

# OSHER LIFELONG LEARNING INSTITUTE

AT WILLIAM & MARY



SUMMER 2022

# COURSE CATALOG

# REGISTER ONLINE

[wm.edu/osher](http://wm.edu/osher)

## Summer Session 2022

We are pleased to share that we are back to meeting in person! And, we do still have some classes offered on Zoom. The benefit to you? Register for as many courses or lectures as you like in the format you prefer! Registration is on a first come, first served basis for summer session.

## Membership

Summer membership is \$35 and includes access to all courses and lectures.

## Summer Session Dates

Registration period is May 9 - June 24, 2022

Courses are offered on a first come, first served basis, and run June 1 – 30.

Zoom links to access classes will be emailed one business day prior to the class start date.

## Need Help?

Step-by-step instructions are available at [wm.edu/osher](http://wm.edu/osher) or call the Osher office at 757-221-1506 (Mon-Friday, 8-5), leave a message and we will return your call ready to assist you.

- STEP 1**  
**Review the Catalog**  
 Go to [wm.edu/osher](http://wm.edu/osher) to see the catalog online.
- STEP 2**  
**Review Instructions Online**  
 Follow the step-by-step registration instructions on the website.
- STEP 3**  
**Register and Pay**  
 Select the summer membership and pay with a credit card (Visa or Mastercard accepted).
- STEP 4**  
**Select Courses Online** Choose the courses you would like to join. Select one or select them all!
- STEP 5**  
**Receive Notifications**  
 Notifications will be sent to confirm enrollment, course details, and links before classes begin.

### Wild Times: Audubon's America

“This has been an amazing class and I highly recommend it! Thank you – I plan to join the Audubon Society.”

- Bonnie, Osher member

## Osher Staff

Mariellynn Maurer  
Director

Ann Covington  
Administrative Coordinator

Phoebe Williams  
Administrative Coordinator

## An Engagement / Interaction of Life's Experiences / Situations and How We React From Day To Day – Part 1

**Fran Bado**

Tues 4:30 - 6:30 PM  
3 sessions 6/7/2022 – 6/21/2022  
5330 Discovery Park Blvd,  
Room 112  
40 seats available

It's all about you! Do you need a life's reset? How do we approach each day and how does it affect our lives? As we go through our daily routines, do we take advantage of all that surrounds us? We will have fun discussing positive and negative energy, areas that motivate us and how to appreciate the magic of our surroundings. It is highly interactive, and you may see life with a different perspective. Take a break, kick back and see where this little road takes you.

Fran Bado is an executive project manager who is certified by the IBM Project Management Institute. He retired from IBM after 54 years and continues to teach across the curriculum of project management. His passion for teaching coupled with his experience assures maximum skill transfer for students.

## An Engagement / Interaction of Life's Experiences / Situations and How We React From Day To Day - Part 2

**Fran Bado**

Thurs 4:30 - 6:30 PM  
3 sessions  
6/9/2022 – 6/23/2022  
5330 Discovery Park Blvd,  
Room 112  
40 seats available

As in part one we traveled down the yellow brick road experiencing the six key areas in our lives that help us understand and experience the wow

factors that surround us from day to day. We left part one developing specific plans encompassing wow into our lives. Part two now explodes the six key areas of energy, the inner self, people, words and phrases, colors of life and magical moments in great depth. To do that we encounter fictional characters and their situations encompassing all six areas. You will be involved in class exercises putting you in each situation for maximum affect. The class will be highly interactive having fun but most of all following the road to maximize the WOW factor in our everyday lives.

Fran Bado is an executive project manager who is certified by the IBM Project Management Institute. He retired from IBM after 54 years and continues to teach across the curriculum of project management. His passion for teaching coupled with his experience assures maximum skill transfer for students.



