North America. Each session will focus on the geologic history of one of these regions, including the presence of national parks and the geological framework that provides their characteristic scenery and geology. The ten study areas are integrated to provide an overall history of the North American Continent.

**JIM SORAUF** is professor emeritus at State University of New York at Binghamton, NY, where he taught historical geology and paleontology for thirty-seven years. His research has focused on fossil corals, which he has studied on a worldwide basis.

10 Tuesdays, January 12–March 22, 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 18. Fee: Standard. **Course ID: 1916**

**COMMON SENSE ECONOMICS:**
**The Economic History of the United States**

Having trouble understanding today’s economy? Do you wonder about high unemployment, debt crises, a declining dollar, a crashed housing market, FED policy, threats of inflation, the shrinking value of our investments? These and other economic problems occur not only in the United States but also in similar forms globally. Our economy evolved as our country grew and matured as a world power. Join us for a conceptual overview of the essential ideas and relationships at work in an economy by studying its historical development. The story of our country’s economic evolution can shed light on today’s events without overly technical economic investigation. The purpose is to gain a better understanding of the economic world we live in today. No background or knowledge of economics is necessary.

**PAUL ROHDE** received an MS from the Illinois Institute of Technology as well as an MBA from the Kellogg School of Management at Northwestern University, with concentrations in economics and finance. He is retired from a career in the business of information technology and has continued a lifelong study of issues involving science, finance, and economics.

10 Tuesdays, January 12–March 22, 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 18. Fee: Standard. **Course ID: 1296**

**LET’S READ IN FRENCH:**
**France’s Favorite Fictional Detective**

*Parlez-vous Maigret?* Maigret is a French fictional police detective of the Paris “Brigade Criminelle” created by Georges Simenon. Maigret encounters the dark side of the human psyche, and yet, he manages to maintain both compassion and a sense of humor, as he explores the complex motives that lie behind every crime. *Maigret et La Vieille Dame* by Simenon is an enjoyable read and requires a good knowledge of French. Discussions of the story will be held in French. To make the class discussions possible, students should obtain the recommended edition.

**Required text:**

**PAULETTE TERWILLIGER,** a native of France, is a retired French teacher who taught for twenty-five years. Her experience includes the Berlitz School of Languages in Boston, adult education, high school, and middle school. She and her husband moved to Pittsboro four years ago. She recently taught a French literature course at other lifelong learning institutes.

6 Tuesdays, January 12–February 16 (please note dates), 1:30–3:00pm. **Judea Reform Education Building.** Maximum: 12. Fee: $60; this course is not available for a multicourse discount. **Course ID: 1894**
YOGA FOR BEGINNERS

In Yoga for Beginners, participants will practice basic breathing techniques. Participants will learn basic yoga poses (asanas) that will prepare them for more advanced classes. Participants will also engage in brief meditations sessions. Yoga mats, pillows, blankets, straps, blocks and other props are welcomed.

CYNTHIA FEREBEE is a retired public school teacher and a retired YMCA and American Council of Exercise (ACE) certified fitness leader and currently teaches “Yoga for Beginners” at the Durham Center for Senior Life. Recent certification includes Therapeutic Yoga for Seniors Teacher Training from Duke Integrative Medicine.

10 Tuesdays, January 12–March 22, 1:30–3:00pm.
Fee: Standard. Course ID: 1902

TROPICAL TREE CAMP:
The Medicinal Plants of India

Join naturalist Riverdave Owen for a two-hour study/walk through the Tropical Butterfly Conservatory greenhouse at the Museum of Life and Science. This hands-on class will focus on the plants used in the native botanical medicine of India. We will also work with a short questionnaire that will help each participant in understanding his or her constitution according to Ayurveda, the traditional medicine of India.

Naturalist RIVERDAVE OWEN is a Durham native with twenty-five years of experience leading both local and international natural history walks. He practices locally as a community herbalist and has training in Ayurveda, the traditional medicine of India.

Please note: There are two sections of this course open for enrollment, one on Tuesday and one on Wednesday. When registering online, enter the four-digit Course ID (1921) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 1 Tuesday, January 12 (please note date), 1:30–3:00pm. Museum of Life and Science, 433 W. Murray Ave, Durham. Maximum: 12. Fee: $10; this course is not available for a multicourse discount. Course ID: 1921-001

Section 2: 1 Wednesday, January 13, 1:30–3:00pm. See page 34.

SYMPOSIA:
Scientific Excursions and Diversions

The Ancients told us the four elements are earth, wind, water, and fire. We’ve got them covered. In this series, we’ll get the lowdown on dirt, how winds and rising seas are taking our beaches, and the outlook for water in the Triangle. As for fire? Is discussing sexuality among the geriatric set or the truth about lying hot enough? We are pleased to offer this program for the Winter term. Each lecture is an independent event, so missing one or two will not cause you to lose course continuity.

January 12

With the successful reconnaissance of Pluto, we’ve had successful robotic visits to all nine
planets. James “Bob” Wilson, of NC State University, whose professional interest is complex systems analysis, will talk with us about the scientific and engineering efforts, the failures and the breakthroughs, that led to the design and deployment of the robotic space crafts.

January 19
A decline in cognitive abilities as a consequence of aging is a fear we have for ourselves and our loved ones. One of the ugly phrases that has become all too familiar is “Alzheimer’s disease,” and we are privileged to have James Cappola, MD, PhD, recently retired as medical director for the Harvard Clinical Research Institute, here to discuss its diagnosis, prognosis, and treatment.

January 28
Giant snakes! Dr. Michael Dorcas, professor of Biology at Davidson College, has been studying the invasive Burmese Pythons in the Florida Everglades, and today we will learn what happens when giant snakes invade our country.

February 2
Professor David Harkey, director of the UNC Highway Safety Research Center, has noted that traffic deaths in North Carolina are up 19 percent this year. He will brief us on why this might have happened and what changes the state is considering that might lead to safer highways in North Carolina.

February 9
North Carolina’s Low Country and beaches are threatened by both the sudden changes that Hundred Year Storms bring and by the gradual increase in sea levels. Professor Orrin Pilkey of Duke University has worked hard at increasing our awareness of these problems. If his lecture can inspire us and others to take action, the title of his latest book, The Last Beach, can be taken as a warning and not a forecast.

February 16
OLLI at Duke’s own Dr. Ken Haslam has been an articulate spokesman in reminding us that aging and sexuality are not mutually exclusive. He was an anesthesiologist during his professional career, but we suspect his lecture will not put you to sleep.

March 1
Remember Professor Dan Ariely’s bestseller Predictably Irrational? He’s at it again. We’ll view his film (Dis)Honesty: The Truth about Lying, and Dr. Ariely will be available at its end to take questions. Expect to be at Croasdaile Village until 4:00pm.

March 8
Dr. Julia Stevens is a postdoctoral research associate at the Genomics and Microbiology Lab, North Carolina Museum of Natural Sciences, whose area of interest is the dirt beneath our feet, specifically about all of the creatures—from microbes to worms—that live there, keeping it, and us, healthy.

March 15
“Just because I have an interest, why is that a conflict?” is the question Dr. Ross McKinney, director of the Trent Center for Bioethics at Duke, will be addressing. Medical researchers want to find positive results in their clinical trials and often data indicate otherwise. Dr. McKinney will lead us through the processes that help keep unintended bias out of clinical trials.

March 22
Water, water everywhere, but when won’t there be enough to drink? NC State University professor Emily Zechman Berglund has been examining water usage and population growth in our area and has some answers, and cautions, for us.

As the program above suggests, Symposia has given its hosts and organizers ANTHONY WARAKSA and HARRIET SANDER the opportunity to meet and bring interesting and in some cases controversial speakers for their classmates to hear. They appreciate the generosity of the speakers in giving OLLI at Duke an afternoon of their time and of their classmates for helping them keep their promise to the speakers: “You will have an audience of interested and interesting people.”

10 Tuesdays, January 12–March 22, 2:00–3:30pm (please note times). Croasdaile Village Retirement Community, 2600 Croasdaile Farm Pkwy, Durham. Maximum: 150. Fee: Standard. Course ID: 0373

THE STORY OF TIN PAN ALLEY: Early Years and Roaring Twenties

This class will focus on the early years of Tin Pan Alley from the 1900s to 1920s. The amazing contribution of African-Americans to the American popular song book; the teenagers who kick-started the music publishing industry in the Gay Nineties; how George M. Cohan and Irving Berlin spread the sound of Ragtime on the stage; and the influence of blues and jazz emerging from Tin Pan Alley. We’ll learn what made the Roaring Twenties roar, as Berlin was joined by Ira and George Gershwin, Rogers and Hart, Hammerstein, Jerome Kern, and Cole Porter in turning out hit after hit. We’ll also discover why it was called the Jazz Age with your
instructor’s banjo/vocal renditions of W. C. Handy
style blues and some of Satchmo’s (Louis Armstrong) favorite jazz tunes. The use of storytelling,
live musical performances, audio/visual clips of
movies, songs, and group sing-alongs will make
the class fun and educational.

BOB WHYTE, while a student at UC–Berkeley in the
1950s, found his passion for Tin Pan Alley as a per-
former in San Francisco. He continues to entertain
audiences as a banjo player, jazz singer, and comedian.
10 Tuesdays, January 12–March 22, 3:15–4:45pm.
Fee: Standard. Course ID: 0869

CREATING STORIES TO KEEP
& PASS ON: A Writing Workshop

The late poet Stanley Kunitz wrote that a good story,
like a good garden, cultivates the “wild permissive-
ness of the inner life.” In this writing workshop,
we will probe and give voice—through a series of
prompts and craft exercises—to our own “wild”
inner lives. We will explore memory, point of view,
voice, situation vs story, setting, dialogue, and more.
And we will create compelling personal narratives.
Come prepared to write a lot about your life—past
and present. There will be optional writing sugges-
tions between sessions. Open to writers of all genres
and levels of experience, men and women.
Please note: Students should each bring a composi-
tion book.

CAROL HENDERSON has published two memoirs and
written widely for magazines and newspapers. She leads
nonfiction workshops in the United States and abroad.
She also works privately with clients, helping them gen-
erate material and shape their individual stories into
personal essays and memoir. With Heartland Hospice,
Carol is training support staff all over the country to
integrate reflective writing into the hospice environment.
8 Tuesdays, January 19–March 15 (please note
dates), 3:15–4:45pm. Judea Reform Education
ID: 1847

WOODROW WILSON
This is the story of a contradictory man, outwardly
tumultuous, who improbably rose from an obscure
teacher of rowdy boys in a rural college to the most
famous political leader in the world, changing the
course of history in the mirrored halls of the Palace
of Versailles. It is an incredible story and a quintes-
sentially American one—the rise of Woodrow
Wilson from schoolmaster to statesman, professor
to president—but a story that ended in despair and
heart-breaking defeat. We will examine Wilson’s
personal life and the complex events whirling
around him, as we try to know and understand this
iconic man.

WENDELL MUSSER, MD, is a retired academic
physician who held faculty positions at Indiana, Duke,
George Washington, and Emory Universities and the
University of Kentucky. He is a longtime book collector,
primarily of books about Churchill and Franklin
Delano Roosevelt, and feels that a day away from
OLLI is a day away from happiness.
10 Wednesdays, January 13–March 23, 9:00–
10:30am. The Bishop’s House. Maximum: 35.
Fee: Standard. Course ID: 1875

FROM PAGE TO STAGE: Reading,
Understanding, Performing Drama

This course will provide an opportunity to read and
discuss a series of one-act plays and subsequently
to perform them with script in hand. Issues such as
ageism, sex for seniors, and crossing the generations
will be presented in a realistic format. After reading
and discussing the plays, participants will be
coached to make the words “come off the page” to
achieve a sense of reality and immediacy. Friends
may be invited to view the plays in the last session.
Required text:
- Ann McDonough and Kent R. Brown, A Grand
  Entrance: Scenes and Monologues for Mature Actors

MARV AXELROD recently appeared in The Perfect
Day by S. J. Barry at the Carrboro Art Center. He
directed and played in Aharon Megged’s The First Sin
and directed a series of one-act plays at the Jewish
Community Center and directed improvisational
theater groups for many years. He is a retired ESL
teacher from New York City.
WHAT TO EAT & WHY: Evidence-Based Guide to Healthy Nutrition

Recommendations on what we should eat and drink in order to maximize our longevity and quality of life are abundant. Some are designed to sell us products that are not in our best interest. Others come from well-intentioned sources that don’t have long-term results to back up their approach. The last decade has seen several large longitudinal studies yield solid results, correlating diet with health outcomes, upon which to base a rational diet. The instructor will present his recommendations on what to eat and drink, and what to avoid. The research findings supporting benefits and risks will be discussed, as well as the remaining areas of uncertainty. A spreadsheet will be supplied with which you can evaluate the nutrient value of your own current diet and calculate the results of changes in your diet.

