Fall 2019 Catalog Coming

The 2019 Fall Semester Course Catalog will be mailed on July 5. For registration information see the next item.

Inside the catalog you’ll find descriptions of 116 courses, 47 one-time lectures and 15 activities and the names and backgrounds of 18 new instructors. The courses, one-time lectures and activities center around art, health and fitness, U.S. and world history, the natural environment, music, languages and literature expressly geared to, but not exclusive for, members 50 and older. Plus, for the first time, a sequential list of courses by date and month with instructor names—a result of suggestions received via the member survey. See “Member Survey Results” below.

You will also find a wonderful lineup of speakers for our Town & Gown lecture series (T&G) that include a local government panel and a chamber singers group--held at noontime in a social setting at the School of Education on the W&M campus.
We think a number of courses, one-time lectures and activities (including T&G) will tickle your brain and keep your social juices bubbling.

The courses meet at several locations throughout the area, in addition to classrooms at W&M. We thank our community partners at Thomas Nelson Community College, Williamsburg Regional Library, Williamsburg Landing, WindsorMeade, Edgeworth Park, Patriots Colony and Ford’s Colony Country Club for offering meeting space to us.

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**Course Registration Request Period, July 19 through 25**

Register as a Regular member to attend one or up to eight courses, plus an unlimited number of activities (including the T&G noon lecture series) or register as an Associate member to attend only the T&G noon lectures.

For the best chance of being enrolled in the courses you desire, register between July 19 and 25. (Registration continues after the 25th as well.)

Here’s how to register: 1- Review the catalog online at wm.edu/oshers. 2- Follow the step-by-step registration instructions at that website. 3- Select either Regular or Associate membership and pay via credit card. 4- Select the courses, one-time lectures and activities you want to attend, prioritize, and submit your choices. You will receive confirmation of your enrollments, a Wait List if your course is oversubscribed, and details about your course(s) before classes begin.

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**Registration Assistance - July 23rd**

Osher Institute will offer registration assistance on July 23rd, from 10:00 am to 4:00 p.m. at 5300 Discovery Park Blvd., Room 136 (Osher classroom). Come and get one-on-one assistance to learn to navigate online registration. We are all about lifelong learning!
Summer Session a Hit, Again

Our just completed “Summer School” drew 217 participants to 16 multi-session courses and five single-session lectures from June 3 through June 28.

The courses featured topics in art, camera and photo technology, the Mid-East & ISIS, early U.S. history, literature, American culture and, for the first time, nutrition.

Highlights of some of the summer classes follow.

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New Instructor Plays "Nutrition Jeopardy"

By Gordon Bratz, PR and Marketing Committee

“When I was around 12 years old I played very competitive soccer and began to notice the connection between performance and nutrition. Through years of schooling and working with clients I have solidified my belief in balanced nutrition choices for all age groups,” said Stephanie May, when asked why she volunteered to teach her first class for us at the Summer Session last month.

Entitled “Nutrition Jeopardy” and presented in the format of the long-running TV program, the course was as engaging as it was informative, especially in view of the ages of her students.

“Creating a healthy lifestyle starts with small steps every day to improve the balance in your nutrition choices. As the saying goes... Rome wasn’t built in a day. Changing your eating habits takes time as well! As we age our nutritional needs change as well because our metabolism and muscle mass varies.” The course focused on fiber, inflammation control, and muscle maintenance. She said, “fiber helps to sweep the digestive tract and reduces the risk of gastrointestinal related cancers. Fiber has another role as well. It is the main food for probiotics, those healthy gut bacteria that support digestion and the immune system. As we age, our joints show signs of wear and tear. Consuming foods that control inflammation can be helpful to keep you moving! Brightly colored fruits and vegetables are packed with antioxidants which help fight inflammation.” Lastly, she advised, “you need to preserve muscle. This is both nutrition and exercise related. Just keep
moving! If you don’t use it you lose it. Maintaining muscle is important because it helps you preserve bone mass and strength. Nutritionally, eating a protein and vegetable source at every meal will ensure you are giving your body the building blocks it needs for muscle.”