## And What Do You Think You've Been Listening to?

**Tim Kloth**

Thurs 2:00 - 4:00 PM  
1 session  
6/16/2022  
5330 Discovery Park Blvd,  
Room 112  
40 seats available

There are many music appreciation textbooks available to help the listener better understand the classical music they are listening to, but they don't usually address what the composer expects you to be focusing on. Having studied and worked as a composer for over 40 years, I have adopted a personal perspective that I believe will enhance a person's appreciation of

the music they are listening to. Composers have a fixed set of tools they use to create their music: rhythm, melody, harmony, timbre, and texture. But each of the tools is not used equally in each composition. By listening to musical examples by Chopin and Ravel along with music from other cultures, I will highlight which parameter the composer is using to propel the music forward.

**Reading Suggested:** *Leonard Bernstein's Young People's Concerts* edited by Jack Gottlieb. *Marsalis on Music* by Wynton Marsalis.

Tim Kloth studied composition at the Cleveland Institute of Music. He has B.M. at Capital University, an M.M. at the Eastman School of Music, and a D.M.A. from the University of North Texas. He taught at Virginia Commonwealth University, University of Virginia, and University of Arizona, and is retired from Fairfax County Public Schools specializing in Orff Schulwerk.

## Chaim Soutine, The Painter's Painter

**Jan Smith**

Tue 1:30 - 3:30 PM  
1 session  
6/21/2022  
5330 Discovery Park Blvd, Room 112  
40 seats available

The child of a Russian Empire shtetl, Chaïm Soutine traveled to Paris, the center of the art world, in 1913 to pursue his destiny as an artist. Speaking little French and having even less money, Soutine first lived in La Ruche with other immigrant artists including Marc Chagall, Diego Rivera, Brancusi, and Modigliani. A member of the School of Paris, Soutine was "an expert in hunger" until Philadelphian and art collector Albert C. Barnes discovered this talented and unique painter in 1923. This session will explore the life and

work of the painter's painter,  
Chaim Soutine.

Jan Smith has an M.B.A. and spent most of her career in higher education teaching business courses. Upon retirement, she became a docent at the Museum of Fine Arts Houston. After docent training, she studied art history at the Glassell School of Art and the Women's Institute of Houston.



## Choose to Live the Life of Your Dreams!

**Jeanne Forrest**

Thurs 9:30 - 11:30 AM

3 sessions

6/09/2022 – 6/23/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Learn the "Principles of Success" taught by Jack Canfield, John Assaraf and Jim Bunch, all world-renown leaders in the field of Human Development. You will learn that you CAN LET GO of everything that has held you back in the past and BECOME the person you really want and are meant to be. Examine your wildest dreams, learn and practice the techniques and exercises that will change your life as you move from "where

you are to where you want to be." This is your opportunity to choose to "LIVE THE LIFE OF YOUR DREAMS."

**Reading Suggested:** *The Success Principles - Moving From Where You Are to Where You Want to Be* by Jack Canfield. *You Can Have It All* by John Assaraf.

Jeanne Forrest is a best-selling author, speaker, pastoral care specialist, life-purpose coach, and seminar leader whose passion is leading others to find a closer alignment with God's purpose for their lives. She is a graduate of Duke University Divinity School, and continues to study with Alan Wolfelt, Ph.D., Deepak Chopra, Jean Houston, and Jack Canfield.



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We're looking forward to meeting you!

## Colonel Franklin Sawyer, Commander of the 8th Ohio Volunteer Infantry during the American Civil War

**Neil Glazer**

Tues 1:30 - 3:30 PM

1 session

6/14/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Colonel Franklin Sawyer, the Commander of the 8th Ohio Volunteer Infantry, will present to you his perspective on the economic, political and social issues that led to the American Civil War. Colonel Sawyer, led his regiment through many of the major battles was wounded several times and disabled due

to his injuries. Besides his service in the Army of the Potomac, Franklin Sawyer was an attorney and the County Prosecutor from Norwalk, Ohio, a husband and father. Colonel Sawyer will share with you first-hand primary sources seldom seen outside the Library of Congress and bring several antiquities and firearms he used during the Civil War.