EDWIN COX practiced hematology and medical oncology in Durham for thirty years and was director of database for the Duke Comprehensive Cancer Center for eleven years, during which time he designed and performed data analysis for clinical trials and research studies.

A ROAD MAP TO CONNECTING WITH ADULT CHILDREN

This course invites fathers and mothers to engage in rich conversations together, as parents of adult sons and daughters. Subjects will include the wisdom of giving advice, establishing trust and boundaries, avoiding triangulation, managing estrangements, communicating, managing anger and disappointments, relating to sons- and daughters-in-law and step-children, maintaining long-distance relationships, and creating memories together. Our conversations will be informed by reading the text, watching films, and exercising our senses of humor. A highlight of the course will be a conversation with invited adult children, who offer a perspective from a different generation. By the end of the course, we will have learned new ways of navigating, with respect and love, the terrain of parent-adult children relationships.

Required text:

JUANITA JOHNSON, MA, CT, counseled adolescents, young adults, and families for many years in private practice. Having learned through trial and error how to navigate the relationships with her own adult children (at least, most of the time), she enjoys providing opportunities for parents to discuss the ever-evolving relationships with their children.

TAX-SMART INVESTMENTS STRATEGIES: What You Need to Know to Make the Most of What You Have

Manage your income and investments. Select and position your money wisely in taxable, tax-free, and tax-deferred accounts, and you can save big money. Learn ways to gain “tax-efficiency” by managing income flows, positioning investments strategically, and using “tax-smart” ways to withdraw money from your investment accounts. Taxes are inevitable, but long-term strategies can help you become a tax-savvy investor and stretch your retirement assets.

Please note: Class notes will be e-mailed weekly prior to the class meeting. Students should print and bring to class.

LISA GABRIEL has more than thirty years of investment experience designing integrated, strategic solutions for high net-worth individuals and families, as well as institutional investors such as Duke Management Company. Lisa is a Certified Financial Planner professional and also holds the Chartered Financial Consultant designation (ChFC).

6 Wednesdays, January 13–February 17 (please note dates), 9:00–10:30am. Judea Reform Education Building. Maximum: 18. Fee: $60; this course is not available for a multicourse discount.

Course ID: 1057
CHANGE YOUR AGE:
Use Your Body and Brain to Feel Younger, Stronger, and More Fit

Baby boomers, did you know that movement habits at ages fifty and sixty impact how you feel at age seventy and beyond? You can shed your physically limiting habits and learn new habits that make your body and mind more agile and fit. This groundbreaking Change Your Age program, based on the Feldenkrais Method of Neuromuscular Reeducation, applies the principals of childhood development and neuroplasticity to adult learners. You will learn simple, powerful exercises that train your brain to move your muscles in healthier, stronger, and more coordinated ways. The program is not stressful and does not involve repetitive routines. With a more intelligent body and diminished pain, you will delight in your newfound youthfulness.

Please note: All who can lie on the floor comfortably are welcome. Bring a mat, thick blanket or sleeping bag on which to lie, and two big towels to fold to create support for your head. Wear comfortable clothes for movement, and dress in layers. Call the instructor at 919-967-8013 to discuss any concerns you might have about your ability to participate.

KAREN DOLD, Feldenkrais practitioner and movement educator, says this has changed her: “The older I get, the younger I feel.” She has been teaching classes throughout the Triangle since 2000 and offers private sessions in her Chapel Hill and Cary offices.


JOURNEYING FROM HAPPINESS TO LIFE SATISFACTION:
Transforming Your Inner World and Creating a Life Worth Living

Most of us want to be happy. We seek happiness, chase it, plan for it, and then when we think we have it in our grasp, it slips through our fingers. Happiness just isn’t what it used to be. It’s taken another turn. In this course, we’ll review recent scientific approaches to happiness and glean helpful insights. Then we’ll turn our attention to a groundbreaking new approach based on cutting-edge research in behavioral psychology called ACT—acceptance and commitment therapy—practiced by Russ Harris, a physician, a therapist, and an internationally sought-after speaker.

We’ll learn practical ways to “reduce stress and worry, handle painful feelings and thoughts more effectively, break self-defeating habits, overcome insecurity and self-doubt and create a rich, full, and meaningful life” (from the book’s back cover). Participants will be encouraged to read and talk about the book and the e-mailed discussion questions, think critically, and practice the skills and exercises suggested by the author.

Required text:

GATES VROOMAN, DMin, will teach his fifth OLLI course on happiness. He says, “In June I dislocated my hip; it was the most painful experience of my life so far. Outfitted with a brace, I could not drive or even tie my shoes. Putting happiness theory and practice together has been a serious challenge and learning experience for me.”


GENEALOGY I—FOR THE NOVICE & BEYOND: Developing & Enhancing Basic Knowledge, Skills and Techniques

In this course, both new and experienced family historians will learn genealogical research skills and methods to gain or improve their working knowledge of the genealogical research process and the most frequently used American records from the nineteenth and twentieth centuries. There will be two field trips for hands-on research experience—one to the Family History Center in Chapel Hill and one to the North Carolina State Library in Raleigh. Use of the Internet will be discussed as it pertains to each area but will not be the focus of this course. To get the most out of this course, you will be asked to do some homework related to your own family history.

Please note: Handouts will be posted on a website prior to each class. If you cannot print the handouts yourself, there will be a fee of $18 to cover the instructor’s cost of printing. Refunds are at the discretion of the instructor.

MARGO FARISS BREWER, genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of
WAYS TO REGISTER

Registration opens at 9:00am, Tuesday, December 8.

Online Registration: Beginning at 9:00am on Tuesday, December 8, you can enroll in classes online from the comfort of your own home and receive immediate confirmation of your courses.

To register, go to http://www.learnmore.duke.edu, click on “Student Login” (on the left), and then click on “Course Search” (at the top). You can find the course you want by typing in the four-number Course ID listed in the catalog and click “Search Now.” When the desired course appears on your screen, click on it. You will then be able to add it to your cart (i.e., enroll in the course) and then either check out or search for another course. (If your course has more than one section available, you will be able to choose which section you prefer to enroll in.) If you do not have a current membership, you will be prompted to purchase one.

Registration Event: If you would like help registering online, we will be having a registration event at Judea Reform Education Building on Tuesday, December 8, from 9:00am to noon. We will have trained OLLI mentors with computers to assist you. You must have your registration user name and password to register. If you have forgotten these, you must be able to access your home e-mail from the computers we will have on site.

Phone Registrations: If you would like to register by phone, you may call the registration office (919-684-6259) anytime after 9:00am on December 8. Please do not ask to register for classes prior to this date. Members will be registered in the order calls are received. If your call goes to voicemail due to heavy call volume, a registration member will contact you as soon as possible in the order calls are received.

Paper Registrations: You still have the option of registering using the form in the catalog. Please deliver or send your form and personal check to the Bishop’s House no sooner than one business day (i.e., December 7) prior to the opening of registration. They will be processed in the order received.

Please note: Because of security precautions, persons using the paper form must pay by check. If you prefer to use a credit card, you will need to register online or by phone.

REFUND POLICY

Requests for refunds for dropped courses must be submitted to the OLLI office by the end of the first week of class (January 15 for most classes); after that time, no refunds will be issued. There will be a $20 service charge per course dropped. If a course is cancelled by OLLI at Duke, no charge will be incurred by members. Please note: Membership dues are nonrefundable.

REGISTRATION FAQs

See page 51 for answers to frequently asked registration questions.
Professional Genealogists and several other genealogical societies, and has been documenting her family history for more than twenty-five years.

Please note: There are two sections of this course open for enrollment. When registering online, enter the four digit Course ID (0540) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 10 Wednesdays, January 13–March 23 (no class February 3; class will meet February 24, during OLLI Winter Break), 11:00am–1:00pm (please note times). The Bishop’s House. Maximum: 15. Fee: Standard. Course ID: 0540-007

Section 2: 10 Wednesdays, January 13–March 23 (no class February 3; class will meet February 24, during OLLI Winter Break), 6:30–8:30pm (please note times). The Bishop’s House. Maximum: 18. Fee: Standard. Course ID: 0540-008

SCIENCE BEHIND ENERGY GENERATION & CLIMATE CHANGE

Energy makes our civilization go, and we, and emerging nations, consume more and more energy. These days, nearly every newscast includes a story about energy sources, energy costs, and energy consequences. What are these sources? How do they work? What is energy anyway? This class will, starting with basic physics and chemistry, explore energy generation, how energy is used, and where it goes—eventually. We will also show how energy consumption is linked to climate change. This course is about science, not policy. Don’t worry if you didn’t take science in college; you will be able to understand this course. Classes will consist of lecture and discussion.

Recommended text:

BOB SHAW graduated from Williams College and the University of Washington with a PhD in Physical Chemistry. He has published research in nuclear and chemical physics, physical and analytical chemistry, and environmental science. He is a Fellow of the American Association for the Advancement of Science and was awarded the Silver Medal of the Environmental Protection Agency and the Lifetime Achievement Award of the Army Research Laboratory.


THE WORLD TODAY

This course is for those who are interested in current events. Each week we will discuss news from the United States, the world, and the Triangle. We will begin each class with a list of proposed topics and discuss those of interest to the group. Class members may also offer topics for discussion. Active participation by class members is encouraged (but not mandatory), since it expands our mutual understanding of the many events that might affect us. Discussions are enriched by the variety of backgrounds, expertise, and viewpoints of class members. Topics are discussed knowledgeably, respectfully, and sometimes with passion, but we always end with humor looking forward to the next class.

We offer two sections of this course, one on Wednesday and one on Thursday. The discussion leaders will rotate between the two sections. Each has participated in The World Today discussions many times, each brings a distinctive style and background to the class, and, most important, each will solicit a wide spectrum of views from class members.

HENRY BLINDER served as the City Attorney for the City of Durham for many years prior to his retirement. He is past president of the North Carolina Association of Municipal Attorneys and a former Deputy Attorney General for the State of New Jersey. He has a JD degree from Duke University School of Law and has lived in Durham for more than thirty years.

RICHARD ELLMAN is a retired New York CPA who has a keen interest in current events. He moved to Durham in 2006 and immediately became involved in OLLI.

TOM HAUCK grew up overseas and then worked for Texaco managing petroleum marketing companies in West Africa and Central and South America, ending his career in Nigeria.

DOUG LONGMAN has taught several courses at OLLI on international political economy, public policy, and economics. He has a doctorate in business administration, and has taught previously at the University of Chicago, UNC–Chapel Hill, and at the University of Texas.

BOB LYNCH has taught and counseled students from the seventh grade to university level during a forty-
four-year career in education. With two master's degrees (Antioch College for social studies and NYU for counseling), he has spent the bulk of his career as high school counselor.

RIC SHEPHERD has been a CPA for thirty-one years, originally in the Boston area. Since 1988, he has lived and practiced in the Triangle area. His specialty is financial consulting to business, and he teaches at Wake Tech Community College.

Please note: There are two sections of this course open for enrollment, one on Wednesday and, for the first time, one on Thursday. When registering online, enter the four-digit Course ID (0393) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

Section 1: 10 Wednesdays, January 13–March 23, 11:00am–12:30pm. Judea Reform Education Building. Maximum: 33 in each section. Fee: Standard. Course ID: 0393-037

Section 2: 10 Thursdays, January 14–March 24, 11:00am–12:30pm. Judea Reform Education Building. Maximum: 33 in each section. Fee: Standard. Course ID: 0393-038

SHAKESPEARE’S HAMLET: Tragedy for the Ages

Frequently hailed as Shakespeare’s finest play, if not one of the greatest works of literature the world has known, Hamlet touches the human soul on every level. It is a tragedy of family, country, friendship, love, and individual torment. The drama asks us to consider how we would respond if every aspect of life were corrupt and the burden of setting it right were laid at our feet. Keenly intelligent, sensitive, moral, and flawed, Hamlet is reluctantly given that charge. In our OLLI sessions, we will engage in close analysis of the text with particular attention to monologues, soliloquies, and key scenes. Referencing critical commentary on the play and film versions of it, we will consider how the Bard might have intended his masterpiece to be staged. Our goal will be fresh insight into the complex way Shakespeare uses style, characterization, and plot to create thematic understanding in Hamlet.