May has a Master’s in clinical nutrition. She is a certified sports dietitian at W&M. The class was held in the Sports Dining Room at the college (a first for the Institute).

Rich Chase taught the popular summer course, "Mastering Your iPhone/iPad Camera and Photo Applications."

*Photo by Chuck Buell*

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**The Whys and Wherefores of a Long-time Instructor**

*By Gordon Bratz, PR & Marketing Committee*

A major in government at Notre Dame, a law degree from George Washington University, and a long law practice in the state of Bunker Hill, the Boston Tea Party and a Founder and President of our nation prompted
Michael Kerley to become well versed in the foundations of our national government.

Retiring here in 2011 he began research to create a series of courses about the origins and evolution of the U.S. Constitution. He taught his first class for us--The Constitutional Convention of 1787--in 2013. He also taught at lifelong learning programs in Richmond and Newport News.

When asked what motivates him to teach at such programs he said, “I enjoy the satisfaction that comes from fulfilling my curiosity; the challenge of mastering new skills (particularly that of creating interesting PowerPoint slides); and sharing what I have learned with others. It’s fascinating to see how often students are surprised to learn how history actually unfolded. I believe one of the keys to successful retirement is to keep mentally and physically engaged.”

Michael has taught three other courses and given a one-time lecture about the Constitution for us. Now he is finishing a new course about Lincoln and the Constitution that he will teach this fall semester.

Doug Cummings suggests additional readings to a student in his summer course, “The French and Indian Wars through the First Two Years of the American Revolution.”

Photo by Mary Meagher
Rosewell Ruins: Colonial Gem

By Mary Meagher, PR and Marketing Committee

The Rosewell Ruins, the remains of the historic Page family home in Gloucester County, has always intrigued Clayton James. He recalls that “as a young child, my mother took me to the Ruins and I was overwhelmed with the beauty, mystique, and uniqueness.” His dedication to the site is displayed by his having served 10 years on the Board of Directors of the Rosewell Foundation. And most recently, by his teaching a course about the Ruins at our just-completed Summer Session.

“I have worked diligently over the last five years reading, researching, and studying both the architectural and personal history of Rosewell and its connectivity to early colonial Virginia and Colonial America.” During the three-hour class, taught at the historic site, students saw and heard why Rosewell has captivated Clayton over the years. He said he wants students
to “understand the catalyst that Rosewell, and the Page family, played in establishing colonial Virginia and, consequently, to appreciate the main points of American History.”

Clayton, a Certified Financial Planner and stock broker has also taught multiple investing classes. He told me his favorite is *Demystifying the Stock Market*. “It attempts to pull back the layers of fear and misunderstanding in and around the stock market and provide all levels of investors’ confidence about their investment decision-making.”

"Discover Painting with Soft Pastels," taught by Judith Leasure, was an enjoyable summer course.  

*Photo by Chuck Buell*

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**Scholarship Available**

Several Kernodle-Wren scholarships that pay the full cost of a Regular membership in the Osher Institute and registration and parking to attend courses and activities are available each of our twice-yearly semesters.

Recipients must be 50 or older with an annual combined household adjusted gross income of $50,000 or less.

Applications are available from the Institute’s office at Discovery 1, 5300 Discovery Park Blvd or by emailing osher@wm.edu or calling (757) 221-1506.

The scholarship is named after Wayne and Ruth Kernodle, founders of the Christopher Wren Association’s lifelong learning program established in 1991. The scholarships are funded by a grant from the Bernard Osher Foundation.