## Common Bryophytes of Coastal Virginia

**Jim Perry**

Tues 9:30 - 11:30 AM

2 sessions

6/07/2022 + 6/14/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Bryophytes include mosses, liverworts, and hornworts. This will be a two-part class: In the first class we will meet in the classroom and discuss the live history of bryophytes, how they are identified, and the common ones found in Coastal Virginia. The second meeting will be a field trip to York River State Park where we will ID common mosses and liverworts.

**Reading Suggested:** *Mosses of the Great Lakes* by Howard Crum. *Guide to the Liverworts of North Carolina* by Marie L. Hicks

Jim Perry has a Ph.D. in marine science with nearly 40 years of research and teaching in coastal and wetland ecology. He has worked in wetlands in China, Taiwan, South America, the United Kingdom, and the entire continent of North America. His specialty is understanding the impacts of wetland degradation on human lives, especially the poor.



## Exercise/Activity as Medicine

**Daniel Shaye**

Thurs 9:30 - 10:30 AM

1 session

6/02/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Americans fill over 4.5 billion prescriptions each year, with mixed results. Published studies show that prescription drugs are the #3 killer in both the USA and Europe. Exercise, whether organized activities or through hobbies, has many powerful effects that rival or even exceed the cost-benefit ratio of medications. What are the positive effects of exercise? Should we focus more on aerobic exercise, lifting weights, flexibility, or something else? In this course Performance Chiropractic's Dr. Daniel Shaye helps you explore and understand the benefits of self-care including various forms of exercise to promote both quality and quantity of life -- and possibly, to limit your reliance on medications and surgery to maintain your best life.

Daniel Shaye is licensed in Virginia as a doctor of chiropractic, and is a fellow of the International Academy of Medical Acupuncture. A William & Mary alum, he graduated magna cum laude from Logan College of Chiropractic in 1996 before co-founding Performance Chiropractic in Williamsburg, VA.

## How to Listen (so People Will Talk)

**David Hopkinson**

Wed 9:30 - 11:30 AM

3 sessions

6/08/2022 – 6/22/2022

5330 Discovery Park Blvd, Room 112

12 seats available

In many life relationships there is one party with something important to express here and now, in search of another party willing and able to listen...but the needed exchange breaks down because the listener lacks the skills to receive and facilitate the communication. This class will describe, demonstrate and train the students to be more effective listeners. The methods taught are sometimes called: deep, active, empathic or facilitative listening. The classroom training activities will involve some degree of personal sharing and self-disclosure with each other.

David Hopkinson has a Ph.D. in clinical psychology. He spent seven years teaching full time at the collegiate and graduate school level, five of those at William & Mary. He was also a tour guide at Maymont Mansion and wrote a manuscript and presented as a public lecturer.

## Introduction to Qur'an

**Islam Bedir**

Wed 4:30 - 6:30 PM

3 sessions

6/08/2022 - 6/22/2022

5330 Discovery Park Blvd, Room 112

40 seats available

The Qur'an is the sacred text of Islam, revered and followed by over a billion Muslims today.

This course will provide students with an introduction to the Qur'an, its stylistic features, historical background, and the creed of Islam.

**Reading Required:** *The Clear Quran: A Thematic English Translation* by Mustafa Khattab, ISBN-13 978-0977300969.

**Reading Suggested:** *The Qur'an with Annotated Interpretation in Modern English* by Ali Unal.

Islam Bedir holds a Ph.D. degree in Theoretical Physics and has studied Islamic sciences under Egyptian and Turkish scholars.