Please note: This is a repeat of the Fall 2015 course for those who could not get in.

Required text:

Please note: For the best learning situation for everyone, please purchase the 2012 Folger Shakespeare Library edition of the text. Students should read Act 1, Scene 1 for the first class.

JANICE CHING retired from Durham Academy, where she taught Shakespeare’s works for more than twenty years. She studied in Stratford, England, and at the replica of the Globe in London. She has conducted professional workshops on teaching Shakespeare’s plays and been an OLLI instructor for twelve years.


INTERVAL TRAINING WORKOUTS: Full Body Workouts for Strength and Conditioning

Numerous studies demonstrate that high-intensity interval training of a shorter duration may be more efficient in burning fat and improving fitness than exercise of a lower intensity and longer duration. In this course, we will use primarily our body weight, a mat and a variety of other equipment like dumbbells and resistance tubes to perform a different invigorating, calorie-burning workout each week. We will use a timer to keep track of work to rest ratios. Each class will begin with a dynamic warm up and end with a relaxing cooldown and stretch. Modifications will be offered to allow participation at different levels of fitness; however, the ability to get down and up from the mat is essential. It is recommended to check with your doctor before beginning a new exercise program.

Please note: Students will need light or medium resistance tubes with handles, costing around $10 to $15.

JULIA ROSE is a certified personal trainer with the American Council on Exercise, a TRX suspension trainer, and a Silver Sneakers certified instructor. She teaches fitness classes in a variety of settings and has been helping active older adults get fit at OLLI since 2006.

10 Wednesdays, January 13–March 23, 11:00am–12:00pm (please note times). Judea Reform Education Building. Maximum: 15. Fee: Standard. Course ID: 1828

www.learnmore.duke.edu
THE HISTORY OF NEW YORK CITY: A Hell of a Town

New York is the world's greatest metropolis. Founded in 1624, the city reigns today as the commercial, financial, intellectual and psychological heart of the United States. America's most sophisticated and Europeanized city, it remains foreign to many Americans, who conclude “it’s a great place to visit but I wouldn't want to live there.” Our lecture/discussions will trace New York's growth across the centuries and examine the reasons for its prominence. Over 50 million people visit the city every year, so almost everyone has a New York story. Come and share your memories of “The Big Apple.”

GEORGE J. LANKEVICH is professor emeritus of history, CUNY, and the author of more than twenty books.


AMERICAN GOVERNMENT & POLITICS

The course covers the structure, institutions, and functioning of the American system of government. Coverage is divided into four units: The Constitution and federalism; civil rights and civil liberties; political parties and elections; and Congress, the presidency, and the Supreme Court. The course framework includes a comparative analysis of the American system of government with classic European systems of parliamentary government.

Recommended text:

WILLIAM DAVIDSHOFER received his PhD in political science from the University of Notre Dame and taught American government and comparative government for some forty years at the University of Maine at Presque Isle.


CONSCIOUS AGING SERIES

A free lunchtime lecture series with knowledgeable speakers addressing relevant issues and topics:

Jan 20 • 60% Chance of Something: NC's Changing Weather (Nate Johnson, WRAL)
Jan 27 • Staying Active to Preserve Independence (Cassandra Germaine)
Feb 3 • Off the Beaten Path: NC's Hidden Travel Gems (Scott Mason)
Feb 10 • Close & Caring Connections: Building Relationships as We Get Older (Susan Orenstein)
Feb 17 • Medicine or Meditation? Cardiology & Complementary Therapies (Mitch Krucoff)
Mar 2 • Duke Performances, Putting the World Onstage (Aaron Greenwald)
Mar 9 • Who's Up Your Family Tree? Exploring Genealogy (Margo Brewer)
Mar 16 • Advancing the Prevention & Treatment of Alzheimer's Disease by 2025 (Kathleen A. Welsh-Bohmer)
Mar 23 • How to Fix College Sports: Does Foreign Soccer Hold a Clue? (David Fellerath)

Wednesdays, 12:45–1:45pm, Judea Reform Education Building (Commons). Attend as many sessions as you wish; no advance registration is necessary. Watch the OLLI bulletin boards for details. The schedule is subject to change.

GENEALOGY VI—DNA TESTING FOR GENEALOGY: Applying DNA to Your Family Tree

This course will help the student analyze their ancestral DNA testing results and apply them to their genealogical research/family tree. The topics covered will include the various ancestral DNA tests and the differences in their results; the ancestral DNA testing companies; the risks, benefits, and limitations of the testing; the terminology used in DNA analysis; and methods for interpreting DNA results. In the final class, students will apply the analysis methods learned to their own DNA results or sample DNA results provided by the instructors. Students do not need to have had their DNA tested prior to class.
Please note: Analysis for family health information is not provided by genealogical/ancestral DNA testing and will not be discussed in this course.

Prerequisite: Completion of a beginning genealogy course is required. Familiarity with computers and spreadsheets is suggested. If unsure of your qualifications, contact the instructor at Margo.Fariss.Brewer@gmail.com.

Required text:

MARGO FARISS BREWER, genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists and several other genealogical societies and has been documenting her family history for more than twenty-five years.

ELIZABETH (BETH) BALKITE has a master's from the Graduate Program in Human Genetics, Sarah Lawrence College, Bronxville, NY. She is a board-certified genetic counselor with more than thirty years' experience counseling individuals and families as well as educating healthcare professionals and the public about human genetics.

FREE YOUR WRITING:
A Mindful Prompt Writing Series

Come join a warm, supportive group of writers to seek surprise and freedom in your writing. No writing experience necessary, just a willingness to take risks, be kind to ourselves and others, and keep the pen moving across the page. Be surprised each week by a new prompt: we might play with a poem form, start from a photograph, move or meditate then write, or see what the pine trees or ten minutes of silence inspire. We won't be concerned with rules or expectations or “good” writing, only with being as present as possible to our writing and each other. Free-writing and mindfulness will be our primary tools for staying as loose and creative as possible.

A writing coach and writing teacher by profession, SARAH H. CROSS has a history degree from Duke University and an MA in creative writing and personal development. She has many passions: meditation and yoga, the natural world, antiracist and social justice work, and oral history and theatre. She believes everyone is a writer.


PRESIDENTIAL CANDIDATES 2016:
Primary Elections and Party Platform Articulation

This course is for those who are really interested in politics, public policy, and especially the possible 2016 presidential candidates. The NC presidential primary will be Tuesday, March 15, so there will be heightened presidential activity during Winter term. Class members will actively participate by choosing and then presenting the policy positions of both a Republican and a Democratic candidate to the class. Each week, we will cover one policy topic (health care, immigration, education, economic policy and income inequality, foreign relations, entitlements, climate change, defense, regulations, etc.), and the class members will present their candidates' views. At the end of the session, the class members will vote, by secret ballot, to choose the best position. The latest NC election law will be explained by a county election supervisor, and each candidate or their qualified representative will be invited to speak and answer questions for their candidate. Active participation is encouraged.

TOM HAUCK grew up overseas and then worked for Texaco managing petroleum marketing companies in West Africa and Central and South America, ending his career in Nigeria.

DOUG LONGMAN has taught several courses at OLLI on international political economy, public policy, and economics. He has a doctorate in business administration and has taught previously at the University of Chicago, UNC–Chapel Hill, and the University of Texas.


Most OLLI classes do not meet during OLLI’s Winter Break, February 22–26
GEORGE BALANCHINE, BALLET MASTER: An In-depth Look at George Balanchine and the New York City Ballet Company

Balanchine's biography, interviews with his dancers, documentaries, and lots of ballet videos will help you appreciate the man who many consider the most important choreographer of the twentieth century.

BETSY BULLEN has been teaching ballet history courses for OLLI for the past twenty years. She studied ballet in NYC, has a Certificate in Arts Management from SUNY Purchase, and currently works for the Carolina Ballet Company. Also known as “Madame Tutu,” she delights in sharing her love of this art form.


WAR IN THE PACIFIC—1920–1945: History of the Emergence of Japan Post Meiji to 1945

There will be a preface on the evolution of the Japanese peoples prior to the Meiji Restoration. Emperor Meiji mandated for the Yamato nation an industrial revolution similar to those then occurring in the Western world and including education and technical competence for the work force. Japan was short of natural resources. Expanding populations needed agricultural resources, heavy industry and education. Japan received assistance from Great Britain up to 1914. The Russian defeat at Tsushima in 1905 essentially opened the Asian mainland to Japanese invasiveness. The Imperial Army occupied Korea (1910–1945), Manchuria and bordered on Northern China. Japanese military authority in contiguous land masses marked the beginning of aggressive emphasis for land/resource wealthy Asian areas. The Soviet Russian sphere of influence, the Great Kanto earthquake and the socialist political uprising served to bring Japanese politics into an aggressive stance. Weak leadership by Emperor Yoshihito further signaled decline in liberal political policies.

Recommended texts:

DICK REDFEARN, a former Naval Aviator, has flown Guam, Japan, Midway, Okinawa, the P.I. and Wake Island. He received graduate (MA) education in Japanese-American Relations (1920–41) with Gordon Prange at the University of Maryland. Redfearn flew for two Midway-Navy Cross recipients.


WATERMEDIA ADVENTURES: Painting Abstract and Improvisational Landscapes, Trees, Figure, Flowers

Let go of the rules and loosen up while learning composition, color theory, color mixing, collage and other special techniques. Fearless fun!

Required materials:
- artist professional quality acrylic tube paints in the following colors: ultramarine blue, primary yellow, napthol red, middle green, marigold, opera, ivory black, manganese blue
- acrylic white gesso (8oz)
- acrylic gel gloss (8oz)
- Arches 300# hot press paper 22x30—two sheets
gesso, 8oz jar
also bring some old, cheap, fairly large brushes and some other items from home TBA

Please note: The instructor recommends purchasing materials at tinyurl.com/pppb9rf, or you can find the Liquitex brand at Michaels and save up your coupons. The estimated cost is $100.

NANCY DARLING is an award-winning artist who has painted for more than thirty years. Her work has been shown in museums across the country. Nancy has studied with numerous well-known artists, including Charles Reid, Alex Powers, Scott Christensen, Cherie Christensen, Dreama Tolle Perry, Leslie Saeta, Peggy Kroll-Roberts.

JOYFUL DANCE:  How Brazilian Dance Movements Help Us to Heal Body, Mind, Heart, and Soul

Experience the healing power of dance. Dance allows us a freedom of expression, a way to connect with energies greater than ourselves, and a way to move beyond limiting beliefs, obstacles, and barriers to our health and wellness. As we move through the challenges of our lives, we begin the healing process. We have only to watch nature—the trees, the rivers, the mountains, the soil, and the sky—to understand how our lives also operate in cycles of survival, rebirth, and transformation. With the movements of Brazilian dance, we connect as the elements of nature: earth, wind, fire, and water. We will use the mediums of movement, sound, rhythm, and dance as means of healing and finding joy. No dance experience is necessary; all levels are welcome. Wear comfortable clothing and bring only a willing body, heart, and spirit eager to move with joyful abandon.

MALAIKA PETTIGREW is a life coach, energy healer, and dance movement instructor. Her passion for dance began as a child and will always be an essential part of her life.


TROPICAL TREE CAMP:  The Medicinal Plants of India

Join naturalist Riverdave Owen for a two-hour study/walk through the Tropical Butterfly Conservatory greenhouse at the Museum of Life and Science. See page 23 for full description and registration information; Section 1 meets on a Tuesday.