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**Member Survey Results**

*By Clive Van Orden, Program Analysis & Evaluation*

The online survey, emailed in May to all members, generated a 27% response rate, similar to previous surveys. Those who replied offered clear preferences about important issues.
To the question, “Do you plan to register for classes in the future?,” 87% responded “Yes” and 1.5% said “No.” Assessing that with the 2018 Fall enrollment of nearly 1,300, only 183 members who took classes in the Fall did not also take courses this spring. Despite that, the 2019 Spring enrollment was 115 higher than last fall. The main reasons for not taking classes were “Personal Schedule Conflicts” and “Parking” at 24% and 26% respectively.

With respect to offsetting inadequate parking at W&M by the use of the Green Line shuttle bus, 98% said they did not and do not plan to utilize the bus.

When asked, “What factors do you consider when selecting your classes,” 87% said “Subject matter,” 47% said, “Instructors,” 36% said “Parking,” and 26% said “Location.” Also, courses in American and world history outpolled other topics more than 2 to 1. Recommendations for future courses garnered 215 responses; most people desire courses with global perspectives or about new or emerging technologies.

The Town & Gown noon lecture series bears review: 50% of the respondents did not attend any session and 23% attended one to three lectures.

The registration process received good to excellent marks and audio and visual technology received good grades. The *Osher W&M Gazette* appears to be a viable means of informing members. Members are primarily interested in Institute events and profiles of new instructors. About 70% of the respondents said they do not visit our Facebook page.

There were 191 favorable comments--about communication with and support from the staff--and several suggestions worthy of further review. One--a list of classes in date sequence—will appear in the 2019 Fall Course Catalog.

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**Calling for Volunteers**

We need you! We operate the best when our members participate and we have some great opportunities for you to get involved. Are you good with computers and audio/visual equipment? Help with technology integration, serve as a class assistant or help instructors create PowerPoint presentations. Are you creative? Write articles for the newsletter or take photographs of our classes and activities. Is hospitality your gift? Help organize events or serve as a classroom host. Do you love the administrative side of things? Serve on the board, help out in our office or aid our program committee recruit instructors. Love history? Transfer our
Loyal Members Profiled

By Mary Meagher, PR and Marketing Committee

It’s been just over 10 years since a friend recommended to Kathy and Fritz Klausner that they take Christopher Wren courses (now Osher Lifelong Learning Institute) at William and Mary. They have been ardent members since. For several years now both have enjoyed spending most of their weekdays taking classes every semester.

Kathy loves Osher for the wide variety of courses they offer and the icing on the cake is that there are no exams. In other words, stress-free learning! Kathy mostly takes arts related classes, from theater, dance and any art class taught by with William Sharer. She has enjoyed many classes, which recently have included Melissa Puttre’s theater class. Kathy said, “I have taken all four parts of Melissa’s ‘Time in a Bottle: Musicals that Capture a Moment in Time’ and both parts of ‘From Page to Stage.’ Melissa not only has a great breadth of knowledge, but finds just the right film or video clips.” And she added, “Melissa has a wonderful personality.”
Attention New Instructors

We look forward to welcoming 18 new instructors to our Fall semester New Instructor Orientation on August 20. Each will soon receive an email with additional information.

We are excited that you have joined our Institute, and we thank you for doing so.

Board of Directors

From left to right: Scott Langhorst, Vice President, Ed McMahon, Technology Integration, JoAnn Gora, Town & Gown Chair, Gordon, Bratz, Public Relations and Marketing Chair, John Anderson, President, Catherine Flanagan, Hospitality Chair, Mark Smith, College Relations, Clive VanOrden, Program Analysis and Evaluation Chair, John McLaughlin, Program Chair, Harry Haynsworth, Immediate Past President. Not present: Jim Rettig, Secretary, Jim O’Reardon, Treasurer, Vacant, Special Events Chair.
We ask you to thank those who advertise in our catalog. We know you like having a hard copy in your hands. But that version is costly. Advertisers help offset the expense of printing the catalog and the operations of the Institute.

We thank Carrie Kelley, Marketing Coordinator in W&M Auxiliary Services, for her artful design of our 2019 Fall Semester Course Catalog. You’ll soon see its eye-catching graphics and easier-to-read pages.