## Microbes in the Wild

**Dana Willner**

Thurs 2:00 – 4:00 PM

1 session

6/02/2022

5330 Discovery Park Blvd, Room 112

40 seats available

What is all of the hype about the gut microbiome? How did scientists figure out that COVID-19 was a coronavirus? Where do the bright colors in Yellowstone's thermal pools come from? In this lecture, we will unlock the secrets of the microbial world, discussing the diversity of micro-organisms that live on and all around us, and what else they do besides cause disease. We will learn about modern techniques for characterizing microbes and viruses, using the discovery of COVID-19 as a case study.

Dana Willner is currently a lecturer in the Computer Science Department at William & Mary. Her

background is in exploring humans and their microbiomes using high-throughput DNA sequencing combined with biostatistics and bioinformatics.



## Not Your Father's (or Mother's!) Library: A Visit to Swem Library in 2022

**Candice Benjes-Small**

Tues 9:30 - 11:30 AM

1 session

6/21/2022

Swem Library, Room TBD

40 seats available

Libraries are traditionally thought of as quiet buildings full of books. Swem Library still provides books and quiet spaces, but also advances and supports research in so many new ways. On this visit, you will see cool technology students use to create podcasts, films, and songs; stop by the makerspace to see 3D printing in action; and learn about new services that make research more accessible and faster than ever. Come check us out!

Candice Benjes-Small is the head of research at William & Mary Libraries, having served previously at the University of Southern California and Radford University. She has presented and published extensively on critically evaluating news sites and is lead author of the article Teaching Web Evaluation, selected as a 2013 Top Twenty article.

## Practicing the Presence

**Lawrence Durrett**

Tue 1:30 - 3:30 PM

1 session

6/07/2022

5330 Discovery Park Blvd, Room 112  
40 seats available

Practice the Presence with Mary Oliver, Richard Rohr, Jon Kabat-Zinn, Richard Foster, Thomas Keating, Brother Lawrence, and others. Movement, poetry, music, and convivial conversation will enhance everything good in your one, wild, and precious life.

L Lawrence Durrett has a B.A. in government; an M.Div.; and an M.S.L.S. He has served as a United Methodist minister, a librarian, and a yoga teacher and provided music in churches and nursing homes. He enjoyed post graduate work at the National Presbyterian Church, Virginia Theological Seminary and the Catholic University of America.

## Russia/Ukraine, Fed & Rates, Earnings & Expectations; Navigating the Volatility of 2022

**Keith Reagan**

Mon 9:30 - 11:30 AM

1 session

6/13/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Being an investor in 2022 is not as easy as it once was. What is working and what are the right choices going forward? Are we headed for a recession and can investors skip the next bear market?

Keith Reagan, Sr. is a graduate of William & Mary. His post-graduate work includes executive education at The Wharton School of Business. He has been recognized in the Wall Street Journal as a Five Star Wealth

Manager for the last six years. His firm, Reagan Holloway, offers fiduciary portfolio management on the Fidelity and Wells Fargo platforms.

## Seeing the Future: Olmsted's America

**Patricia Ryther**

Thurs 9:30 - 11:30 AM

3 sessions

6/09/2022 – 6/23/2022

via Zoom

35 seats available

Before he became the nation's first landscape architect, Frederick Law Olmsted was a failed sailor, farmer, writer, and gold miner. His writings influenced international opinion on slavery, and his vision created a system of parks which would remain relevant for hundreds of years, and serve all the people. With dogged perseverance, battling through personal tragedies, he made it happen. This course will focus on Olmsted's life and world, a time of civil war, rapid nation-building, and the beginning of the American park system.

Patricia Ryther is retired from a career in banking and insurance, where her jobs included writing user manuals and other nonfiction. She has a degree in English literature and has taught at the community college level. In retirement, she is pursuing her lifelong interest in fiction writing.



## The Amazing Human Body: How Does it Really Work?

**Wendy LeBolt**

Mon 9:30 - 11:30 AM

1 session

6/27/2022

5330 Discovery Park Blvd, Room 112

40 seats available

Bodies: we all have one. But have you ever really thought about HOW yours works? How your eyes focus? How you keep our balance? How you "know" what your body is doing even without looking? In this interactive class, we'll use the body we came with to explore five amazing human "design features" which allow us to accomplish what we do -- even if we sometimes don't accomplish everything quite the way we used to.