Section 2: 1 Wednesday, January 13 (please note date), 1:30–3:00pm. Museum of Life and Science, 433 W. Murray Ave, Durham. Maximum: 12. Fee: $10; this course is not available for a multi-course discount. Course ID: 1921-002

VISUAL ART—WHAT’S IT MADE OF?  How Medium Influences the Artist’s Creative Act and Productivity

This course is a study of architecture, painting, and sculpture beginning with the question, “What is it made of?” The answer—“Medium”—is from the Latin medium, which denotes “the means.” It is the concrete material by which an artist makes known an idea; the physical matter out of which the artist creates. We will separate the discussion into the following groupings of historical mediums:
- Architecture: brick, stone, wood (new materials, e.g., structural steel, free the architect from use of local materials)
- Painting: colored pigments on canvas, paper, plaster, wood
- Sculpture: metals, stones, woods, found-objects

Our discussions and illustrations of the artist’s medium—of what it’s made of—will lead us to a better understanding of how the choice of medium influences each artist’s creative act and productivity.

NORMAN E. PENDERGRAFT, art history professor at NC Central University from 1966 to 1996 and director of the NCCU art museum, has lectured, given gallery tours in the US and Europe, and written on art for numerous publications. In retirement, he has returned to Rome to live and study. He has enjoyed teaching at OLLI.

GENEALOGY II—THE NEXT STEPS: Learning About and Using More Records than the Census and Vital Records

This course will expand your genealogical skills and knowledge beyond the basics; emphasis will be on broadening the scope of your research resources. Records at the county, state, and federal levels will be discussed, including church records, newspapers, courthouse documents, immigration and naturalization records, military records, and land records. The session on land will include basic platting. The last class will be a field trip to a local county courthouse where you will be able to examine examples of many of the records discussed.

Prerequisite: Completion of a beginner genealogy course is highly recommended. If unsure of your qualifications, please contact the instructor at Margo.Fariss.Brewer@gmail.com.

Please note: Handouts will be posted on a website prior to each class. If you cannot print the handouts yourself, there will be a fee of $31 to cover the instructor’s cost of printing. Refunds are at the discretion of the instructor.

MARGO FARISS BREWER is a genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists and several other genealogical societies, and has been documenting her family history for more than twenty-five years.
11 Thursdays, January 14–March 31 (please note dates; no class February 4; class will meet February 25, during OLLI Winter Break), 8:30–10:30am (please note times). Judea Reform Education Building. Maximum: 15. Fee: Standard. Course ID: 0497

A REVIEW OF ESTATES & TRUSTS

This course will address your deepest concerns: What about my worthless son-in-law—must he be included? What about land I inherited from a rich uncle—does my spouse have an interest in that property? Can I set up a trust that requires my children to attend an ACC school? Join us for the answers to these questions and more.

A graduate of the United State Air Force Academy, PETER SARDA received his MPA from Auburn University and his JD from Wake Forest University. He has been in the private practice of law in Raleigh since 1976.


DECEPTION

Deception is inherent to the practice of intelligence. The objective is to convince your adversary that you are going to do something different from what you are actually planning—or maybe nothing at all.

History is replete with examples of deception, from the Trojan horse to the recent Gulf War. We will examine some of these events and analyze how well they actually worked.

Recommended text:

JOSEPH CADDELL has a PhD in military history from Duke University. He has taught at a number of schools for the Department of Defense and is currently teaching military and naval history at North Carolina State University and naval and air power history at UNC-Chapel Hill.


READ & DISCUSS: The Architect as Genius

Is it ever easy to live with a genius? Explore this in T. C. Boyle’s novel The Women, about four women who had a role in influencing the direction of Frank Lloyd Wright’s architectural projects. We will also read Simon Mawer’s The Glass Room, a Man Booker Prize finalist based on a house designed in 1928 by “less is more” modernist architect Mies van der Rohe. In The Glass Room, Mawer has written a rare “architectural novel” about one of the great buildings of European modernism and imagines an entire historical period and the characters who inhabit it. Fiction is not fact, but it can amplify reality. Class members will play an active role in structuring and contributing to the discussions.

Required texts:

After participating as students in Read & Discuss in the past, BOBBIE HARDAKER and CAROL SIROTA coordinated Read & Discuss in Fall 2015 and return for Winter term.


T’AI CHI: Meditation in Motion

Taijiquan (T’ai Chi Ch’üan), a traditional Chinese movement system, arose from the belief that slow, continuous motion, combined with an internal focus on subtle changes, enhances energy, well-being, and mental, emotional, and physical balance. Scientific studies have verified many of its benefits, and medical professionals now endorse it for recuperation from surgery, heart disease, balance difficulties, arthritis, and a wide variety of other conditions. It is easy to practice, requires no special space or equipment, and integrates natural, easy exercise with a joyful, reflective approach to daily life. We will learn a short sequence of movements and energy gathering exercises, which can form the basis of a regular personal routine.

Recommended text:
JAY DUNBAR, PhD, is director of the Magic Tortoise Taijiquan School (magictortoise.com). An “indoor” student of Grandmaster Jou Tsung Hwa, he has studied taijiquan and qigong since 1975 and has taught in the Triangle area since 1979.

10 Thursdays, January 14–March 24, 9:00–10:30am. **Judea Reform Education Building**. Maximum: 24. Fee: Standard. **Course ID: 0420**

GREETING CARDS & PAPER CRAFTS: New and Recycled/Repurposed Paper Projects

Do you love the look of handcrafted greeting cards, party favors, and 3-D paper projects? In this hands-on course, we’ll make cards with unusual folds and pop-ups, gift boxes, envelopes, paper gifts, and more. We’ll be recycling old greeting cards and calendars, so be sure to save your birthday and holiday cards as well as used calendars to repurpose. You’ll have the opportunity to try out new tools of the trade as you learn techniques that will take your skills to the next level. This course is great for both former students and those who are new to stamping.

Please note: There will be a $25 fee for supplies, which include ink, paper, adhesives, embellishments, stamps, tools, etc. All tools will be provided, but students who prefer to use their own are encouraged to bring paper scissors, portable paper cutter/scoring tool, bone folder, and pencil and paper for note taking. Refunds are at the discretion of the instructor.

SUE BEAUCHAMP is a crafter with more than twenty years’ experience in paper crafting and scrapbooking and currently works out of a studio in her home in Durham. She is passionate about paper because it is so affordable, and she enjoys recycling/up-cycling.

10 Thursdays, January 14–March 24, 9:00–10:30am. **Judea Reform Education Building**. Maximum: 8. Fee: Standard. **Course ID: 1879**

POETRY WRITING: A Funshop

This funshop is for everyone who writes or wants to write poetry. We will generate creative writing through personal experience, poetic forms as models, and “stealing” from some of the greats. We offer to each other casual yet thoughtful critique. Poems will be conceived, birthed, and, for anyone who wants, seen through to maturity. In the funshop, poetry has a sense of humor!

JO TAYLOR has published poems in journals, magazines, and anthologies, and is the author of four chapbooks. She chairs the Brockman-Campbell book competition for the North Carolina Poetry Society, coordinates a poetry reading series at Quail Ridge Books in Raleigh, and freelance edits poetry and prose.

10 Thursdays, January 14–March 24, 11:00am–1:00pm (please note times). **The Bishop’s House**. Maximum: 10. Fee: Standard. **Course ID: 1196**

WAGNER’S RING: An In-Depth Look at the Most Phenomenal Creation by a Single Artist in Human History

Creating The Ring occupied Wagner, on and off, for about thirty years. It was a totally new concept in artistic creation, both dramatically and musically. This course will look at it from many angles: how it was written, Wagner’s creative process, his ideals and goals, his flawed character, the characters of The Ring, the use of leitmotifs, the scope of the story, and the magical power of the music.

KEN HOOVER was born in Chicago, grew up in Virginia, and has been captivated by The Ring since he first heard it in 1952. He has seen complete productions at the Met, the Wagner Festival in Bayreuth, and with the Seattle Opera, and he has tickets for the Washington National Opera production in May 2016.

10 Thursdays, January 14–March 24, 11:00am–12:30pm. **The Bishop’s House**. Maximum: 15. Fee: Standard. **Course ID: 1904**

THE WRIGHT BROTHERS & THE INVENTION OF POWERED FLIGHT

This course will review the effort of dozens of aviation pioneers who preceded the Wright Brothers’ success. Wilbur and Orville had only high school educations, and they had no formal technical or aviation training, yet in part they invented the science of the study of powered flight. During the years of the brothers’ ingenious labor from 1900 through 1905, they invented the “flying machine,” which has revolutionized our world. After 1905, their inventive genius gave way to hopes of profiting from their invention, which was patented in 1906. Their influence on the development of aviation declined as they constantly fought infringement lawsuits, which Orville believed brought on Wilbur’s untimely death in 1912. After 1915, Orville retired to a bitter reclusive life, troubled by incessant
competition until his death in 1948. We will cover the whole story of the Wright Brothers’ lives and times, concentrating on the productive years of genius—1900 through 1905.

BILL HUTERS is a graduate of the College of Engineering, University of Missouri, spending thirty-six years of his career with the DuPont Co. as a senior project manager. He later worked with Day and Zimmerman, Engineering Consultants. He has spent decades studying the Wright Brothers’ lives and struggles for success.


MAINTAINING YOUR MOJO: Easy and Fun Ways to Increase and Maintain Wellness, Health, and Vitality

Energy medicine is a branch of alternative medicine. It is a simple practice that works with the vital, moving force of the body’s energies—the body’s foundation of our well-being. In energy medicine, you heal the body by activating its natural healing energies and restoring those that have become weak, disturbed, or out of balance. In this interactive class, you will learn a daily energy routine designed to maintain balance and health in your foundational energy systems, plus numerous techniques specifically designed to improve health and vitality. You will also learn to use energy testing to help assess which food and drinks are most aligned with the health of your body.

MARY GRIGSBY is a psychotherapist and certified clinical practitioner of energy medicine in private practice in Durham. She is passionate about spreading the word about the many benefits of energy medicine and our ability to improve our health and lives. In addition, she enjoys meditation, yoga, exercise, dance, and having fun.

10 Thursdays, January 14–March 24, 11:00am–12:15pm (please note times). Judea Reform Education Building. Maximum: 12. Fee: $60; this course is not available for a multicourse discount. Course ID: 1210

BEGINNING BOTANICAL DRAWING

This course is designed for those who have a desire to create realistic botanical art but have little or no experience. You will be led in the basic skills of drawing, which can later be applied to the creation of nature art in any medium. Using graphite pencils and white paper, we will explore lines, spheres, cones, cylinders, perspective, and light and shadow. Using this information, images will be transformed into leaves, stems, flowers, and fruit.

Required materials:
- a 9x12 pad of Bristol vellum paper ($7.00)
- graphite pencils: B, 3B, and 2H ($1.50)
- white eraser ($1.50)

After retiring from thirty-one years at the North Carolina Botanical Garden in 2004, and teaching for more than twenty years, DOT WILBUR-BROOKS has enjoyed teaching botanical art for OLLI.

6 Thursdays, January 14–February 18, 11:00am–1:00pm (please note dates and times). Judea Reform Education Building. Maximum: 12. Fee: Standard. Course ID: 1896

READING POETRY: Good Poems, Hard Times

“Poetry,” says Garrison Keillor, “is the last preserve of honest speech and the outspoken heart.” He is convinced that in hard times, and most times are hard in one way or another, poetry can provide courage by speaking directly from and to the human condition. Keillor has assembled a collection of such honest and outspoken poems in Good Poems for Hard Times. The book contains classic poems by Shakespeare, Donne, Dickinson, and Whitman, but focuses most heavily on the twentieth century, with selections from Billy Collins, Mary Oliver, Charles Bukowski, and many others. Though focused on hard times, the poems are not depressing, and there is a generous dose of humor. We will read many of the poems aloud in class, and talk about them in whatever manner the class wishes. The instructor will not lecture but will select the poems to be read and provide occasional background.

Required text:

ARNIE JOHANSON is professor emeritus of philosophy at Minnesota State University, Moorhead. On retirement in 1999, he moved to Durham, got involved with OLLI, and started writing poetry. He has taught OLLI courses in poetry, philosophy, and religion.

THE WORLD TODAY
This course is for those who are interested in current events. Each week we will discuss news from the United States, the world, and the Triangle. The discussion leaders will rotate between the two sections of this course. Please see page 29 for full description, instructors, and registration information; Section 1 meets Wednesdays.

Section 2: 10 Thursdays, January 14–March 24, 11:00am–12:30pm. Judea Reform Education Building. Maximum: 33 in each section. Fee: Standard. Course ID: 0393-038

TRAVELING INTO NEW WORLDS VIA ART: The Art of Africa and the African American Diaspora
Explore how treasures from near and far can take us to other times and places. Faculty from nearby universities and museums will show us the diverse ways African and African American artists address spiritual, religious, personal, and political issues. What emerges is not a unified narrative but examples of how artists have translated important practices and beliefs into the visual arts. Historical contexts as well as contemporary trends will reveal how works of art are powerful mechanisms for addressing meaning. Usually an object from a local museum will be a jumping-off place for larger issues. Museum visits will be included. The course is part of a multiyear series and is inspired by the popular BBC radio program on the British Museum, A History of the World in One Hundred Objects.

January 14 • “Lynching: Images of Hate & Fortitude” James Boyles, Teaching Assistant Professor, Department of History, NC State University
January 21 • “Bob Thompson’s Heretical Altarpiece” Richard Powel, John Spencer Basset Professor of Art & Art History, Dean of Humanities, Duke University
January 28 • “Turning a Lens on Lagos” Carol Magee, Associate Professor, Department of Art, UNC–Chapel Hill, Consulting Curator, North Carolina Museum of Art
February 4 • “Delve Deeper at the Ackland Art Museum” Carolyn Almendinger, Director of Academic Programs, Ackland Art Museum
February 11 • “Two Nineteenth-Century African American Artists in North Carolina” Kenneth Rodgers, Director, NC Central Museum of Art
February 18 • “History Refused to Die: The Art of Thornton Dial Lonnie Holley, Ronald Lockett, Joe Minter, and the Birmingham-Bessemer School” Bernard Herman, George P. Tindall Professor of Southern Studies, Chair of American Studies, UNC–Chapel Hill
March 3 • “Throwing Knives to AK47s: African Arts of War and Peace” Amy Schwartzott, Assistant Professor of Art History, Curator of University Galleries, NC A&T State University
March 10 • “The Business of Burnishing: Zulu Pottery and Art Entrepreneurship” Elizabeth Perrill, Associate Professor, Department of Art, UNC–Greensboro, and Consulting Curator for African Art, NC Museum of Art
March 17 • “Africa through Fashions: A Long History of Global Connections” Victoria Rovine, Associate Professor, Department of Art, UNC–Chapel Hill
March 24 • “Delve Deeper: NC Museum of Art” Rhonda Wilkerson, Retired Clinical Associate Professor, School of Education, UNC–Chapel Hill

Please note: For those wishing to take part in the NC Museum of Art tour, a fee of $5.50, payable to the NCMA, will be collected in class at least one month prior to the tour.

The career of LINDA CARL, PhD, includes varied arts activities. At UNC–Chapel Hill, she was assistant provost, developed programs for “Adventures in Ideas,” and is a docent at Ackland Art Museum. At Duke, she was assistant/acting director of cultural affairs. For OLLI, she developed the popular course “Traveling into the Past via Art.”

10 Thursdays, January 14–March 24, 11:00am–12:30pm. Croasdaile Village Retirement Community, 2600 Croasdaile Farm Pkwy, Durham. Maximum: 60. Fee: Standard. Course ID: 1858

HANNAH ARENDT ON HUMAN NATURE, JEWISH & GERMAN IDENTITY & THE HOLOCAUST
Hannah Arendt, a Jew born in Germany about a century ago, studied with the leading philosophers working in phenomenology and existentialism. She emigrated to New York when the Nazis came to power, taught at the New School, and wrote powerfully insightful books and essays on how totalitarianism gets its footing and particularly on how
Germans came to believe and act as they did. She covered the Eichmann trial for the New Yorker magazine. We will read and discuss some of her work on these topics.

**Required text:**

RICHARD PRUST is professor emeritus of philosophy at St. Andrews University. He is an organizer and regular participant in the International Forum on Persons and is writing a book on what moral and legal reasoning assumes about personal identity.

10 Thursdays, January 14–March 24, 11:00am–12:30pm. Carol Woods Retirement Community, 750 Weaver Dairy Rd, Chapel Hill. Maximum: 20. Fee: Standard. **Course ID: 0511**

**GENEALOGY IV—MORE THAN JUST THE FACTS:**
**Telling the Rest of Your Family’s Story**

This is a course about adding life to the written narration of your family’s genealogical story. We will focus on adding historical context and what will make your finished product something you will be proud of and an interesting read for your family. Class discussion will include how to locate historical context, use of photographs, indexes, table of contents, and self-publishing. The instructor recommends that you read one or more family narratives prior to class. If you have questions or need a suggested reading list, contact the instructor at Margo.Fariss.Brewer@gmail.com.

**Prerequisite:** Students should have completed genealogy research on at least three to five generations of one branch of their ancestors and understand genealogical research methodology.

**Please note:** Handouts will be posted on a website prior to each class. If you cannot print the handouts yourself, there will be a fee of $8 to cover the instructor’s cost of printing. Refunds are at the discretion of the instructor.

**Required text:**

MARGO FARISS BREWER is a genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists and several other genealogical societies, and has been documenting her family history for more than twenty-five years.

9 Thursdays, January 14–March 24 (please note dates; no class February 4), 1:00–3:00pm (please note times). **Judea Reform Education Building.** Maximum: 10. Fee: Standard. **Course ID: 1323**

**INTRODUCTION TO SPAIN’S GREATEST WINE REGIONS**

Join us on a journey through Spain and discover some of its most famous wine regions: Rioja, Ribera del Duero, Priorat, Catalunya, and Galicia. Each week we will explore these well-known regions by tasting four wines from the region and discussing foods that pair well with each. We will get to know the region through study of the historical events that have impacted production, how its climate affects the grapes, the styles of wines most common to the region, and the varieties that are most frequently produced in the region. If you love Spanish wine and want to deepen your knowledge, this is a great way to do it. Please join us.

**Please note:** There is a $20 fee to cover the costs of the wines to be sampled. Please bring exact amount to the first class; refunds at the discretion of the instructor.

THOMAS N. THORNE has been a professional sommelier for twenty years. He owns Wine Fifty Five, a local wine company focused on education and sommelier services. He has headed wine programs at the Fearrington House, Carolina Inn, and Siena Hotel. He is a certified sommelier, accredited through the Court of Master Sommeliers.

**Please note:** There are two four-week sections of this course open for enrollment. When registering, enter the four-digit Course ID (1886) into the course search. You will then need to choose between the two sections. If registering by paper, write the preferred section on the line.

**Section 1:** 4 Thursdays, February 11–March 10, 1:30–2:45pm (please note dates and times). **The Bishop’s House.** Maximum: 20. Fee: $40; this course is not available for a multicourse discount. **Course ID: 1886-001**

**Section 2:** 4 Thursdays, February 11–March 10, 3:15–4:30pm (please note dates and times). **The Bishop’s House.** Maximum: 20. Fee: $40; this course is not available for a multicourse discount. **Course ID: 1886-002**
LA CANTATRICE CHAUVE: Le théâtre de l’absurde
This course is geared to those who have reached the intermediate level of French. The play La Cantatrice chauve, by Eugène Ionesco, is a comedy that makes us think about the banality of life, and about estrangement and lack of communication. We will read, discuss, act out the play, and laugh. Written in very simple language, the play is a good introduction to French literature. All documents, except the play itself, will be posted on the course website; therefore, a good Internet connection is a must.

Required text:
- Eugène Ionesco, La Cantatrice chauve/La Leçon (ISBN: 978-2070362363), Gallimard, 1972, $4.82.

CLAIRE DAVIDSHOFER, a native of France, has lived in Africa, France, England, and Maine. She has an MA in English and American literature from L’Université d’Aix-en-Provence. Her experience includes teaching high school, adult education, and college French, as well as translating and interpreting. Now that she lives in Durham, she teaches French online for the University of Maine at Presque Isle.


POETRY WORKSHOP: A Roundtable for Writing, Reading, and Constructive Critique
Where do poems come from, and how do you know when you’ve got one? Poetry, the communication of experience through the manipulation of language and image, is the most compressed of art forms—but it can take an amazing diversity of forms. It has a dizzying number of rules—but, depending on what you’re trying to achieve, any of them can be broken. With weekly suggested exercises, we’ll write poems, bring copies for reading and discussion in the workshop, and maybe do some brief in-class exercises. Keep your mind wide open. Sometimes a poem will teach something new to the poet as well as the reader.

FLORENCE NASH was an editor and writer for Duke Medical Center for sixteen years and has directed the OLLI poetry workshop at Duke since 2001. A member of the Black Socks Poets, she was one of ten emerging poets showcased at Vanderbilt’s Millennial Gathering of Writers of the New South. Her poetry has been published in two collections, Crossing Water and Fish Music, and in various anthologies and periodicals.


SHAKESPEARE’S LATE ROMANCES: A Study of Four Plays
This course will deal with four plays from the end of Shakespeare’s career that have been labeled romances or tragicomedies. We will start with a quick look at Pericles (co-authored by George Wilkins), which is definitely not a masterpiece but still typifies this genre. Then we will move on to three very different plays: Cymbeline, The Winter’s Tale, and The Tempest, each of which develops the romance in a distinctive way. Scenes from productions available on DVD will be used to generate discussion and highlight the important role performance plays in any interpretation.

ALAN DESSEN, UNC–Chapel Hill Peter G. Phialas Professor of English (emeritus), is the author of eight books, most of them devoted to theater history in the age of Shakespeare.


DESTINATION—CULTURE USA: What Are Museums For?
Museums are places where Americans go to pursue the discovery of art, history, science, technology and the natural world. They are also a big part of the cultural tourism industry in this country—a $192 billion industry. So, what do you expect to experience when visiting a museum? Investigating art collections can lead to visual discoveries, creative inspiration, or a visual activity at your leisure.

Beginning with the country’s founding museums, we will examine the collections of paintings, sculpture and decorative objects found in American museums. We will also discuss donor collections, how exhibitions are developed, and museum architecture. Much depends upon appreciating art and gaining an awareness of our cultural identity. Looking at major and local museums in a new way will enhance your future travel experiences.

BONNIE FUCHS has a master’s in the history of decorative arts from the Cooper-Hewitt, the Smithsonian Museum of Design, followed by a Smithsonian Fellowship in museum education. Exploration of libraries, archives, object research work, and as a
gallery guide have expanded her knowledge of looking at museum collections and sharing her appreciation of their artifacts.


**PALETTE KNIFE PAINTING WITH WATER-SOLUBLE OILS**

We'll paint simple subjects like fruits, flowers, boats, and seasonal subjects like presents, hearts, and so on. The instructor will demonstrate, and then participants will paint the same thing. The instructor will bring the pictures each week. Because this is simple oil painting with no brushes or solvents, you will be amazed at how easy it is and how simple the clean-up will be.

**Required materials:**
- Winsor Newton artisan water soluble oil paints: thalo green–yellow shade, permanent sap green, permanent alizarin crimson, french ultramarine, cadmium fellow medium, titanium white (200ml). You may use traditional oil paints, if you prefer, but please buy only Gamsol as a solvent (no odorless turpentine, etc.).
- palette knives (Blick RGM or RGM #33, #20, and #5)
- eight panels of Ampersand Gessoboard or Valueboard, size 6x6 or 8x8. If you buy Valueboard (or any other kind), please also buy an 8oz jar of white gesso to prepare the board.

**Please note:** There is a list with a link at Dick Blick for all six colors, palette knives, and painting boards (tinyurl.com/pqzw9j8). Estimated cost for the entire package is $100 on the Dick Blick site. Michaels also carries Winsor Newton artisan water-soluble oils.

**NANCY DARLING** is an award-winning artist who has painted for more than thirty years. Her work has been shown in museums across the country. Nancy has studied with numerous well-known artists, including Charles Reid, Alex Powers, Scott Christensen, Cherie Christensen, Dreama Tolle Perry, Leslie Saeta, and Peggy Kroll-Roberts.


**IF YOU CAN WALK, YOU CAN DANCE: Endless Duet with Space**

As sure as we can walk, we will dance to celebrate special occasions and just to have fun in this dance/exercise class. Beginning with ballet barre (great for improving posture and balance and increasing core strength and flexibility) we will relevé, plié, and twirl our bodies from head to toe. We will then go to the floor for more exercises designed to relax, rejuvenate, and revitalize our spirits (exercises can also be done in a chair). And finally, we will get up and dance each week to a different beat, song, and style. From classical ballet steps to salsa and Irish jigs, we will get a complete workout. No prior dance experience is required—honest! Just the willingness to explore the exciting ways our bodies can move us.