**Reading Suggested:**

*The Anatomy Coloring Book* by Kapit and Elson

Wendy LeBolt has a B.S. in biology from William & Mary with graduate degrees in exercise physiology. She taught anatomy and physiology at George Washington University and worked in community coaching and teaching health promotion and wellness. Her new book, *Made to Move: Knowing and Loving God Through Your Body*, was published in 2019.

## The Historical Jesus

**Jack Dalby**

Wed 9:30 - 11:30 AM

3 sessions

6/08/2022 – 6/22/2022

via Zoom

275 seats available

Who was the historical Jesus? Was he, as some contend, a revolutionary zealot, an exorcist, a cynic philosopher, a magician, an apocalyptic prophet, the son of God or God himself? In this course, we will attempt to construct the historical Jesus by examining what modern, critical historians have to say about this enigmatic, 1st century Jew. Topics will include our sources for

Jesus and how historians evaluate them. We will also examine the life of Jesus, from his early days in Nazareth to his execution by Rome in Jerusalem. A familiarity with the New Testament would be helpful, but not required.

**Reading Suggested:** *The New Testament: The Gospel of Mark, New Revised Standard Version*

Jack Dalby is a retired business owner and JMU graduate who, for the past 10 years, has lectured regularly at George Mason University's OLLI program in Northern Virginia. His presentations center on the Historical Jesus and Early Christianity.



## They Never Threw Anything Away, The Great Depression

**Ed Lin**

Wed 1:30 - 3:30 PM

1 session

6/15/2022

via Zoom

275 seats available

We will discuss events prior to, and during, the Great Depression, including political and economic developments leading to the stock market crash in 1929, and discuss memories collected in the 1990's from a wide spectrum of Americans who lived during the Depression years along with an analysis of their techniques for surviving those challenging years. Finally, we will review the disturbing similarities between the 1920's and our current decade here in America.

**Reading Suggested:** *They Never Threw Anything Away* by Ed Linz

Ed Linz is a graduate of the U.S. Naval Academy. He has master's degrees from Christ Church College, Oxford University and George Mason University. He is the author of four books, the most recent, *They Never Threw Anything Away, Memories of the Great Depression by Americans Who Lived It*.

## Those Amazing Soldiers of WWII

**Kayleen Reusser**

Fri 1:30 - 3:30 PM

3 sessions

6/10/2022 – 6/24/2022

via Zoom

275 seats available

Of the 16 million Americans who served in the military during 1941-1945, most were GI's ('government issue'). They came from small farms in the Midwest, towns in the south, cities in the north. Some 350,000 were females. None wanted glory. They simply answered the call to serve their country in its time of need at home and around the world. The course will profile veterans whom the presenter interviewed as members of various branches. Examples will be taken from the presenter's books on various war-related topics.

**Reading Suggested:** *Born To Be Soldiers: Those Plucky Women of World War II* by Kayleen Reusser. *They Did It for Honor: Stories of American WWII Veterans* by Kayleen Reusser.

Kayleen Reusser is the author of 10 books on World War II, based on interviews with 260 World War II veterans. She has presented programs virtually and in-person across the US. Kayleen is the wife and mother of Air Force airmen.



## What Is History and How Do We Teach It?

**Karen McPherson**

Mon 9:30 - 11:30 AM

1 session

6/06/2022

5330 Discovery Park Blvd, Room 112  
40 seats available

When historians study the past, they organize their research by asking themselves questions. The questions are the same ones journalists ask – Who, What, When, Where, and Why. But historians add another question – So What? What conclusions can we draw from the facts we uncover? A well-known but unsourced quote to the contrary notwithstanding, history is not “just one damned thing after another.” To be meaningful, history must be formed into a narrative. In this class, we will look at the purpose and utility of studying history by exploring how historians see their role and by examining some current controversies about this topic.

**Reading Suggested:** *Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong* (2018 Edition) by James W. Loewen.

Karen McPherson graduated from William & Mary and has an M.A. and Ph.D. in government from Catholic University and an M.A. in history from George Mason University. She also taught government and history in the public school system.

## What is the Veteran's History Project - Library of Congress?

**Bob Tubbs**

Fri 1:30 - 3:30 PM

1 session

6/24/2022

5330 Discovery Park Blvd, Room 112  
40 seats available

The Veterans History Project of the American Folklife Center collects, preserves, and makes accessible the personal accounts of American veterans so that future generations may hear directly from veterans and better understand the realities of military service.

Bob Tubbs has 25 years corporate experience in marketing, acquisition, and technology and 15 years as a small business owner. He is the Internet Marketing Association founder and former president of the local Rotary club. Bob has a B.S. in tech marketing, is engaged in various community projects, and has adopted and/or fostered 25 cats and 22 dogs over a 30 year period.



## Yoga and Meditation

**Indira Ghosh**

Fri 9:30 - 11:30 AM

3 sessions

6/03/2022 – 6/17/2022

Williamsburg Landing, Alvin P. Anderson Auditorium  
25 seats available

Yoga is an outstanding segment of an ancient educational and remedial legacy which is seen to be valid, relevant, and supportive in a new millennium with ever-growing health and well-being concerns. Athletes

use it to tone muscles and increase flexibility. Corporate executives rely on it to de-stress. Doctors prescribe it for everything from sore backs and respiratory problems to chronic fatigue. This course will focus on gentle yoga postures and the importance of progressive breathing as well as an introduction to the healing benefits of sound meditation. Bring a mat or blanket to use on the floor and wear comfortable clothing.

Indira Ghosh was a lecturer in physical education and yoga in Loreto College, Calcutta, India. She has conducted and participated in yoga and meditation seminars across the globe. She taught yoga in the Midwest through area universities, hospitals, and community centers. She is also an orthopedic nurse and teaches yoga and meditation in Williamsburg.

device there is something for you at WRL.

Andrew Smith has a Master's in library science from the University of North Carolina at Chapel Hill and has been with the Williamsburg Regional Library since 2001. While his special interest is connecting readers with books, he loves every aspect of his work.



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For all the latest information about Osher programming, including our Shared Interest Groups, please make sure you read our e-newsletter, follow us on Facebook @OsheratWM, and visit our website at [www.wm.edu/osher](http://www.wm.edu/osher)

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## Zumba Gold

### Bess Williams

Tues :30 - :30 \$M

3 sessions

6/14/2022 – 6/28/2022

.DSODSJD,

:LJKWPDOSRRP

40 seats available

Zumba Gold is the mature form of the original dance workout. Our consistent, easy to follow dance patterns are done at a modified pace and intensity that burns calories, strengthens muscles, improves balance and coordination, and makes your whole-body smile! It's a dance party where everyone in the room is your partner.

Bess Williams has a B.A. in education from Michigan State University, an M.L.S. in library science from Indiana University, AFAA Group Fitness Certification, and Zumba Certification. Before retiring she was an IB Librarian at Fairport High School in Rochester, New York. She is currently a paraeducator in the York County schools.



## Your 24/7 Library

### Andrew Smith

Thu 2:00 - 4:00 PM

1 session

6/09/2022

5330 Discovery Park Blvd,

Room 112

40 seats available

From ebooks, downloadable music, genealogy, and health research to direct assistance from librarians, you can find what you need through Williamsburg Regional Library's (WRL) digital collections and services. We will discuss the variety of resources that can be accessed with your library card 24/7 from the WRL website, [www.wrl.org](http://www.wrl.org). Whether you use a desktop computer, a laptop, or a mobile