**Please note:** You will need a yoga type mat for floor work, a large towel, and dance shoes, slippers, or socks (or you can dance in bare feet). No street shoes are allowed on the dance floor.

**SUSAN WARTELL** has been in love with movement of all kinds since she was a “little tomboy.” She has a BS in physical education and an MA in health education. She has taught and coached for more than twenty years. She has participated in some form of dance (ballet, tap, jazz, and, most recently, bellydance) since she was four years old.


**THE ART OF COOKING**

David Sovero, who is a chef for a local restaurant, believes you can create a good, healthy, and inexpensive meal using ingredients you already have in your pantry. See page 15 for full description and registration information; Section 1 meets Mondays.

Section 2: 5 Thursdays, February 4–March 10, 2:00–5:00pm (please note dates and times). Seymour Senior Center, 2551 Homestead Rd, Chapel Hill. Maximum: 10. Fee: Standard. Course ID: 1336-002

Section 1: 5 Mondays, February 1–March 7, 5:30–8:00pm, Hillsborough. See page 15.

Registration opens at 9:00am on December 8

www.learnmore.duke.edu
INTRODUCTION TO SPAIN’S GREATEST WINE REGIONS

If you love Spanish wine and want to deepen your knowledge, join us on a journey through Spain to discover some of its most famous wine regions. See page 40 for full description and registration information; Section 1 meets 1:30–2:45pm.

Section 2: 4 Thursdays, February 11–March 10, 3:15–4:30pm (please note dates and times). The Bishop’s House. Maximum: 20. Fee: $40; this course is not available for a multicourse discount. Course ID: 1886-002

EXPATRIATES IN PARIS IN THE 1920s: The Lost Generation

In the decade after World War I, Paris was a cultural mecca for countless Americans disaffected with the conventionalism of American society and seeking intellectual or personal freedom in a city known for its openness to spontaneous creativity and tolerance for intellectual and personal difference. As Gertrude Stein would remember years later, Paris was simply “where [one] had to be.” This course will focus especially on the American and English-speaking expatriates who flocked to the French capital in

NEW HORIZONS BAND

The OLLI at Duke New Horizons Band is part of the New Horizons International Music Association, which includes over 175 bands in Canada and the United States. This program is designed to give people age fifty and older a place to learn to play a musical instrument, a place to pick up that old instrument they played years ago, or, for those who have played all their lives, a place to continue to perform. The New Horizons Band offers music experiences for the beginner and for more advanced players.

The CONCERT BAND, directed by Jeff Zentner, meets on Thursdays, 3:30–5:30pm. This band includes intermediate and advanced musicians. There will be time on Tuesdays for informal ensemble rehearsals. The Concert Band performs several concerts during the year.

The SWING BAND and DIXIE DUKES, directed by Jeff Zentner, are bands for those advanced musicians looking for a greater challenge. To join these groups, members must demonstrate their ability to play the music and have approval from the director. The Swing Band, which meets on Wednesdays, 3:30–5:00pm, plays a variety of big band tunes from Duke Ellington, Glenn Miller, and many more. The Dixie Dukes play a variety of Dixieland tunes and meets on Wednesdays, 5:00–6:30pm.

You must be a paid member ($35 annual dues) of OLLI for the 2015–2016 academic year. The band fees cover musical direction, group instruction and sheet music. Private lessons are recommended for beginning players. A list of private instructors is available for all instruments, and you are invited to discuss your specific situation with band director Jeff Zentner.

Rehearsals & Cost:

CONCERT BAND: 11 Thursdays, January 14–March 24, 3:30–5:30pm, Durham Academy Middle School. Fee: $60. Course ID: 0455.

SWING BAND and/or DIXIE DUKES: 11 Wednesdays, January 13–March 23. Swing Band, 3:30–5:00pm; Dixie Dukes, 5:00–6:30pm. Durham Academy Middle School. Fee: $40 for either or both, in addition to the $60 Concert Band fee. Course ID: 0456.

Please note: Members of the SWING BAND and DIXIE DUKES must be members of the CONCERT BAND. A limited number of persons who play instruments not used in the Concert Band may be admitted, with permission of the director.

All rehearsals are held at Durham Academy Middle School Campus, 3116 Academy Road, Durham. (There is ample parking after 3:15pm when parents have picked up students from school.) For further information, contact: Jeff Zentner, Band Director, 919-489-9118 (x4342); jeff.zentner@da.org; or 919-218-5015 (cell).
the 1920s and came to be known widely as the “Lost Generation,” among them figures such as Sylvia Beach, F. Scott Fitzgerald, Ernest Hemingway, and James Joyce, as well as Stein and others.

Through presentations and discussion, this class will concentrate on Paris and the phenomenon of the “Lost Generation” and their place in twentieth-century cultural history.

**Recommended text:**

This can be purchased online at minimal cost.

**CHARLES McNAMARA,** until retiring several years ago, was curator of rare books at UNC–Chapel Hill for more than two decades. During his last twelve years there, Dr. McNamara focused largely on the building and interpretation of twentieth-century literary and cultural collections. Throughout these same decades at UNC, he also taught graduate classes and advised students.


**RELATIVITY AS EXPLAINED BY THE MASTER**

In 1916, Einstein was at the height of his powers. He had recently completed his arduous odyssey to his gravitational field equations. General Relativity was now complete. He then proceeded to present his theory to two diverse audiences. The first, of course, was his professional colleagues. The second, surprisingly, was a general audience: “The author has spared himself no pains in his endeavor to present the main ideas in the simplest and most intelligible form, and on the whole, in the sequence and connection in which they actually originated.” The text (*Relativity: The Special and General Theory*) is considered by many the finest ever written on the subject and is well worth our effort to master.

**Required text:**

**Recommended text:**

**IRWIN STEINBERG was a research scientist at the Brookhaven National Laboratory and Courant Institute of Mathematical Sciences (NYU). He taught courses in astrophysics, cosmology, time, and quantum theory at Hofstra Continuing Education (PEIR) and “Einstein and The Quantum” for OLLI at Duke.**


**BEYOND THE TRAVEL GUIDE BOOK: Preparing for a Big Trip, Real or Imagined**

Would you like to go beyond the typical tourist experience on your next trip? Would you like to understand more about the lifestyle, values, history, or natural surroundings of the places you pass through? And would you like to converse with “natives” who share an interest with you? In this course, you’ll identify a geographic location for a real or imagined trip, and you’ll spend eight weeks learning all about it. The instructor will help you identify resources and create a week-by-week plan for readings, films, museum visits, conversations, and other learning activities you can do from home. You will learn to keep a blog (or maintain one you already have), so plan to bring your laptop or tablet to class each week.

**TINA BESSIAS** has taught English at Durham Academy for twenty years. She also teaches online and has a business called Cloud to Ground Learning. She grew up in Durham and earned degrees from Yale University and UNC. She has lived in Greece and traveled to Europe, Israel, Egypt, and India.

8 Thursdays, January 14–March 10 (please note dates), 3:15–4:45pm. **Judea Reform Education Building.** Maximum: 12. Fee: Standard. **Course ID: 1887**

**MAYBERRY MODERNISM**

What’s North Carolina’s greatest secret? We have the third-largest concentration of modernist houses in the country. George Smart’s discovery of North Carolina’s numerous “livable works of art” in 2007 led him to start North Carolina Modernist Houses, the largest open digital archive of modernist residential architecture and architects in the nation. During this seventy-five-minute talk, you’ll visually explore some of the state’s modernist gems—many still glorious, some endangered, and
GENEALOGY V: More Effective Computer Research

You have taken several genealogy courses and are not finding the records/data you need to move your family history forward. This class may be designed for you. First, this class is not a how-to do genealogy class; it is designed to teach you how to be more efficient and effective when you search the Internet for genealogical data. You will learn how to create more effective database search criteria, find new research resources, and weed out unreliable information. During the class, access will be provided to several subscription genealogy databases, databases available through Duke University Library and several free databases. Each student is expected to understand genealogical research methods.

Prerequisite: Completion of a beginner genealogy course is required; completion of an intermediate and advanced course is desirable.

Please note: A $10–$25 fee (exact amount depends on the number of students) will be collected for the subscription genealogical databases used in the class; refunds at the discretion of the instructor.

MARGO FARISS BREWER is a genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists and several other genealogical societies, and has been documenting her family history for more than twenty-five years.


AMERICAN TOBACCO HERITAGE: A Sovereign Remedy and Cultural Phenomenon

For thousands of years, tobacco, that controversial herb, has endured and flourished, even in the face of adversity and scorn from every quarter. Since 1612, when John Rolfe, husband of Pocahontas, commercialized and then cashed in on tobacco revenue, the United States has reaped tons of gold from this paradoxical commodity. This course will trace the history of tobacco from the prehistoric days into the Spanish/Columbian era, seventeenth-century North American settlement, and the establishment of an eighteenth-century “Tobacco Society” on our North American continent. Then we will follow the role tobacco has played from the beginning of the antebellum period until the twenty-first century. Classes will feature videos and speakers who are recognized by the contemporary tobacco industry and agriculture as leaders and experts on the subject. There may be an optional field trip to a tobacco factory in Roxboro.

BILLY YEARGIN is a twenty-year veteran of OLLI at Duke, with a primary focus on Southern culture. He has studied at Duke and Oxford Universities and UNC. He has taught in several community colleges and served as headmaster/president of Oak Ridge Military Academy in North Carolina. Billy is also a product of the tobacco industry—he grew up on a tobacco farm in Granville County and spent the early years of his life in the tobacco warehouse environment.


THE PLAYS OF SAMUEL BECKETT: Disembodiment, Indefinition, and Antitheatricality from Eleutheria to What Where

Arguably the most important playwright of the twentieth century, the Irish-born writer Samuel Beckett (1906–1989) redefined the possibilities of theater. Works such as Waiting for Godot and Endgame deconstructed nearly every convention of
drama; in doing so, they have exerted an extraordinary influence on subsequent performance. This course offers a survey of Beckett’s dramatic canon, starting with his first major attempt at playwriting, *Eleutheria*, and ending with his late political works, *Catastrophe* and *What Where*, with particular emphasis on *Godot* and *Endgame*. Attention will be paid to literary, cultural, and philosophical contexts, in addition to Beckett’s comic spirit. Class discussions will focus on three principal themes: disembodiment (the erasure of character and actor, as present in bodies), indefinition (the seeming suspension of plot, action, and meaning and the interrogation of the criteria by which they are possible), and antithetricality (the resistance to theater ironically responsible for modern theatrical innovation).

**Required texts:**

**CHARLES JOSEPH DEL DOTTO** completed his undergraduate work at Princeton University and earned his PhD in English at Duke University, specializing in Shakespeare, nationalism, and British theatrical modernism from Bernard Shaw to Peter Brook. He has taught six courses on modern/contemporary drama for OLLI since 2014.

10 Fridays January 15–March 25, 9:00–10:30am. 
**The Bishop’s House.** Maximum: 14. Fee: Standard. **Course ID: 1898**

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**A TIME TO REMEMBER: The Post–World War II Years in the United States, 1945–1963**

“It was the best of times and the worst of times,” depending on who you were—and where you were. On the surface, life in the United States was placid, pleasant, and peaceful; however, there was an increasingly strong undercurrent of dissatisfaction on the part of those for whom it was “the worst of times.” In the 1960s, this undercurrent would rise to the surface. Symbolic of the times, at the beginning of the decade, television showed in black-and-white the clear and stable nature of society; by the end of the 1950s, color television made vivid the tumultuous nature of the domestic scene. In this course, we will observe ordinary peoples’ desire to conform as reflected in their fads, fashions, and “fun” activities. Their fears arose against a backdrop of the Cold War and its domestic and foreign implications. Join us on a trip down memory lane and experience postwar promise, problems, preachers, politicians, and celebrities.

**GINGER WILSON,** a triple Duke graduate, served as department head/dean of humanities and taught history at the NC School of Science and Mathematics. She received four awards for her teaching, including the National Council for Social Studies Outstanding Secondary School Teacher and the UNC Board of Governor’s Excellence in Teaching Award. Ginger conducted numerous workshops for other teachers on the state and national levels.

**GERALD LEE WILSON,** senior associate dean of Trinity College, holds degrees from Davidson College, Duke Divinity School, Duke Graduate School, and UNC–Chapel Hill. He was the recipient of the Duke University Medal for Distinguished Service, and the Chronicle, Duke’s student newspaper, twice named him Duke’s Best Professor and listed his history course, “American Dreams/American Realities,” as a “must take” course.

10 Fridays January 15–March 25, 11:00am–12:30pm. **The Bishop’s House.** Maximum: 25. Fee: Standard. **Course ID: 1867**

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**NORTH CAROLINA’S COFFEE CONNECTIONS: Life beyond Starbucks**

Visit Triangle area coffee roasters and coffee houses to learn first-hand about coffee—everything from bean origins and coffee cupping to choose beans, to roasting, and brewing methods. Dark roast or light? Expensive espresso machine or pour-over? North Carolina is on the map, from large roasters such as Counter Culture, which distributes nationally, to small roasters such as Muddy Dog, named by a national publication as one of the most exciting small roasters in the country. We’ll taste cask-aged coffee, sun-dried coffee, and cold-brewed coffee. We may even sample such cutting-edge discoveries as a “tea” made of coffee husks at Joule, a coffee house that is one of nationally famed Ashley Christensen’s Raleigh places. Students should be enthusiastic coffee lovers, open to new experiences, and willing to travel within the Triangle.
FRIDAY
SA NEW WAY OF SEEING
EVERYTHING: Designing and
Creating the World Together

The rational cognitive capacity of humans is only
the tip of the iceberg. Human reason is informed
and shaped by a vast network of real-time and stored
responses based on memory and environmental
cues. If, as contemporary research and theories
suggest, our reason is shaped by our unconscious,
how may we direct our actions and our attention to
shape our unconscious? What landmarks or sign-
posts can we use to guide our direction? How may
our decisions lead to a more fulfilling life and a
better world? In this seminar-style course, partici-
pants will hear and discuss contemporary theories
on consciousness and the mind, reflect on which
mental models underlie our strategies for organizing
our lives and responding to the inevitable challenges
and disappointments we experience, and intention-
ally practice a way of seeing and doing that has been
the hallmark of humankind’s evolutionary flourish-
ing. Class readings include excerpts from Plato,
Aristotle, Adam Smith, John Locke, Albert Einstein,
Max Planck, Jonathan Haidt, Michael Graziano,
Bruce Lipton, Candace Pert, Martin Nowak, and
Michael Tomasello.

MELISSA MILLS, MBA, MTS, uses science, history,
and common sense to bring to focus familiar teachings
in religion and philosophy. She has a thirty-year career
in academic administration at Harvard and Duke
Universities. She has taught ethics in science in Duke’s
Freshman Focus Program, as well as a number of
OLLI courses.

10 Fridays, January 15–March 25, 1:30–3:00pm.
Course ID: 1911

THE HEART OF WILLIAM JAMES:
The Trajectory of His Thought

William James, this country’s most famous philoso-
pher, pioneered in many scientific fields. He was
largely homeschooled as a young person and attend-
ed many schools because his family moved fre-
quently. He eventually became a full professor at
Harvard, even without a doctorate. Tortured by both
physical and psychological problems, his thought
ranges over many disciplines and human concerns,
always prodding us to live fuller lives and seek out
our best energies and sympathies. The text for this
course is an anthology of James’s essays that follow
the trajectory of his thought. We will read what
we can and save the remainder for another time.
The course is intended for people who have some
background in philosophy and psychology, but all
are welcome.

Required text:
- Robert Richardson, ed., The Heart of William James
  (ISBN: 978-0674065994), Harvard University

JIM WRIGHT has convened sessions in philosophy for a
number of years. He divides his time between Durham
and Searsport, Maine, where he sails, gardens, and
teaches children about the Age of Sail at the Penobscot
Marine Museum.

10 Fridays January 15–March 25, 11:00am–
12:30pm. The Bishop’s House. Maximum: 12.
Fee: Standard. Course ID: 1909

A NEW WAY OF SEEING
EVERYTHING: Designing and
Creating the World Together

ENCOURAGEMENT MAKES GOOD
THINGS HAPPEN: An Introduction
to the Practice of Positive Psychology

Based on a growth (as opposed to a disease) psycho-
logical model, this course is designed to help you
learn better how to encourage yourself and others.
It is an antidote to the many problems faced in
today’s society, inasmuch as many social problems
stem from a feeling of discouragement and isolation.
The importance of encouragement, that is, being
positive, was a key concept in the early humanistic
psychology of Alfred Adler and is a prominent
feature of contemporary psychologists such as Haidt.
(The Happiness Hypothesis) and Seligman (Learned Optimism). Students will be shown how to use optimism and encouragement to navigate significant life tasks such as love, occupation, community, religion and self-harmony.

**Required text:**

R. JOHN (JACK) HUBER, PhD, is professor emeritus of psychology at Meredith College. He is also a licensed practicing psychologist and the author of forty+ articles in refereed journals. He is the editor of a book on the history of psychology and the translator of Encouragement Makes Good Things Happen.

10 Fridays January 15–March 25, 1:30–3:00pm. **The Bishop's House.** Maximum: 18. Fee: Standard. Course ID: 1913

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**INTARSIA KNITTING WITH TWO OR MORE COLORS**

Knitting with more than one color can be done with the help of bobbins. In this workshop, we will learn how to do just that. This workshop is not for beginners, as there will be no teaching of basic skills. The materials required are one set of size 4 or 5 straight knitting needles, two contrasting colors of sports-weight yarn and several medium-sized bobbins. More details will be provided upon registration. **There is no fee, but you must register for this class.**

5 Fridays, February 12–March 18, 1:30–3:00pm. **The Bishop's House.** Maximum: 6. To register, or if you have questions about materials in order to make an enrollment decision, please contact Hannelore Rogers at 919-688-4733 or hannelore1@frontier.com.

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**GENEALOGY III—SURMOUNTING YOUR GENEALOGICAL ROADBLOCKS: Writing an Effective Research Plan**

This is an interactive course designed to increase your ability to create effective genealogical research plans. You will be guided through the development of a research plan for one of your own genealogy problems. Sharing your plans with the class is an integral part of this learning experience. The class lectures will concentrate on the tools and resources necessary to produce an effective research plan.

**Prerequisite:** Completion of a beginner and intermediate genealogy course is required; several years of active genealogical research will be considered. If unsure of your qualifications, please contact the instructor at Margo.Fariss.Brewer@gmail.com.

**Required text:**

MARGO FARISS BREWER is a genealogical instructor, lecturer, consultant, and co-leader of genealogical research trips to the Family History Library in Salt Lake City. She is a member of the Association of Professional Genealogists and several other genealogical societies, and has been documenting her family history for more than twenty-five years.

10 Fridays January 15–March 25 (no class February 5; class meets February 26, during OLLI Winter Break), 2:00–4:00pm (please note times). **Smith Warehouse Computer Lab, Bay 6.** Maximum: 12. Fee: Standard. **Course ID: 1653**

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**Friends don’t let friends miss out on OLLI . . .**

Longtime residents of the Triangle area and newcomers alike find that OLLI is a great place to learn more, make new friends, and get acquainted with community resources. Refer a friend, call 919-681-3476 or e-mail mge4@duke.edu. We will send a catalog!
Activities are an integral part of the OLLI program, providing opportunities to learn and socialize outside the classroom. You must be an OLLI member to participate.

If you have general questions or suggestions for activities, call Mary Georger at 919-681-3476. If you want to find out more about any of the listed groups, please contact the coordinator for that activity.

**BOOK GROUP**
This informal group reading contemporary literature meets on the second Monday of every month at 3:15pm in The Bishop’s House. The books to be discussed are to be determined. Coordinator: Judy Grauer, judygrauer@gmail.com or 919-416-0755.

**CRAFT GROUP**
It’s time to dig out that unfinished project from the back of the closet. Knitting, quilting, crocheting, sewing . . . whatever. All are welcome. We will meet every Monday at 3:15pm in The Bishop’s House. For more information, contact Judy Grauer at judygrauer@gmail.com or 919-416-0755. (See facing page for the free Winter Crafts Workshop).

**INTERNATIONAL FOLK DANCE**
Join us for a fun way to get exercise, both physical and mental, and improve your balance. The folk dances we practice are done in a line or circle (no partner is needed) and are low impact (not highly strenuous). Most of the dances originated in Eastern Europe. Our ongoing class meets on Tuesdays, 1:30–2:45pm, at Croasdaile Village Retirement Community. Newcomers are welcome at any time. There is no charge, but you will need to contact coordinator Judy Stafford at 919-383-7172 or judy.stafford@duke.edu for more information.

**LANGUAGE TABLES**
La table française avec Emily Lees (emilylees @bellsouth.com) et George Entenman (olli@entenman.net) se réunit le mardi de midi à 1 heure de l’après-midi. Si vous parlez français, venez vous joindre à notre groupe pour des conversations animées. Le groupe se réunit dans “The Studio at the Forest at Duke Retirement Center.” Spanish Table with Margaret Riley (mriley@duke.edu) meets 12:45–2:30pm on the third Friday of each month at local Hispanic-themed restaurants.

**MAC COMPUTER USERS GROUP**
Mac users will gather for Q&A and short presentations on topics of interest. We will meet periodically at a day, time, and place to be announced. Coordinators: Mary Jo Fickle, fickle5@aol.com, and Susan Eure, asure@bellsouth.net.

**PHOTOGRAPHY GROUP**
Are you interested in working on photography with like-minded OLLI members? We meet throughout the year on the second Thursday of the month at 3:15pm in The Bishop’s House. Coordinator: Ken Lundstrom, 919-206-4639 or kenlundstrom@yahoo.com.

**RECODER GROUP**
Bring your instrument and join the recorder group, called the Baillie Branslers. All voice categories are welcome, and we are now welcoming viola di gamba players. Led by Kay Bailey (kayfbailey01@yahoo.com), we meet Fridays at 1:15pm at Carol Woods Retirement Community, 750 Weaver Dairy Road, Chapel Hill.

**SCIENCE BOOK CLUB**
We read and discuss books of substance on topics ranging from biology, evolution, and the physical sciences, to medicine, the environment, and biographies of famous scientists. You do not have to have a science degree to participate, and no registration is required. You must be an OLLI member to participate in this book club. We usually meet the first Thursday of the month at 3:15pm at The Bishop’s House. Coordinator: Dan Oldman, 919-544-2686 or daniel.oldman@gmail.com.

**CONSCIOUS AGING SERIES**
A free lunchtime lecture series with knowledgeable speakers addressing relevant issues and topics. Wednesdays, 12:45–1:45pm, Judea Reform Education Building (Commons). See page 31 for more details and the Winter schedule (subject to change).

**MEET & GREET AT THE BISHOP’S HOUSE**
Saturday, January 17, 10:30am
New to OLLI at Duke? You are invited to join us for a morning program hosted by our Membership Committee. See page 6 for details.
REFUND POLICY
If you want a refund for a course you will not attend, please request it from the OLLI office (919-681-3476) by the end of the first week of class (January 15 for most courses). There is a $20 processing fee for each dropped course. Membership fees are not refundable.

SCHOLARSHIPS
We want OLLI at Duke courses to be available to all who wish to participate, so there are a limited number of need-based scholarships available. If you need financial help to attend OLLI classes, please contact Garry Crites at 919-684-2703. All requests are confidential.

ACCESS
Duke University encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please call the OLLI office at 919-681-3476 in advance of your participation or visit.

DUKE PRIVILEGES
1. A Duke library card, good for print borrowing privileges, when you present your OLLI at Duke nametag at Perkins, Bostock, and Lilly Libraries.
2. Permission to eat in the faculty dining area of the Market Place in the East Campus Union.

OLL AT DUKE IS A COOPERATIVE VENTURE
Your suggestions for classes and activities are welcome and are necessary to maintain the vitality of our organization. If you are considering coordinating a class or activity, please contact Mary Georger, mge4@duke.edu or 919-681-3476.

We value your ideas!
PARKING WOES
As you have undoubtedly noticed, parking is very tight at the Bishop's House and Judea Reform on most days. There are, however, things we can all do to help.
1. Don’t leave too much room between your car and the next one.
2. Pull straight into a spot and don’t park at an angle. Otherwise, one car ends up taking two spaces.
3. Make sure you pull all the way into your parking space so that the driveways are not blocked.
4. Make sure that you are actually in a parking space. Parking in the fire lane in front of either building and double parking are prohibited and may result in your car being towed and/or a fine being charged to you.

CLASS ASSISTANTS
Class members act as assistants to the instructors, helping to ensure that announcements are made, attendance is taken, and hand-outs are distributed. Class assistants are essential to the smooth functioning of OLLI at Duke and enjoy the benefit of becoming better acquainted with both faculty and fellow class members. If you would like to volunteer to be the class assistant in one or more of your classes, please contact Mary Georger at 919-681-3476 or mge4@duke.edu. Thank you!

REGISTRATION FAQS
I brought my paper form in when the office opened a day before registration opened. How could I not have gotten into the class I wanted?
OLLI at Duke members are very serious about getting their classes. When registration opens at 9:00 am, there can be literally hundreds of students online getting ready to sign up for classes; some classes are full within the first half hour. At the same time, the Registration Team upstairs starts entering paper and phone registrations, but as efficient as they are, they cannot get registrations processed as fast as online registrations. Even the helpers at JRC cannot process registrations that quickly. If you want to maximize your chances of getting a class, you should sign up online. Hint: Long before registration day, you should log on to your account to make sure that there are no problems and that you know what you need to do to register. We strongly encourage you to change your user name and password to something more easily remembered. Simply log on, click on My Profile, and change them.

My class is full. Should I go on the wait list?
Yes, if you still want to be considered for the class, should there be students who drop the class. When openings occur, the OLLI at Duke office will contact members on the wait list in the order they appear on the list. Please do not contact your instructors to see if you can get into the class—they are not able to make that decision. Please also remember that course discounts are only available on registrations done in a single transaction. If you decide to come off of the wait list, you will be charged full price for the course.

Why is my discount not included automatically?
I had to select the discount when I went to pay.
There are different types of discounts—multicourse discounts, Bill Wright Awards, scholarships, and so on. You are asked to choose the type that fits you (in most cases, it will be the multicourse discount). If, after you have paid, you discover that you forgot to choose the discount, let the OLLI at Duke office know. Please do not hit the BACK button on your computer at any time in order to go back and fix something, because this creates an error.

Why are courses only ten weeks this term?
As you know, the last two winter terms have been seriously impacted by the weather. By making terms only ten weeks long, it builds in an extra week for makeups. It also gives OLLI at Duke staff more time to get ready for the next term. That being the case, OLLI at Duke instructors overwhelmingly approved moving to ten-week terms.
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<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>9:00</td>
<td>At Judea Reform</td>
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<td>Woodrow Wilson</td>
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<td>Kazuo Ishiguro—Novels &amp; Films*</td>
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<td><strong>Gustav Mahler</strong></td>
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<td>Growing Up at Any Age</td>
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<td>Mac OS X (Yosemite)*</td>
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<td><strong>Operetta</strong></td>
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<td>Women’s Dance from Tropical Islands*</td>
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<td>Digital Camera Experience*</td>
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<td><em><em>The Art of Cooking</em> (Sec. 1, 5:30–8:00pm)</em>*</td>
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<td>1:30</td>
<td><strong>At Judea Reform</strong></td>
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<td><strong>A Moral &amp; Happy Life without God</strong></td>
<td><strong>Conversational Spanish</strong></td>
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<td><strong>Great Unknowns: Architects</strong></td>
<td><strong>Wonderful World of Butterflies</strong>*</td>
<td><strong>Wars of the Middle Eastern Succession</strong>*</td>
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<td><strong>Strength &amp; Power for 50+</strong></td>
<td><strong>The $100,000 Portfolio</strong></td>
<td><strong>Financial Fitness for Women</strong></td>
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<td><strong>Intro to Calligraphy</strong>*</td>
<td><strong>Nia: Dance with Joy</strong>*</td>
<td><strong>Be a Consultant</strong></td>
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<td>*<em>Zentangle Meets Art Journal</em></td>
<td><em><em>3D Printing</em> (2 secs.)</em>*</td>
<td><strong>Stay Put or Move On?</strong></td>
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<td><strong>Mastery of iPad</strong></td>
<td><strong>Intro to Calligraphy</strong>*</td>
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<td><strong>Tensor Calculus for Poets Who Can Count</strong></td>
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<td><strong>Cold War Origins &amp; Evolution</strong>*</td>
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<td><strong>Awakening Questions Within</strong></td>
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<td><strong>TEDTalks: Ideas Worth Spreading</strong></td>
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<td><strong>Nation Building in Japan</strong></td>
<td><strong>Paint Some More: Watercolor</strong>*</td>
<td><strong>Euripides’ Late Plays</strong></td>
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<td><strong>Walt Whitman’s “Song of Myself”</strong></td>
<td><strong>Ethical Wills</strong></td>
<td><strong>Chinese Brush Painting</strong></td>
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<td><strong>Chair Yoga</strong>*</td>
<td><strong>The Meaning of Life?</strong></td>
<td><strong>Energy Generation &amp; Climate Change</strong></td>
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<td><strong>Cyanotype Process</strong>*</td>
<td><em><em>Tropical Tree Camp</em> (Sec. 1)</em>*</td>
<td><strong>History of New York City</strong>*</td>
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<td><strong>Printmaking without a Press</strong>*</td>
<td><strong>Symposia</strong>*</td>
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<td><strong>Top Hits in Spanish Cinema, Part II</strong>*</td>
<td><strong>Oil Painting</strong>*</td>
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<td><strong>iPad for New Users</strong>*</td>
<td><strong>Taking Your Photography to the Next Level</strong>*</td>
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<td><strong>Leonardo Da Vinci</strong></td>
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<td><strong>Exploring Cultural Complexity through Film</strong></td>
<td><strong>Painting</strong></td>
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<td><strong>through Film</strong></td>
<td><strong>Regional Geological History of North America</strong></td>
<td><strong>Let’s Read in French</strong></td>
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<td><strong>Chinese Brush Painting</strong></td>
<td><strong>The Meaning of Life?</strong></td>
<td><strong>Yoga for Beginners</strong></td>
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<td><strong>Painting</strong></td>
<td><em><em>Tropical Tree Camp</em> (Sec. 1)</em>*</td>
<td><strong>Metropolitan Opera/NC Opera Company’s Live in HD &amp; Live Performances</strong></td>
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<td>**Taking Your Photography to **</td>
<td><strong>Symposia</strong></td>
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<td><strong>the Next Level</strong>*</td>
<td><strong>Top Hits in Spanish Cinema, Part II</strong>*</td>
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<td><strong>Oil Painting</strong></td>
<td><strong>New Horizons Swing Band &amp; Dixie Dukes</strong>*</td>
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<td><strong>Taking Your Photography to the Next Level</strong>*</td>
<td><strong>Genealogy I—Novice &amp; Beyond (Sec. 2, 6:30–8:30pm)</strong>*</td>
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<td><strong>Lighting Questions Within</strong></td>
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<td><strong>Within</strong></td>
<td><em><em>Creating Stories to Keep &amp; Pass On</em>”</em>*</td>
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<td><em><em>Intergenerational Perspectives on Contemporary Issues &amp; Practical Ethics</em> (2:00–3:30pm)</em>*</td>
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<td><em><em>Food for Life—Diabetes Initiative</em> (1:00–3:30pm)</em>*</td>
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<td>SUNDAY</td>
<td><em><em>The Art of Cooking</em> (Sec. 1, 5:30–8:00pm)</em>*</td>
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**Note:** All classes are subject to change. For the most up-to-date information, please visit the OLLI website.
For classes marked by an asterisk, please read course descriptions carefully—
the times, dates, and/or class locations do not follow the standard class schedule.
FROM DURHAM:
The Bishop’s House (GPS: N. Buchanan Blvd. and Dacian Ave.) is on the edge of Duke’s East Campus, near the intersection of Markham and Buchanan. From Buchanan, enter the campus at the drive opposite Dacian Avenue, following the drive around until it ends at the white frame house marked “Continuing Studies: The Bishop’s House.”

FROM CHAPEL HILL & PITTSBORO ON 15-501:
As you approach Durham on 15-501 (Durham-Chapel Hill Blvd.), take the fork marked “15-501 North - To I-85” toward Duke University. Take Exit 108-B (the Durham Freeway, NC 147); then take Exit 14, marked Swift Avenue/East Campus. Turn left onto Swift and then right onto Main Street. Go to the second light and turn left onto Buchanan Blvd. Go 0.4 mile and turn left, opposite Dacian Avenue, into the campus. Follow the drive until you reach The Bishop’s House.

FROM RALEIGH ON I-40:
As you approach Durham, take exit 279-B (the Durham Freeway, NC 147) and exit at Chapel Hill Street. Turn right and go two blocks to Buchanan. Turn right onto Buchanan and go nearly 1 mile to Dacian Ave. At that intersection, turn left into the campus and follow the drive around to the right until you reach The Bishop’s House.

PARKING:
There are a limited number of parking spaces around The Bishop’s House, including three handicapped spaces. The OLLI parking permit should be kept on your dashboard. For the handicapped spaces, you need an official NC handicapped parking tag. DO NOT park in the lower lot that you pass through before reaching The Bishop’s House.

Your permit is also valid for the East employee parking lot just inside the Trinity Avenue entrance to East Campus. You may only park in the sections where the signs “EAE Permit Required” or “EAE/RED Permit Required” are located, not where there is a “RED Zone Permit Required” sign. You may also park at Asbury United Methodist Church at the corner of Markham and Sedgefield, or for two hours on the streets adjacent to East Campus.

Under the Federal Campus Security Act (20 USC1092f), prospective students may obtain a copy of the University’s annual security report by visiting the Duke University Police Department at 502 Oregon St., Durham, NC, or by calling (919) 684-4602. This report includes campus crime statistics and the University’s safety and security policies.
Judea Reform Congregation, **1933 W. Cornwallis Road**, is conveniently located on the west side of Durham. For our students who come from Orange and Chatham counties, it is 6 miles and ten minutes closer than The Bishop's House. OLLI at Duke contact number at JRC is 919-812-7160.

### Classes in the Community

#### Mondays
- Kazuo Ishiguro—Novels & Films  
  Galloway Ridge, Pittsboro
- Women’s Dance from Tropical Islands  
  Carolina Dance Academy, Durham
- The Art of Cooking (Sec. 1)  
  Orange County Senior Center, Hillsborough

#### Tuesdays
- Stay Put or Move On?  
  Visits to area retirement centers
- Oil Painting  
  Seymour Senior Center, Chapel Hill
- Tropical Tree Camp (Sec. 1)  
  Museum of Life & Science, Durham
- Symposia: Scientific Excursions  
  Croasdaile Village, Durham

#### Wednesdays
- The History of New York City  
  Galloway Ridge, Pittsboro
- Traveling into New Worlds via Art  
  Croasdaile Village, Durham
- Tropical Tree Camp (Sec. 2)  
  Museum of Life & Science, Durham
- New Horizons Swing Band & Dixie Dukes
- New Horizons Chorus  
  Durham Academy Middle School

#### Thursdays
- If You Can Walk, You Can Dance  
  Carolina Dance Academy, Durham
- Hannah Arendt on Human Nature, Jewish & German Identity & the Holocaust  
  Carol Woods, Chapel Hill
- New Horizons Concert Band  
  Durham Academy Middle School
- The Art of Cooking (Sec. 2)  
  Seymour Senior Center, Chapel Hill
- Mayberry Modernism  
  Instructor’s home, Durham

#### Sundays
- Food for Life—Diabetes Initiative  
  Instructor’s home, Durham

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**FROM CHAPEL HILL & PITTSBORO ON 15-501:**
Take 15-501 North. Just past the La Quinta Inn on the left, 15-501 will split; take the right split onto 15-501 Bypass North. Take Exit 106 / Cornwallis Road and turn right onto Cornwallis. After the Western Bypass Service Road, take the third driveway on the right.

**FROM RALEIGH ON I-40:**
From I-40 West, take the Durham Freeway (Hwy. 147 North). Go about 10 miles to Exit 16-B / 15-501 South / Chapel Hill. Take 15-501 South to Exit 106 / Cornwallis Road. Turn left onto Cornwallis Road and go under 15-501. After the Western Bypass Service Road, take the third driveway on the right.

**FROM GREENSBORO:**
Take I-40 East (stay on I-40 after I-40 and I-85 split) to the exit for 15-501 / Chapel Hill. Turn left (north) onto 15-501. Continue as above “From Chapel Hill.”